



The Gonzaga Bulletin

A student publication of Gonzaga University

AUGUST 8, 2024

www.gonzagabulletin.com

VOL. 136 ISSUE 2



The electric vehicles are available to rent outside of the Office of Sustainability.

GU launches electric vehicle program

The ride-share initiative increasing access to EVs will be the first of its kind in Eastern Washington

By NOAH APPRILL-SOKOL

The Gonzaga University community has a new mode of sustainable transportation available for them this semester.

Partnering with utility provider Avista and local nonprofit Urbanova, GU has been providing electric vehicles available for the whole Spokane community to rent since this past June.

The electric vehicles come from the Zero Emissions Vehicle Cooperative, a Seattle-based ride-sharing organization. Anyone can access the vehicles by joining the sustainable vehicle cooperative and paying an hourly rental fee.

The vehicles are located behind the

Office of Sustainability.

“The benefit comes down to choice and accessibility,” said Mason Burley, CEO of Urbanova. “Public transportation doesn’t go everywhere of course in the city, especially outside the city limits, (and) the coverage here doesn’t run on the same frequency for holidays or on Sundays when maybe students might have more aid. . . . I think the choice of an electric car sharing opportunity is great. That’s the major benefit. Obviously, there’s benefits in terms of economic and environmental benefits both for the community and for the participant.”

The success of the cooperative

SEE VEHICLE PAGE 3

CLASS OF 2028

Zag up with Kennel Club

By NOAH APPRILL-SOKOL

You might see them cheering behind the soccer net on Luger Field or handing out free Chick-fil-A at tennis games in the Stevens Center. You will definitely see them at the front of the court leading crowds in chants at basketball games.

For 40 years, Gonzaga University’s Kennel Club has been supporting the university’s athletics programs, and this year will be no different for GU’s biggest club on campus.

The Kennel Club is the major fan base of the GU athletics programs and are the major organizers in leading cheers at games and hosting Kennel Campouts, the seasonal tenting opportunities before basketball games.

“What’s special about Gonzaga is how tight the community is,” said Silje Squires, president of Kennel Club. “I think athletics is something that really brings people together and has this shared goal with a lot of people. You get to see that, and that’s what it means to me, because it just is a space where I get to bond with those people closest to me.”

Beyond the traditional duties, Squires said the club is continuing to improve and has high goals for this upcoming year.

Last year, Kennel Club worked to increase student attendance at sporting events beyond men’s basketball, which is GU’s most popular sport.

The group helped break the student attendance record for a women’s basketball game, and the Kennel Club hopes to continue this effort this year.

Squires said GU has a lot of talent-filled teams that normally do not receive a lot of recognition from the student body. These athletic teams, according to Squires, can offer significant excitement for fans.

“I think our basketball has such a good [reputation] because we’re such a good team, consistently a good team, but that’s

SEE KENNEL PAGE 3



GU has planned many events for first-year students for their first weekend on campus

A GU WELCOME

By NOAH APPRILL-SOKOL

School is a couple of weeks away.

Swarms of students from across the country will be moving into their dorms, raiding the Zag Shop and Target aisles.

Senior Kendall Adams, who will be welcoming students to campus this fall, remembers the chaos of the weekend before move-in well, especially when she was a first-year student. She called it “stressful.”

SEE WELCOME PAGE 3

Trials of an orientation leader

By NATALIE KELLER

Despite reporting a heavy workload and inadequate compensation, the students who served as Gonzaga University’s orientation leaders enjoyed their work at the school’s New Student Orientation Summer Sessions.

For most of July, 12 GU students assisted with the five orientation sessions for incoming first-year students, mentoring the new students and leading them through activities. During each three-day session, a group of over 200 first-year students stayed on campus to learn about campus resources and meet some of their peers.

Aubrey Fu, a sophomore who served as an orientation leader, said the orientation sessions were beneficial to nervous first-year students.

“Coming in, there’s so many things to do, there’s so many questions, leaving your family can always be daunting, and it’s just really nice to have this orientation,” Fu said. “It’s really nice to have a strong foundation and, from there, grow and learn.”

He also said he enjoyed the friendships he formed with other orientation leaders and the opportunity to help first-year students navigate a new environment.

“Honestly, it doesn’t really feel like a job, being able to connect with these students,” Fu said. “I’m getting paid to socialize, so I can’t think of anything better to do.”

Sophomore Mia Hyke, another orientation leader, said she enjoyed watching the first-year students connect with each other.

“I just really love seeing the little relationships pop up,” Hyke said. “I think it’s really important to have at least a little bit of confidence when you’re leaving home because for a lot of freshmen, this is their first time being that far from their parents.”

SEE LEADER PAGE 2

INDEX

News.....	1-3
Opinion.....	4
Arts & Entertainment.....	8-9
Sports.....	10-12

OPINION

Level up your eating habits with all that Zag Dining has to offer.

PAGE 4

A&E

Discover the hidden gems of Spokane . . . with your parents.

PAGE 5

SPORTS

Check out the best outdoor basketball courts in Hooptown U.S.A.

PAGE 11



Address Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SPOKANE, WA
PERMIT NO. 91

Gonzaga University
502 E Boone Ave
Spokane, WA, 99258



COURTESY OF GONZAGA UNIVERSITY

For each of the five different orientation sessions, group leaders welcomed over 200 incoming students.

LEADER

Continued from Page 1

Still, while Hyke said she enjoyed helping first-year students acclimate to the college environment, her time as an orientation leader came with challenges. Specifically, Hyke said she and her fellow orientation leaders were inadequately compensated for their work.

Each orientation leader was paid a stipend of \$1,750 and provided with housing and meals. Hyke estimates that between training for the position and assisting with orientation sessions, she spent about 137 hours on the clock. According to Hyke's estimation, this means she was paid about \$12.75 an hour.

She also said the days were long. On the second day of each orientation session, the leaders worked from 8 a.m. to 10 p.m. with breaks for meals.

"It is a lot of time, it is a lot of energy where we're expected to be focused and on it and giving 100% energy," Hyke said. "It's difficult when the pay doesn't match the energy that we're all giving."

Another orientation leader, senior Elena Tow, said orientation leaders' time commitment extended beyond the hours they were paid for. Since the leaders lived in Coughlin Hall with the first-year students, they were the ones responsible for assisting the younger students if they encountered any problems during the night.

"If they have an issue, they're going to either call us in the middle of the night or they're going to come knocking on our doors," Tow said.

Since Tow was a lead orientation leader, she took on more responsibilities and underwent additional training which made her stipend higher than others' — \$2,000. Nonetheless, Tow also said she should have been paid more.

"It's a very tough situation, because all of us love this job, and we're glad that we're doing it," Tow said. "It's just an

unfortunate situation where we don't feel like we're getting paid what we're worth, and we don't feel like we're being necessarily heard about it."

However, Cece Torve-Williams, program coordinator of New Student and Family Programs, said the orientation leaders were paid sufficiently. According to Torve-Williams, the free summer housing and meals were also part of the students' payment, which made it a fair arrangement. The program coordinator also said it would be difficult to quantify the hours the orientation leaders worked and pay them on an hourly basis.

"Being an orientation leader is such a unique job in that it's hard to look at it in comparison to other student leader positions, just because our sessions aren't scheduled like a typical 9-5, obviously," Torve-Williams said. "It's hard to put an hour-per-hour to what the compensation would look like."

Torve-Williams also said the orientation leaders have a difficult but important role in new students' experiences.

"There's a lot that goes into it," Torve-Williams said. "I think it is a hard job. It is very time-demanding, but I think it's set up well with support from pro staff."

Tow agreed with this sentiment, saying she still enjoyed her work despite having some dissatisfaction.

"There's no other job where you would be working for almost 14 hours straight and still be having as much fun as we do, just being with the freshmen, getting to show them around campus and answering all their questions," Tow said. "Even though it's been super exhausting, it's been a really good experience."

Natalie Keller is a news editor. Follow her on X: @natalie_nkeller.

Climate Institute awarded \$19.9 million by EPA

By KAYA CRAWFORD

Gonzaga University's Institute for Climate, Water and the Environment has been awarded a \$19.9 million grant by the Environmental Protection Agency, according to an email from President Thayne McCulloh on July 25.

The grant will support projects aimed to reduce pollution, increase community climate resilience and address environmental and climate justice challenges in the Spokane community. The award is the largest federal grant in GU history and the "largest investment in climate resilience for Spokane" according to the email.

In partnership with the Carl Maxey Center, Spokane Neighborhood Action Partners (SNAP) and the City of Spokane, the Climate Institute applied for funding to create the "Spokane Climate Resilience Project." The project intends to build coordinated responses on behalf of those impacted by the extreme heat and wildfire smoke.

"As deadly heat waves and poisonous wildfire smoke increase in frequency and duration, we are living in a changed climate that affects those who are least responsible first and worst," said Director of the Climate Institute Brian G. Henning in a press release from GU. "In collaboration with our partners, this grant will be a much-needed catalyst that will set Spokane on the path to being a more environmentally just and climate-resilient community."

GU's Institute will create a Community Climate Action Fund to administer \$2.7 million to local community organizations doing climate-resilience work. The funding will also provide scholarships for nine Spokane residents to join GU's certificate in climate action planning course.

SNAP will use the \$8 million allocation to install electric heat pumps in 300 low-income homes to reduce greenhouse gas emissions while providing a way to cool homes. The City of Spokane's \$8 million portion will fund solar arrays and backup batteries that function off the grid at four community centers to provide refuge to citizens during extreme weather events.

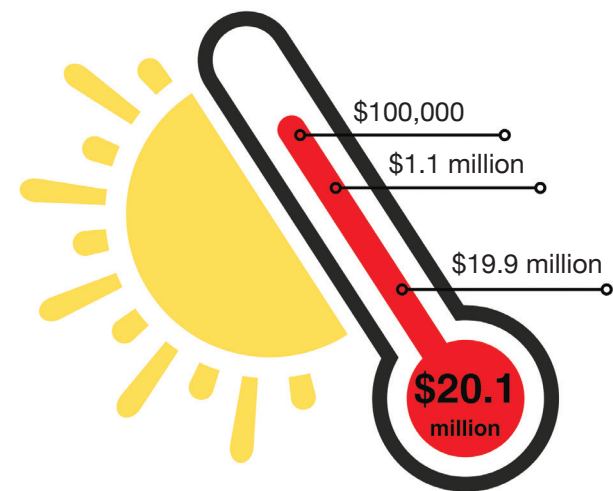
The Carl Maxey Center is a Black-led and Black-centered nonprofit that runs programs and serves as a community space in Spokane. It will upgrade its building and install a solar array and battery backup with its \$900,000 allocation.

The funding for the grant was delivered through the EPA's Environmental and Climate Justice Community Change Grants Program and funded via the Inflation Reduction Act.

"This award is an important achievement for our city as we work to mitigate the effects of climate change," said Spokane Mayor Lisa Brown in the press release. "The Spokane Climate Resilience Project will help our most vulnerable families and neighborhoods be more healthy and resilient. I applaud our partners, especially Gonzaga University, for leading in securing this award."

Kaya Crawford is a news editor. Follow her on X: @kayad Crawford.

EPA grants received for the Climate Institute since 2021



DATA FROM THE BULLETIN ARCHIVES

Uncle's Games
Puzzles & More!

GAMES, JIGSAWS, TOYS, AND MORE!

404 W. Main Ave. Spokane, WA 99201
(509) 456-4607
unclesgames.com

SOMETIMES THE DRAGON WINS

Cards, D&D, Books, Games, Comics, Figures, and more!

MERLYN'S
W 15 Main 509-624-0957
WWW.MERLYNS.BIZ

AUNTIE'S BOOKSTORE
SPOKANE'S LITERARY LANDMARK
YOUR PERSONAL BOOKSTORE
402 MAIN AVE SPOKANE WA 99201

(509) 624-0200
HTTP://MERLYNS.BIZ

FOLLOW THE BULLETIN ON SOCIAL MEDIA

the gonzaga bulletin

@thegonzagabulletin

@gonzagabulletin

THANKS FOR READING THE BULLETIN
PLEASE RECYCLE ME!

PIZZA • PASTAS • SANDWICHES • CALZONES • SALADS • WRAPS

CARUSO'S
SANDWICHES & ARTISAN PIZZA

VOTED THE BEST OF THE BEST LUNCH RESTAURANT.

THANK YOU, ZAGS!

YOUR CATERING CHOICE FOR ANY EVENT, ANY SIZE.

ORDER ONLINE TODAY!

BUILD DOG BUCKS WELCOMED HERE

CATER WITH US!

BOGO ANY MENU ITEM
OF EQUAL OR LESSER VALUE

1120 N. Division St. Ste A. Spokane, WA 99202 | 509.868.0585 | carusosandco.com

Not valid on alcohol or other already discounted items. Cannot be exchanged for currency. Only valid at Caruso's 1120 N. Division St., Ste A, Spokane, Washington. Offer must be redeemed in entirety and is only valid for a single transaction. Expiration date 7/ann/24/2026



BULLETIN FILE PHOTO

Kennel Club leads the fanbase at GU's basketball games in a series of chants, with the most popular one being "Zombie Nation."

KENNEL

Continued from Page 1

the case for most of our sports on campus," Squires said. "I think, as evidenced by last year, we had historic seasons for both cross country and women's soccer."

The Kennel Club also plans to build on its efforts to expand the social club events, especially for its 21 and older group, and come up with more social activities around sporting events.

Squires said the Kennel Club is valuable

for creating community among students and believes this is one of the main goals for the group. She said that sports have the ability to unite people, which she named as being important for a small campus.

"Because it's a small school, you're going to know someone from almost every sport," Squires said. "You're gonna sit in class with them or meet them through mutual friends. You're gonna know the people who are playing in like athletics, which I think at a bigger school isn't necessarily the case. So then you have the [desire] to go support the people that you

know and go to these athletic events."

For first-year students, Kennel Club is a great way to find belonging, according to Squires.

Squires also said a lot of sports on campus are tied up in the identity of being a Zag. She said by participating in the Kennel Club, students can better connect with the GU community and culture.

"I think it's a great way to meet people and also just to get involved in the Gonzaga tradition of what it means to be a Zag," Squires said. "I think a lot of that identity is held in our athletics, whether you are an

athlete or you're just a fan of it. I think it's a big piece of what makes Gonzaga special is having that community support from a small school perspective."

To get involved in Kennel Club, Squires said she would recommend buying a membership, which can be found on Zagtivities and on their Instagram account @gonzagakennelclub.

Noah Apprill-Sokol is the managing editor. Follow him on X: @noah_sokol03.

WELCOME

Continued from Page 1

Partnering with fellow co-worker Clarissa Flores, Adams hopes to ease that stress and help especially make this transition smoother for first-year students.

Adams and Flores have been working together with New Student Family Programs to put on a series of activities around Welcome Weekend, the weekend before school starts.

"I remember it being so stressful because it was both my orientation and my move on the weekend," Adams said. "I was trying to balance going to Target with my mom and spending my last three days with her, but also learning about what is Gonzaga, what is every entire program ever."

During Welcome Weekend, first-years students will be able to participate in activities over the couple days before the start of school to help kindle community in the class.

Adams said first-year students can expect to reunite with their summer orientation groups and attend a welcome night event later in the day after they have moved into their dorms.

Students will also be able to attend Playfair, a massive community-building event, on the field outside of the John J. Hemmingson Center on

the next night.

"Step one of that is already done, because we have those summer orientations, but Welcome Weekend, I think is just a really big kickstarter," Adams said. "We're officially part of Gonzaga now, you're Gonzaga family."

In addition to social events, students are invited to GU's Affinity Group breakfasts with different cultural groups on campus, including the Jewish Student Union and the Muslim Student Association. Parents of either first-generation students or students of color will also be invited to a social event.

Adams said that New Student and Family Programs have also invited Aisha Fukushima, a musician and activist, to be the keynote speaker during Welcome Weekend.

"My first thought is just to inspire people," Flores said. "I think that's one of the first feelings I remember from coming to welcome night and hearing President McCulloh speak and hearing all these students speak too. I felt really inspired that I could make a difference."

It is the hope with these programs that students will be able to form strong community.

Flores said belonging is an important part of being successful at GU and believes the programs will be a spark for that community.

"I think the goal for this whole

thing is just to make people feel like they belong," Flores said. "I think belonging is a huge part of being successful, especially in your first year of college, so setting them up for success in the next four years to come."

Still, Adams said that finding belonging can be a difficult task and described integrating oneself into the GU community as a first-year student as being not a linear progress. She said there will be both high and low points for students during their first years.

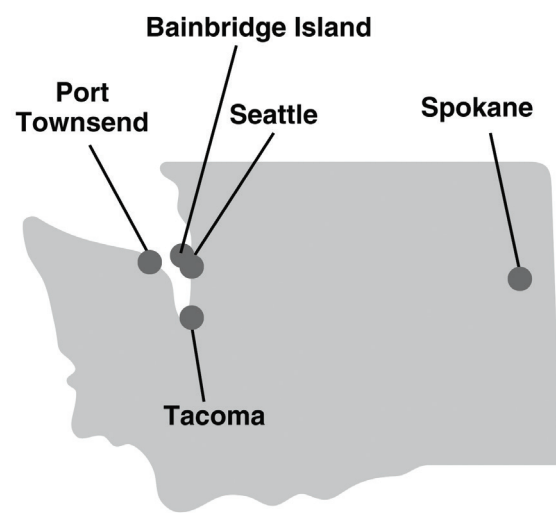
"There are the people who are super excited and find friends right away and love Gonzaga from day one," Adams said. "But that's not the case for everybody. It's really also common to have some questions and apprehension coming into college and then find your place later on. So stick it out. Give it time. It is going to feel very overwhelming, but lean on all the resources that you have."

To help first-year students through that process of integration, Adams said the New Student and Family Programs will be hosting events throughout the fall semester.

Flores said to see these upcoming events for first-year students, follow the Instagram account @first-year.

Noah Apprill-Sokol is the managing editor. Follow him on X: @noah_sokol03.

Locations of ZEV Coop Vehicles



DATA FROM THE ZEV COOP WEBSITE

VEHICLE

Continued from Page 1

partnership brings hope to a future of increasing access to electric vehicles in Spokane. Yet, that goal part of a long process.

Burley said Avista and Urbanova had a plan to implement a rideshare program in 2022 but that the provider of the electric vehicles fell through. It was later in 2023 when the Zero Emissions Vehicle Cooperative approached the two groups for a potential partnership.

All three groups, along with GU, then applied for the Washington State Department of Transportation's Zero Emission Access Program, making this the first program of its kind in the eastern half of Washington state.

The group hosted a ribbon cutting on June 4 when the first of the vehicles were released to the Spokane community.

"We should have a discussion about it as a community, see what works for us," Burley said, "I think that part of that is Spokane specific. The stuff that works in Seattle that ZEV has; they have sites in Seattle, Bainbridge, Port Townsend and Tacoma. We're their first site in eastern Washington, and some of the Puget Sound traffic is a lot different than what you have over here."

With the new partnership and increased access to electric vehicles, people in Spokane, especially those in lower income neighborhoods, will have an alternative form of sustainable transportation to use.

Burley said one of the most important benefits of this program is that it gives people more of a choice and flexibility that go beyond the limits of traditional forms of public transportation.

Located in the Logan Neighborhood, a placement specifically chosen, Director for the Office of Sustainability Jim Simon added that he sees these benefits especially helping lower income populations, like those in Logan.

"We're certainly on campus," Simon said. "We're in a block where most of the buildings, at least those that face Sharp, are owned and operated by GU, but we're also far enough away from the center campus that it's accessible to community members, folks that might not have ready access to a vehicle."

While the program offers vehicles to the broader community, the program should also be useful for GU students, faculty and staff.

Simon said he sees the GU community using the vehicles and pointed to the fact that traveling is one of GU's biggest drivers behind its carbon emissions. He said that the effort to increase access to electric vehicles is an important initiative in addressing those emissions.

"I see it as one more tool in the toolbox that we're building to give our campus and our constituents more options to make more sustainable choices," Simon said.

The next steps for the program will be to expand the program to other cities in the state, along with additional areas in the city.

Noah Apprill-Sokol is the managing editor. Follow him on X: @noah_sokol03.

Key Welcome Weekend Activities

Incoming first-year students will have a busy schedule of activities meant to build community, according to a draft itinerary of Welcome Weekend.

Friday 8/23

- Students will be able to move into their dorms rooms in the morning.
- An activities fair will be hosted on the Herak Quad for organizations to advertise themselves to students.
- Students and families can join a welcome to campus picnic in the evening.

Saturday 8/24

- Students will have the opportunity for breakfast with different cultural campus groups and the Unity Multicultural Education Center.
- President Thayne McCulloh will address the student body.
- Keynote speaker Aisha Fukushima, a musician and activists, will present to students.
- To end the evening, students will participate in Playfair, an annual group connection activity.



COURTESY OF FIRST YEAR EXPERIENCE PROGRAMS
First-year students gather on Mulligan Field for an orientation activity.

Sunday 8/25

- Students and families are invited to a welcome mass followed by a reception.
- Students will participate in community-building activities led by Welcome Week volunteers.

Guide to navigating the move-in chaos

Move-in season on campus is when I find myself most disappointed with my own consumerism. Sorting my necessary and not so necessary belongings and packing them into a car is a special kind of stressful.

The feeling of driving around with my carbon footprint and net worth is truly strange and causes unpleasant introspection.

To those who can feel proud of how impressively compact their belongings can become, these next paragraphs are not for you.

Especially to first-years who may have amassed quite the childhood closet, do some donating before you get to Spokane.

Make lists of everything you need, things you want to bring along, and things that can be purchased upon arrival. I have found some of my essentials are a good speaker, layers for those bone-chilling Spokane winters and a sizable Brita.

Another thing I would recommend is bringing items that will make those dreary dorms feel more like home. Don't angst too much over the fluorescent lighting and lifeless walls, the space you will be living in can thrive with some personalization.

Consult with your roommates, maybe they have some cool posters or interesting interior design ideas that can make your dorm a place you remember fondly. One last packing suggestion, a mattress topper changes the sleeping game when it comes to dorm beds. When planning and packing is over, the journey to campus can begin.

Once I am well into my drive from Seattle to Spokane, my saving grace is a good playlist. No matter the mode of transportation, a solid soundtrack can paint the experience.



By **SOFIA BELTRAN**

I always make a designated road trip playlist the night before I leave. It has to have a little of everything. Some songs to get me excited for the semester ahead, some that I can sing along to, and I always allow a few requests from my passengers.

When you arrive, especially if you are new on campus, go outside and explore. Talk to the people who live around you and don't let fear stop you from trying new things.

If initial small talk intimidates you, rip off the band-aid and allow yourself to feel awkward. Chances are many other people are feeling the same way and are also looking to make new connections and find their communities.

If I could go back to my first year, I would tell myself there is no trick to fitting in other than being yourself. Being authentic is the best way to find people who have similar interests and simply click with you.

Genuinely do not be afraid to speak your mind and put yourself out there. I know this comes easy to some people, but it definitely did not for me. I still get decently nervous when I have to stand up in front of a

class or give a presentation, but don't let those feelings stop you from going after what you want.

Do yourself a favor and walk through your classes the day before they begin. Not only will this help you know campus better, but you'll avoid being late on the first day. I was late to my first class on the first day, and it humbled me in such a way that I would like to save others from the experience.

Enjoy the warm weather while it lasts, go on a hike or for a swim at one of the nearby lakes. I wish someone had given me a serious warning about the winters here. I was a fall and winter apologist until November 2022 rolled around.

Last year, the winter claimed my phone on a doomed night walk around the Centennial Trail. Somewhere along the way my pocket surrendered it to the snow. My friends were very kind in helping me try to find it until we were starting to lose feeling in our feet.

The next morning, we went out again to see if the sun would help us out. That shining light of hope was snuffed the second we saw snowplows and large piles of snow. I explained my predicament to one of the kind men working the plows and asked for his advice. The look he gave me answered my question.

I unfortunately had to fall prey to the whole consumerism issue again at the Apple store the next day. While the winters are harsh, the snow can also give way to a lot of fun and very pretty nights.

There is no code to a completely successful move-in season. Explore your interests, get involved and be present. Just like packing up the car, you'll realize your campus life begins to sort itself out once you organize the pieces.

Sofia Beltran is the opinion editor.

Battle of the dorms: Crimont vs DeSmet

Nearly a century after Gonzaga University completed its first dormitory, DeSmet Hall remains a prominent and enduring landmark at the heart of the campus.

The four-floor housing building has a rich tradition of brotherhood, stemming from its long history as an all-male dorm. Other living spaces tried emulating DeSmet's single-gender living philosophy, but most have ditched the idea such as Crimont.

DeSmet's 100-year run should not go unnoticed, especially as freshman dorms such as Alliance Hall, Lincoln House and Roncalli lose all of their residents to the newly-built Mantua Hall in the spring.

The history of DeSmet Hall is evident as soon as you walk through its brown doors and into its lobby, where group pictures of previous residents line the walls. Near the end of my first year, everyone in my hall took a similar photo, cementing our place in the legacy of GU's oldest dormitory.

Other age-old traditions for DeSmet include the annual Bulldog Bowl against Catherine Monica Hall (CM) on Mulligan Field, where the all-male dorm has historically dominated the series. DeSmet is also the home of DJ DeSmet,



By **HENRY KRUEGER**

a year-long position in charge of blasting tunes that can be heard by anyone strolling down Bulldog Alley.

If there's something holding DeSmet back from glory, it's the perception it has among outsiders. However, these setbacks have led the dormitory to form stricter standards and adhere closer to GU's Jesuit values.

The decision is pretty simple for first-year residents: Pick a dorm that has a well-documented culture of fun and excellence, or get stuck in a soulless place such as Crimont.

Henry Krueger is the editor-in-chief
Follow him on X: @henrykrueger.

DeSmet and Crimont Halls might be tied for being some of the oldest, most dilapidated dorms on campus. But, for any other criteria — charm, community and even tradition — the big cinder block building on Sinto has its fellow all-male dorm to the South long beat.

From being in a quiet yet still centralized part of campus to boasting a robust community life, Crimont Hall has it all when it comes to the perfect place to live during one's first year of college.

Crimont Hall straddles the border between Gonzaga University and the surrounding Logan Neighborhood, making accessing nightlife easy while not forfeiting a prime location for walking to different classes on campus.

The dorm also hosts one of the most popular events on campus, a haunted house, where students can wander the basement and be scared by other students volunteering to dress up as ghosts or other Halloween characters.

Of course, Crimont Hall has its challenges for being a dorm that has not been renovated in what seems like over a decade.

The wooden doors are a bit squeaky and the ceiling tiles are falling apart, but these are similar problems with the other



By **NOAH APPRILL-SOKOL**

ancient dorm on campus, DeSmet Hall.

The dorm might also be labeled as "Jailhouse C" for its stark, bland exterior, but at least it does not reek like one too — something that cannot be said about the all-male DeSmet Hall.

If you are looking for a nice dorm on campus, the beloved Crimont Hall can be your home for the next year.

Noah Apprill-Sokol is a managing editor.
Follow him on X: @noah_sokol03.

The Gonzaga Bulletin

Editor-in-Chief

Henry Krueger

Managing Editor

Noah Apprill-Sokol

News Editors

Clarinne Kirk

Natalie Keller

Kaya Crawford

Arts & Entertainment Editors

Emily Niemann

Abby Schrueder

Sports Editors

Zach White

Cam McCann

Opinion Editor

Sofia Beltran

Digital Editors

Mary Claire Phelps

Lily Pearse

Copy Editor

Shei McLaughlin

Laura Erickson

Adviser

Kip Hill

Technical Adviser

Brett Hendricks

Assistant Director, Student Media

Joanne Shiosaki

Program Coordinator

Morgan Scheerer

LETTERS POLICY

The Gonzaga Bulletin welcomes all letters to the editor. Letters should be typed and no more than 800 words. The Gonzaga Bulletin reserves all rights to edit letters. Please include your name and a telephone number for confirmation purposes only. All written correspondence will be considered fit for printing unless otherwise requested. Email letters to bulletin@zagmail.gonzaga.edu with "OPINION" in the subject header. The deadline for letter submission is 4 p.m., Tuesday.

The Gonzaga Bulletin is a weekly student publication serving the Gonzaga community. Weekly circulation is 3,000. Opinions expressed in the pages of The Gonzaga Bulletin represent the views of their respective authors and not necessarily those of the faculty, student body or administration of Gonzaga University. Please direct all queries to bulletin@zagmail.gonzaga.edu or 509-313-6826.

Contact Info:

Email: bulletin@zagmail.gonzaga.edu

Office phone: 509-313-6826

Advertising: 509-313-6839 or adoffice@gonzaga.edu

www.gonzagabulletin.com

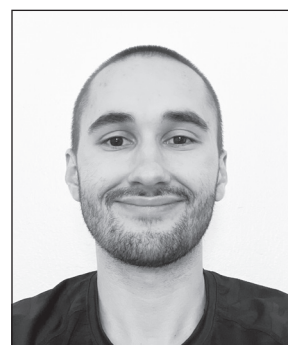
Stay fueled up in college

As the semester inches closer, many Zags will be thinking about food. Eating in a new place can be difficult. The local cuisine might not have the same appeal as your favorite hometown restaurant or your family's cooking. But as classes and activities intensify, students will get hungry. Keep these points in mind as you choose your food this semester.

Gonzaga University's on-campus dining has varying reviews. Cracking jokes about the COG is a classic pastime of GU students. And while the occasional missing forks or slow service can be frustrating, students should take full advantage of what Zag Dining offers.

Many individuals can relate to a feeling of dissatisfaction after finishing a meal. Maybe you're at a restaurant and the hamburger just wasn't quite big enough. At the COG, one swipe (in theory) gives you unlimited meals. Just be prepared for a few dirty looks after your fourth plate at Spike's. A trip to the COG also gives you access to the drink machines. Students can take this opportunity to fill their bottles with water, juice, soda and more.

The COG also offers great variety. Between breakfast, lunch and dinner, the COG can provide students with almost all their nutritional needs. For protein, students will have no shortage of meat. The COG regularly serves chicken tenders, burgers, salmon, briskets and more. Vegetarians can get protein from scrambled eggs or



By **THEODORE FERRO**

omelets, usually served daily for breakfast. After omelets are finished, 360 Degrees pivots to Mongolian stir fry for lunch and dinner. According to Sodexo's website, Simple Servings accommodates allergies, with all of the food being free of gluten, milk products, eggs, nuts and other common allergens.

Don't forget that the COG is not your only option on campus. Students can take their business to 1887 in the Cataldo building. Though the COG boasts a much larger menu and longer dining hours, 1887 has a compact and consistent menu. Like a traditional restaurant, students enter their order, pay and wait for their name to be called. Unlike the COG, one swipe only yields one meal. Many students will prefer the quieter atmosphere and smaller dining room. The COG gets very crowded and noisy, especially during peak hours (roughly noon and 5:00 p.m.).

Snacking between meals is inevitable. Rather than spend your summer cash or precious Bulldog bucks, take a trip to the COG and make sure to stock up on fruit. Choosing fruit over junk food can help with

health in multiple ways. Some evidence suggests that snacking on fruit over chips or chocolate is associated with lowering anxiety, depression and fatigue.

But nutrition is not everyone's focus. If junk food is your guilty pleasure, you might try Iggy's Market in the John J. Hemmingson Center. This small Zag Dining convenience store carries all the basics you could find at a gas station. Their chip selection consists of Takis, Doritos, Kettle, Lays and more. Unfortunately, Iggy's only offers small, individual-sized products. Students planning a kickback or dorm party will probably need more chips. While the Mission Street Safeway may seem alluring to hungry Zags, students with cars should consider shopping at Costco or Walmart instead. The prices at the Logan Safeway can be considerably higher.

Energy drink fans might be dismayed at Iggy's options, though. Buying a single can on a regular basis adds up. Caffeine fiends should consider URM Cash and Carry. This industrial grocery store near Coughlin Hall sells energy drinks by the case.

Finally, learn to cook for yourself. College is all about preparing for the real world, and no skill is more "real-world" than cooking. Students living off-campus or in apartment-style housing should consider limiting their restaurant or COG food. Not only is cooking a great pastime with friends, but it is also much cheaper.

Theodore Ferro is a staff writer.

Seeing Spokane

Best places to explore and discover the city with your parents over Welcome Weekend

COMMENTARY
By EMILY NIEMANN

With the start of a new school year, Zags make Gonzaga University and Spokane their new home. While there are lots of ways to explore campus, it's also important to familiarize oneself with the Spokane community and find ways to enjoy the city. Here are some of the best family-friendly activities to do with your parents during move-in weekend.

Living in the Inland Northwest is truly a hiker's paradise, with numerous hikes and outdoor spots to enjoy. A favorite for locals is Bowl and Pitcher, located along the river, east from campus. With stunning views of the mountains and a drawbridge that overlooks the river, it's one of Spokane's best hikes near the city. The area offers multiple trails, so hikers have lots of options for length and effort.

Another great spot is Dishman Hills Natural Area, which has multiple trails to choose from with views of Spokane Valley. It's also home to lots of wildlife.

Arguably the most famous park in Spokane, Manito Park is nestled in the picturesque Rockwood neighborhood on the South Hill. Boasting a rose garden inspired by Versailles, an arboretum and a long history, it's easy to picture how people 100 years ago may have enjoyed the very same space. Visitors can see remnants of the history, such as old iron bars from the zoo that Manito was known for in the early 20th century.

Spokane summers can be pretty hot, but luckily there are lots of great ways to cool off. Lake Coeur d'Alene in Northern Idaho is about a 40-minute drive from campus with lots of places for people to swim. Tubbs Hill is a small hike along the lake with lots of places to lounge by the water or go cliff jumping.

Boulder Beach is along the Spokane River, and as the name would imply, is known for the giant boulders along the water. It has a small beach area and lots of other areas near the rocks to lay out and enjoy the sun.

In the early 20th century, Spokane was situated perfectly along the railroad, turning it into an up-and-coming city

with lots of investors. As a result, the city has a lot of historic buildings to explore. The Davenport Hotel was built during that time period and restored in the early 2000s to its former glory. Even if you're not a guest, exploring the lobby, stopping by for lunch or grabbing a drink at the Peacock Room is definitely a treat.

Another relic from Spokane's railroad past is Riverfront Park. What was once an old rail yard was converted into Riverfront Park for the 1974 World's Fair. The clock tower at the center of the park was part of Spokane's train station and was ultimately saved by supporters during the process of building the park.

Between the amphitheater and numerous walkways along the river, visitors can relish in the ways that the park manages to unite Spokane's past and present identities.

Sometimes, going on a walk through a neighborhood is the easiest way to gauge the vibe of an area. Aside from the Logan Neighborhood near campus, Kendall Yards is a short five-minute drive from GU. A more recent housing development, the neighborhood has trendy restaurants and a night market on Wednesdays, all while overlooking Spokane Falls.

The Perry District is another historic neighborhood, with delicious local restaurants such as South Perry Pizza, Francaise and Wisconsinburger. Down the main street, there are lots of shops to look into and the idyllic trees make it beautiful year-round. This neighborhood also has a farmer's market on Thursday evenings.

Downtown Spokane is also home to Spokane Comedy Club, which hosts comedians from all across the country. Shows that start before 10 p.m. allow those ages 18 and up, so if you're looking for something to do in the evenings, that's a great choice.

Familiarizing yourself with your new city and community is important for making Spokane your new home. Taking your parents along can aid in making that transition a little easier.

Emily Niemann is an arts & entertainment editor.



BULLETIN FILE PHOTO

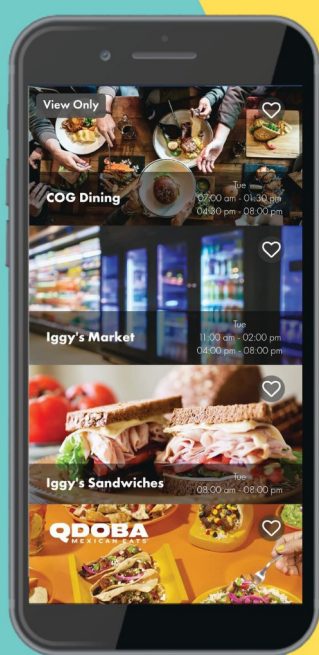
Bowl and Pitcher features rushing river waters and scenic views of the Spokane River.



BULLETIN FILE PHOTO

Manito Park's Rose Hill gazebo during the summer showcases many roses in full bloom.

Tips for a Successful Zag Dining Experience



THE APP YOU'LL USE EVERY DAY

- 1 VIEW MENUS FOR THE COG + 1887 @ CATALDO AHEAD OF TIME
- 2 SKIP THE LINE + ORDER AHEAD FOR PICK UP
- 3 ORDER DELIVERY WITH KIWIBOT
Everyone's favorite food delivery robot



Scan to download
Search "Gonzaga" in the app

Land Yourself a Part-Time Job

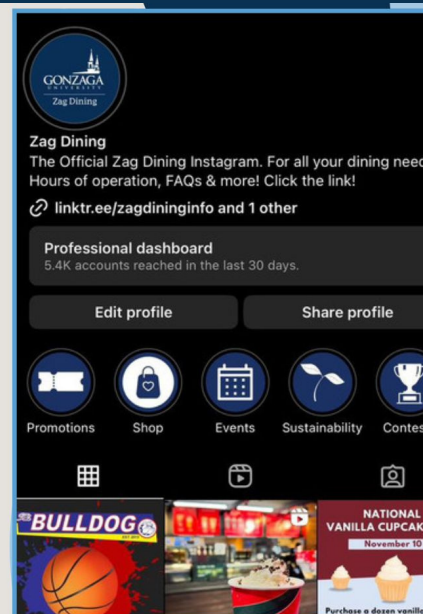


Zag Dining is hiring! We offer flexible schedules that work with your classes, free meals with each shift, returning incentives, and more!

FOLLOW US ON SOCIAL MEDIA @ZAGDINING



DON'T MISS OUT ON GIVEAWAYS, UPDATES & FUN EVENTS!



2024 BEST OF GONZAGA

YOU VOTED FOR THE BEST PLACES IN SPOKANE AND ON CAMPUS. HERE ARE THE RESULTS FOR YOUR BEST OF GONZAGA 2024.

Best Dessert
Froyo Earth

Best Station at the COG
360/Omelette Bar

Best As
Restauran
Mango

Best Coff
Shop
Arcto

Best Italian Restaurant
Old Spaghetti Factory

Best Late Night Bite
Domino's

Best L
Carus

Best Pizza Restaurant
Flying Goat

Best Spot to Study off Campus
My House or Apartment

Best Sec
St
Glob
Neighb
Th

No-Li
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
BEST OF GONZAGA
BEST BREWERY
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
 JOIN US FOR BEERS & EATS ON OUR RIVERSIDE PATIO
 WALKING DISTANCE FROM CAMPUS

BEER CAMPUS

USA TODAY READERS' CHOICE 2024

1003 E Trent Ave, Spokane, WA

Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!
 Thank you for voting for us Best Dessert!

froyo earth
 FROZEN YOGURT

BULLDOG BUCKS
 WELCOMED HERE

@TheFroyoearth

ian
ant
Tree

Best Bar
Jack and
Dan's

Best Breakfast
Ultimate
Bagel

fee
S

Best Burger
Frugal's

Best Brewery
NoLi
Brewhouse

unch
o's

Best Restaurant
When You're Not
Paying
Clinkerdagger

Best Tacos
Cochinito
Taqueria

ond-Hand
ore
pal
orhood
rift

Best Place to
People Watch on
Campus
Hemmingson

Best Spot to
Study on Campus
Foley
Library

Best Sushi
Umi Kitchen
& Sushi Bar

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

Thank you for voting us Best Dessert!

BEST OF GONZAGA 2024

Gonzaga Bulletin VOTED BEST DESSERT




BEST OF GONZAGA 2024

Gonzaga Bulletin

10% OFF
YOUR NEXT VISIT

FULL BAR
DINE IN
TAKE OUT

Cochinito Taqueria



HAYDEN SPOKANE

Voted best tacos by Gonzaga!



COURTESY OF @PAPERST.COFFEE.CO

The coffee and deli opened last August at 1307 N. Hamilton Street, just a few blocks northeast of GU.

Paper St. Coffee Co. brews unique offerings

By SHEI MCLAUGHLIN

When looking for a place to work, relax or have a good cup of coffee, it can be difficult to find a space that fits all of your needs. Paper St. Coffee Co. operates with the goal of allowing customers to manipulate the space for their specific experience.

According to Mike Oehm, owner of Paper St., everything in the shop is customizable. From the menu to the music to the seating, customers are able to add their own individual taste to the experience.

"Nothing in the shop is rigid," Oehm said. "We want our customers to feel like they have ownership over this space."

The store opened in August 2023 at 1307 N. Hamilton Street and has changed a lot since its opening. Oehm said the past

year has been dedicated to making the store different from other coffee shops.

"That is kind of my intention behind this space," Oehm said. "It should always be changing, and there should always be the opportunity to try something new."

While the shop features an expansive menu of drinks — coffees, energy drinks and other specialty beverages — it also operates as a traditional deli offers many sandwiches and salads.

Having worked myriad jobs in the food industry over the past 20 years, Oehm said that he made Paper St. with the goal of allowing customers to feel they have a say in how the store operates.

"I'm always asking customers if they like what they got and how it could be changed to be even better," Oehm said. "I do this with the hope that when they come back, they can get what they want exactly

how they want it."

According to Oehm, Paper St. is an everything-included atmosphere. The collection of furniture in the shop is made up entirely of unique pieces that can be moved around to fit the needs of the customers.

Not only can the furniture be rearranged, but it is also for purchase.

"The only parameter for bringing a piece of furniture into the shop is that it had to have a little character," Oehm said. "Beyond repurposing it, we also want to give it the chance to find a new home."

The store also features paintings and other pieces done by Spokane artists, providing a platform for local art.

While everything from the food to the furniture is for sale, Oehm said that doesn't mean customers have to make a purchase to come in.

"You don't have to buy something to be in this space," Oehm said. "If a customer just needs a place to do some work or relax, then we would be happy to provide that atmosphere for them."

To further manipulate the space, there is also a QR code that allows customers to change the music being played in the shop.

"We use the motto 'can't is a cuss word,'" Oehm said. "If there is a way we can improve your experience with us, we will work with you to make it happen."

Oehm said that while Paper St. has a lot to offer, it is their sandwiches that sell the whole experience.

"I know that we make killer sandwiches, and when people try them for the first time, I know we will hook them and keep them for good," Oehm said.

According to Luca Morones-Calcano, a junior at Gonzaga University and a regular at Paper St., it wasn't just the sandwiches that kept him coming back.

"While it may initially present itself as a classic coffee shop, it has a lot more to offer than just that," Morones-Calcano said. "It is a unique blend of a deli, a coffee shop and a thrift store."

Morones-Calcano said that he goes to Paper St. to either study or take a study break with friends. He said the space can be easily changed to accommodate his needs, whether he needs to focus on his work or take a break.

"Whether you're going there to study, to just hang out or to host an event, the space can be changed to fit whatever needs you have," Morones-Calcano said.

Paper St. has hosted events a few times, but Oehm said it is something they are hoping to implement more regularly.

"We want to start hosting more events to drive all kinds of people into the store," Oehm said. "Say someone wanted to have a birthday party with a taco bar, just give us a heads up and we will make it happen."

Morones-Calcano said that he went to a stand-up comedy show hosted at Paper St. and that the space elevated the experience. He also said he appreciated how there was no pressure to make a cover charge purchase but getting a drink or a sandwich was still an option.

"It was very intimate and casual but it was that kind of atmosphere that made the event so enjoyable," Morones-Calcano said.

While the sandwiches are good, Morones-Calcano said it is how much Oehm cares about the customer experience that makes this coffee shop stand out.

"Once people come in and experience it for themselves, I think our shop will leave a lasting impression," Oehm said.

Shei McLaughlin is a copy editor.



COURTESY OF @PAPERST.COFFEE.CO

Almost everything inside the shop is customizable, including the menu, music and seating.

FALL FESTIVAL

Student Vendors | Live Bands | Lawn Games

August 26
Foley Lawn
5-8pm

FRUGALS

1229 N HAMILTON STREET
SPOKANE, WA

5 MINUTE WALK FROM CAMPUS!

BULLDOG BUCKS WELCOMED HERE

Scan to see menu | Follow our Instagram for special deals

@frugals_spokane

STUDENTS GET 15% OFF

ORDER

ZEEKS PIZZA SPOKANE
1414 NORTH HAMILTON STREET

HEY ZAGS!
WANT THE INSIDE SCOOP?

The Gonzaga Bulletin Online
Your place for breaking news, exclusive sports, and more!

See photo galleries, game recaps, and much more!

www.gonzagabulletin.com

Not all about potatoes

Meet Idaho's Coeur d'Alene

COMMENTARY
By EMILY NIEMANN

With Spokane being on the eastern border of Washington, residents can take advantage of the proximity to another state. Idaho's idyllic Coeur d'Alene is a favorite getaway for Spokanites and celebrities alike.

Primarily known for its picturesque scenery and blue water, Lake Coeur d'Alene is the top attraction for visitors. With its size and options for beaches and water activities, the city leans into its beachy vibes. Coeur d'Alene is the secret to owning beachfront property in Idaho.

The area offers numerous opportunities for parasailing, kayaking, paddle boarding, jet skiing and swimming. If you're itching for the water, there are a handful of boat rental companies, and the Coeur d'Alene Resort also offers rentals of equipment needed for water activities.

Tubbs Hill, a popular hiking spot next to the lake and downtown, is another go-to spot for those trying to enjoy the



Coeur d'Alene Resort and Spa has lakeside views and water sports.

stunning natural views and rocky beaches. With large rocks for cliff jumping and secluded areas to swim, Tubbs Hill is especially popular among high school and college students.

At night, Tubbs Hill has less light pollution than areas in Spokane, making it a great place to visit for stargazing.

If you want to find a more stretching view of the lake and surrounding wooded hills, try Mineral Ridge Trail. This 3.3-mile trail allows hikers to access the Mineral Ridge Scenic Area.

The Coeur d'Alene Resort is nestled

near downtown, right on the water. Even if you're just visiting for the day, resort visitors can take advantage of the golf course, riverboat tours and restaurants.

Downtown CDA features many cute boutiques and shops to explore. There's something for everyone, with a healthy mix of clothing, hobby, gift, art, toy and self-care stores along the main streets.

The Shops is a mall with stores and restaurants for visitors to explore. Mrs. Honeyeep's Sweet Shop is the perfect place to walk to for a sweet treat after a beach day. Although many of us are past

the age of playing with toys, Figpickels Toy Emporium is a fun spot to buy a gift for a loved one or walk around to reminisce on our younger years.

Also a short walk from the lakeside is Coeur d'Alene City Park, which is located on the lakefront. The city park has a more traditional, sandy beach setup for lakegoers. Nearby, Memorial Park has a carousel.

Near downtown and Tubbs Hill is the Museum of North Idaho, a place for visitors to learn and appreciate the heritage and history of Idaho's panhandle.

During the warmer months, the city hosts community events and concerts that encourage people to go outside. Local musicians perform at a free concert at the City Park Bandshell on every Sunday from July through September, which hosts a wide range of musical styles.

Coeur d'Alene also isn't far from Silverwood Theme Park and Boulder Beach Water Park. With rollercoasters, water slides and a magic show, it's a good way to spend a summer day.

Although Spokane has lots to explore, sometimes it's nice to travel out of town. Escaping from the hustle and bustle of a bigger city can provide some much-needed reprieve. Coeur d'Alene has a different vibe than Spokane. There's so much for us to take advantage of in the Inland Northwest, so make sure you don't miss out.

Emily Niemann is an arts & entertainment editor.

Groovin' through the year

Curating the perfect playlist to help you romanticize your first year of college

COMMENTARY
By ABBY SCHREUDER

The first year of college sure can have its ups, but like every big change, it can also have its downs. Luckily, you can soundtrack your this prime time with this diverse playlist of songs that will help narrate this unpredictable journey.

Starting off with a song from an artist who has only recently gained a huge following, "All My Love" by Noah Kahan opens his hit album "Stick Season" and is an upbeat way to kick off your freshman year. Play it during packing, move-in and everything in between. The song's addictive melody are light and fun, with reflective lyrics adding replay value. Even if you're not a Noah Kahan fan, I'm

willing to bet you'll rarely find yourself pressing skip when this one comes on.

Typically, your freshman year is spent living in an on-campus dorm. This means you'll be walking back and forth to classes most days. You might want to jam out during the trek. There's no better song to start your walk than with "Learning to Fly" by Tom Petty. Acoustic strumming paired with Petty's distinct voice will lift your spirits so high, you might feel ready to fly along with him.

For some reason, oldies always remind me of fall. Maybe it's the jazzy undertones or vintage voices, but "Ain't No Mountain High Enough" by Marvin Gaye and Tammi Terrell is always in rotation for me when the leaves change. The sweet lyrics of this passionate duet are bound to make

you smile as you think of someone you love and miss.

Next up, for a mood change, try listening to "Dreams" by Fleetwood Mac, especially on a rainy winter day. Its simple riffs produce a hazy effect, while the drums keep the song grooving. The song is such a timeless '70s staple, taking me out of any music rut that I might be in.

It's important to give yourself breaks amid the college chaos. For the sake of 2010s nostalgia, I'd recommend throwing on "Disturbia" by Rihanna on a Friday night of freedom. If the iconic intro doesn't hype you up for a night of fun, I don't know what will — other than some Katy Perry, maybe. Both artists are safe choices in my eyes.

Even though you should enjoy your college experience, hopefully you're also at Gonzaga University to learn and try to put some A's on that transcript. If you listen to music while studying, "Yes I'm Changing" by Tame Impala is a smooth, laid-back track that still has some substance to it. Plus, you will likely change throughout freshman year, so you might just admit it like Tame Impala does.

If you like to work out, you'll want to check out the Rudolf Fitness Center. It can be a little nerve-racking to navigate a new gym, but "Walk" by Foo Fighters is the perfect pump up song. Despite the title, the song makes an ideal running song, bringing the energy to any type of intense exercise.

Inevitably, a lot of people end up developing a little crush on someone during their first year. The hit "Think I'm In Love With You" by Chris Stapleton captures this feeling with bluesy rhythms and dramatic strings. You can listen to this song on repeat, never becoming tired of its unique groove.

To end this playlist off with a bang, enjoy "American Nights" by Zach Bryan off of the singer's new album. It has the right vibe for a night drive with all of your friends. It's not aggressively energetic but instead gives off a sentimental feeling. The carefree lyrics remind you to make the most of your younger years.

Abby Schreuder is an arts & entertainment editor.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

			8		9														
	4	2			6	7													
	6	5																3	
		7																	
					8	6	2												
	8	4	1															3	
	3		7															2	1
					3													8	
					2		5												

Solution to This Week's puzzle

9/24/23

8	9	7	5	8	2	1	6	7											
7	5	8	1	6	8	9	2	7											
6	1	2	7	9	7	8	8	5											
5	6	8	2	7	1	7	8	9											
8	7	1	8	7	9	6	5	2											
7	2	9	8	5	6	7	1	8											
2	8	6	7	1	7	5	9	8											
1	8	7	9	8	5	2	7	6											
9	7	5	6	2	8	8	7	1											

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit sudoku.org.uk

© 2023 The Mepham Group. Distributed by Tribune Content Agency. All rights reserved.

Los Angeles Times Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17								
18				19					20				21											
22				23					24				25											
		26						27				28												
	29							30				31		32				33						
34				35			36					38		39				40						
41			42				43					44		45					46	47				
48						49						50		51					52					
			53	54								55							56					
			57						58	59	60			61				62						
			63						64	65				66				67						
68									69					70										
72									73					74										
78									79										81	82	83	84		
85									86					87					88			89		
									90					91					92			94		
95	96								97					98					99			100	101	
102									103					104					105			106	107	
108									109										110				111	112
113									114										115				116	
117									118										119				120	

TICK TOCK

By Rebecca Goldstein

- ACROSS
- 1 West Coast wine region
- 5 "It me"
- 10 Mythical beast
- 14 Flower with hips
- 18 Tandoor, e.g.
- 19 Skateboard trick
- 20 Mouth-y?
- 21 Stack next to a boombox
- 22 Screen time?
- 25 Narrowly avoid
- 26 Tapped container
- 27 Small sip
- 28 Departure spot
- 29 Knock-
- 30 Smidge-
- 31 Not pizzicato
- 33 Ilhan of Congress
- 34 Die dot
- 35 "Empire" actress Long
- 37 Aches and pains
- 39 Like 33-Across
- 41 Face time?
- 45 Food with a Peruvian holiday in its honor
- 48 Line of sight?
- 49 Green gamers
- 50 "I reject your offer"
- 52 "Pronto!"
- 53 Inflicts on
- 55 Deceive verbally
- 56 Cycle
- 57 Documentary filmmaker Erin Lee
- 58 Singer Del Rey
- 61 Direct or Indirect
- 63 Genius Bar devices
- 64 Flex time?
- 67 Like a used fireplate
- 68 Not great
- 70 "The Show Goes On" rapper
- 71 Kick out of a seat
- 72 PC gaming hardware company
- 73 Nash of "Never Have I Ever"
- 75 Nursery furniture
- 78 By way of
- 79 Pampering place for a boxer
- 80 Former planet
- 81 Vanilla extract ams.
- 85 Sports injury
- 87 Run time?
- 90 Crossed, as a stream
- 92 Home to Pha That Luang
- 93 "Totes"
- 94 Comm. from some interpreters
- 95 Glasses, in a pinch
- 97 Genesis garden
- 99 ER drips
- 100 Advil competitor
- 102 Made a long story short?
- 104 Dashboard readout
- 106 Badenov's partner in cartoon crime
- 108 Acknowledge silently
- 109 Party time?
- 113 Test result
- 114 Lead-in to some bad news
- 115 Dog to beware
- 116 Calle Festival: annual event in Miami's Little Havana
- 117 Taylor-Joy of "The Menu"
- 118 Noun suffix
- 119 Technical deets
- 120 Inert gas
- DOWN
- 1 Noodle
- 2 "Abbott Elementary" principal
- 3 Goopy, nutty dessert
- 4 Talus locale
- 5 Meal on an expense report
- 6 Plant with a hedgehog variety
- 7 Mollusk with a banana variety
- 8 Diarist Anaïs
- 9 "ideas worth spreading" lectures
- 10 Utters delight
- 11 "Barbie" director Gerwig
- 12 Track figures
- 13 Wapiti
- 14 Stuffed pasta
- 15 Set time?
- 16 Casper competitor
- 17 To be, in Bogotá
- 21 East Asian principle
- 23 Davis of "A League of Their Own"
- 24 Cord cutters' lack
- 28 Grapefruit kin
- 29 Korean coupes
- 30 Toy derived from the Chinese
- 32 South American herbal brew
- 34 Gritty's team, on scoreboards
- 36 Fussles
- 38 Light therapy box
- 40 Man abbr.
- 42 Works with black boxes
- 43 Zinger
- 44 Luau dish
- 46 Cornball
- 47 Some lambs
- 51 Trucker's truck
- 54 Estimate qualifier
- 56 Angela of "Black Panther:
- 57 Tee time?
- 59 Everyone in the South?
- 60 Campus near NoHo
- 62 "Better Call "
- 63 Noted work?
- 64 Front of house position
- 65 Some cover crops
- 66 Dodgeball setting
- 68 Coffee, colloquially
- 69 Tended to some knots
- 71 Sneaker inserts
- 74 PC core
- 76 Piña colada need
- 77 Somewhat
- 79 Apiece
- 80 Book after Psalms
- 82 Frozen Hawaiian treat
- 83 Model
- 84 Sarah Sherman's show, for short
- 86 Open-faced taco
- 88 Subarctic biome
- 89 Insurance company with a spokesgoose
- 91 Thermometer unit
- 95 Game whose outdoor version can be five feet tall
- 96 Bedazzle, say
- 98 Hammer targets
- 101 Pop star John
- 103 Summer on the Riviera
- 105 Strike callers
- 106 Fancy function
- 107 Smart
- 109 Destroy in esports
- 110 Sharp bark
- 111 "Well, well, well!"
- 112 Toulouse turnaround



Head coach Mark Few and the GU men's basketball team returned four of their five starters from the 2023-24 season.

RACHEL TRUSSELL IG: @racheltrussellphotography

Assessing GU's rotation for 2024-25

COMMENTARY
By ZACH WHITE

With the countdown standing at less than two months until Kraziness in the Kennel on Oct. 5, the Zags are gearing up for another season of competing on the conference and national stages.

With highly anticipated matchups against college basketball powerhouses in UConn, UCLA and Kentucky on the slate for the 2024-25 campaign, GU will once again be in the spotlight.

The Zags returned all but four members of the roster that clinched a ninth-straight Sweet 16 appearance last March. According to advanced analytics from EvanMiya.com, 81% of GU's rotation minutes will be played by returning players.

Senior guard Ryan Nembhard holds the keys to the GU offense and looks set to resume his role as the offensive initiator. In his first year at GU after transferring from Creighton, Nembhard averaged 12.7 points on 44.5% field goal shooting. He also led the West Coast Conference with 7.1 assists per game.

"One of the best decisions of my life was coming [to GU]," Nembhard said on the Gonzaga Nation Podcast. "It took me a while to get comfortable [in the GU system] ... There were a bunch of new guys that I had to get comfortable playing with. Once I figured that out, I think it went pretty good. [Head Coach Mark Few] and I built a good relationship over our first year and I feel like it's only going to continue to get better."

Nembhard scored his season-high of 22 points against Cal State Bakersfield, and recorded a double-double in six other outings.

Nolan Hickman compliments

Nembhard in GU's starting backcourt well. The senior guard made significant improvements in each of his first three seasons as a Zag.

In the 2023-24 season, Hickman averaged 14.0 points while shooting 47.1% from the field and 41.3% from beyond the arc. Hickman scored a season-high 24 points in a home win over Loyola Marymount. Thriving off both catch-and-shoot 3-pointers and midrange jumpers, Hickman can effectively create shots, despite not operating as the primary ball handler. Hickman is poised for another standout season for the Zags.

Another four-year Zag that will likely find himself in the starting lineup is senior forward Ben Gregg. The Oregon native and lifelong Zag fan found himself thrust into the starting lineup last season, replacing then-freshman wing Dusty Stromer. GU found its footing in what had been a mixed season up until mid-January. Gregg scored a career-best 22 points in a win over San Diego, and showcased an ability to produce on the big stage, hitting four 3-point shots in a WCC Tournament semifinal win over San Francisco.

Though Gregg averaged 9.2 points per game on 54.1% shooting last season, his impact on the game was not always reflected in the box score. Gregg was a pure-hustle player, always ready to sacrifice his body to make a play for the team.

Joining Gregg in the front court will be senior forward Graham Ike, who transferred from Wyoming ahead of the 2023-24 season. Ike was the third-highest scorer in the WCC last season, averaging 16.5 points on 60.9% field goal shooting, earning himself First Team All-WCC honors. The bruising lefty found himself in numerous midseason award watchlists.

It is likely that Ike will once again be listed among the best players in college basketball.

Ike will need to be more careful with staying out of foul trouble, as the Zags will likely run with him as the main scoring option. An assured scoring threat, Ike is a player who will have a massive impact on GU's aspirations in the upcoming season.

The final piece in the Zags' starting lineup for the 2024-25 season is likely to be senior wing Michael Ajayi. Ajayi averaged nearly a double-double last season, contributing 17.2 points and 9.9 rebounds per game. The former Pepperdine player and Kent, Washington, native led the WCC in scoring and was second in rebounding last season before joining GU in the offseason.

"(GU assistant coach) R-Jay Barsh was on me ... ready to get me here," Ajayi said on the Gonzaga Nation Podcast. "I felt like Gonzaga is the place to be, I can be at home. Mark Few is a great coach who takes players to the next level and that's where I wanted to be. It's going to be a great opportunity for me to grow my game and come back even stronger."

With a starting lineup of Nembhard, Hickman, Ajayi, Gregg and Ike, the Zags are likely to be WCC preseason favorites and among the top-5 programs in many early rankings.

While the starting unit possesses great talent, the GU bench has depth that will allow the Zags to compete for a national title this season. On the bench, GU has both immediate impact players and future prospects who will lead the program into the near future.

Last season, Few largely operated on a seven-player rotation, tightening the rotation for close games and opening up

more minutes during less competitive matchups. It is likely that Few will have to operate on a nine-player rotation, even expanding the rotation in certain games.

First off the bench will be Khalif Battle, a veteran transfer from Arkansas who averaged nearly 25 points over the final 10 games of last season. Battle, a player with five years of college basketball experience, brings a unique foul-drawing ability. Battle scored a career-high 42 points against Missouri last season.

Another experienced player looking to make his full debut for the Zags is redshirt junior wing Steele Venters. The former Big Sky Conference Player of the Year transferred to GU ahead of the 2023-24 season but missed it with a torn ACL. Venters will likely not feature heavily in the rotation in the beginning of the season, as he continues to recover from his knee injury.

In the 2022-23 season for Eastern Washington, Venters shot 37.1% on 6.2 attempts per game from beyond the arc and will look to bring that form into the upcoming season. Once introduced to the rotation, Venters' shooting ability will provide a welcome boost to the Zags.

Sophomore duo Stromer and Braden Huff will likely make up the final two pieces of GU's nine-player rotation. Stromer showed flashes of his potential last season with a 15-point performance against USC, demonstrating his outside shooting ability and off-ball impact. Huff, meanwhile, provided more consistency last year but lacked the flash of Stromer. Huff will continue to show his ability to match up with big men and knock down 3-pointers in the upcoming season.

Zach White is a sports editor.

Projected starting five and sixth man



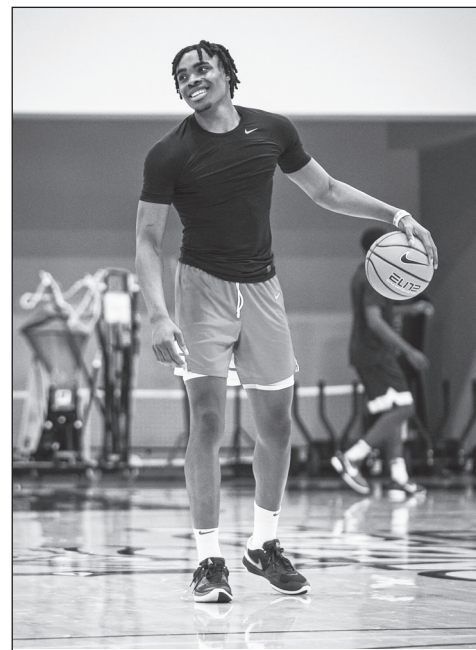
LUCY BOOTH IG: @photo_b00th

Ryan Nembhard
Starting Guard



BULLETIN FILE PHOTO

Nolan Hickman
Starting Guard



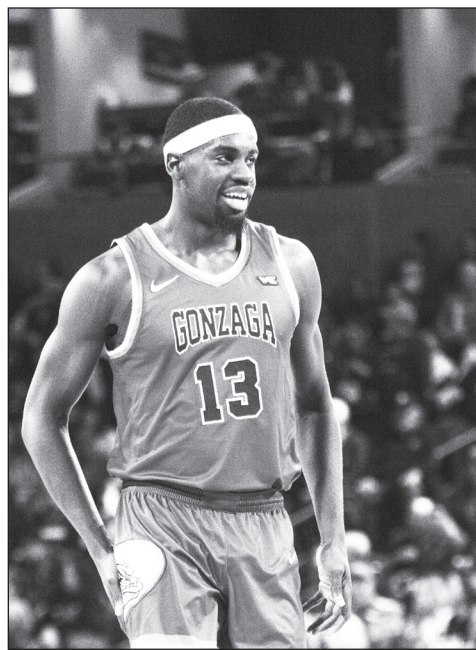
COURTESY OF @MARATHONMIKE

MICHAEL AJAYI
Starting Guard



BULLETIN FILE PHOTO

BEN GREGG
Starting Forward



BULLETIN FILE PHOTO

GRAHAM IKE
Starting Forward



COURTESY OF @KHALIFMALIKBATTLE

KHALIF BATTLE
Sixth Man



MYERS GORRELL IG: @myersgphoto

Spokane Hoopfest is the largest 3x3 outdoor basketball tournament in the world.

Best outdoor courts in Spokane

COMMENTARY
By ZACH WHITE

From broad, sprawling black tops with ornate designs to humble hoops on weathered surfaces, there is no shortage of courts in Hoopstown, USA.

Spokane has received this nickname in part by hosting the largest 3x3 basketball tournament in the world and boast many outdoor venues for hoops enthusiasts.

For a student body as active as Gonzaga University's, one way to exercise while venturing out into Spokane is to play outdoor basketball on one of the many public courts the city offers. As students to return back to campus, they may find themselves venturing into the city for some basketball. Whether it's with a group of friends or alone, here's a list of the best courts in the Spokane area to make your outing great.

The best way to spend a summer day in Spokane is strolling along the city's well-known Centennial Trail. Directly accessible from GU's campus, all Zags have easy access to the path that when walking west will eventually lead to the Hoopstown USA courts at North Bank Park.

Boasting several full-size courts and even more baskets, the floors of the public courts at North Bank are decorated with vibrant murals and artwork. There are also nearby tributes to the city's greatest basketball icons. The courts are often busy during the summer and fall months, but any wait is worth it once you are playing on a new court.

Along the Centennial Trail in the opposite direction is the court at Mission Park. Hosting only one full court, the Mission Park venue is less likely to be occupied but does not offer much for basketball players beyond the sole court. Its accessibility, especially from the freshman dorms, is what warrants its inclusion on the list. If you and your group arrive to find the courts occupied, there are tennis and pickleball courts to use until a spot opens up.

Farther from campus lies Thornton Murphy Park, a more secluded option located in the residential South Hill neighborhood. Though the park only has one full court, there are other sport court options such as volleyball, pickleball and tennis, along with numerous walking paths. The park is not accessible via the Centennial Trail, but it can be accessed via bus and has ample parking space for students with cars.

A final option for basketball enthusiasts to maximize their time outdoors lies in the courts at Comstock Park. Located in the southwest portion of the city, Comstock boasts the best views of any courts mentioned in this list. Overlooking Hangman Creek, a sunset hoop session with rays of purple and orange casting through the tips of the pines is hard to beat. While it may be farther from campus, there are a host of quality restaurants nearby to refuel after a long day spent playing basketball with friends.

Zach White is a sports editor.

Former Zag takes gold

Sonja Greinacher becomes Olympic champion in 3x3 women's basketball

By HENRY KRUEGER

Former Gonzaga University women's basketball player Sonja "Sunny" Greinacher helped Germany for the gold medal in the women's 3x3 basketball final at the 2024 Paris Olympic Games on Monday night.

Greinacher nailed a go-ahead 2-pointer with roughly 30 seconds left, securing a 17-16 victory over Spain.

While the global brand of GU basketball is renowned in the sport's traditional 5x5 format, the program has recently expanded its presence to the 3x3 competition on the international level.



Sonja Greinacher

The 6-foot-4 Essen, Germany, native finished the games with a team-high five points against Spain in the gold medal match, and her tie-breaking shot garnered cheers from NBA Hall of Famer Dirk Nowitzki, who was there to cheer on his home country of Germany.

"Germany, they just don't give up and that's what it's about," said German 5x5 competitor Alexandra Wilke during an interview on FIBA 3x3's YouTube channel. "They made good decisions, took some good shots. Sunny made the 2-pointer in the end, which was huge for them."

Greinacher was instrumental in Germany's run to the 3x3 final, tallying 11 points and scoring a bucket with one second left to lift her team to a 16-15 win over Canada in the semifinals.

At GU, Greinacher was a three-time All-WCC First Team recipient. She was named the WCC Tournament MVP in 2014 after leading the Bulldogs to a victory over BYU in the championship game, where she scored 16 points and grabbed seven rebounds.

Henry Krueger is the editor-in-chief. Follow him on X: @henrykrueger

froyo earth
FROZEN YOGURT

WHERE ZAGS GATHER

@THEFROYO EARTH
DOORDASH DELIVERY AVAILABLE

OPEN EVERY DAY:
1:00PM - 10:30PM
829 E BOONE AVE #5,
SPOKANE, WA

RUBY RIVER HOTEL

SPOKANE'S GEM: STEPS FROM GONZAGA UNIVERSITY

Discover Ruby River Hotel and Osprey Restaurant by the Spokane River, next to Gonzaga University. Featuring a great pool, hot tub, and family recreation area with games and a playground. Perfect for families visiting campus.

USE "GU25" FOR 20% OFF when you book direct.

EXPIRATION: DEC. 31, 2025. RESTRICTIONS APPLY.

ospreyspokane.com

rubyriverhotelspokane.com | 509.326.5577
700 N. Division St. Spokane, WA 99202 | [social icons]

Bulldog alums go pro in Spokane

By CAM MCCANN

Back in 2018, Gonzaga University women's soccer had a breakout season.

The squad finished 10-4-4, achieving its second winning campaign in a row after a 10-year stretch of losing seasons. Since then, GU women's soccer has exploded into a consistent winner, going 51-21-9 since that 2018 season.

Two Zags who starred on the breakthrough team and were pivotal in sparking GU's continued success were Jodi Ülkekul and Sophia Braun, who both have found their way back to Spokane — this time as professional athletes for Zephyr FC, Spokane's new women's soccer club.

"Spokane is surrounded by several of my dear friends and family, which very naturally makes it feel like home," Ülkekul said. "Gonzaga in particular is a very nostalgic place for me because I had some of my most significant life experiences there."

Ülkekul's journey as a Bulldog began without receiving a scholarship to join the roster, which forced her to begin her freshman year as a walk-on. Yet, this did not stop her from earning playing time in her first season, where she started in 15 of her 19 appearances as midfielder.

The Zags squad finished 2-12-5, but regardless of the team's record, Ülkekul made enough of an impression to move positions, bolstering the back line as a defender for the rest of her GU career.

Her role on defense would prove to become an anchor for the team, and she was named a co-captain in her final two seasons.

During Ülkekul's final year, Braun would step into the midfielder role previously occupied by Ülkekul. Braun made an appearance in every game for GU, including nine starts.

"When I came to Gonzaga, Jodi was like a mentor to me," Braun said during Zephyr FC's introductory press conference on July 26 "I was a freshman. She was a senior, and she was definitely someone I looked up to. Being able to come back and play with her is like a full circle moment for me."

Braun went on to have a decorated career at GU, receiving First-Team All-West Coast Conference recognition twice and second-team recognition once. She helped the Bulldogs reach historic heights, including winning a program-record 15 games in 2021. The team matched their best-ever finish in the WCC in 2022.

Similar to Ülkekul, Braun served as a co-captain during her junior and senior seasons.

"She's our quarterback," said former Zags head coach Chris Watkins before Braun's junior year.

Since graduating from GU, both Ülkekul and Braun have gained international experience.

The highlight of Braun's time abroad was playing for her mother's native country of Argentina. She appeared in the 2020



A former walk-on at GU, Ülkekul earned a scholarship before serving as a co-captain in 2017 and 2018.



Braun started in 64 of the 82 appearances she made for the Zags.

South American U20 Women's Football Championship, 2023 FIFA Women's World Cup and some international friendlies in July.

In arguably the most notable moment of her budding career, Braun scored Argentina's first goal of the 2023 FIFA Women's World Cup. In a 2-2 draw against South Africa, Braun drilled a shot from outside of the 18-yard box into the

top right corner of the goal.

"I was not expecting to score a goal in a World Cup game whatsoever and I was definitely in shock after it happened," Braun said in a 2023 interview. "I wanted to run around and celebrate, but we had to stay focused because we were losing at the time."

For Ülkekul, her international endeavors saw her change positions once again, playing as both forward and defender. Her time in Spain with CD Castellón and Italy with AS Roma has given her a bevy of experience that she can bring back to the Lilac City.

Ülkekul, Braun and their Zephyr teammates begin the inaugural USL Super League season on Aug. 17 against Fort Lauderdale United FC inside ONE Spokane Stadium at 6 p.m. There are plenty of other chances to watch the former Bulldogs play early in their season, with seven of their first eight matches set to take place at home.

USL Super League is a new Division One association that sits atop the women's soccer pyramid in the United States. It's also the country's only professional league that aligns with the international club schedules. The regular season runs from August through June, with a winter break in between.

Zephyr is one of eight clubs vying for the playoffs, where the top four will compete for the USL Super League championship in June.

Cam McCann is a sports editor. Follow him on X: @CamMcCann253

ZEPHYR HOME SCHEDULE

Saturday, Aug. 17
➔ Fort Lauderdale United FC

Sunday, Sept. 8
➔ Brooklyn FC

Sunday, Sept. 15
➔ Carolina Ascent FC

Sunday, Sept. 22
➔ DC Power FC

Sunday, Oct. 6
➔ Dallas Trinity FC

Sunday, Oct. 13
➔ Lexington Sporting Club

Sunday, Oct. 27
➔ Tampa Bay Sun FC

***All home matches will start at 6 p.m. inside ONE Spokane Stadium**



MEMBER-OWNED. MEMBER-LOVED.

BECU is guided by the credit union philosophy of "people helping people." We're a co-op credit union that's committed to improving the financial well-being of the members and communities we serve.

Learn more at becu.org

Go Zags!

Insured by NCUA. Membership required. Restrictions apply. All Pacific NW residents are eligible to join.