

The Gonzaga Bulletin

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PROTEST POLICY

Community disappointed

Students, staff concerned about interim policy

By KAYA CRAWFORD

Students and faculty at Gonzaga University have expressed concern about the school's Interim Policy on Demonstrations and Overnight Activity on Campus that was released on Aug. 23.

Some members of GU's community who have been involved with demonstrations on campus in the past fear the policy restricts their ability to protest.

"[I felt] a mix of disappointment, but I was not surprised," said GU junior Kevin Pinkelman. "There's so much evidence of on-campus protests being a prime site of struggle and actual tangible change, like we've seen at Gonzaga in the past. I came back to campus with a lot of hope. And then I started to hear that some new policy might be in place. And then I finally read it. And yeah, I was pissed, for lack of a better term."

Andrea Brower, an assistant professor of sociology and criminology at GU, also said that she was unsurprised by the university's decision to "sort of police the boundaries of activism and protest."

"I find it very telling where the university's priorities lie, and frankly, I think it illustrates the pretty stark contrast between their purported social justice mission and their actual policies and actions," Brower said. "I think there's an increasing sense that it's actually going to take more disruptive protest activity to push the people with power at this institution to actually match their social justice marketing with social justice policies. And I think that the university, no doubt, feels this rising pressure."

Brower's views on the policy not aligning with GU's "social justice mission" were echoed by Pinkelman. He said that what he is taught about the social justice mission and social justice movements in his classes was contradicted by policy.

Pinkelman also said he was disappointed in the way the policy was created and announced to the campus community.

"Arguably, there's so many problems with [this policy], and I was also especially disappointed to see the way it was passed," Pinkelman said, adding the university should've used its standard process rather than a shortened interim process. "It was clear that they had been working on this policy throughout the summer. So there was no reason for

SEE CONCERNS PAGE 2



Students express support for Palestine during an on-campus protest in May.

PROTEST POLICY PANDEMONIUM

Common policy questions answered

By NATALIE KELLER

With the implementation of Gonzaga University's new interim policy on demonstrations and overnight activity, some staff and students may have questions about the policy's specifications and sanctions. *The Gonzaga Bulletin* has anticipated frequently asked questions from the GU community and answered them using language from the policy, interviews with administration and analysis from a First Amendment scholar.

SEE FAQ PAGE 2

Admin defend policy

Policy creators say rules promote safety

By NATALIE KELLER

The creators of Gonzaga University's new Interim Policy on Demonstrations and Overnight Activity on Campus see the policy as a way to promote safety, protect free speech and clarify existing rules.

While the policy has faced backlash from staff and students, its creators said GU continues to value free speech.

"[Free speech] is part of our mission, and it is an integral part to any learning environment," said John Sklut, chair of GU's Policy Coordinating and Advisory Committee. "We hope that [the policy] did, and will continue to, serve as reinforcement for how we, as community members, should engage with each other."

The six-month policy, which was announced to staff via email on Aug. 23 and to students two days later, places constraints on the location, time and manner in which students and staff can protest on campus.

According to Sklut, the policy's creation was spurred by the nationwide protests regarding the Israel-Hamas war that took place on college campuses across the country last academic year, some of which escalated to involve overnight encampments and protesters occupying buildings. Sklut said these events on other campuses prompted GU to more clearly define its policy on all demonstrations, regardless of a protest's content.

The policy was in the works all summer. Collaborating with several other administrators, Sklut pulled rules from existing GU policies and compiled them into the new interim policy. The "source documents," Sklut said, included GU's Student Code of Conduct, Policy on Use of University Facilities for Events and Events Policy. Additionally, representatives from seven other university departments and offices helped develop the policy's guiding principles.

According to Sklut, the intention was to simultaneously communicate the policy to both staff and students before the start of the school year. Due to a miscommunication, he said, the announcement email was initially only sent to staff. When the error came to the university's attention, the same email was then sent to students.

Staff and students have voiced concerns about the policy. Specifically, some say the policy excessively restricts their ability to protest and contradicts GU's social justice-based mission.

SEE ADMIN PAGE 2

New professor joins CRES

By CLARINNE KIRK

Bringing a passion for youth and a background in community service, Gonzaga University alum Dejay Hodge returns to campus as a lecturer in the critical race and ethnic studies department.

Hodge graduated from GU in 2017 and went on to receive his master's in education from Notre Dame and a doctorate in education from the University of California, Irvine. During this time, Hodge was not only studying education at a high level but was also practicing it, working full-time as a middle school teacher. While studying for his doctorate in California, Hodge became involved in community organizing, specifically working with Unidos Homeschool Cooperative, a collective of parents and individuals from Hodge's community supporting youth's education through the pandemic and beyond.

Alongside his partner, Hodge moved back to his hometown of Sacramento and opened a community school with the mission of creating "a liberated learning space for young African scholars that empowers them with the skills to transform their communities." Hodge said he plans to continue his work with youth in Spokane, where he hopes to build connections with the GU School of Education and work with the Salish School of Spokane.

"Youth in our communities are the future of any movement, change, or transformation we want to see in our societies," Hodge said. "And, a lot of times, they get forgotten about."

Hodge said this ability to create connections across campus and the Spokane community was one of the facets of GU that drew him back.

"I think at a place like Gonzaga, there's more opportunity to build strong connections on campus and in the community," Hodge said.



SAM RAINS IG: @samuel.rains

After graduating from GU in 2017, Hodge went on to receive a doctorate of education from University of California, Irvine.

Ann Ciasullo, a professor of English and women, gender and sexuality studies, taught Hodge in a literary theory class in 2015, where she first noticed his intelligence and passion for community-engaged work.

"It was really wonderful to see him growing into the person he is now and has always been, which is a person for whom justice and love form the basis of everything he does, both in and out of the classroom," Ciasullo said.

Hodge's arrival within the CRES department follows a period of low-faculty retention that left the department without faculty at the end of the 2023-24 school year. The high turnover of faculty within the department sparked student activism and calls for the administration's support of CRES.

SEE HODGE PAGE 3

Inaugural Unity Scholars arrive on campus

By MIA GALLEGOS and NATALIE KELLER

Gonzaga University has welcomed its first cohort of students in the new Unity Scholars program to campus this fall.

Unity Scholars replaced the Act Six scholarship program and will cover the cost of a GU education for 19 students from Washington. According to the GU News Service, the scholarship recipients have all demonstrated financial need and a commitment to academics, leadership and social justice. Additionally, 12 of the students are first-generation college students.

"The beautiful thing about the Unity Scholars program is that it really embodies Gonzaga's commitment to human dignity, intercultural competence and to social justice," said Assistant Director of Admissions Alexa Gaske, who is the Unity Scholars coordinator.

Gaske said the transition from Act Six to Unity Scholars allowed the university to provide more scholarships to students from different regions of the state. The goal for the inaugural cohort was for 70% of the students to be from Central and Eastern Washington, and the goal was met with 12 of the 19 Unity Scholars hailing from these regions of the state.

Additionally, the program's application process was revamped based on feedback from former Act Six recipients. According to Jesse Mancilla, director of the Unity Multicultural Education Center, the Unity Scholars application process was less rigid than Act Six and included an essay and interview.

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In a technology-based society, we must find ways to escape the screens.

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Women's volleyball looks to bounce back during 2024 season.

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JOSHUA GARCIA IG: @flamedflicks

The TVRAS department will be split into three separate resource centers.

TVRAS reorganized

By KAITLIN SMITH

Student affairs at Gonzaga University has made changes regarding the Center for Transfer, Veteran, Returning Adults and First-Generation students. These programs will now be housed individually within different departments of student affairs, as opposed to being under one program.

The need for the division of these programs became evident in student feedback last spring semester, according to Vice Provost of Student Affairs Kent Porterfield.

"There is a lot of distinction between the groups," Porterfield said. "And that one umbrella didn't seem to be serving the needs of the students as well as it once did."

Student affairs conducted research to understand what each population was lacking with how the university was assisting students. Led by Dean for Social Justice Leadership and Community Empowerment Joan Iva Fawcett, the effort worked to compile the opinions of students who identify with these different populations.

"There were some small surveys that we did during national transfer week and surveys to the veteran population around their needs and what they were looking for," Fawcett said. "There was also a town hall that GSBA really sponsored around transfer students."

Guided by the feedback from students, student affairs made the decision to split the services into three separate resource centers for

its respective students.

The transfer student lounge is now located in the Center for Student Involvement on the third floor of the Hemmingson Center. According to Porterfield, this move reflects transfer students' desire for more integration into the larger GU community.

"I think there will be an opportunity also, since GSBA is up there, for transfers to become more involved in student government and to get transfers more involved in some of our student organizations and club activity," Porterfield said.

The first-generation student population will find a new home within the Unity Multicultural Education Center, where they will house a first-generation student lounge and take over programming.

For returning adults and veteran students, there is a new house being established on campus known as the Military, Veteran and Returning Adult Center. The center aims to establish a space for students who identify within this population to have as their own, as opposed to previous services that were shared between all represented student populations.

"The house offers so much more opportunity for programming in terms of study, speakers and hanging out," Fawcett said.

The house will also be bringing services to the student communities that will be housed in this space, according to Porterfield.

"We're figuring out ways that different areas can provide some direct support in the actual house,"

Porterfield said. "This will be great for veterans because I think they like the idea of a one-stop operation for them."

With these programming changes also comes some professional staff changes within student affairs. Former Program Coordinator Chelsea Collins is transitioning into a new role with learning strategies management. Student affairs has temporarily hired Matt Laramie, whose main focus will be in the house as he served as the VetCorps coordinator last school year. While Student Affairs is going through a series of professional staff transitions, Laramie will also be supporting other programming efforts, according to Fawcett.

"[Laramie] is at least contracted with us through the end of the semester," Fawcett said. "His home base is in MVRAC and that'll probably be where he spends most of his time, but he is still supporting transfer student programming and First Gen student programming while we are in transition."

During this period of transition, there are still a number of unknowns about what student programming will look like for these populations and who will be in charge of it. According to Porterfield, student affairs is flexible as they move forward with this new structure.

"We moved as fast as we could, but there's still some pieces to iron out," Porterfield said. "We're getting there, but it's definitely taking a minute."

Kaitlin Smith is a staff writer.

ADMIN

Continued from Page 1

However, Vice Provost of Student Affairs Kent Porterfield said the action does uphold the university's mission statement.

"[The policy] allows for expressive activity, but it does define some limitations around when, where and how you can do that," Porterfield said. "It doesn't prohibit overnight activity. It doesn't prohibit demonstrations and protests. It just gives some parameters for how that can be done in this environment."

Sklut said he empathizes with staff and students' desire for free speech.

"First and foremost, [I have] respect for the passion and respect for the shared want to protect free expression," Sklut said. "That feedback only reinforces the reasons why this work was done — that educational component, to make everyone aware of our existing rights and responsibilities."

Porterfield said he encourages staff and students to participate in the policy's review process. Over the next few months, the Policy Coordinating and Advisory Committee will gather and consider feedback from major constituent groups including the faculty senate, staff assembly and the Gonzaga University Student Body Association. The policy will later be posted online, and anyone in the GU community will be able to share their feedback via email.

"Institutions of higher education are really built on a model of shared governance, where different groups, different stakeholders, have not only a right, but a need to be able to express their perspective," Porterfield said. "There may be some common ground to find, and if not, it still deserves a rich and full conversation before we say, 'OK, this is a policy.'"

According to Sklut, the goal is to finalize the policy by the end of the fall semester. If the policy is not finalized after six months, it will expire.

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

CONCERNS

Continued from Page 1

them not to share that with the students, the faculty, with employees and with that policy development committee. And so, it felt like a violation in countless ways."

Brower's concerns surrounded the "vague language" within the policy. She said the vague descriptions of noise levels, disruptions and banner prohibitions could be dangerous for demonstrators.

"These kinds of vague descriptions of prohibited activity really could be used to crack down on any protest that aren't strictly orchestrated in a manner the university deems appropriate," Brower said. "And I think that's a dangerous message and precedent."

Erica Goldberg, a professor in GU's law school and a First Amendment scholar, said vagueness is always an issue with policy.

"Vagueness in policy is always a problem, because then the question is, who interprets the policy?" Goldberg said. "If [administration] interpret it in a fair way, then it's fine, but we as members of the university can't really tell if they're interpreting it in a fair way. And by fair way, I mean they just can't discriminate on the basis of viewpoint."

Goldberg said that as a First Amendment scholar, she read the policy with the view that though GU, as a private institution, does not need to completely follow the First Amendment, she hopes the university will choose to comply with it.

Pinkelman said he did not understand the need for the policy as there are already similar policies in place surrounding speech and demonstrations on campus.

"The protest last year did not result in any violence on campus, and it also didn't result in any direct change from the administration," Pinkelman said. "So yeah, I just don't see a reason or a need for this new policy when there were no issues or direct issues in the past."

Goldberg said that because of the context of when the policy was formed, fairness is important to its implementation.

"I think being proactive about this [topic] is a necessity, and the reason I say that is because with no policy in place, there is a worse risk of groups being targeted for their viewpoints," Goldberg said. "Now at least we have guidelines we can look to and we can at least judge, not that there is a policy, whether the university is implementing its rules fairly."

Goldberg said that her view is that this is a first draft and, while there is room for improvement, she understands the university is in a difficult position.

"I would say, in general, I think the university is balancing free expression rights against its ability to effectuate its mission, so long as it applies this policy fairly," Goldberg said. "And there are some concerns reading the policy that it has too much discretion to not be fair, but as long as it is fair about how it interprets the policy, I think as a first draft, it's somewhat of a sensible take."

Students and faculty both have concerns about the policy and, according to both Pinkelman and Brower, hope that their concerns will be listened to.

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

FAQ

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Does the policy violate the First Amendment?

According to Erica Goldberg, a professor in GU's law school and a First Amendment scholar, because GU is a private institution, it does not have to allow unfettered free speech on its campus. Therefore, she said, the policy does not violate the First Amendment.

However, Goldberg also said vague language is a common issue with any policy and that it will be important for GU to enforce the new policy in a fair, consistent way.

Will Kennel Campout still be allowed?

Kennel Campout and other overnight activities will still be

allowed on campus with approval.

According to the policy, requests for overnight activities must be submitted to Zagtivities and approved by the Center of Student Involvement. Requests can only be submitted by academic departments, registered student organizations and other university units or departments. Additionally, all approved activities must comply with the University Overnight Activity Expectations and Requirements.

What are the consequences of violating the policy?

According to the policy, if a student allegedly violates the rules, the student will be referred to the university's Resolution Center for Student Conduct and Conflict for possible disciplinary action. Depending on the nature and severity of the policy violation, the consequences could include

"separation from the university." This term, Sklut said, means expulsion.

However, Sklut said expulsion would only be the result of severe offenses that concurrently violate other campus policies or the law.

Meanwhile, the policy states that GU employees who violate the rules "will be referred in accordance with the processes set forth in the Faculty Handbook or Policy and Procedures Manual as applicable."

Can faculty still hang posters outside their office doors?

Because the policy does not address this issue, Sklut said that faculty are still allowed to hang posters outside their office doors.

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

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UNITY

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In addition to the financial aid provided by the scholarship, a staff member in UMEC will function as a mentor and assist students in navigating the college environment.

"They will be able to connect with [the staff] more or less like a success coach," Mancilla said. "That way, if they're needing guidance and support, we'll be able to provide those kinds of suggestions and additional support to them."

Kaylenn Compogno, one of the scholarship recipients, said she is excited to have a support system in the UMEC office.

"I think it's nice because I like to go to UMEC — it's just a good space," Compogno said. "And I feel like it's nice that we have someone there if we have questions and to know that we aren't completely on our own."

Unity Scholar recipients will also be eligible to receive support in finding internships and jobs on campus, as well as guidance when they reach their senior year and are looking to start their careers.

"The goal is for them to be successful in whatever venture that they want," Mancilla said. "But for them to also have a certainty of like, 'It's my senior year and I already know what I'm going to be doing.' Those are the kind of things I aspire to have the students go through."

Ramoncito "Bong Bong" Barro IV, a recipient studying nursing, said one of his goals during his time at GU is to help launch an educational program for nursing students to attend before the school year starts. Barro said he felt that having this sort of a precursor for nursing students could be beneficial in building community and strengthening relationships within the nursing cohort.

"It would be really nice to have the program geared towards underrepresented students, especially in Spokane," Barro said.

Barro also said he has a drive to diversify GU's nursing program and the nursing industry as a whole.

"One of the things I'm very passionate about is promoting diversity, equity and inclusion, especially in health care," Barro said.

As Barro prepares to tackle his first year at GU, he said he feels that this class of Unity Scholars are the embodiment of the quality of the institution.

"I believe diversity strengthens the quality of our education, and Unity Scholars are a representation of this," Barro said.

Mia Gallegos is a staff writer. Natalie Keller is a news editor.

Unity Scholars

- 19 students total
- 12 first-generation students
- 70% of cohort from Central and Eastern Washington



GU's pollinator habitats were built to allow native pollinators to thrive.

BULLETIN FILE PHOTO

Pollinator potential buzzes around GU

Professor completes research on pollinator's role in ecosystem

By LAURA ERICKSON

After years of post-pandemic neglect, a group of pollinator enthusiasts hope to re-establish bee habitats.

Gonzaga University became a certified Bee Campus in April 2017 and was buzzing with bee activity with no plans of slowing down.

At the time, GU had an acre-long pollinator habitat behind the Stevens Center, which was classified as a pollinator habitat shortly after the center was built in 2014. Landscaped with a mix of some native and ornamental shrubs and perennial flowers, the area provided food resources for pollinators.

Additionally, GU had two apiaries housing beehives on its properties — one on the southeast corner of the John J. Hemmingson Center and one at Bozarth Mansion, according to a 2019 GU newsletter. There were also plans to install two more apiaries on the second floor of the Humanities building.

Despite wanting to continue cultivating habitats that allowed native pollinators to thrive, the university has announced little about its Bee Campus status since the certification was renewed in 2019.

According to GU associate biology professor Gary Chang, only one apiary remains — the one in the Hemmingson Center — which he said does not come as a surprise considering that two of GU's most active beekeepers on campus retired before the COVID-19 pandemic in 2020.

As for the Stevens Center habitat, Chang said it has been somewhat neglected.

"We've sort of just let it go," Chang said. "I think it's still a habitat, but we don't really know how well it's working as a habitat."

Chang, who also oversees insect ecology and biological control for the university's Bee Committee, said that the committee has not met since in-person

classes were put on pause in 2020.

The pandemic also played a key role in disrupting Chang's biology research. Before the pandemic, Chang and his students usually visited the Stevens Center habitat to conduct research twice a week. During the pandemic, however, because GU classes were switched to online, Chang's students were unable to conduct any research on campus.

Additionally, because Chang's research is fairly labor intensive and he was the only person who could access the habitat at the time, staying on the Herak Quad was the easiest place to continue his research operations.

As to why Chang and his students never returned to the habitat once in-person classes resumed, Chang said that the same students who were researching with him remotely were the same students who came back to campus in person.

"They had developed their research ideas with just the flowerbeds on the quad in mind — which are actually also a great pollinator habitat," Chang said. "I guess that's been the real practical reason why we're not spending as much time behind the Stevens Center as we used to."

Todd Ulrich, a longtime member of GU's grounds crew who is responsible for sprinkler repair and grass maintenance at the Stevens Center, described the pollinator habitat as post-construction and unmaintained.

"It was initially seeded as a dry land grass area," Ulrich said. "Now it's whatever can survive."

According to Chang, ways to improve or upgrade the pollinator habitat include more specific planning on species of flowers to ensure that something is blooming throughout each season. This improvement, Chang said, would be beneficial to students' learning.

"If I could take more classes on quick

tours of the pollinator habitat to show the diversity of plants and insects, that would be nice," Chang said. "And, it wouldn't have to be just me — if we had signage up, I think there might be other classes that would be interested in seeing that type of biodiversity."

Beyond offering students a hands-on research experience, Chang said recuperating the Stevens Center habitat could potentially impact the status of endangered pollinators. According to the Washington State Department of Fish and Wildlife, the Western Bumble Bee — a species that Chang said he sees on campus and at the Stevens Center habitat regularly — has been under consideration for an endangered species listing since 2022.

While refurbishing the habitat could come with benefits, Ulrich said there could also be negative side effects to keep in mind.

"Pollinators are important to the ecosystem and food sources, but we are in a tough spot to balance these with the fact that GU is a private but community place," Ulrich said. "There is a possible threat of getting stung for some people that are severely allergic."

Chang said that, as far as he knows, there are no upcoming plans to work on the Stevens Center habitat or restore the previously scrapped campus apiaries. He said the reason for this comes down to the university's priorities.

"It's more like an opportunity that's there for someone to grab," Chang said. "Campus is pretty big and there are some public safety areas that have to be sort of a higher priority and everyone on the grounds crew works really hard. It's just sort of a place with potential that a lot of people don't know about."

Laura Erickson is a copy editor.

HODGE

Continued from Page 1

Hodge said the challenges facing GU's CRES department are not unique to GU but reflect "the reality of our education system." Rather than try to avoid this conflict, Hodge said it's important to learn how to navigate conflict in a "transformative way."

"Working within a system that is built on settler colonialism and systemic violence, it's inevitable to deal with that sort of stuff," Hodge said. "It's how you choose to navigate it and how you choose to struggle against it."

Hodge added that while CRES's challenge of dominant structures can create conflict, supporting spaces that uplift people of color furthers the Jesuit mission of social justice.

"I think that Western universities love to include slogans of diversity and inclusion when it benefits them, but when those same students rise up to demand a change they are silenced by the university," Hodge said. "I think that if we are going to be a university that claims to serve the Jesuit mission and claims to serve the most vulnerable people in our community, then we need to allow students from those communities spaces to learn, build and work alongside each other."

Outside of the classroom, Hodge will also serve as the

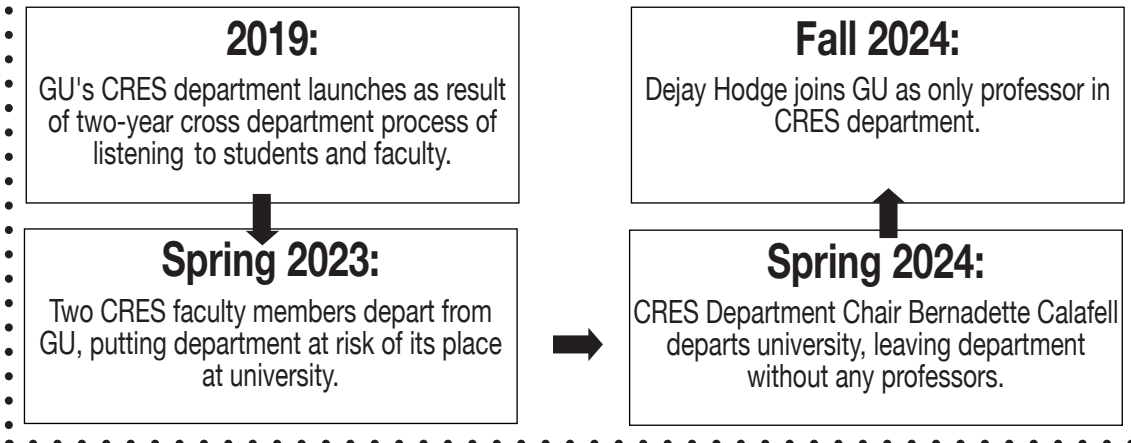
head coach for GU's women's club rugby team. With 16 years of rugby experience, Hodge said he hopes to build the team into a D1 program and put GU rugby on the national map.

According to Ciasullo, Hodge's passion for the rugby team and desire to create connections outside of the classroom showcase the energy and vision he brings to GU.

"To me, that is a perfect example of the kind of energy he's bringing to this position, sort of a willingness to be part of students' lives and experiences curricularly and co-curricularly," Ciasullo said.

Clarinne Kirk is a news editor.

CRES Timeline



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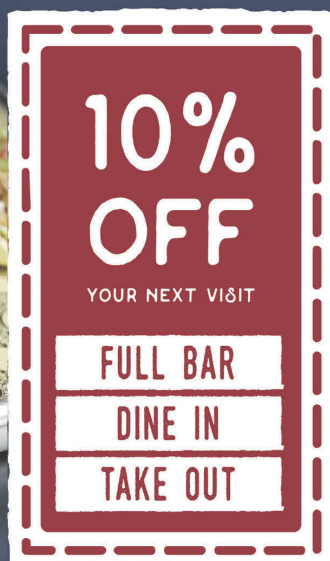
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Kamala strides while Trump flails

In an unprecedented turn of events, the 2024 presidential race was blown wide open by the Democrats' new nominee, Kamala Harris. The gap in support between Biden and Trump has been closing since the Democrats switched gears. Yet, Harris' mountain to climb is the limited experience Americans have with her as a leader in the Democratic Party.

It will be very interesting to see how Harris handles being in the driver's seat, especially since Americans' most notable time with her was during her 2020 campaign. Despite that, it's impossible to ignore the stark juxtaposition of Harris, a lifelong criminal prosecutor, running against Trump, a convicted felon. If anyone can take on Trump, it's definitely Harris.

Perhaps Trump won the 2016 election because he knew how to take advantage of social media apps, specifically X. If Trump is good at X, then Harris is great at TikTok. Her campaign has spent copious amounts of time creating pages in her name and uploading content that almost always goes viral.

Using specific sounds and playing into certain trends have significantly altered the way young people talk about Harris. Going from an older man who was out of touch with young voters to a woman who understands obscure TikTok references has framed Harris as wildly different from both Biden and Trump.

Her appeal to younger voters demonstrates Harris' commitment to issues important to younger voters. Although, some of her views — like her thoughts on defunding the police — don't exactly align with this very same group. At the same time, I think this whole election cycle is a great lesson for younger voters to realize that no politician will align with all of their views



By EMILY NEIMANN

and to instead pick people based on who will be better for the job.

Harris' commitment to her colorful pantsuits and silky blowout gives her a recognizable sense of style. Recently, Harris went viral on TikTok for her Manolo Blahnik Mary Jane's, an infamously rare shoe. Combined with the surge in popularity of HBO's "Sex and the City," the show that made Manolo Blahnik a household name, the choice to wear them feels youthful and energetic.

Additionally, Democrats gave the Democratic National Committee a customized playlist with current and older songs; the whole Democratic Party is beginning to feel extremely young while being still accessible for older voters.

Much of her viewpoints align with Biden's, yet she's been trying to appeal to issues that Republicans often bring to attention by taking a more neutral stance on issues like Medicare and immigration. Harris' most

recent tactic to appeal to moderate, liberal and right-wing voters is acknowledging the nuances and gray areas within an issue. Instead of advocating for government issued Medicare for all and the removal of personal medical insurance, she is favoring Medicare for people who want it.

Additionally, with women's rights in America being under attack from the extremely partisan Supreme Court, Harris seems like the perfect candidate to advocate for people who need her. America needs a woman in the Oval Office if we want to continue advancing women's rights in our country.

It's impossible to argue that Harris' disposition is comparable to the way Trump behaves. The president represents us to the rest of the world. It's more important to me that our president is a person who has a sense of compassion and a moral compass.

Harris' campaign is an important lesson in taking advantage of an opponent's weaknesses and criticisms. She's managed to create an entire campaign in less than three months that is so recognizable and still addresses the issues important to many Americans.

Just like the rest of her campaign, a Harris presidency would be spent continuing to try to appeal to younger people and take advantage of a group not often targeted by politicians. If Democrats can beat Trump in this election, it severely weakens his chances to be the Republican nominee in the future. We stand to see a much brighter future for America and our problems if we can manage to see the importance of November's election.

Emily Neimann is an arts & entertainment editor.

Chained to our devices: Breaking the bad habit

Like most of us living, learning and working within the golden age of technology, our lives are shaped by our screens. Whether we like it or not, it's hard to escape the constant demand of emails or the addictive rush of social media's endless feed.

Even if you manage to resist the temptations of social media or streaming services, you are unlikely to navigate going to college, working a job or simply existing within our society without countless hours in front of a screen each day. While the hours we spend writing essays or reading online textbooks are seemingly more "productive" than those we spend on TikTok, surely the negative impacts of technology remain?

This summer, I was given the rare opportunity to work in an office without laptops, Wi-Fi, Outlook calendars or Zoom calls: the wilderness. For eight days at a time, I would go into the backcountry of Montana and Idaho's wilderness and spend my days clearing trails, a physical-based labor that required no technology whatsoever.

After only a month of separation from my screens, I felt myself changing for the better. My mind began to slow and the constant rush of anxiety — the feeling that I have more to do, people to talk to, places to be — began to melt away.

Instead, I was able to be fully present



By CLARINNE KIRK

and at peace with my own company and the companionship of those around me. Without this anxiety or the ping on my phone demanding my attention, my connections with those around me felt deeper and more genuine after eight days unplugged in the woods than of many relationships I had formed over months in the "real world."

Before embarking on my unplugged adventure in the woods, I had considered myself to be inherently restless. I struggled to sit still for more than a few seconds and had deserted any attempts at meditation before I could make it through a full 20-minute session.

I figured I simply had a wandering mind and an active body that craved constant movement, that stillness, solitude and reflection were simply

qualities I couldn't inhabit.

However, my time in the woods soon taught me that it was not that my mind was incapable of retrospection and stillness but that it had been conditioned to fight stillness with every fiber of its being. Our onslaught of constant stimulation and the demands technology places on us to squeeze the productivity of each moment has rewired our brains to reject stillness and quiet and has weakened our capacity to entertain ourselves and find beauty in the "boredom."

Despite being pressured into constant stimulation and productivity, this reality is deeply contradictory to the way we are meant to live.

Free from technology, I was able to appreciate the diverse colors of an evening sky — the vibrant pink of sundown and the rich navy of twilight —, and to learn the patterns of ants navigating across the trunk of a tree. Had I been confined to a screen or distracted by my phone, I would have never noticed these small, yet immense beauties.

Despite learning the joys of unplugging from technology and witnessing myself grow as a result, I instantly fell back into my old pattern of technology use. More sensitive to technology's addictive qualities, I found myself quick to relapse. After months

without social media, it was as if I could feel the dopamine exploding in my brain like fireworks with each post I scrolled past.

Physically, I also found myself more sensitive to technology's harmful effects. After returning from my eight days in the woods, I started developing headaches after looking at a screen for more than a few hours. Where I had slept soundly each night on the trail, I had trouble falling asleep and staying asleep after returning to society, my mind wired after looking at a screen for hours before bed.

Overall, I found I liked the person I became a lot more when I distanced myself from the traps of technology, and I tried to vow to protect that version of myself. While I have now returned to campus where more than half of my day is spent on a screen, I am still trying to incorporate unplugged moments, moments of stillness and reflection, into each day.

While we will never be able to fully unplug while existing in a technology-driven society, finding and prioritizing moments of quiet reflection and undistracted connection can make a difference in fostering a deeper, primal sense of fulfillment, rather than the fleeting joy of our screens.

Clarinne Kirk is a news editor.

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On coasting through courses

With the fall semester officially upon us, it's normal to feel the excitement of new classes fade as assignments begin piling up.

Whether your schedule is packed with core courses or courses suited to your major, I feel it's important to try and stay as engaged as possible. After all, we only have so many semesters and opportunities to learn before we graduate.

Being a senior this year, I have experienced my fair share of college academics and acknowledge that adjusting to college life after summer break can be quite overwhelming. That being said, throughout my previous collegiate years I have learned a thing or two about how to make the most out of my classes and not let stress, anxiety or boredom take over.

First, I like to make sure that I am properly fueled and awake before my day begins. Particularly when I am stuck with early classes, grabbing a protein or breakfast bar and making a quick cup of coffee before class makes a huge difference in my mood and attentiveness.

When I'm not in a rush and have some extra money to spare, I'll stop for some top-tier espresso and breakfast at either Thomas Hammer in Jepson or Arctos Coffee, one of my favorite coffee shops in Spokane about half a mile north of campus.

Even if it's a course you're passionate about, staying sharp is tough when your brain has no nutrients to feed on. Also, a little caffeine never hurts.

My next tip is something I still struggle with, which is



By LAURA ERICKSON

making the effort to talk to my classmates around me. At the beginning of every semester, I see everyone sitting silently at their desks buried in their phones.

With a few exceptions here and there, I feel like I'm not alone in admitting that our generation has become scarily antisocial over the years.

While technological codependency has a plethora of related issues, what's most relevant here is the way it threatens our learning environment. I tend to look forward to and enjoy my classes so much more when I have a friend or even just a study partner to chat with.

Then you have someone there to help answer questions about confusing class content, set up study sessions with, collaborate on projects with and help you with notes if you missed a day.

Additionally, it's always nice to have someone to catch up with in the few minutes before or after class, and you never know — they might just become a close friend.

The next tip I have to enjoy even the most mundane courses is to utilize and get to know your

professors. If you find yourself struggling to stay focused or comprehend what's going on in your classes, simply stopping by your professor's office hours to discuss your progress or ask questions will work wonders.

Beyond being there to help you brainstorm, discuss class topics in further detail or get caught up on missed assignments, going to office hours allows you to establish a more personal connection with your professor that you cannot achieve in a classroom setting.

Going to office hours will likely not only make your class more enjoyable but also improve your grades because it proves to them that you genuinely care about your education and their advice. Even dropping by just once or twice for a few minutes for clarification or extra help on an assignment can make a big difference in your learning experience.

My last tip to ensure you have a happy and successful semester is simple but so often overlooked or forgotten: using a planner. Whether it's on an app or an old-fashioned paper booklet, writing down due dates and making daily or weekly to-do lists is a must for me.

Especially as the semester goes on and our workloads increase, keeping track of assignments and designating time to study will prevent you from procrastinating or falling behind. I also find that staying organized makes me a calmer, more optimistic person and reduces my anxiety.

Laura Erickson is a copy editor.

The Knit never quits

Take the stress out of concert prep with upcoming shows at the Knitting Factory

COMMENTARY

By **ABBY SCHREUDER**

Concerts are a favorite activity of many college students when school is not in session, but even amid classes and studying, finding some time to enjoy live music could be the perfect break from the usual school routine.

The city is full of different venues to check out, one Gonzaga University student favorite being the Knitting Factory in downtown Spokane. The Knitting Factory is part of a unique brand that has a rich history beginning in 1987, where it opened its first small venue in New York City. From there, the company has expanded into Knitting Factory Entertainment and has opened several other locations. In 2008, they rebranded to Bravo Entertainment clubs in Boise and Spokane, resulting in the spot we know today.

The venue has hosted many musical acts and themed events, and has a packed schedule of exciting artists playing in Spokane this upcoming month.

Seeing the Randy Rogers Band on Saturday is a perfect activity if you don't have any big plans on Saturday night. Although they're not too widely known, the group offers an upbeat, classic country sound that's bound to boost your mood.

All of the members are talented musicians who have been playing together for almost 20 years. The country music scene has grown in popularity, and there's no better way to dive in than with an established group who sticks to what they love. The band's style matches with a small venue, and in my opinion, seeing them in a giant amphitheater wouldn't be nearly as

special. Even if it's your first time hearing their music, country concerts are a blast when the performers are riding that honky-tonk high.

Next up is Mother Mother on Sept. 12. The show is on a Thursday night but is close enough to campus that you'd return in time to sleep a solid six hours before an 8 a.m.. If you don't mind sacrificing your nightly Netflix binging, you might want to consider going to see this big name in the early indie rock scene. The Canadian quintet is known for having a special relationship with their fans, and if you've met one of them, I'm willing to bet you'd agree.

The band was launched into mainstream success in 2008 with their hit song "Hayloft," but the group's 2022 album has also risen in popularity, featuring an energetic sequel track titled "Hayloft II." Mother Mother is credited with having explosive and dramatic live sets and catching them at this stop on their international tour would undoubtedly enhance that experience due to the Knitting Factory's layout.

This next artist takes the cake for the most impressive stats, with 11.2 million monthly Spotify listeners and over 330 million streams on his top song. Singer-songwriter Father John Misty is performing at the Knitting Factory on Sept. 18. He collaborated on Lana Del Rey's newest album and gained many fans from the feature, myself included.

Father John's most popular song is the single "Real Love Baby," but his other albums are just as remarkable. His songs have a consistent theme of warm melancholy, with emotional lyrics and simple but beautiful melodies. Everyone I've introduced his music to has found



COURTESY OF DYLAN GOSSETT ON X

Dylan Gossett is scheduled to perform at the Knitting Factory on Oct. 1.

something in his discography to put on repeat, and there's frankly no one else with his gift for blending his voice smoothly into the music. Despite being a big name, his production style and authenticity makes Father John Misty a perfect fit for an intimate venue, and luckily the Knitting Factory show prices are substantially lower than his arena stops along the tour.

Ricky Montgomery is another artist with a vibrant fanbase and is coming to Spokane on Sept. 25. Ricky found his start on the internet and released his self-titled album in 2016, featuring the indie-pop smash hits "Line Without a Hook" and "Mr. Loverman." Aside from these beloved tracks, the singer released a new album this year and said he tried to find what his true, mature self sounds like in this project. This concert is sure to be entertaining for Ricky Montgomery fans or anyone that likes unique solo acts.

Last but not least, Dylan Gossett's performance on Oct. 1 is bound to have some excitement, especially for the younger generation. The country-folk singer began releasing music in

2023, and his single "Coal" has received considerable attention on TikTok and other social media platforms. Despite being a new artist, he has put out several projects that boast undeniably catchy lyrics and calming acoustics. One of his songs even comes from the popular "Twisters" movie soundtrack, landing him a place alongside country legends Shania Twain and Thomas Rhett. His distinctive voice and skill with a guitar makes him a consistent and enjoyable live performer, so save the date for his Spokane concert.

The Knitting Factory's laid-back vibe and setup allows you to see amazing performers without the chaos of an arena concert. Whether you already listen to one of the artists above or simply want a break from doing schoolwork, I'd highly recommend going to one of these shows. If you want to find out about more upcoming concerts at the venue, you can visit the Knitting Factory website or its social media platforms.

Abby Schreuder is an arts & entertainment editor.



COURTESY OF MOTHER MOTHER ON X

Mother Mother is set to perform on Sept. 12.

Knitting Factory Fun Facts

- The Knitting Factory started as a club in New York City in 1987 and now has other locations in Spokane, Boise and Los Angeles.
- The District Bar is adjacent to the Knitting Factory and also hosts comedians and musical acts.
- The Knitting Factory works in venue ownership and management, festivals, concerts, touring, artist management and recorded music production and distribution.

'It Ends with Us' is not a floral and friends event

COMMENTARY

By **LILY PEARSE**

WARNING: SPOILERS AHEAD!

Going into the movie theater with my friends on Sunday to see "It Ends with Us," I had mixed feelings: curiosity, apprehension and excitement.

Leaving the theater, my perspective had shifted significantly from my original expectation of the movie. The film has received harsh criticism for its marketing strategies and even faced allegations of romanticizing domestic abuse.

I went in with the assumption that the subject matter would indeed be handled poorly, given the controversy surrounding the author, Colleen Hoover, who has been

criticized for how she addresses sensitive topics.

The plot follows Lily Blossom Bloom, played by Blake Lively, an aspiring florist who opens her own flower shop.

The movie starts with the funeral of Lily's father. Lily goes up to speak in front of everyone but doesn't have anything to say about what she loved about her father.

Lily meets Ryle, portrayed by Justin Baldoni, a mysterious neurosurgeon on top of a roof one night. Ryle and Lily quickly become interconnected and their romance develops rapidly.

The movie flashes back to Lily's childhood, during which her mother was seriously physically abused by Lily's father. Another love interest, Atlas (played by Brandon Sklenar) is fondly

remembered by Lily as her high school sweetheart who was similarly traumatized by domestic violence and homeless at the time of their meeting.

Lily and Ryle marry, seemingly happily. When she sees Atlas again as an adult, this time with Lily's eye bruised black, he re-enters her life as a protective figure. Suspicious of Ryle because of Lily's bruises, Atlas steps in with concern.

Ryle and Atlas physically fight when Atlas confronts Ryle about Lily's bruise. Hurriedly, Ryle makes it extremely clear that he does not want Lily to see Atlas again.

Throughout the progression of the movie, Ryle's character shifts. He becomes jealous, controlling and angry. Multiple "accidents" occur in which Lily is harmed, but they are dismissed because of her justifications of why they were indeed accidents.

The first sign is when he burns his hand on the oven and smacks Lily's face. It appears as though he accidentally hit her as a jerk reaction from touching the hot surface, resulting in the aforementioned bruise.

Next, she falls down the stairs during an argument. It seems like she lost her footing, but at the same time, the audience is left with some confusion about what really occurred.

Lily's traumatic childhood and current relationship begin to meld together as she realizes what is happening to her. She remembers images of her mother being abused and how her father treated her.

At one horrifying point in the movie, a huge reveal is made in which we see the truth of what has happened and see Ryle for who he truly is. He hits her out of anger after burning his hand and pushes her down the stairs.

During the breaking point, when Lily leaves Ryle for good, it is important to mention that this scene contains a graphic depiction of sexual violence.

When Lily reckons with the abuse she is suffering, she finds the courage to leave the relationship. She contacts Atlas, who shows up and supports her through a shocking surprise.

Lily is pregnant and soon to be divorced. She grieves with her mother, who never left her own abusive relationship. She allows Ryle to see their baby — a girl — but uses this as a moment to emphasize to Ryle how wrong he was to her during their marriage.

At the end of the movie, Lily sees Atlas once more. The door is open to whether they enter a relationship, but I think it's safe to assume that they do.

The scenes of domestic violence were nothing short of horrifying. In that regard, I don't think anyone could say it was romanticized in the movie portrayal. For a PG-13 movie, I was surprised by the content and subject matter.

For that reason, Blake Lively's marketing approach, "bring your florals and bring your friends," makes absolutely no sense. My friends and I left rattled by the depictions of abuse and confused by the lack of a content warning.

As a society, it is important that we shed more light on what domestic abuse can look like. The themes of generational trauma and abusive cycles are heavy topics that do need more awareness.

The movie did a good job at portraying these topics — for the most part. However, I left with a bad taste in my mouth because of how it was advertised. By no means is this a rom-com. I would advise anyone considering watching the movie to be aware of the themes.

Finally, we should acknowledge that domestic abuse can be, and often is, glorified. When we consider real victims and lives affected by abuse, we need to move away from the romanticization of violence in any capacity.

Lily Pearse is a digital editor.



COURTESY OF IT ENDS WITH US ON X

Blake Lively produced and starred in "It Ends with Us," based on the book by Colleen Hoover.



COURTESY OF THE MARIAS ON X

The Marias band members pose for a picture to promote their new album.

'Submarine' summer: Changing the tides

COMMENTARY
By SOFIA BELTRAN

The Marias are completely original. Their classification as "alternative" doesn't begin to describe everything they consider and incorporate into their music.

"Submarine" was released on May 31

Their most recent album, "Submarine," continues that style. It was released at the

end of May in its entirety after the launch of the singles "Lejos De Ti," "No One Noticed" and "Run Your Mouth."

The album was a triumphant return and recovery from a brief hiatus. Lead singer Maria Zardoya and producer Josh Conway were a couple at the inception of the band, and their breakup two years ago led fans around the world to think their favorite band would be washed into distant memory.

Yet, this was not the case with

"Submarine" being a top album that can defy the seasons and traditional genres of music. The seventh track, "Paranoia," stands out upon first listen. It also rose to the No. 1 spot on my Apple Music Replay with remarkable speed.

The song is about a restrictive relationship and the way that anxious behaviors can create unintended distance. "Paranoia" grapples with an emotional context but has a sound that takes you back to being 13 years old and jumping around your room to a new favorite song.

Most of that drive is thanks to the talent of guitarist Jesse Perlman. His part in the song is one almost sure to make you move, or at the very least sway in your seat.

The Marias understand the power of the whimsy. Each one of their songs has a movement that captures attention.

"Hamptons" is a lesson in how to effectively incorporate techno without being predictable. By far the most upbeat song, it fits perfectly with the rest while creating a necessary tonal shift in the album. There's a track throughout that sounds like water droplets and guides the

beat of the song.

It's clear that the aquatic was their thesis for this particular album. Themes of freedom, loneliness, distance and excitement are the undercurrent.

The last track, "Sienna," is a magical song. It's emotional and raw, assumed to be about a theoretical unborn child from a previous relationship.

Zardoya's entrancing vocals give the song its longing nature. Although there's an air of acceptance in the lyrics, a lingering nostalgia for what could have been is undeniable.

Anyone who has experienced a breakup where certain things were left behind will feel this song pluck away at their heartstrings. The ending of the song is abrupt and sudden, while most of the song moves the listener in calm waves.

That choice is essential to the song, capturing how a relationship can feel so beautiful but end before anyone has had the chance to process. This album is honest and allows the listener to apply their own lives to the music.

A bilingual band from the beginning, listeners can almost always expect at least one song in Spanish from every new record. Track 10, "Ay No Puedo," is a signature for them.

Another song that undulates in a way that is nothing short of hypnotic. It's romantic and exciting with unmistakable Latino flair.

Before I bore you, let's discuss "Real

Life." Another lesson in techno and the perfect song to play with the windows down. This track is one that most listeners can enjoy.

It contains pieces of each band member. Zardoya said in an interview with Spotify that this song was born from a jam session.

While I was already convinced of their talent before the release of "Submarine," seeing them perform it live was an incomparable treasure. I was at their show at The Anthem in Washington D.C. in August and still find myself reveling in the memory.

Their attention to set variety, song selection and performance was exceptional. Zardoya has a potent yet soft stage presence that makes her totally captivating. I waited for three hours in the D.C. summer heat with my poor cousin who I dragged along to be close to the front of the stage.

We both left the show with a certain amnesia to our hours baking in the sun. Walking back home, we were smiling and trading favorite moments and musings about which songs captured us most.

Music is subjective and every listener looks for something that strikes a chord within them. This album widened my eyes and reached my heart. "Submarine" sails through changing tides and calm seas with original direction.

Sofia Beltran is the opinion editor.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

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Solution to Last Week's puzzle 9/8/24

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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

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Los Angeles Times Sunday Crossword Puzzle

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FINANCIAL LITERACY

ACROSS

- 1 Multimeter units
- 5 Compadre
- 10 "...Dick; or, The Whale"
- 14 Audible sighs
- 17 "Can you ___ a secret?"
- 18 Form-al starting place?
- 19 Weasel relatives
- 21 "I don't wanna"
- 22 Sleep journal?
- 25 "Science Guy" Bill
- 26 College app data
- 27 Blasts
- 28 Luxurious Honda
- 30 Refined fellow
- 31 First-class
- 32 Winter coiffure risk
- 34 Fake
- 36 "So sad"
- 37 Novelist Deighton
- 38 "M*A*S*H" star
- 39 Necessity for a chemistry major?
- 44 Worry
- 45 Cedar Rapids college
- 46 "Whose ___ are you on?"
- 47 Whole lot
- 48 SETI search subject
- 50 Johnson and Jonson
- 52 "LOTR" collection, maybe
- 54 President pro ___
- 57 About half of 45-Across attendees
- 60 Capital on the Tamsui River
- 64 Expungement
- 66 Frodo's home, with "the"
- 67 Problem with 007's acting skills?
- 69 Turkish coins
- 74 Sadness
- 75 Disney duck
- 77 "Vamoose!"
- 79 Way to ski uphill
- 81 Explorer Erikson
- 83 Skylight piece
- 84 State of matter
- 87 Apple pie prep step
- 89 Truly spectacular collision in a hockey game?
- 94 Bibliography abbr.
- 95 Play's sign of success, for short
- 96 "Frog and ___ Are Friends": classic children's book
- 97 Before sunrise
- 98 Bit of camping gear
- 100 Blockheads
- 102 Plus
- 103 German author Hermann
- 104 Thin mushrooms
- 106 Discrepancy
- 110 Org. that targets illicit liquor
- 111 Reason for swiping right?
- 114 Golf ball holder
- 115 "...Tunes"
- 116 Hayao Miyazaki genre
- 117 Disclaimer letters
- 118 Do wrong
- 119 Change for a five
- 120 Long locks
- 121 Lots
- 2 Uriah ___: Dickens villain
- 3 Event at Citi Field
- 4 Make more exciting
- 5 Like a guard on duty
- 6 Expert in body language?
- 7 Bridal gown designer Di Santo
- 8 X, Y, or Z intro
- 9 Gluten-free muffin ingredient
- 10 Spreadsheet shortcut
- 11 Instrument that represents the duck in "Peter and the Wolf"
- 12 Looks embarrassed
- 13 Hanking
- 14 Spring migration?
- 15 Harvest celebration activity
- 16 Curse out
- 19 Pyramid scheme
- 20 Datum for a sports podcast
- 23 Concerto movement
- 24 First choices
- 29 Grain husks
- 31 Beginner's ballet move
- 33 Buck's weapon
- 34 TV regulator
- 35 Little friend of Pooh
- 36 Augments
- 37 Lascivious
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BULLETIN FILE PHOTO

The Bulldogs aim to bounce back from a challenging 3-24 season as they prepare for their home opener on Thursday against Cal State Fullerton.

Volleyball focuses on 'relentless' progress

By KAYA CRAWFORD

The Gonzaga University volleyball team aims to be competitive in its third season with head coach Katie Wilson at the helm.

Wilson and her players have been gearing up for the 2024 campaign, which began at the UC San Diego Invitational last Friday, where the Zags picked up one win and two losses.

GU's victory snapped a 19-game losing streak that stretched back to last season.

"Our goal this year is to have relentless pursuit," said sophomore setter Nia Damuni. "We're trying to form good habits and get 1% better everyday. Our team is younger, so we're just trying to develop good habits right now."

Last season the Zags were held winless during West Coast Conference play and ended with a record of 3-24, and now they are looking forward to the opportunity to compete. Wilson finds that competition has already begun in the practice gym.

"We have 16 people on our team, and everyone's competing at each and every position each day," Wilson said. "It's a battle ... for playing time. It's a battle for who gets to get on an airplane and travel. And so it makes the competition in our gym great every day. So hopefully on game day, we're a little bit more battle tested."

During the offseason, Wilson brought in seven freshmen recruits to bolster depth in all positions.

"I think these freshmen have all played club at a high level," Wilson said of her incoming recruits. "Yes, there's a big difference between playing high school or playing club at a high level, and that transition to Division 1 athletics. But they

played at such a high level and have such high expectations and have a tradition of winning a lot. To see how hard they go in the gym every single day has been really impressive."

Wilson added depth to the setter position by bringing in freshman Kate Herrick from Olympia, Washington. In her senior year at Olympia High School, Herrick had a school single-season record of 1,168 assists as well as 320 digs, 81 service aces and 53 blocks.

"It's so nice because we have depth in every position this year," Damuni said. "Every practice, everyone's just competing. It's a healthy pushing of each other kind of competition. It's been so fun to compete really hard and then hang out after practice."

Maddie Cugino is another highly touted freshman recruit for GU. Hailing from Columbus, Ohio, she was ranked as the No. 93 recruit in the nation and the 13th-ranked libero in the class of 2024 by Prep Volleyball. Cugino is the highest-ranked recruited libero in GU program history.

In addition to several high-profile freshman recruits, the Zags were able to return talent from last year's squad in each position. Sophomore outside hitter Maggie Rickert led the team in kills last

season, despite not playing in every match during her debut campaign.

Juliette Russell returned for a fifth year after finishing with the second-most kills on the team last season (175). Graduate student and middle hitter Jody Smith is a returner on the team. Last season, Smith led the team in both blocks (69) and block assists (58).

The Zags are also reliant on the leaders within the team. Wilson said that Damuni, despite only being a second year, has stepped into a leadership role this season, helping the freshmen get acclimated to the team while encouraging competition. Last season Damuni had 854 assists and an assist-per-set average of 8.8 and was third on the team with 19 ace serves.

Both Damuni and Wilson said there are multiple leaders on the team who have assisted in creating a strong culture within the program.

"We always say that you've got to make sure if you're a leader, that people are actually following you, because you can't be a leader without someone following you," Wilson said. "I think we rely on some leadership from a lot of different people. With seven freshmen, everyone's going to connect to people in a different way. It's important that all of our upperclassmen,

or even our sophomores, are caring for and helping those freshmen as they learn to compete at this level."

Beyond its players, GU also made additions to its coaching staff, bringing in Megan Cycyota as an assistant coach. Cycyota has 18 years of volleyball coaching experience and spent time under Wilson as both a player and assistant coach.

"Megan cares deeply about the student athlete in all aspects of their life," Wilson said. "She has continued to study the game at the highest level. She's been around many of the same mentors that I had, so she was a known person."

Damuni said the coaching staff has been helpful in the team's goals of relentless pursuit and improving each day.

"This year we have an all female coaching staff, which is cool, because you don't see that in a ton of places," Damuni said. "We ask for what we need, and they always try to find an answer for us, and they help us with whatever we ask for."

As the team chemistry takes shape and competition nears, Wilson stated her excitement regarding the beginning of WCC play this season, though she anticipates every matchup with a conference opponent to be tough.

"Anything in WCC play is pretty much a battle," Wilson said. "The conference is improving each year. It's not like you can take a night off, which is a great thing."

Following the UCSD Invitational, the Zags will make their first appearance in the Martin Centre on Thursday when they face Cal State Fullerton.

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

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Every practice,
everyone's just
competing ... We're
trying to form good
habits and get 1%
better everyday.

Nia Damuni, sophomore setter

Zag freshman Hofstee offers promising future

By CAM MCCANN

Although the Gonzaga University women's cross country team graduates top runners each season, head coach Jake Stewart has continually reloaded the roster with new talent.

Stewart spent multiple years putting together the 2024 freshman class, but he didn't have to wait that long to secure one of the top recruits in program history. Logan Hofstee, the reigning Gatorade Washington Girls Cross Country Player of the Year, committed to GU as a junior at East Valley High School in Spokane Valley.

"It was the first time we've ever had anyone do that," Stewart said of Hofstee's early commitment. "Then she had a year and a half to get to know [her future teammates], and she came to every indoor meet we had last year and sat with the team."

It was during this span that Hofstee observed the team's welcoming environment and competitive drive, which she talked about after signing her National Letter of Intent in November 2023.

"I chose to be a Zag because of the emphasis on being team-oriented and the phenomenal team culture [head coach Jake Stewart] and the ladies have established," Hofstee said in a GU press release. "I want to contribute to the success of the program and build something special along with my teammates. At Gonzaga, I know I'll be surrounded by

caring individuals and a team that shares kindred goals. I'm absolutely ecstatic to officially be joining the Zag family."

As a senior, Hofstee won two races at the WIAA Outdoor Track State Championship, taking home the crown in the 3,200-meter and the 1,600-meter, while earning runner-up honors in the 800-meter.

After capturing two wins at the state track championships, Hofstee completed the illustrious "triple crown," an athletic achievement where a runner wins their cross country state meet as well as the 1,600 and 3,200-meter races within the same academic year.

Hofstee's feat was impressive enough on its own, but the dominant fashion in which she won made her achievements truly remarkable.

She set a record in the 3,200-meter, shattering the previous state record by 12 seconds en route to a 10:28 time. Notably, the previous record holder is Hofstee's new teammate, GU sophomore Jessica Frydenlund.

Prior to the end of her high school track season, Hofstee's 2023 cross country campaign also saw several notable performances, leaving plenty of room for optimism about her collegiate career.

Hofstee put a bow on her high school cross country career with a ninth-place finish at the Nike Cross Nationals. She ran the 5,000-meter in 17:45, a feat she accomplished less than a month after setting a 2A Washington State



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Hofstee competing for East Valley High, where she won two state titles last year.

XC Championships course record.

Hofstee followed up her 5,000-meter state championship triumph with a new personal record at the Nike Cross Regional Championships, eclipsing the 17-minute mark with a time of 16:53 and coming in second in the region.

Hofstee joins one of GU's greatest distance squads in the program's history, a team that began the season ranked No. 25 in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) National Coaches' Poll.

The team's collective experience will help Hofstee, as the group returns six of their seven runners from last year's regional race, including All-West finishers Rosina Machu and Sadie Tuckwood.

While GU's women have never cracked into the top 20 National Coaches' Poll, the combination of the

group of returners and young talents like Frydenlund and Hofstee could see the program reach the NCAA National Championship race for the first time since Patty Ley was the head coach in 2015.

It will remain to be seen what this year holds for Hofstee, but after a blazing high school career, the East Valley alum could transform into a hometown hero for a GU program on the rise.

"She has accolades that we've not had an incoming athlete have, and I think it's going to show other high schoolers with similar backgrounds that Gonzaga is a place where you can come and be successful," Stewart said.

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

Gonzaga baseball's newest additions

By KAITLIN SMITH

Roughly one week before the 2024-25 school year, the Gonzaga University baseball team announced a series of additions to its roster and coaching staff, adding 10 more new athletes and welcoming back Zag alum and former graduate assistant coach Justin Jacobs.

After graduating from GU in 2017 with a degree in sports management, Jacobs signed as a free agent with the Texas Rangers of the MLB. During his time with the organization, Jacobs featured mostly for Minor League teams, including a brief stint with the Spokane Indians.

Jacobs departed professional baseball in 2019, returning to Spokane as a graduate assistant coach for GU while earning a master's degree in organizational leadership. Jacobs also spent time coaching at Spokane Community College and George Washington University before making a return to professional baseball.

In 2023, Jacobs returned to the Rangers organization as a coach for the Hickory Crawdads, a High-A affiliate of the Rangers.

Jacobs returns to Spokane as an assistant coach and director of baseball operations for the Zags. The hiring was announced by head coach Mark Machtolf, who coached Jacobs from 2015-2017 and worked with him on GU's staff in 2019.

"We are very excited to have Justin joining our coaching staff," Machtolf said in a GU press release. "He is a great Zag who will add a tremendous amount of knowledge and energy. It's always nice to have former Zags return home."

In addition to Jacobs, the Zags are also welcoming 10 new student athletes to their roster for the 2025 season. The group includes nine transfers and one freshman.

Mickey McClaskey, the sole true freshman, comes from Lake Oswego, Oregon. McClaskey earned an Oregon State Athletic Association All-State Honorable Mention, as well as All-6A Metro League honors in his senior season. As a right-handed pitcher, McClaskey earned 19 strikeouts and only two walks in 18.1 innings pitched.

"I'm really looking forward to surrounding myself with the Jesuit experience at Gonzaga," McCaskey said in a press release. "Playing baseball at the next level while continuing my faith as a Catholic is very important to me."

Infielder Mikey Bell is joining the Zags from Cuesta College. Last season, Bell started all 45 games for the Cougars and led the team with 13 home runs. Bell hails from Fresno, California, and will join the



LUCY BOOTH IG: photo_b00th

The Zags recently announced a series of additions, including 10 athletes and a coach.

Zags as a redshirt sophomore.

Sophomore Gabe Brabec is heading to Spokane from Linn-Benton Community College. The right-handed pitcher racked up 99 strikeouts in 72.2 innings pitched with an ERA of just 1.11. Brabec is a native of Ashland, Oregon.

Joining his former teammate, Ethan Buckley is also being added to the 2025 roster as a former Roadrunner from Linn-Benton. Buckley is from Cape Town, South Africa, and posted a .311 batting average in the 2023 season. The catcher will be a junior at GU.

"Gonzaga is a great university, and I believe it will give me the opportunity to improve my academics and play baseball at a high level," Buckley said in a GU press release.

Redshirt sophomore Cooper Ciesielski will be joining the Zags as an outfielder from the University of Texas Permian

Basin. Ciesielski comes from Monument, Colorado, and boasts a .349 career batting average.

The Zags are also welcoming junior Luca Dipaolo from the University of Southern California. The La Cañada Flintridge, native comes to GU as a catcher who appeared in 25 games with 14 starts last year for the Trojans.

Jared Glenn is coming from Arizona State University, where he played as a right-handed pitcher in 2021 and 2022. The redshirt junior pitched 24 innings and earned 32 strikeouts over his time with the Sun Devils and is originally from Ladera Ranch, California.

GU baseball is also welcoming left-handed pitcher Ryan Hernandez, a singular graduate transfer from California Baptist University. The La Mirada, California, native led the Lancers pitching staff with an ERA of 1.55 in the 2024 season, making

GU SPORTS

Thursday, Sept. 5
➤ Men's soccer vs. Utah Tech, 7 p.m.

Friday, Sept. 6
➤ Volleyball vs. Utah Tech, 6 p.m.

Saturday, Sept. 7
➤ Volleyball vs. Cal State Fullerton, 6 p.m.

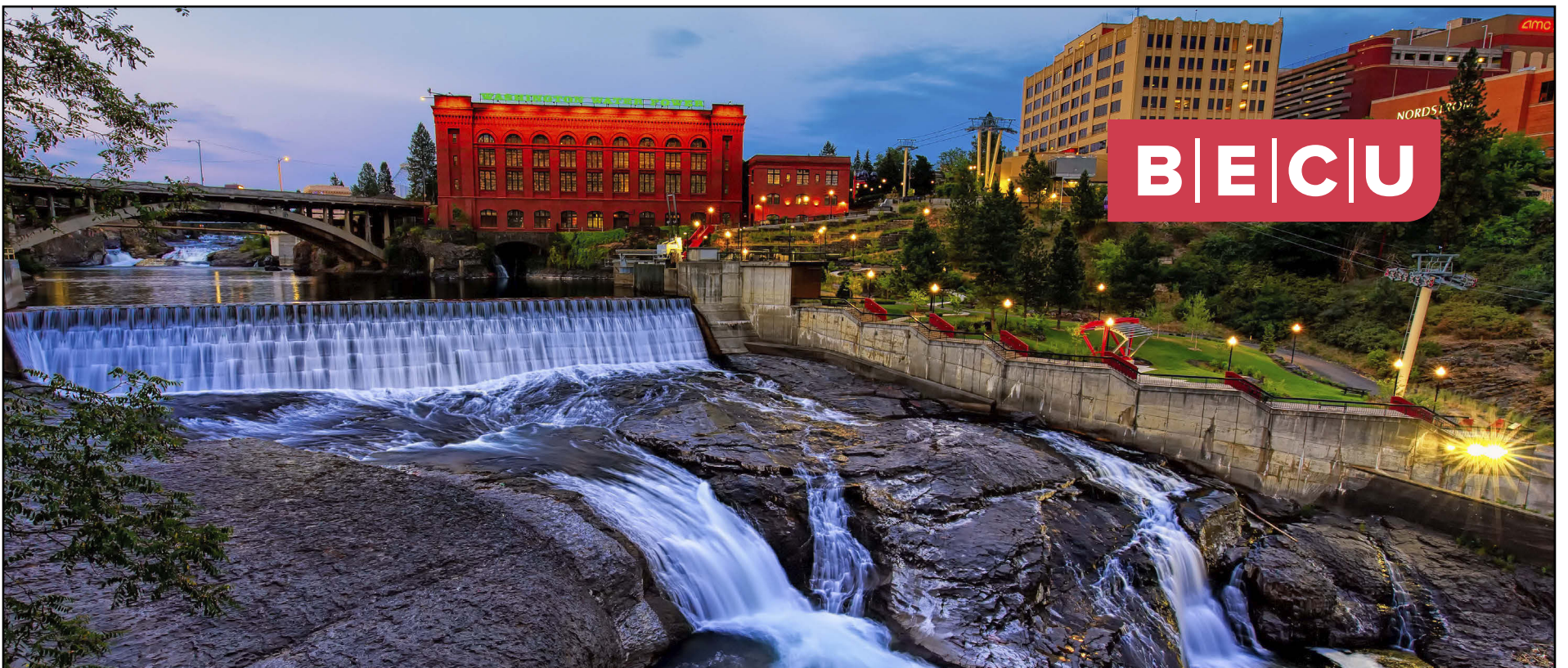
Sunday, Sept. 8
➤ Women's soccer at Illinois-Chicago, 11 a.m.
➤ Men's soccer at Cal Poly, 1 p.m.

Tuesday, Sept 10
➤ Men's golf at Palouse Collegiate Invitational at Pullman, Washington, three day tournament

Home games in bold

24 appearances. Sophomore Jacob Wrubleski is joining the Zags from Chandler-Gilbert Community College as a catcher from Okotoks, Alberta, Canada. As a freshman last season, Wrubleski batted .409, hitting 50 RBI and nine home runs. The last newcomer to the Zags for the 2025 season is Ty Yukumoto, a senior from Pacific University. The infielder is from Waipahu, Hawaii, and had 107 starts in 116 games at Pacific, earning a career batting average of .329. "I chose Gonzaga because I wanted to be able to compete with other players at the Division I level while also obtaining a fantastic degree that comes with it," Yukumoto said in a press release.

Kaitlin Smith is a staff writer.



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