

The Gonzaga Bulletin

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Special Olympics swimmer dives into doctoral leadership journey



Kobie Respicio has competed in the Special Olympics throughout his life.

By LILLIAN PIEL

The number of people who can say that they've been accepted to a doctorate program is small, and the amount of people who are enrolled in a doctorate program and have also competed at the Special Olympics is even smaller – but Kindelon “Kobie” Respicio, an incoming Ph.D. student in the school of leadership, is one of the few who has done both.

When he was a child, Respicio's parents were told that Respicio, who is on the autistic spectrum and has a learning disability, would not succeed in the mainstream education system, said his father, Patrick. Respicio was first enrolled in the education program for students with disabilities in his hometown of Yuba City, California, although his father felt he had the ability to succeed in the mainstream education system.

His parents enrolled him in the public school system after second grade, and in late elementary school, he got involved with the Special Olympics as a swimmer. According to Patrick, Respicio's involvement with Special Olympics helped him grow as a person and reconnect with his peers from the education program for students with disabilities.

T.J. Fetters, the volunteer area director for the Yuba/Sutter Special Olympics, has known Respicio since he first began swimming for Special Olympics, and said that although Respicio is a talented swimmer, he doesn't flaunt that to others and is always caring toward his fellow

athletes. Fetters described Respicio as someone who is always searching for ways to do better and help others.

In addition to swimming in the Special Olympics, Respicio is a part of the organization's ambassador program. Through the program, Respicio met with state legislators to advocate for people with intellectual disabilities, Fetters said.

“He's got quite a repertoire of what he wants to do in life, I think, and you remember when you were a young person just trying to figure out what you're going to do the rest of your life and it's not always the easiest thing to do, but he seems like he's been on a mission ever since he was a young man,” Fetters said.

Respicio graduated from Saint Mary's College of California in 2021 with a B.A. in justice, community and leadership, and went on to earn a M.A. from Saint Mary's in organizational leadership this past May. This fall, he will be attending Gonzaga University through the doctoral program in leadership studies.

Respicio said he was drawn to GU because as a Catholic, Jesuit university, its educational philosophy is similar to Saint Mary's, and he liked the size of the university and the friendliness of the students he met at GU.

“The reason why I decided to pursue [a] doctorate [at] Gonzaga is because I want to solve some of the special needs community problems that I have identified through my masters project at Saint Mary's,” Respicio

SEE RESPICIO PAGE 2

Opportunity Northeast Fellowship engages community

By NOAH APPRILL-SOKOL

Gonzaga University student Emily Shiraishi never expected that after this summer she would enjoy sitting in a garden picking weeds or cooking meals for over 100 individuals. But, after nearly 10 weeks of working for GU's Campus Kitchen — a university-run food outreach organization — Shiraishi said her passion for food outreach has grown and she hopes to continue this work in the school year.

Shiraishi was a fellow this summer for a service initiative organized by GU's Center for Community Engagement (CCE), called the Opportunity Northeast Summer Fellowship. This community-based, service initiative gave her and seven other GU students in the program a chance to work for 10 weeks in northeastern Spokane.

The fellowship program is centered around GU's commitment to community outreach in the surrounding community and has the goal of supporting regional efforts focused on combating food insecurity and educational inequality — both serious issues in the northeastern Spokane neighborhoods.

Students participating in the program are divided into four service positions related to these issues: Food insecurity fellows, Hillyard Youth Collaborative fellows, High School Transition fellows and John R. Rogers High School Postsecondary Summer Outreach fellows. They then serve with a variety of community partners related to these issue concentrations.

“There comes this impression that we're there to help them help themselves [at these service placements], but honestly, it's just being there for them and creating those relationships with Gonzaga and the community,” Shiraishi said. “We've done a lot of meeting people where they're at, showing people that they are seen and that they are a person.”

This year, eight GU students participated



The service-oriented Opportunity Northeast Summer Fellowship connects students with community organizations in a 10-week partnership.

in the summer fellowship program. These students held a broad range of responsibilities, from making meals from recovered food waste to counseling middle and high school students to helping local teachers with specific projects.

The summer fellows also worked a

weeklong summer camp on GU's campus for high school students called the Catalyst College Immersion program — an event organized by CCE, admissions, the College of Arts and Sciences and Diversity, Inclusion, Community and Equity (DICE). Fourteen students attended the camp and participated

in activities designed to help them prepare for life after high school.

According to Shiraishi, Allison Salvador and Jessica Childress, the Catalyst College Immersion program was a particularly meaningful moment of their service experience because it allowed for the summer fellows to model in a concrete way what life in college could be like for these students.

“One of my favorite moments was working with this kid [at Catalyst],” Salvador said. “He came into Catalyst, saying ‘I don't know what I want to do with my life. I don't know what I'm passionate about.’ During that week, we saw this huge improvement in him. By the end of the week, he was like, ‘I want to be an engineer and I want to go to Gonzaga University.’”

While an initial purpose of the fellowship was to serve at specific volunteer placements, Salvador, Avery Kain, Childress and Shiraishi said that the experience evolved into being focused on building community relationships coupled with a reckoning of the systemic issues affecting the region.

Salvador and Shiraishi, who both volunteered at Campus Kitchen for their fellowship placements, said that the fellowship challenged them to think critically about the issue of food insecurity and the many ways that it affects the Northeastern neighborhoods. They said that when they put on a nutritional summer camp, they were shocked to hear how these children did not have vegetables and fruits in their daily diets.

“We had to be mindful of the community that we were serving,” Salvador said. “These kids, they didn't have access to these organic, non-processed foods, so we had to show them how to eat and live a balanced life while also being mindful of their situation.”

Childress, who volunteered at a series

SEE OPPORTUNITY PAGE 2

Morris Fellowship encourages research

By ISABELLA ASPLUND-WAIN

The Morris Fellowship is an undergraduate research program awarded to original, student-driven research projects in the College of Arts & Sciences. During the summer, eight students receive the opportunity to work closely with faculty mentors to further their educational and professional pursuits.

Born and raised in Spokane, senior Tia Moua not only wanted to give back to her community, but also wanted to get to know it better. Her paper titled “The Rise in Anti-Asian Hate During COVID-19 & Combating Anti-Asian Racism” also gave her the opportunity to dive deeper into social justice work, a field she is passionate about.

“I wanted to understand how the Asian American community is coping with this anti-Asian violence,” Moua said. “How people have been impacted

by it socially, emotionally and physically and just what we can do to better support our Asian community.”

Participants were recruited via email, social media or word-of-mouth. Moua sought diverse groups of Asian and Asian American interviewees, to assess if she encountered any patterns throughout her research.

From there, she curated her set of Institutional Review Board (IRB) approved interview questions and scheduled 11 meetings over the phone, Zoom or in-person. GU's IRB is meant to ensure ethical standards are met when conducting research on human subjects. Moua was also required to fill out forms detailing her target audience, plans for providing a safe environment and research objectives.

“I didn't want to re-traumatize people, so I definitely kept that in mind when writing my interview questions,” Moua said. “Trying to make sure people

knew we could stop the interview whenever; if they're not comfortable answering something, we can skip over it. Just stuff like that to try and make sure they felt safe and comfortable.”

After her interviews, Moua re-listened to her audio recordings to edit the transcripts. She then categorized her quotes under two main themes.

She found that through this process, she's been able to extract some similar themes. Moua discovered an increase in mental health concerns and hypervigilance but noted that people often leaned on family, close friends and their community during times of hardship. She inferred that this is because people seek support systems when they are coping with trauma or pain.

Meanwhile, other research candidates may not need to endure a

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OPINION

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GU is preparing for many performances this fall semester.

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Leadership students travel to Zambia

By SOPHIA MCKINSTRY

For five weeks this summer, students from Gonzaga University's Comprehensive Leadership Program (CLP) traveled to Zambia to learn from and alongside the people there.

CLP allows students to learn about themselves as people as well as the importance of leadership through various lenses; they ultimately receive a minor in leadership studies.

Andie Rosenwald is a junior majoring in business administration and environmental studies. She has taken multiple leadership classes during her time at GU.

"The classes I take through CLP ... give me the opportunity to be the most genuine that I feel like I can be in any of my classes I've taken at Gonzaga," Rosenwald said. "I just really appreciate the way that we can make connections and really think deeply about ourselves."

Josh Armstrong is an associate professor in the School of Leadership Studies and directs CLP. He appreciates how the leadership classes allow students to think about their place in the world and how they can actively pursue making change.

"I love that [through CLP], students who are studying in every major at Gonzaga have a chance to think about themselves as leaders and what influence looks like," Armstrong said. "I really believe that everyone can practice leadership."

Armstrong has also been taking GU students to Zambia since 2007.

"When I first got my position working for the School of Leadership Studies, I wanted a study abroad experience that would take people out of their comfort zone and give them an intercultural experience because that had been really important to me when I was an undergrad," Armstrong said.



COURTESY OF JOSH ARMSTRONG

GU students traveled to Zambia after a two-year hiatus because of the pandemic.

This is the 15th year of the Gonzaga-in-Zambezi program; however, a break had to be taken due to COVID-19, so this summer was the first trip since 2019.

The trip took place from the middle of May to the end of June. When students first landed in Zambia, they traveled to the capital, Lusaka, where they spent a few days becoming acclimated to the area. Then, they took a bus to Livingston and visited Victoria Falls. They were also able to go to Chobe National Park and take a boat tour, as well as go on a safari.

For the majority of the time, however, the students were in a town called Zambezi where they were able to meet community

members and spend time with them.

"The primary goal of what anyone was doing was just to meet people and learn about them and share experiences with them," Rosenwald said. "We learned more than we helped for sure."

While in Zambezi students participated in a community project, which was the main way in which they were able to connect with the local people. Examples of their community projects include a business and leadership class, an introductory computer class and a health education class. There were also students who helped with Zam City Sports Academy, an organization that promotes

sports and recreational activities for young people.

Senior Audrey Buller was part of a group of students who taught computer classes to community members.

"Often, after the classes, community members would want to spend time with us and so we would go to the market with them, go on a walk with them, go see part of the village with them, and so that was really cool," Buller said. "It ended up just being a route to meeting new people."

The whole study abroad experience ultimately allowed students to build authentic and genuine relationships with the people of Zambia.

"I'm really glad I decided to go because I feel like I was pushed out of my comfort zone in ways that were really productive and really helped me to grow," Rosenwald said. "We talk a lot about the 'radical welcome' that people in Zambezi gave to us. [In the future], I want the people I meet to feel similarly welcomed and appreciated and seen by me as just complete strangers did to me in Zambezi."

Buller added to Rosenwald's point in that most of her life she was just checking off things she had to do. But she learned to enjoy the small things, being in the moment and connecting with people, according to Buller, which her experience at Zambezi did for her.

"My hope is that [after the trip], students think differently about their place in the world and how they create change, and I think that can happen starting tomorrow," Armstrong said.

For more information on the trip and to read personal reflections from the students, check out the Gonzaga-in-Zambezi blog.

Sophia McKinstry is a diversity editor. Follow her on Twitter: @sophvmckinstry.

RESPICIO

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said via email. "I really want to help the special needs community in terms of having better opportunities, socially and academically."

Respicio has been advocating for students with intellectual disabilities ever since he was in middle school, when he founded Kobie's Quest, an organization that sought to raise awareness for those with intellectual disabilities in the Yuba City community through 5K walks and runs. In 2017 he was awarded an honorary Excellence in Sports Performance Yearly (ESPY) award by ESPN for his accomplishments in the Special Olympics and success in academics as well, Patrick said.

In June, Respicio competed on the Yuba-Sutter-Colusa swim team at the Northern California Special Olympics Summer Games. He took home gold medals in the 100-meter individual medley, 50-meter butterfly and 4x50 meter freestyle relay, as well as a silver medal in the 100-meter freestyle.

Steve Pruitt, an assistant scoutmaster who has known Respicio since he was in elementary school, said Respicio has always given his all, in swimming and beyond, and seeing his efforts culminate in winning four medals is something he is proud of Respicio for.

"In Boy Scouts, Kobie was involved with every project that I can remember," Pruitt said via email. "He was always first to volunteer and always ready to lend a hand. He was always cheerful, [courtous], well thought of in the troop."

It's no surprise to Pruitt that Respicio is starting his doctoral program at GU. He said nothing slows Respicio



COURTESY OF PATRICK RESPICIO

Respicio swam at the Special Olympics this past summer.

down when it comes to learning.

"A lot of people are happy because most of the kids can't even attain a high school diploma in Special Olympics, and when you see there's a person that's going to be working on his doctorate competing with them, it gives them like a lot of faith that they can do it too," Patrick said. "If there's a Special Olympic athlete that's working on a Ph.D., then they can do it too."

Tyler Krochmal, the senior public relations and communications manager for Special Olympics of Northern California and Nevada, said he has known

Respicio since 2017 and it's been amazing to watch him compete and see him interact with other swimmers. Krochmal said Respicio is very passionate and always steps up to take on a leadership role by helping other athletes.

When Respicio was applying to GU, he asked Krochmal for a recommendation letter, which Krochmal was happy to write, and he said is excited to see Respicio continue his education at GU.

"To see him keep going on this is so cool, and pursuing that education, pursuing his dreams of being in a role and making an impact on communicates and people everywhere is just really cool...and he just keeps stepping up his game" Krochmal said.

In the future, Respicio plans to continue advocating for students with intellectual disabilities.

"After I get my doctorate, I do plan to advocate for people with intellectual disabilities in the state government while I'm helping people with intellectual disabilities within my own community through my organization," Respicio said.

Watching his son grow into the person he is today, about to begin a Ph.D. program, was something that Patrick said he never thought would happen, but he couldn't be happier about where he is today.

"Kobie is very diligent ... he is resilient," Patrick said. "He doesn't give up. He studies until the sun comes up ... and I'm amazed how determined he is too."

Lillian Piel is the editor-in-chief. Follow them on Twitter: @lillianpiel.



BULLETIN FILE PHOTO

Salvador and Shiraishi worked at Campus Kitchens for their summer fellowships.

OPPORTUNITY

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of public schools in the area, said that the experience of working in the public schools with their students made her rethink how she sees the educational crisis in Spokane. She said that she thinks of schools now in this region as being under-resourced and avoids labeling these schools as "bad," which she says society tends to do.

"[We must] know that it's less about the test scores and more about the kids and the lives they're coming from," Childress said. "[We must] learn about what it takes for a child to feel comfortable in the classroom, to turn off the fight or flight mode and be able to pay attention and focus. This kind of knowing that there's so much more going on [in these schools] is something that I wish we could really find."

With the Opportunity Northeast Summer Fellowship finishing in two weeks,

Childress, Shiraishi and Kain said that they hope this fellowship helps bridge the gap between GU and the surrounding neighborhoods.

They said that they valued the relationships that they gained from working in the community during this summer fellowship and that they saw this initiative as a sign of GU's effort of fostering relationships with the outside community.

"[The summer fellowship] pushes you out of your comfort zone and pushes you out of that privilege that we have," Shiraishi said. "The world is just full of people like us. We create such a divide, but we're all human. We just want to be seen."

Noah Apprill-Sokol is a news editor. Follow him on Twitter: @noah_sokol03.

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Former GU professor reimagines medieval tales

By KAELYN NEW

Though he retired from teaching in 2015, former Gonzaga University English professor Michael Herzog has not stopped working.

Herzog transferred his knowledge of medieval literature from the classroom to paper, releasing two books about 14th-century poet Geoffrey Chaucer and his work “The Canterbury Tales” in the past three years. His most recent release, entitled “Pilgrimage: The Completed Canterbury Tales,” is regarded as the only complete version of Chaucer’s “The Canterbury Tales.”

The office of the president hosted a book release celebration for Herzog’s “Pilgrimage: The Completed Canterbury Tales” on June 15 in the Hemmingson Auditorium which featured words of praise from GU President Thayne McCulloh and faculty member Jessica Maucione.

Herzog’s infatuation with the work of Chaucer began long before he started teaching at GU. He said he discovered in graduate school that, despite “The Canterbury Tales” being hundreds of years old, messages within the text remain relevant and each time he read the stories, he found something he hadn’t caught before.

In Chaucer’s stories, a group of pilgrims compete in a storytelling contest while traveling to Canterbury Cathedral, each with a uniquely different tale.

“There’s always something new, there’s always something I haven’t seen before,” Herzog said.

After he earned his doctorate from the University of Washington, Herzog carried his passion for Chaucer’s work onto GU’s campus where he taught students about Chaucerian and medieval literature for 45 years.

“When I started teaching Chaucer, it was very rewarding because we would have wonderful discussions in classes with English majors and that just reinforced my sense of how wonderful his literature is,” Herzog said.

During his time teaching, Herzog’s fascination with Chaucer transformed into intrigue. He said he realized that no one had published a book on the life of the 14th century poet and soon enough, Herzog would author “This Passing



COURTESY OF GONZAGA UNIVERSITY

Michael Herzog released a novel completing “The Canterbury Tales.”

World,” which was published in 2019.

According to Herzog, the novel utilizes frame narrative storytelling, similar to “The Scarlet Letter,” but in “This Passing World,” Chaucer’s journal is discovered, which details some historically accurate information and some fictitious information about the poet’s life. Herzog said that penning the novel was an interesting combination of incorporating historical accounts of Chaucer’s life and filling in the blanks.

“What I am doing is medieval, in the best sense, and modern,” Herzog said.

Herzog said that he aims to modernize medieval stories so that everyone can enjoy their timeless messages.

“I think what I am really doing is trying to retell stories that have withstood the test of time but also could stand to be retold in a form in which contemporary audiences would

find them more accessible,” Herzog said.

While his most recent book, “Pilgrimage: The Completed Canterbury Tales,” took roughly two years to write, Herzog said that, in a certain sense, he had been writing his books about Chaucer since the very moment he started teaching.

“[Herzog] has latched onto stories that are seemingly old but still resonate,” said former GU student and author of “The Newirth Mythology,” Michael Koep. “He is turning out stories that, I think, have been percolating in his mind for all those years that he was teaching.”

Herzog was Koep’s adviser during his time at GU, and Koep has since helped with the publication of Herzog’s novels by looking over manuscripts and designing the covers for both “This Passing World” and “Pilgrimage: The Completed Canterbury Tales.”

Herzog said that he has always been fascinated as to why some authors’ stories live forever and in Chaucer’s case, he believes that it is because of the fundamental messages within each story.

“[Chaucer] deals with all of the issues that I think are basic to human beings’ experience,” Herzog said.

Herzog’s story as an author is far from over, as he is currently working on a modern retelling of “Sir Gawain and the Green Knight,” which he predicts should take him roughly another year to complete writing. After that, only time will tell what story he will write next.

As for now, Koep said that he hopes readers will get their hands on Herzog’s recent works to discover more about not only “The Canterbury Tales,” but perhaps even about oneself, as the themes of the novel remain universal to this day.

“I am excited that [Herzog] has taken the time to bring Chaucer back,” Koep said. “My hope is that those books will find their way into students’ hands who are studying Chaucer to get a more human look at who Chaucer was and to revisit those stories again.”

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new.

MORRIS

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detailed interview process. GU senior Ben Lombardi’s research on the “Stability of Implicit Free-Parameter Multistep methods for First and Second-Order Differential Equations” attempts to answer a question that has been plaguing the mind of Michelle Ghrist, associate mathematics professor, for over a decade.

Germund Dahlquist, a Swedish mathematician known for his contributions to the theory of numerical analysis as applied to differential equations, theorized that the order accuracy of a method must be capped at a certain point given how many time steps were used, otherwise round-off error will grow.

“What we’re trying to do is we’re kind of trying to get around it,” Lombardi said. “Well, if we force it to be this order or class of accuracy, but we can still use those other points of data, can we kind of leverage that to get better accuracy or stability properties?”

In 2010, Ghrist was working as an analyst for the U.S. Air Force Space Command, where a new world of mathematics was opened to her.

At the time, The Academy was solving solutions to second-order differential equations, instead of first-order, to approximate solutions to trajectories of objects in outer space. These are things such as meteors, space shuttles and satellites.

So, when Lombardi voiced his interest in this research, Ghrist saw it as an opportunity to further delve into something she was already excited about.

“There was a lot to learn along the way and we spent the whole first year just reading research articles, exploring and trying to understand what has been done [and] what’s really going on here,” Ghrist said. “Ben’s a little bit unusual, as he is the only STEM student this year or last year, to receive this fellowship.”

In fact, math was not a subject that was meant to partake in this program, as it was intended primarily for the social sciences and humanities. However, the lack of summer research on math has allowed it a space within

the Morris Fellowship.

A typical summer meeting includes students discussing research updates, answering questions from fellow students and faculty members and offering suggestions to one another. Students often go back-and-forth about online resources, databases and tools to store information.

Lombardi finds that as the only math major working with a range of students within the College of Arts & Sciences, he is often pushed to discuss his research in terms that are understandable to all audiences. Although he projected his final report and paper will be mathematically technical, he hoped to publish a shorter article intended for non-expert understanding.

“One of the things that Dr. Cremeens, [associate professor of chemistry], stresses about the Morris Fellowship is that it’s [about] putting your research in context with the wider world and getting other perspectives from outside of your discipline,” Lombardi said.

For Moua, she felt the fellowship has given her the opportunity to gain experience on

how to better organize her results, as well as communicate with others as both a listener and speaker. In the future, she plans to do a literature review. This will allow her to research peer reviewed articles and propose potential solutions to issues regarding anti-Asian hate.

GU students can support the Morris Fellowship candidates by attending their research presentations during Fall Family Weekend’s Undergraduate Research Showcase on Oct. 8 in the Hemmingson Ballroom.

“My goal with presenting the research in the fall is that I want people to be able to understand that this anti-Asian hate is happening, and even if it’s not directly impacting them, it doesn’t mean it’s not happening,” Moua said.

For students looking to apply for the 2023 summer fellowship, applications open in October and can be found on GU’s website.

Isabella Asplund-Wain is a digital editor.



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Lessons learned from COVID-19

In the early days of 2020, life for many felt irreversibly catastrophic; with uncertainty looming overhead and unprecedented lockdowns shifting the course of life for many, pre-pandemic habits felt like ancient ways of the past, and as time drew on, hope of returning to “normalcy” grew weaker.

Now, life in the heart of the pandemic feels far, far away — students are back on campus, communities are gathering and life overall seems a little more at ease. How have we come to move on so quickly?

As we commence this new school year, I urge you to take a minute to reflect — we have not returned to pre-pandemic times as many had hoped. Rather, we are living in the direct aftermath and overflow of COVID-19’s impact. Though dwelling in the past can be draining, there are certain points to acknowledge.

We have yet to understand the extent of the impacts of the pandemic on individuals and communities alike.

The sudden isolation that many faced came as a hardship in 2020, and as we pushed through quarantine, socialization was drastically changed. As students returned to their campuses across the country, this change became apparent as the adjustments made for living and working at home had to be readjusted.

For those shifting from high school to college in the classes of 2024 and 2025, these adjustments were quite daunting, and for those who simply wanted to

go back to the communities they loved before, there was an extra burden of care and responsibility. Socialization and maneuvering the hybrid school environment was challenging, and for many, had a large impact on mental health.

On a broader scale, different groups became more polarized as experiences became personalized based on region, class and community; some experienced discomforts while others lost everything. Economic fear, racial injustices and inconsistencies in news media all contributed to a continued polarization of politics, and tensions will increase as midterm elections approach this fall.

With so little unity and so much uncertainty, how do we at Gonzaga University continue to show our respect and care for each other? How do we continue to bring our community back while also acknowledging the past two years?

We have realized how ineffective our old systems were, and there is no turning back.

COVID-19 has drastically changed almost every aspect of our daily lives, the most apparent being the necessitation of remote work and school for many Americans. At GU, we have seen both the pros and cons of hybrid learning environments. It isn’t likely that we will fully return to how we operated pre-pandemic, and it would be foolish to do so.



By MADELEINE REED

Corporate America is slowly learning to balance the cultivation of community within businesses with the necessity of letting employees choose their own work environments and practices. While some fields are more suited for remote learning than others, schools should be expected to prepare their students for the turbulent situation that is post-graduate employment, and this involves the incorporation of hybrid practices and the use of technology in the classroom.

As the pandemic has taught us, we must be adaptable, and technological adaptation is at the forefront of necessity.

We aren’t out of the woods yet; global diseases are in our future and we need solutions that work.

Hearing word of the growing number of monkeypox cases in the United States

may come with a twinge of deja-vu. Spread through physical contact, many college campuses are preparing for the worst, aiming to educate their students and adapt their COVID-19 protocols.

Though drastically different from COVID-19, the message between the two remains the same: we are not, as a nation and as a world, prepared for the next pandemic. In order to be, we must learn from our past mistakes.

It was for this reason that after the Ebola outbreak in 2014, the United States National Security Council developed the “Playbook for Early Response to High-Consequence Emerging Infectious Disease Threats and Biological Incidents.” The 69-page document was meant to advise government leaders on prevention of national pandemics and disease outbreaks. And yet, when our authorities cannot—or simply will not—put these time sensitive plans into place, we suffer, as we suffered in 2020.

As our world changes and new risks present themselves, we must acknowledge the need for purposeful and effective administration, understanding that “post-pandemic” falls short in describing our need for diligence, both at GU and on a global scale.

Madeleine Reed is a copy editor. Follow her on Twitter: @madeleinesreed

Pope's apology a reminder to uplift Indigenous voices

On July 24, Pope Francis embarked on a weeklong journey to Edmonton, Alberta, to apologize for the Catholic Church’s cooperation with Canada’s policy of Indigenous residential schools.

The trip was dubbed the “penitential pilgrimage” by the Vatican. Pope Francis met with several Indigenous groups throughout his stay to issue a papal apology for assimilation tactics and abuse within residential schools in Canada.

This comes after decades of uncovered evidence implicating the Catholic Church in the abuse, neglect and deaths of Indigenous children.

In 2021, the remains of as many as 751 Indigenous people were found in unmarked graves at a former boarding school in Saskatchewan, Canada. Earlier this March, 169 potential unmarked graves of Indigenous students were found at the former St. Bernard Mission School.

According a 2015 report from Canada’s Truth and Reconciliation Commission, upward of 4,000 Indigenous children died while attending residential schools, and Canadian Prime Minister Justin Trudeau has estimated that at least 150,000 Indigenous children in Canada were impacted by residential schooling policies.

Historically, Canada had 137 residential schools, the last of which closed in 1997. Yet Canada wasn’t the only country to implement Indigenous residential schools. In fact, the U.S. had a system of 367 Indigenous boarding schools from 1860-1978.

A report released in May by the U.S. Interior Department found more than 50 burial sites



By KAELYN NEW

associated with American Indigenous boarding schools.

While it is true that the Catholic Church wasn’t necessarily responsible for every residential school in both the U.S. and Canada, as the respective governments and other Christian church denominations funded some of the schools, the Catholic Church must take responsibility for the irreparable damage to Indigenous communities perpetrated by Jesuit missionaries.

As the Jesuit mission to spread Catholicism spread to North America, Indigenous communities were forced to assimilate into white American and Canadian societies.

Catholicism, poised as a religion in which each follower loves thy neighbor, effectively served as a vehicle of abuse, neglect and murder through Jesuit missionaries.

The dark history of Jesuit missionaries and Indigenous residential schools is intrinsically tied to the conception of Gonzaga University. The initial plan for GU,

conceived by Joseph Cataldo, was for Indigenous boys from various Jesuit Northwest missions. Yet, once the school opened in 1887, only white boys were accepted.

While GU may not have served as a historical residential school, it is highly important that the university recognizes the history behind Jesuit universities. GU has a responsibility to amplify the voices of not only Indigenous students and faculty but surrounding Indigenous communities. After all, the university is located on tribal land.

As for the pope’s apology, it is not mine to accept; it is only for affected Indigenous communities to accept or deny. Similarly, I do not think I should speak as to whether GU is doing enough to acknowledge the history of Jesuit missionaries and support its Indigenous students.

I do believe that open conversations about accountability are incredibly important at GU, as they allow students to discover more about GU’s history and allow GU to acknowledge wrongdoings perpetrated by either the university or the Catholic Church.

GU recently participated in “Taking Responsibility,” an initiative by Fordham University in which Jesuit institutions host conversations regarding the Catholic Church’s sexual abuse scandals – a step in the right direction toward holding the Catholic Church and Catholic institutions accountable.

Going forward, I think initiatives such as the aforementioned could be extremely useful in providing complete transparency concerning GU’s history and provide meaningful conversations as to next steps.

Ultimately, it is principal that students and the broader GU community are knowledgeable about the histories of Jesuit missionaries, including those at GU, and it is equally important that we work to uplift Indigenous voices in the community going forward.

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new

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Advice to first-year students: Admit wrongs, own failure

When I came to Gonzaga University in 2020, it was under unique circumstances. The country was experiencing a pandemic, almost all of my classes were held over Zoom exclusively and most people were restricted to their residence halls and the COG. This came alongside all of the other challenging aspects of the freshman experience, creating a unique obstacle that the class of 2024 had to face alone.

After graduating from high school, I was certain of one thing about my higher education and one thing only: I was going to become a chemist. I had developed a passion for the subject, and I wanted to pursue that more than anything. I wasn’t entirely sure how I would go about doing that, but I reasoned that it would make sense to start by majoring in chemistry, an infamously difficult degree program at almost any university.

Unfortunately, that didn’t deter me. I’ve got a bit of a stubborn streak that’s always caused me to bite off more than I could chew. The knowledge of how difficult my chosen path was didn’t cause me to shy away from it. With the understanding that Zoom would make my life even more difficult, I became certain that this was something that I needed to see through until



By GWEN MITCHELL

the end.

Let’s quickly move forward to the first semester of my sophomore year — I am buried deeply within “Organic Chemistry II” and am losing my passion for chemistry very quickly. This has been happening for months at this point but I have been postponing making any kind of decision because of my determination. I had realized that my will had far outstripped my skills, leaving me to underperform at the work that I was being assigned.

It took me a period of self-reflection to realize that I was not happy with the direction that my life was going. I had lost the spark that had pushed me into STEM in the first place. I continued to drive myself forward merely because I did not want to admit to myself that

I had failed, that I had been met with consequences and quit.

That spartan outlook on life cannot, however, be maintained for long without leading to some negative consequences. I was depressed and anxious all of the time, my relationships (both platonic and romantic) were suffering and my private life had shriveled.

Finally, I admitted to myself that I was wrong, that I had put all of my eggs in one basket and that basket was quickly being swept downstream. I looked within myself and discovered the talents that I had been cultivating for years and pursued those, including a passion for writing that has remained with me to this day. My life has rebounded in the best possible way since then. That’s not to say that everything is suddenly perfect, but it is certainly not as bad as the place that I was in.

So, my advice to first-year students out there who may be reading this is the following: Don’t ever be afraid to admit to yourself when you’re wrong. I know that it can be very easy to pick one path and attempt to travel down it despite what anyone else (even yourself) might be telling you, but that drive can be incredibly fallible, possibly leading you in a very negative direction.

Gwen Mitchell is a staff writer.

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Student performances prepare for fall

By ISABELLA ASPLUND-WAIN

The school year is almost upon us. We'll soon see our bright skies and free schedules fade into seasonal blues and heavy backpacks as we head into the back-to-school season. Although Spokane weather may encourage you to stay inside this semester, the arts programs and events won't.

The dance department has many programs planned for this year. Students of any major are not only encouraged to take dance classes but to participate in service programs and try clubs like Boundless.

"Dance is awesome," said Suzanne Ostersmith, dance program director and professor of theatre and dance. "Learning to express yourself through movement, there's nothing like it, it's so valuable."

During orientation weekend, the dance department hosts "Dance & Desserts" for new and returning dance students in the theatre dance studio building on Aug. 29. This allows students to gather with others and learn about what events dance has to offer.

As a season opener to the department's four fall concerts, a professional artist will be brought in from Seattle to do an artist residency. Their weeklong residency will include teaching technique, how to set choreography and a Q&A session. Students who are registered for dance classes can participate and performances are free and open to the public to attend on Sept. 24.

The next show, the 60 x 60 dance concert, creeps up just two weeks later, where 60 performances are showcased in 60 seconds or less each. Any student can contribute — from being casted in a senior project to performing a solo for the first time.

Students interested in expressing themselves onstage are urged to come to dance club meetings to get involved or apply online. For those who wish to watch, look out for it during Fall Family Weekend in the Myrtle Woldson Performance Arts Center on Oct. 7.

"I always say that even if you're not sure if you like concert dance, that's the show to go to because each piece literally lasts 60 seconds," Ostersmith said. "So, if you're watching it saying, 'what is this I'm seeing?' pretty soon it's going to be over and then you'll see something new."

November brings some Salt Lake City spice to the department's biggest professional dance company show. Professional dance company Ririe-Woodbury is coming and committed to fostering contemporary dance as an inclusive and valuable art form through performance and dance education. One of



BULLETIN FILE PHOTO

Gonzaga dance students show off their skills at performances throughout the semester.

GU's repertory dance companies will also perform as part of this show.

To wrap up the semester, the department will host its Snowflake Showcase, coordinated through Boundless. The group was created by students who loved learning to dance, giving them the opportunity to use studio spaces to teach classes to the GU community. During the first week of December, these pieces are celebrated through a performance.

"We've had all kinds of stuff," Ostersmith said. "We've had belly dancing; we've had flash mob classes. Of course, [we

have had] hip-hop and modern and ballet and jazz and all that. It's a real fun club event where you can go to these rehearsals and learn some dances and then perform."

Dance performances will not be the only happenings around campus, as GU Acapella group, Big Bing Theory (BBT), gears up for a semester of fun. "Running Up That Hill," originally written and produced by Kate Bush, is one amongst their set of fresh and dramatic songs they plan to perform together.

BBT is holding auditions Sept. 12-14. Students can fill out an interest form

or sign up for auditions on their website. A few weeks later, BBT performs at Fall Family Weekend on Oct. 7 in the Cataldo Globe Room.

"The only thing I can think of that we're really pushing for this year is we need beatboxers because our boxer just graduated," said Natalie Marssdorf, BBT co-director and GU senior. "So we're trying to do an all-call if you can beat box."

BBT is organizing a performance at a to-be-determined coffee house in the fall. They also want to implement a few acapella fundraising events with the hopes of being able to host more performances around campus throughout the year.

In a normal week, BBT rehearses twice a week, but additional rehearsals are added in the week leading up to a performance. In the hours leading up to the event, BBT tries to do a fun group activity before conducting a full rehearsal run-through and heading on stage.

To accomodate scheduling conflicts, Marssdorf and her co-director, Teagan Servais, work around everyone's schedule in the group. Once members are confirmed, their schedules are requested and the directors work to find an accessible time for everybody to meet.

Members are also expected to exercise their musical skills independently for roughly two or three hours a week.

"It's the best time of my life, I love it so much because we just have so much creative freedom being a student-run club and I think that you really don't see that a lot of times with larger organizations that do a lot around campus," Marssdorf said.

Dancers can look forward to the storage studio upgrade this semester. What was once a concrete floor designated for students to host extra rehearsals is now a fully functional classroom, equipped with spring floors and a lack of storage clutter to serve as a dance science and wellness center. Not only will classes be hosted in there, but so will physical therapists, available to aid students.

"Gonzaga dance students' enthusiasm and creativity just continues to blow my mind," Ostersmith said. "I would have never imagined that we would be producing and doing the kind of work that we're doing now and it's all been that kind of student drive."

To learn more about how to get involved with the dance program's service projects and community performances, visit their website.

Isabella Asplund-Wain is a digital editor.

The greatest hits of Spokane cuisine from A to Z

COMMENTARY

By ANTHONY MAUCIONE

Whether you are new to Spokane or would just like to try eating out somewhere different, there are plenty of delicious restaurants that the city has to offer.

To introduce you to some of the great tastes of the city, here is a list of the best restaurants in Spokane in various categories:

Italian: Mamma Mia's, 420 W. Francis Ave.

As one of the most welcoming and friendly restaurants in Spokane, Mamma Mia's offers a wide variety of meals and sides. This spot stands out as not only the best Italian restaurant but as one of the best overall in Spokane. Its selection of pasta, all of which are made fresh daily, is unmatched with excellent alternative options including the gigantic calzones. The most underrated aspect has to be its bread rolls which are, simply put, the best.

Southern: Chicken-N-Mo, 414 W. Sprague Ave.

Chicken-N-Mo offers a cozy spot in downtown Spokane with the best Southern meals. From fried chicken, beef brisket and chicken fried steak, this award-winning restaurant has all of the best Southern-style dishes. Affordable prices for meals with lots of sides including gumbo, JoJo's and much more.

Dessert: Didier's Yogurt & More, 10410 N. Division St.

There are plenty of froyo spots all around Spokane; it's a go-to dessert, especially during the hot days in the city. Didier's offers a rotating selection of amazing frozen yogurts and plenty of toppings. The froyo's consistency

and flavors separate it from the rest with dairy-free options as well. The restaurant also offers a wide range of soups and sandwiches to make a great dining experience overall.

Mexican: Rincon Tapatio, 1212 N. Hamilton St.

Rincon Tapatio is located right off of Gonzaga University's campus and offers authentic Mexican cuisine. As you are seated, complimentary chips and salsa are served to start off your meal, followed by large serving portions with delicious entrees and sides. To solidify its spot as a top restaurant, Rincon Tapatio also offers a tasty array of drinks to compliment all of its best meals.

Japanese: Sushi.com, 430 W. Main Ave.

Located in the heart of downtown Spokane, Sushi.com brings the best sushi rolls with a great dining atmosphere along with it. This Japanese bistro offers an extensive selection of both raw and cooked fish, including Alaskan salmon rolls, lobster rolls and much more. The menu also features some of the best rice and noodle bowls in the city to make Sushi.com a must-try spot.

Breakfast: Frank's Diner, 1516 W. Second Ave.

Frank's diner is a truly unique dining experience within Spokane. Unlike other traditional diners, restaurantgoers are served their breakfasts inside of an old-fashioned train car. The cozy and welcoming environment only adds to the already great food. Frank's serves all of your favorite breakfast combos including omelets, bakery dishes and even lunch and dinner

options as well.

American: Wisconsinburger, 916 S. Hatch St.

Serving delicious burgers from a locally-owned restaurant on the South Hill, Wisconsinburger always excels with its locally-sourced beef, ground fresh every morning. For appetizers, its famous fried pickles are a great way to start any meal. This restaurant offers the best and most unique burgers in the city such as the Germantown burger with brats and house-made beer mustard and the Spooner burger that's topped with signature homemade bacon jam.

Mongolian: HuHot, 11703 E. Sprague Ave.

While HuHot is located in Spokane Valley and is a further drive out than the rest of these restaurants, it is most certainly worth the commute. This Mongolian grill offers friendly service with all-you-can-eat meals. The menu consists of a wide range of signature sauces, whether you are looking for mild teriyaki sauce or are willing to try the intense spice of Khan's Revenge. Either way, the selection of noodles, meats and vegetables to choose from when creating your own dish will not disappoint.

Honorable mentions:

Feast World Kitchen, Kim's Korean Restaurant, Sed's Delicious Dogs and Aloha Island Grill.

Anthony Maucione is a staff writer. Follow him on Twitter: @anthony_mauc.

Stay in style throughout the seasons with these tips

COMMENTARY

By OLIVIA SANDVIK

As a first-year student in college, it can be challenging to know what exactly to bring, especially for clothing. Not only do you have to account for the weather, but for your fresh start, too.

I came up with a list of tips that keep Gonzaga University's culture and Spokane's weather in mind.

GU students represent many styles; there is no prevailing one. However, some trends stand out on campus, such as flannels, baggy jeans, oversized crewnecks and crop tops. Mix-and-match rings, gold hoop earrings and dainty necklaces are also favorites. If any of these items stand out to you, definitely take them with you.

If you need some inspiration for your new style, visit Pinterest or shop on Instagram. Start your search with key words like cottagecore, academia, skater, boho-chic and casual.

Of course, spirit wear is popular too, especially for those interested in school sports. The Zag Shop has a great deal of clothing, but you can also get merchandise from events, often for free.

Since school officially begins Aug. 30 and ends May 12, you will experience all four seasons. Accordingly, the clothes you pack should reflect that.

In Spokane, September averages a high of 75 degrees

and a low of 51 degrees. Toward the beginning of the month, it may still be in the high 80s, and the lows could dip into the 40s later on.

During this time, the classic shorts and T-shirt combination is unbeatable. Though, if you come from a warmer climate, like California, I recommend having a pullover when night hits. It will get cool enough toward October to wear long sleeves, light jackets and pants.

You cannot go wrong wearing a hat and sunglasses either; it will be sunny most of the month.

Even though Spokane is in the Inland Northwest, the clothing style is consistent with the Pacific Northwest. There are several places to hike, swim, ski, kayak and paddle board, so for outdoorsy people, bring your gear.

Brands like Patagonia, Pendleton, Fjallraven, Carhartt, Columbia, Merrell and The North Face are very popular with the locals, so if you want to follow their lead, this is a great place to start.

Since it will not be hot for long, plan to have warmer clothes. Also, consider how often you will travel home because you can always take clothes home or bring more to school throughout the year.

In the colder months, November to February, winter apparel is essential. It is in the low 30s on a good day, and there is the occasional cold spell, where temperatures drop below 20 degrees. Usually, there is a slight wind too.

Think about bringing beanies, sweaters, warm pants, boots, button-ups and a ski jacket. Ugg lace-up boots,

The North Face puffers and Carhartt beanies are always safe bets.

There is a lot to do in the Spokane area, so a versatile closet is a must. Aside from the outdoor activities, there are multiple shops, ranging from plants to clothing, not to mention cosmic bowling, raves, concerts and hatchet throwing. Hence, you may want a few fun outfits for a night out on the town and parties.

Aside from the usual attire, it is a good idea to bring at least one professional outfit. If you attend a job fair, have a job interview off-campus, or have an internship, you might wish you had brought something. Last-minute shopping is too stressful.

Do not worry if you can't fit all your clothes fit in your suitcase because there are myriad places to shop. From Value Village to Nordstrom, Spokane almost has it all.

If you enjoy thrifting, I suggest stopping by Global Neighborhood Thrift, NWC Thrift Store and The Arc Thrift Store. If you prefer name-brand stores and boutiques, walk downtown; that is where most of them are.

With these clothing tips, your first year just got a bit easier.

Olivia Sandvik is a staff writer. Follow her on Twitter: @Olivia_Sandvik1.

Jundt's exhibit will be 'New to You' - and to the museum's staff too

By MADELEINE REED

This fall, the Jundt Art Museum invites you to see something that you have never seen before.

The new exhibition titled “New to You,” will be on display in the museum from Aug. 27-Jan. 7. This exhibition comes as a surprise for both Jundt staff and the public alike.

“I have no idea what’s going up, so I’ll be seeing it with everyone else” said Lucy Kramer, one of the students employed at the museum.

One man alone has seen all that is in store for this exhibit. Paul Manoguerra, director & curator of the museum, described the process and vision of the upcoming exhibition, beginning with the reasoning behind it.

Like other areas on campus, the museum faced changes amid the pandemic. Since 2020, Jundt has relied solely on exhibitions of its own art rather than traveling shows and collections, Manoguerra said.

The museum did this with ease, housing its nearly 6,000 objects, including the famous red chandelier and works from a wide variety of artists and mediums. Making up roughly 1% of the museum’s collection, “New to You” marks the last of these home-based collections.

“It’s a chance to get these objects out,” Manoguerra said.

The process of curating this exhibition was one that took time, Manoguerra said. Facing this task alone, he sifted through the collection’s database, object after object, aiming for a balance in historical importance, gender and ethnicity.

“It’s going to be eclectic,” Manoguerra said. “It’s a good cross-section of what’s in the collection.”

For the display, Manoguerra envisions something as eclectic as the art itself, planning to create the display piece-by-piece.

“It’s going to be an organic process — as the objects come out, I’ll decide where they go,” Manoguerra said.

Curation finalized, the exhibition will consist of around 60 objects that have never been on display or seen in classes at Jundt since its opening in 1995. In some instances, it was Manoguerra’s first time seeing these objects as well.

“It’s a celebration of the depth and the quality of the collection here on Gonzaga’s campus,” Manoguerra said. “That’s what I’m proud of more than anything else ... People will see how high quality [these objects] are.”

Manoguerra shares this love for the depth of the Jundt collection with his daughter, Joie Manoguerra, who also works as a gallery attendant at the museum.

As the new exhibit comes together in the works,

Joie pulls the prints, getting an insight into some of the contents.

“It’s going to be awesome,” Joie said.

She described the staff’s excitement for the new year, hoping to bring more on-campus visitors to the museum.

“We used to get a lot of foot traffic before COVID-19, around 100 people per day,” Joie said.

Although the museum’s collection has increased since the beginning of the pandemic, the traffic has decreased. Joie said the staff is eager to invite new visitors to see the art.

“We know a lot about the art, and we love when people come in and ask us questions” Joie said. “I really love when students come in and didn’t know that something was here, when they ask, ‘what can you tell me?’”

More is to come after this semester as well. Later this year, the museum will welcome its first traveling exhibition since before the pandemic, with “Facing Wildfire,” a collection surrounding responses to western wildfires. With it, the museum aims to restart events with food, drinks and discussions on art as it continues to bring in new eyes to GU’s collection.

Madeleine Reed is a copy editor. Follow her on Twitter: @madeleinesreed.

Clubs prepare to welcome new students and returners alike

By SOFIA SANCHEZ

As the new school year approaches, Gonzaga University has many events for all first-year and returning students that provide opportunities to get involved on campus.

One organization that is well known around campus is Spikenites. This club hosts weekend events every Friday and Saturday night from 10 p.m. - 1 a.m.

Spikenites isn’t a typical club, but rather a group of student employees from the Center for Student Involvement who plan and execute these events, said Linden Beemer, GU senior and Spikenites event coordinator. The events include movie nights, karaoke nights, trivia and music, performers, arts and crafts and late-night sports events.

“Spikenites are a really great way to meet other students at Gonzaga, especially when you’re a new student,” Beemer said. “We also hold a wide variety of events, so there’s sure to be something you’ll enjoy.”

Varying from week-to-week, Beemer recommends checking the Spikenites Instagram page, @spikenites, to stay up-to-date on events and scheduling.

A newer club on campus is Chess Club. All GU students, regardless of their skill level, are welcome to join, as this club allows students to watch, learn, study or play chess. The primary goal is to foster a community of like-minded intellectual learners while also developing cognitive skills.

“Whether a student’s been playing for years or don’t know the rules, they should join to hone their chess prowess and to socialize in a relaxed, recreational setting,” said Noah Wong, GU student and Chess Club founder. “Unless we’re hosting tournaments, we always play music while we play, unlike the typical silence found at the chess board.”

When the pandemic began, chess became extremely popular, so Wong and his fellow club founders wanted to create a social and recreational space that welcomed players of all skill levels to come to play, learn and meet new people. The club tries to replicate the atmosphere of a chess cafe; people can come and go as they please and play with friends or strangers. A typical meeting consists of students playing chess with each other for as long as they want, in whatever format and formality they want.

Gonzaga Student Body Association (GSBA) is a GU club whose main goal is to listen to the student body and draft bills that reflect that voice. Finances, student development, academics, governance and health and safety are the five committees of GSBA.

“I would like to join GSBA because they

“

... There will be times where you'll have to pick and choose what your priorities are, and that is not a bad thing.

Linden Beemer, Spikenites event coordinator

seem like a lot of fun and they represent the person I want to be, and they always put on something fun and appealing after listening to what the student body wants,” said Maricia Hernandez, a sophomore at GU.

A club that was approved last year is the Gonzaga Story Slam Club. This club hosts meetings every Tuesday from 7 p.m. - 8 p.m. in College Hall room 128. The club holds meetings to share poems or stories that you or others might have and want to share with others.

“Story Slam is one of the most unique events on campus,” said Wong, who participated in Story Slam last year. “Every month, a group of student and faculty storytellers shares a 10-minute story based on a one-word theme. The stories always prompt an intimate setting, one that’s shared between the storytellers and the listeners, and each Story Slam seems as meaningful as the next.”

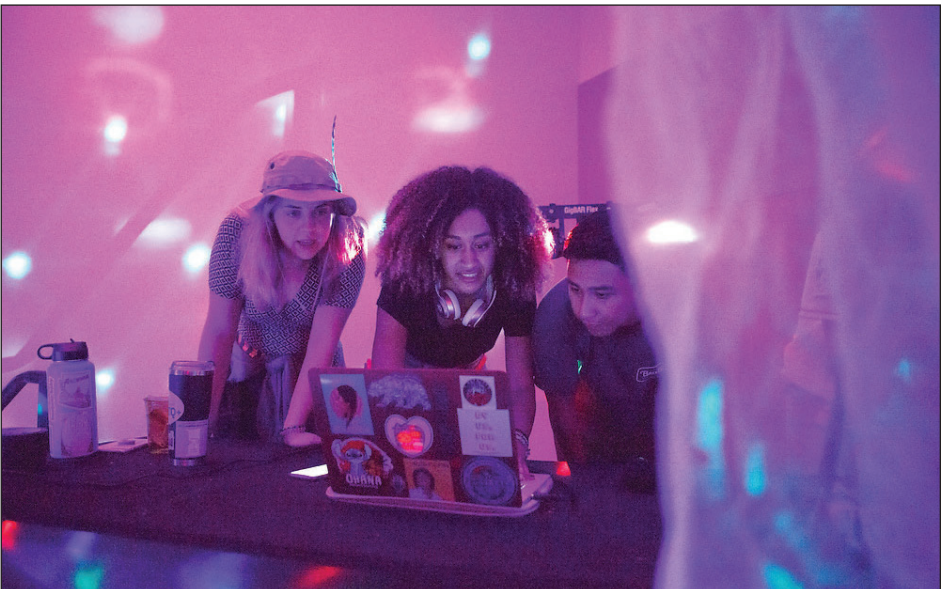
GU offers a variety of clubs that host different events for many students with diverse interests. Club leaders are excited for the new school year to start and to welcome new and returning students.

“Try anything that seems interesting to you, and don’t feel bad if it turns out that thing isn’t for you or if you don’t have enough time to truly dedicate your best work to it,” Beemer said. “College is a lot more time intensive than high school, so there will be times where you’ll have to pick and choose what your priorities are, and that is not a bad thing.”

Sofia Sanchez is a staff writer. Follow her on Twitter: @ItsSofia2021.



Spikenites events occur on Fridays and Saturdays from 10 p.m.-1 a.m.



Spikenites events range from karaoke nights, movie nights, trivia and arts and crafts.



GU has a variety of clubs and events for new students to get involved in.

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Gonzaga baseball alumni making strides at the professional level

By TOMMY CONMY

Gonzaga baseball has been trending upward for some time, claiming their second straight West Coast Conference (WCC) regular season crown and a second consecutive berth in the NCAA Tournament regionals.

The success of individual players begets the success of a team, and with four Zags taken in this year's MLB Draft, including the highest draft pick in program history, more Bulldogs are finding themselves on track to the majors with each passing year.

Although Gabriel Hughes, Trystan Vrieling, William Kempner and Brody Jessee are the most recent crop of Bulldogs to embark on a journey to the big leagues, current Zags in the MLB and MiLB including Marco Gonzales, Eli Morgan, Alek Jacob, Brett Harris and Ernie Yake helped pave the way.

The former highest MLB draft pick in GU history, Gonzales has had a so-so year for a Seattle Mariners team in the thick of the American League playoff race. Gonzales has a 7-11 record with a 3.98 ERA in 124.1 innings of work. Not known as a strikeout pitcher, he's come on late in the season to win two of his last three starts with his only loss coming against the league-leading New York Yankees.

Known as a pitcher with a wicked curveball and cutter, Gonzales has mixed in a higher volume of changeups to stay ahead of hitters. Before giving up five runs against the Yankees, he had only yielded that many runs once before in 2022.

"They took advantage of some mistakes early and certainly jumped on us in the strike zone," Gonzales told The Seattle Times. "I thought we just got too much plate in the early innings."

Gonzales may soon find himself working out of the bullpen in a role more suited to his pitching style after the Mariners acquired starting pitcher Luis Castillo at the trade deadline. Nonetheless, Gonzales is signed through the 2024 season with a club option in 2025. Barring injuries, Gonzales will be in his 10th season in 2024, making him one of the longest-tenured major leaguers in GU program history alongside Jason Bay.

Pitcher Eli Morgan, drafted in the eighth round in 2017, broke onto the scene for the Cleveland Guardians last season after toiling in the minors. Morgan appeared in 18 games, going 5-7 in 89.1 innings of work for a Guardians team that finished a game below .500.

Through 108 games in 2022, Morgan has appeared in only 46 innings but has played markedly better with a 4-2 record and a 3.72 ERA. Morgan has appeared in nearly twice as many games compared to 2021, but has done his work out of the bullpen after playing strictly as a starter in his first major league season.

Morgan has accumulated 10 holds on the season while going 0-4 in save opportunities. The Guardians now find themselves a game behind the Minnesota Twins in the race for the AL Central. With a comparably weak bullpen, Morgan could be one of many X-factors that push the



COURTESY OF SPORTS ILLUSTRATED'S WEBSITE

Cleveland Guardians pitcher Eli Morgan started 18 major league games in 2021 but has served in a relief role in 2022, appearing in 34 games this season.

Guardians over the Twins and into the playoffs.

Morgan is currently playing on a one-year contract worth just north of \$700,000. After his marked improvement in his second season in the bigs, the Guardians may look to hang on to their homegrown middle relief pitcher.

Although he hasn't had a shot in the MLB yet, pitcher Alek Jacob has progressed rapidly through the minor leagues after being selected by the San Diego Padres in the 16th Round of the 2021 draft. Jacob finds himself with the Triple-A El Paso Chihuahuas in only his second season with the club. This season, Jacob has gone 4-1 with a 2.47 ERA in 32 games, primarily pitching out of the bullpen.

Fellow 2021 draftee Ernie Yake has progressed quickly as well, playing for the Minnesota Twins Double-A affiliate Wichita Wind Surge. Yake's numbers have predictably regressed slightly from his time at GU, but the shortstop is still hitting well, posting a .234/.284/.273 slash line in 128 at-bats over 43 games. Yake was activated from the seven-day injured list on July 23.

The only other offensive player working through the minors is third-baseman Brett Harris. Harris has split time between High-A and Double-A this summer, sharing a trajectory similar to Yake.

Through 56 games for the Double-A Midland Rockhounds, the former seventh-round pick has posted an eye-catching .280/.373/.450 slash line with eight home runs and 31 RBI. The Rockhounds are an affiliate of the moribund Oakland Athletics who sit in second-to-last place in the entire MLB. Should Harris continue his offensive exploits, he could receive a late-season call-up.

As for the four draftees from this year's class, none have had the opportunity to suit up for their respective squads in the minors. If past individual success portends future individual and team success, each pitcher has a chance to rise through the ranks like the Bulldogs that came before them. Make that two athletic programs – baseball and basketball – on GU's campus that have become perennial producers of professional talent.

Tommy Conmy is a sports editor. Follow him on Twitter: @tommyconmy.

RFC to host diverse set of intramural sports during fall semester, will introduce new app

By MARISSA CONTER

For those who want to get their sweat on and have a good time while doing it, look no further than this fall's intramurals.

Every semester, the Rudolf Fitness Center (RFC) has a series of intramural sports for students to participate in. This fall marks the third semester with intramurals since the yearlong hiatus during the 2020-21 school year due to the COVID-19 pandemic.

"Last year was the first year back from COVID-19 and we went through some pro-staff changes during COVID-19, so last year was a good learning year," said junior Kaelen Weigel, a supervisor for the RFC. "This year, we are excited to come out with some improvements that will only create more fun."

A few of the improvements include a new app that students can use to register for all of the RFC's programming. According to RFC Assistant Director Rhian Thomas, the app will replace IMLeagues as a similar looking platform with improved functionality.

Another new twist came to fall volleyball scheduling, where a six-week regular season will guarantee teams five games instead of three, like in prior years. This fall also marks

the debut of an intramural check-in hub where all teams will check in before their games and receive equipment if needed. Instead of having captain's meetings before the games begin, captains will be required to attend a Zoom meeting with a student supervisor to go over important rules.

Students can participate in a multitude of sports during the fall such as inner tube basketball, softball, volleyball, flag football, Ping-Pong and dodgeball in addition to the Iron Zag event in October.

Zags can also look forward to the return of stat tracking, which was a staple of intramurals pre-pandemic. This is the tracking of players' personal progress in terms of points, fouls, rebounds, touchdowns, etc. The RFC will also be getting new equipment, and any updates to rules can be found under each sport on the RFC app.

"This year we are going to be stricter with numbers on shirts for sports to help with stat tracking," Weigel said. "So I would recommend getting a cheap white and dark shirt and picking a number and using it for intramurals the whole year."

For those worried about making a fool of themselves on the field, intramurals

have three different leagues that cater to all experience levels. The Boone league is perfect for those new to a sport, as it is for players with little to no experience and has a more relaxed environment for learning.

A step-up from Boone is the Sharp league, which is intended for those with previous knowledge of the sport as well as one club player being allowed in each team. The most competitive league, Sinto, is where former high school athletes and current club players should look to.

"The Boone League is perfect for people with no experience in sports," said junior Zac Hyatt, an intramurals referee. "Remember that intramurals are all about having fun and don't need to be taken too seriously."

Intramurals are one of the top extracurriculars at GU, making it a natural way to socialize and meet new people throughout the school year.

"Intramurals are a huge part of Gonzaga's community," Thomas said. "Last year over 60% of students participated in intramurals, and most of our sports had over 100 teams sign up. They're a way for friends, clubs, houses, residence halls, etc. to come together and compete in a fun and safe way."

As RFC employees, Weigel and Hyatt have plenty of advice for those starting out, as well as recommendations for new sports to try. Both said softball was their favorite sport to play, while Hyatt added that flag football is a classic intramural sport.

"Intramurals are a large part of what brings people across campus together," Weigel said. "I have met some amazing people playing intramurals that I probably never would have met otherwise because we are completely different majors. We are huge on getting as many people as possible involved, which is why we encourage anyone with any skill level to sign up. In intramurals, you literally have nothing to lose or be nervous about because it's all in good fun with an edge of competition for some."

Besides intramurals, the RFC hosts group fitness classes including black light spin and yoga. Those who are interested, can check out the RFC's website or the new RFC app to find more information.

Marissa Conter is an a&e editor. Follow her on Twitter: @marissaconter.

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