Phoebe Bridgers brought the heat to the Spokane Pavilion

COMMENTS

By KAZELYN NEW

Muscle. "She hasn’t done that at other shows." The entire experience was nearly perfect, but standing in the heat of the concert made it even more helpful in beating the surging Spokane heat. The concert took place on one of Spokane’s hottest days in recent history; it hit 102 degrees as the doors for the concert opened. Unfortunately, the Pavilion didn’t provide reprieve from much of the heat either, given that it has no AC system or much shade from the sun. Yet many GU students, myself included, would endure the sun all over again just to see Bridgers perform. “She very much had this like ’80s rock star kind of energy which is something you didn’t see when you’d just listen to her records. From the mellow, soft vocals of Bridger’s music, one wouldn’t expect the singer to have such a magnetic stage presence. Bridgers held her ground, despite smaller mutes, dancing around stage and cubing some portions of her songs.”

There was a rocking guitar solo at the end which was my favorite part,” said GU junior Thomas Roth, referring to Bridgers final song in her set. “I know the crowd was pumped from beginning to end.”

The final song in Bridgers’ set featured dark, atmospheric lighting, and a section in which the entire audience came together to sing on the top of their lungs with the indie singer while several electric guitars ri...
New mobile app lets Zags put GU in the palm of their hands

BY ISABELLA ASPLUND-WAIN

Gonzaga University is a place where anything can happen. With a large list of programs, extracurriculars are a big part of everyone's lives. In fact, it's often a challenge to find enough time in a typical day to do everything. The school's officials are aware of this and are constantly looking for new ways to help students succeed.

The real dream of it is basically to reduce barriers to success.

Colleen Vandenboom, assistant dean of Student Affairs

The new mobile app will allow for students to access a variety of resources from anywhere. With the mobile app, students can access resources such as the writing and math lab and the campus maps. The app also allows students to receive text messages from their professors. With this tool, students can be notified of important events or deadlines. Additionally, the app allows students to access their grades on the go. With the mobile app, students can access their grades at any time, even when they are not on campus.

The real dream of it is basically to reduce barriers to success, " Vandenboom said. "It's really exciting to see Gonzaga kind of step up and be pushing the envelope with this app. It's really exciting to make sure that this application is getting in the hands of students and is being used."

As of Aug. 11, the app has over 1,750 users. However, Vandenboom cannot wait for further expansion, with the goal being to have every faculty member, staff member and student on the app.

Back in late 2020, Student Affairs began working on their project proposal. Their initial meetings included meeting with different departments, partnering with IT and observing other university apps. Once they had a clear path for themselves, they took their idea to the Project Review Committee (PRC). New technologies introduced to campus are reviewed by a committee of vice presidents, faculty and staff. The committee votes on what projects can progress forward and funding is provided to the selected ones.

Student Affairs was able to receive funding from the university budget in February 2021. From there, they were able to build out their original ideas with Adobe, Intuit and other campus partners. As of Jan 2022, they brought in Campus M, a vendor that helped platform the app. According to the Ex Libris Group, Campus M's parent company, they are dedicated to integrating new technologies and practices to the higher education market.

"One thing that I think is in alignment with the development of this app is that the vendor advertises the benefits of their platforms with respect to bringing content behind personas that is different user groups can be present and set up in the system," said Dan Marx, IT manager.

It was able to provide the support mainly through project management duties. "They created the app program according to the requested schedule and also helped manage the scope, deliverables and the project as a whole," Marx said.

Meanwhile, the marketing and communications department focused on design and content consideration efforts. Another three months passed before Student Affairs found themselves ready for a soft-launch.

After organizing and building the app, students can download GU in the Palm of your Hand on the app store by searching for "GU Mobile." If students have any feedback, they can do so from the app, by attending an open committee session or by emailing gonzagobulletin@gonzaga.edu.

"We had a phenomenal business owner and sponsor, Colleen and Kent [Porterfield] to kind of help shepherd this one forward and to help us see that passion and enthusiasm on a really high note and make sure that this application is getting used," Marx said. "We're really excited to bring this to the students with this at a tool to help strengthen that communication engagement strategy for us.

Isabella Asplund-Wain is a digital editor.

The new mobile app will allow for students to access Zaplogize, resources from Cura Personalis and the writing and math lab.
A recent addition to the University of Washington School of Medicine, Gonzaga University and Spokane’s department of human physiology and a variety of undergraduate classes in nursing and health sciences.

According to John Sklut, executive director of human physiology at GU, it was important to the region that UW’s medical school remained in Spokane. After discussions with community members, it was decided that GU would become the new partner.

“It was clear from the beginning of the partnership that for long-term sustainability, a new facility was needed to be part of it,” Sklut said.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.”

Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to build the building a hub for education and research.

Previously students spent their first two years of medical school, called the foundational phase, in the Schoenberg Center, while lab spaces were spread out in other buildings.

“This has been a joy to work on this project and to see it come to fruition — to see students in the building, learning and enjoying the spaces,” said Darryl Potyk, associate dean for the UW School of Medicine.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

The 90,000 square foot building, located at 840 E. Spokane Falls Blvd., will house the UW School of Medicine-Gonzaga University Health Education building is complete.

“Getting to see the students learn, and knowing that they’re learning in this space and are excited about going to work every day, that’s the best part of being an educator,” said Darryl Potyk, associate dean for the UW School of Medicine.

For the past three years, Gonzaga University’s critical race and ethnic studies (CRES) department has been growing extensively to provide GU students with a more comprehensive academic space to explore the intersections of race, ethnicity and power.

“The CRES department has expanded its faculty, created new courses and curriculums and even redesigned its minor, taking each academic year as a challenge for growth and opportunity despite being one of the newest academic departments at GU,” said Jessie Mancilla, director of the health partnership at GU.

Growing up in the Fort Worth area of Texas, Mancilla volunteered with a company called Hispanic Alliance which works with young adults, many of whom are undocumented immigrants. It was there where he began to develop his passion for social justice and working with young people, which led to a career in social services.

“For me, I was wanting to do more,” Mancilla said. “I was wanting to be more intentional about developing that space in the classroom and in the field and that’s what led me to start the CRES program.”

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

GU’s CRES department marks three years of growth

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.

By SOPHIA MCKINSTRY

First launched in 2019, GU’s CRES department was a product of a two-year, cross-departmental process of listening to students, alumni and faculty who wanted a uniquely academic space at GU where students could explore the subjects of race and ethnicity.

GU’s CRES department marks three years of growth

The building was born from the UW-GU Health Partnership, which formed in 2016 after UW’s previous partner of 40 years, Washington State University, decided to open its own medical school.

Seven classes of 60 students later, the program has finally been moved to what has been branded the “Health Peninsula.” Utilizing the historic MRBR building for class and certain programs, the new facility is designed to allow easy movement and connection between the two buildings. According to Sklut, the goal for the health partnership was to be a hub for education and research.
Continued from Page 1 active and so I didn’t know what route to take.

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“When I was an undergrad, I was very active and naturally just kind of came in terms of working with students as they were advocating for space,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — ‘wait for them to be on campus, not naturally just put into that advocate work and support work.’

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said. “Not only to social justice within the spiritual side but social justice on the racial and equality side and how those two can definitely work together to hit a bigger audience than just the audience that it immediately impacts.”

UMEC is one of two centers on campus and the first program created in 2018 that provides students with the initiative was designed by GU students in the Student Sustainability Leadership Program (SSLP), a program created in 2018 that provides students with opportunities to learn and grow in sustainability efforts.

For him to have the opportunity to create a program that would help reduce waste and GU-sponsored and club events, so they worked to develop the Green Event Certification Plan.

“UMEC is one of two centers on campus and the many resources that are accessible through the center and specifically those who are doing DEI work on campus.”

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“Within those three [pillars], we’re creating programming for students and engaging students in conversations and mastering them, as far as for them to have a sense of belonging—and have a voice represented to which they might not necessarily feel like they do,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — “wait for them to be on campus, not naturally just put into that advocate work and support work.”

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said.

“Not only to social justice within the spiritual side but social justice on the racial and equality side and how those two can definitely work together to hit a bigger audience than just the audience that it immediately impacts.”

UMEC is one of two centers on campus and the first program created in 2018 that provides students with the opportunity to learn and grow in sustainability efforts.

For him to have the opportunity to create a program that would help reduce waste and GU-sponsored and club events, so they worked to develop the Green Event Certification Plan.

“UMEC is one of two centers on campus and the many resources that are accessible through the center and specifically those who are doing DEI work on campus.”

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“Within those three [pillars], we’re creating programming for students and engaging students in conversations and mastering them, as far as for them to have a sense of belonging—and have a voice represented to which they might not necessarily feel like they do,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — “wait for them to be on campus, not naturally just put into that advocate work and support work.”

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said. “Not only to social justice within the spiritual side but social justice on the racial and equality side and how those two can definitely work together to hit a bigger audience than just the audience that it immediately impacts.”

UMEC is one of two centers on campus and the first program created in 2018 that provides students with the opportunity to learn and grow in sustainability efforts.

For him to have the opportunity to create a program that would help reduce waste and GU-sponsored and club events, so they worked to develop the Green Event Certification Plan.

“UMEC is one of two centers on campus and the many resources that are accessible through the center and specifically those who are doing DEI work on campus.”

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“Within those three [pillars], we’re creating programming for students and engaging students in conversations and mastering them, as far as for them to have a sense of belonging—and have a voice represented to which they might not necessarily feel like they do,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — “wait for them to be on campus, not naturally just put into that advocate work and support work.”

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said. “Not only to social justice within the spiritual side but social justice on the racial and equality side and how those two can definitely work together to hit a bigger audience than just the audience that it immediately impacts.”

UMEC is one of two centers on campus and the first program created in 2018 that provides students with the opportunity to learn and grow in sustainability efforts.

For him to have the opportunity to create a program that would help reduce waste and GU-sponsored and club events, so they worked to develop the Green Event Certification Plan.

“UMEC is one of two centers on campus and the many resources that are accessible through the center and specifically those who are doing DEI work on campus.”

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“Within those three [pillars], we’re creating programming for students and engaging students in conversations and mastering them, as far as for them to have a sense of belonging—and have a voice represented to which they might not necessarily feel like they do,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — “wait for them to be on campus, not naturally just put into that advocate work and support work.”

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said. “Not only to social justice within the spiritual side but social justice on the racial and equality side and how those two can definitely work together to hit a bigger audience than just the audience that it immediately impacts.”

UMEC is one of two centers on campus and the first program created in 2018 that provides students with the opportunity to learn and grow in sustainability efforts.

For him to have the opportunity to create a program that would help reduce waste and GU-sponsored and club events, so they worked to develop the Green Event Certification Plan.

“UMEC is one of two centers on campus and the many resources that are accessible through the center and specifically those who are doing DEI work on campus.”

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“Within those three [pillars], we’re creating programming for students and engaging students in conversations and mastering them, as far as for them to have a sense of belonging—and have a voice represented to which they might not necessarily feel like they do,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — “wait for them to be on campus, not naturally just put into that advocate work and support work.”

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said.

“Not only to social justice within the spiritual side but social justice on the racial and equality side and how those two can definitely work together to hit a bigger audience than just the audience that it immediately impacts.”

UMEC is one of two centers on campus and the first program created in 2018 that provides students with the opportunity to learn and grow in sustainability efforts.

For him to have the opportunity to create a program that would help reduce waste and GU-sponsored and club events, so they worked to develop the Green Event Certification Plan.

“UMEC is one of two centers on campus and the many resources that are accessible through the center and specifically those who are doing DEI work on campus.”

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“Within those three [pillars], we’re creating programming for students and engaging students in conversations and mastering them, as far as for them to have a sense of belonging—and have a voice represented to which they might not necessarily feel like they do,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — “wait for them to be on campus, not naturally just put into that advocate work and support work.”

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said.

“Not only to social justice within the spiritual side but social justice on the racial and equality side and how those two can definitely work together to hit a bigger audience than just the audience that it immediately impacts.”

UMEC is one of two centers on campus and the first program created in 2018 that provides students with the opportunity to learn and grow in sustainability efforts.

For him to have the opportunity to create a program that would help reduce waste and GU-sponsored and club events, so they worked to develop the Green Event Certification Plan.

“UMEC is one of two centers on campus and the many resources that are accessible through the center and specifically those who are doing DEI work on campus.”

Mancilla then decided to further his education at Western State University while also finding Catholic work homes in the same area so that he could continue his volunteer work. He received a bachelor’s degree in political science and then went on to intern in a master’s degree in organizational leadership.

“Within those three [pillars], we’re creating programming for students and engaging students in conversations and mastering them, as far as for them to have a sense of belonging—and have a voice represented to which they might not necessarily feel like they do,” Mancilla said.

For a collection of not only the BIPOC students but also the LGBTQ+ students — “wait for them to be on campus, not naturally just put into that advocate work and support work.”

Now serving as the director of UMEC, Mancilla is on a goal of the three-pillar approach to Social justice work and Catholicism.

“What really drew me in was more of an office at Gonzaga, I was volunteering with the social justice aspect within the Catholic base,” Mancilla said.
Continued from Page 1

of Medicine for Eastern Washington and chief of medical
education for the partnership. “It was a big transition when
we came together, and part of the idea was that we would
leverage our synergies but also create a new building for
our partnership.”

The four-story building features laboratories, research
spaces, study rooms, classrooms, a plant wall and space to
interact with other students.

Welcoming the students upon the first entrance of
the building is a topographical map of the Spokane area
with a greeting in Salish. The first floor is largely a space
to socialize and interact in between classes, with serious
talk of putting in a coffee shop for the students.

The second and third floors consist of classrooms,
laboratories, study rooms and offices. Classes through the
health partnership are taught by faculty from both
universities, some of whom work in the community
themselves.

“Being co-located with the Gonzaga faculty can be a
great opportunity for us to collaborate both in terms of
our teaching but also in research,” Potyk said. “Getting
into a state-of-the-art teaching space here is going to be
a benefit to everybody.”

Senior lab and technical specialist and anatomy and
physiology lab Professor Steve Conant helped find and
determine what technologies would be included in the
new laboratories. According to Conant, moving from the
basement of Tilford was a big upgrade, and they wanted
students to take advantage of the views from the new
building. It was important for them to include lots of
windows in the labs, giving students a quick way to de-
stress with a view of the river.

“This anatomy lab is going to be a sophomore’s first
experience with our department, so it’s the first class that
they’re actually taking in their major and for that reason,
it is very important for it to be a good experience,” Conant
said.

Building off of success in the Tilford lab, the new
anatomy and physiology lab features lots of muscle
models, bone models, virtual reality systems that can be
shared across all monitors, handheld ultrasonic devices
and distributed computing.

“The idea is getting away from looking at a small
screen to a really big monitor where people don’t have
to be all crowded and have a better view of everything
they’re doing, so that’s a feature of each of the labs,”
Conant said.

Many of the technologies used in the laboratories came
from donations or grants from larger organizations. The
handheld ultrasound systems came from the Weigand
grant, while treadmills for the biomechanics lab came
through a Nike donation.

One of the most notable laboratories is the
environmental chamber. According to Conant, the
room can replicate up to 50 degrees Celsius and down to
negative 14 degrees Celsius, can go up to 95% humidity
and replicate altitude of up to 18,000 feet by removing
oxygen from the room. The treadmill in the room has
been restructured to work in an environmental chamber.

“You can feel like you’re on top of one of the highest
mountains in Alaska doing exercise,” Conant said.

The fourth floor of the building is currently vacant,
but both universities are excited about using the space
— possibly partnering with other schools and departments at GU as well.

“Our focus right now is on our students and making
sure we’re doing right by our students,” Potyk said. “We’re
going to have a semester to get our feet underneath
us, and then we’re going to start really looking at
the opportunities for synergies.”

The building is currently getting its finishing touches
before the second-year students return, but first-year
students have been actively using it for classes.

“The building will impact us [students] in a positive
way because it makes us actually want to be here,” said
Bharti Bharani, first-year med student. “It’s really
monsters, that stands — they definitely give us a lot of
resources to be able to study and have a wellness space.”

The opening ceremony for the building will be
Wednesday, September 7 at 12:30 p.m.

Sydney Fluker is a news editor. Follow them on Twitter:
@sydneymfluker.
This year, the department will have been in the process of adding new courses that features non-eurocentric material, that is, for me, the most important question, “We study race relations to power and ethnicity. “We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for folks to come learn some more..." said Dame-Griff. "I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for folks to come learn some more..." said Dame-Griff. "I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for folks to come learn some more..." said Dame-Griff. "I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for folks to come learn some more..." said Dame-Griff. "I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for folks to come learn some more..." said Dame-Griff. "I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that I think, if anything, ethnic studies is an invitation for them to know that CRES features unique conversations about race and ethnicity through an intersectional and academic lens. We teach to our passions and, at least, many of us teach with our connection to what we’re doing in our research, so we teach from our heart and soul. "It’s the thing that
Anthony Maucione

The cost of rent and housing in general is increasing to record levels, but there is only one roof over one's head to be found in Spokane, Washington. “If you are one of the unhoused population, you have no shelter from the numerous heat waves Spokane has been dealing with,” said Maucione. “People are increasingly finding that having a roof over one’s head is becoming more of a luxury than a norm, and any government officials supportive of such measures must be met with constant outrage.”

Throughout the summer, the mayor and her administration has worked tirelessly to criminalize homelessness and place further harm on those who are unhoused. Mayor Worthen’s latest proposal in recent months is aimed at making it illegal to sit or camp in major portions of the downtown area. The plan would actively push people away from vital services and is simply a terrible attempt to protect one another from deadly weather conditions and hostile police actions. Housing for those affected by homelessness is also actively endangering and harming those with COVID-19, including their tents. Spokane police continue to use the tactics of tear-gas, non-lethal and lethal weapons, and pepper spray as they move through the homeless population. The City of Spokane is currently working on a proposal to use state funding to build approximately 100 people in a Quality Inn in collaboration with Catholic Charities. While this homeless shelter would have limited space and high barriers to entry to provide services to the unhoused population, it is simply a small step in the right direction.

However, this proposal has come about with the full endorsement of the city government, especially from Mayor Nadine Winkelman. The Gonzaga Community Bulletin reserves all rights to edit letters. Please include your name and a telephone number for confirmation purposes only. The Gonzaga Community Bulletin is a publication of the Gonzaga University Department of Student Affairs. Letters are normally limited to 200 words. Letters must include your name and a telephone number for verification purposes only. They do not necessarily represent the views of their respective authors and not necessarily those of the editor or the Gonzaga University. Please direct all letters to bulletin@zagmail.gonzaga.edu.

By ANTHONY MAUCIONE

The City of Spokane is currently working on a proposal to use state funding to build approximately 100 people in a Quality Inn in collaboration with Catholic Charities. While this homeless shelter would have limited space and high barriers to entry to provide services to the unhoused population, it is simply a small step in the right direction.

However, this proposal has come about with the full endorsement of the city government, especially from Mayor Nadine Winkelman.

The Gonzaga Community Bulletin reserves all rights to edit letters. Please include your name and a telephone number for confirmation purposes only. The Gonzaga Community Bulletin is a publication of the Gonzaga University Department of Student Affairs. Letters are normally limited to 200 words. Letters must include your name and a telephone number for verification purposes only. They do not necessarily represent the views of their respective authors and not necessarily those of the editor or the Gonzaga University. Please direct all letters to bulletin@zagmail.gonzaga.edu.

By ANTHONY MAUCIONE

The cost of rent and housing in general is increasing to record levels, but there is only one roof over one's head to be found in Spokane, Washington. “If you are one of the unhoused population, you have no shelter from the numerous heat waves Spokane has been dealing with,” said Maucione. “People are increasingly finding that having a roof over one’s head is becoming more of a luxury than a norm, and any government officials supportive of such measures must be met with constant outrage.”

Throughout the summer, the mayor and her administration has worked tirelessly to criminalize homelessness and place further harm on those who are unhoused. Mayor Worthen’s latest proposal in recent months is aimed at making it illegal to sit or camp in major portions of the downtown area. The plan would actively push people away from vital services and is simply a terrible attempt to protect one another from deadly weather conditions and hostile police actions. Housing for those affected by homelessness is also actively endangering and harming those with COVID-19, including their tents. Spokane police continue to use the tactics of tear-gas, non-lethal and lethal weapons, and pepper spray as they move through the homeless population. The City of Spokane is currently working on a proposal to use state funding to build approximately 100 people in a Quality Inn in collaboration with Catholic Charities. While this homeless shelter would have limited space and high barriers to entry to provide services to the unhoused population, it is simply a small step in the right direction.

However, this proposal has come about with the full endorsement of the city government, especially from Mayor Nadine Winkelman. The Gonzaga Community Bulletin reserves all rights to edit letters. Please include your name and a telephone number for confirmation purposes only. The Gonzaga Community Bulletin is a publication of the Gonzaga University Department of Student Affairs. Letters are normally limited to 200 words. Letters must include your name and a telephone number for verification purposes only. They do not necessarily represent the views of their respective authors and not necessarily those of the editor or the Gonzaga University. Please direct all letters to bulletin@zagmail.gonzaga.edu.

By ANTHONY MAUCIONE

The cost of rent and housing in general is increasing to record levels, but there is only one roof over one's head to be found in Spokane, Washington. “If you are one of the unhoused population, you have no shelter from the numerous heat waves Spokane has been dealing with,” said Maucione. “People are increasingly finding that having a roof over one’s head is becoming more of a luxury than a norm, and any government officials supportive of such measures must be met with constant outrage.”

Throughout the summer, the mayor and her administration has worked tirelessly to criminalize homelessness and place further harm on those who are unhoused. Mayor Worthen’s latest proposal in recent months is aimed at making it illegal to sit or camp in major portions of the downtown area. The plan would actively push people away from vital services and is simply a terrible attempt to protect one another from deadly weather conditions and hostile police actions. Housing for those affected by homelessness is also actively endangering and harming those with COVID-19, including their tents. Spokane police continue to use the tactics of tear-gas, non-lethal and lethal weapons, and pepper spray as they move through the homeless population. The City of Spokane is currently working on a proposal to use state funding to build approximately 100 people in a Quality Inn in collaboration with Catholic Charities. While this homeless shelter would have limited space and high barriers to entry to provide services to the unhoused population, it is simply a small step in the right direction.

However, this proposal has come about with the full endorsement of the city government, especially from Mayor Nadine Winkelman. The Gonzaga Community Bulletin reserves all rights to edit letters. Please include your name and a telephone number for confirmation purposes only. The Gonzaga Community Bulletin is a publication of the Gonzaga University Department of Student Affairs. Letters are normally limited to 200 words. Letters must include your name and a telephone number for verification purposes only. They do not necessarily represent the views of their respective authors and not necessarily those of the editor or the Gonzaga University. Please direct all letters to bulletin@zagmail.gonzaga.edu.

By ANTHONY MAUCIONE

The cost of rent and housing in general is increasing to record levels, but there is only one roof over one's head to be found in Spokane, Washington. “If you are one of the unhoused population, you have no shelter from the numerous heat waves Spokane has been dealing with,” said Maucione. “People are increasingly finding that having a roof over one’s head is becoming more of a luxury than a norm, and any government officials supportive of such measures must be met with constant outrage.”

Throughout the summer, the mayor and her administration has worked tirelessly to criminalize homelessness and place further harm on those who are unhoused. Mayor Worthen’s latest proposal in recent months is aimed at making it illegal to sit or camp in major portions of the downtown area. The plan would actively push people away from vital services and is simply a terrible attempt to protect one another from deadly weather conditions and hostile police actions. Housing for those affected by homelessness is also actively endangering and harming those with COVID-19, including their tents. Spokane police continue to use the tactics of tear-gas, non-lethal and lethal weapons, and pepper spray as they move through the homeless population. The City of Spokane is currently working on a proposal to use state funding to build approximately 100 people in a Quality Inn in collaboration with Catholic Charities. While this homeless shelter would have limited space and high barriers to entry to provide services to the unhoused population, it is simply a small step in the right direction.

However, this proposal has come about with the full endorsement of the city government, especially from Mayor Nadine Winkelman.
Food-Tok favorites: Four viral recipes that won’t break the bank

By KAYLA FRIEDRICH

With the internet and constantly changing food trends floating around social media platforms, there is a whole world of possibilities when it comes to adding new meal ideas your routine.

Making your own meals can keep you out of the dining halls while giving you the satisfaction of independence and a full stomach.

Here are a few meals ranked from most to least practical and affordable for college students.

Custard Toast

Coming in a strong first place is custard toast. This recipe went viral on TikTok early this year but it’s still one of the easiest, most affordable breakfast options that I’ve found to date.

Custard toast requires ingredients that are (most likely) already in your fridge, and if you’re looking for a way to finish off some fruit before it expires, this is the treat for you. TikTok-er “Cooking with Ayeh” broke this trend down back in January.

Ingredients:
Bread of your choice
1-2 large spoonfuls of Greek yogurt
Drizzle of maple syrup or honey
Fruit
Cinnamon

Instructions:
Preheat your air fryer to 350 F.
Mix the egg and Greek yogurt together to create the custard and add maple syrup or honey to sweeten things up.
Whisk everything together.
Press the center of your bread with the back of a spoon and fill it with your custard mixture.
Place your fruits and cinnamon (optional) on top and place your toast into the air fryer.
Cook for up to five minutes or until golden.

Chicken Stir Fry Bowls

Chicken stir fry bowls have been part of my go-to meal roster since day one and it’s an easy way to get your proteins in.

Ingredients:
Frozen teriyaki chicken
Frozen or fresh bell pepper and onion
Microwave minute rice

Instructions:
Preheat your air fryer to 360 F and cook the chicken for 20 to 30 minutes.
Frozen veggies can be cooked in the microwave according to the packaging and fresh veggies can be cut up, seasoned to your liking and cooked in the air fryer.
Cook the rice in the microwave according to the instructions on the package, add all ingredients and sauce of your choice to a bowl.
Mix and enjoy!

Salmon Rice Bowl

This dish was first made popular by Emily Matiko, whose aesthetically pleasing cooking videos took over everyone’s TikTok feed.

It is fairly simple for those living in a dorm or those sharing a kitchen with five other people.

This is a low-stake meal that checks all the boxes.

Ingredients:
White rice
Salmon filet
Soy sauce
Sriracha
Kewpie mayo
Seaweed

Instructions:
If your salmon is not already cooked, this can easily be done in the air fryer. Season the salmon to taste and cook it in the air fryer for up to 10 minutes.
When the salmon starts to flake, it’s ready.
Flake the salmon on top of the rice. Add soy sauce, mayo and Sriracha on top and mix everything together.
Grab your chopsticks, carefully wrap the rice mixture with the seaweed and enjoy the perfect salmon bowl bite.

Feta Pasta

If you’re going to carb load, you’ve got to do it right. Another trend that hasn’t died is feta pasta.

This dish is going to leave you with plenty of leftovers and no room for dessert but it will require you to use an oven in any cooking space available to you.

Ingredients:
Block of feta cheese
Baby tomatoes
Box of pasta noodles of your choice
Olive oil
Crushed red pepper
Garlic powder
Onion powder
Salt and pepper

Instructions:
Preheat your oven to 400 F and grab an oven-safe skillet or glass Pyrex. Place the feta and tomatoes in the pan. Add seasonings to taste.
Drizzle olive oil on top and bake for 40 minutes or until the feta is turning golden brown and tomatoes are poppy.
While the feta bakes, cook the pasta noodles.
When the feta block comes out of the oven, dump your pasta into the skillet, mix and serve.
College doesn’t mean that cooking needs to be boring and tasteless.

Kayla Friedrich is an A&E editor. Follow her on Twitter: @friedrich_kayla.
The Backseat Lovers provided some real love for Spokane

COMMENTARY BY ISABELLA ASPLUND-WAIN

The Backseat Lovers performed on Aug. 11 at the Knitting Factory for a sold-out audience, ushering in a sense of camaraderie and a sense of belonging among attendees.

Although they are a relatively new band, the Backseat Lovers quickly gained a dedicated following in their home state of Idaho. With their blend of indie rock and folk music, they have managed to create a unique sound that resonates deeply with their fans.

During their performance, the Backseat Lovers showcased their musical talents and their ability to connect with their audience. Lead singer, Joshua Harmon, led the band through a setlist that included a mix of their own original songs and covers that were sure to please their fans.

The room was filled with the sound of their music, with the audience singing along to every track. The lyrics of their songs speak to themes of love, heartbreak, and the journey of life, all of which resonated with the audience.

At one point during the show, Harmon picked up his guitar and announced he would be singing an encore. As the crowd cheered and sang along, the energy in the room was palpable.

Following their performance, the Backseat Lovers thanked the audience and headed off stage, leaving behind a sense of accomplishment and a feeling of shared experience. The Backseat Lovers have proven themselves to be a band that brings real love to their fans, a testament to their talent and their passion for music.
"The Sandman" TV show is sure to amaze all comic book lovers.

COMMENTARY
By MADELIENE REED

As August draws to a close, we can reflect on some of the summer’s hottest dramas through this lens. The series “The Sandman” on Netflix, with its new spin on the popular comics surrounding Morpheus, the dream king, is truly a treat. The show features a mix of dreamscapes with Holbrook’s character. It is a joy to watch as the Waking World. The team consists of some scenes with Holbrook’s character. It is a joy to watch as the Waking World. The team consists of some.

The season begins in 1916, with Morpheus, one of the seven Endless, being captured by an occult ritual. The series focuses on Dream gathering his tools and dealing with a new problem for Dream in the shape of a Vortex. One of the main problems with “The Sandman” is its pacing. It lacks of pack and punch, but it does get the job done. The show is not for everyone, but it is definitely worth a watch. It is a show that will leave you on the edge of your seat.

By DANIEL FORTIN

Overall, “The Sandman” is an interesting watch, especially when it brings more human elements into the show, making the characters feel and think. The “The Sandman” series and its characters have something for everyone. Follow him on Twitter: @DanielFortin_.

"Bodies Bodies Bodies": A bloody good satire

COMMENTARY
By KAELYN NEW

A24’s latest release “Bodies Bodies Bodies” is a whodunit that will leave you on the edge of your seat. The film follows a group of friends who meet at a party amid a hurricane. They decide to stay at a remote, elaborate mansion to spend the night and play a game of “assassination.” The game, coupled with the storm, makes it even more dangerous for the characters.

The shining character in this film is undoubtedly Steve (Joaquin Phoenix), who plays the role of a lifeguard. He is not only a lifeguard but also a character that is easy to anticipate. Regardless, the film grants the audience a chance to live life as an adventurer, while concurrently pondering a range of questions and ideas.

Once the hurricane begins, the group of friends begin to live life to the fullest. They make friends and they make enemies. The film takes an observer look at how relationships are formed in the digital age and the values held in a time where semantics take precedence over actual activism. All the while, like TikTok.

Rating: 9/10
Kaelyn New is a new editor. Follow her on Twitter: @kaelyn_new.

"The Sandman" (promoted on Netflix at Aug. 5.

"Bodies Bodies Bodies": A bloody good satire

COMMENTARY
By MADELIENE REED

This summer’s hottest drama with Holbrook’s character. It is a joy to watch as the Waking World. The team consists of some.

The season begins in 1916, with Morpheus, one of the seven Endless, being captured by an occult ritual. The series focuses on Dream gathering his tools and dealing with a new problem for Dream in the shape of a Vortex. One of the main problems with “The Sandman” is its pacing. It lacks of pack and punch, but it does get the job done. The show is not for everyone, but it is definitely worth a watch. It is a show that will leave you on the edge of your seat.

By DANIEL FORTIN

Overall, “The Sandman” is an interesting watch, especially when it brings more human elements into the show, making the characters feel and think. The “The Sandman” series and its characters have something for everyone. Follow him on Twitter: @DanielFortin_.

"Bodies Bodies Bodies": A bloody good satire

COMMENTARY
By KAELYN NEW

A24’s latest release “Bodies Bodies Bodies” is a whodunit that will leave you on the edge of your seat. The film follows a group of friends who meet at a party amid a hurricane. They decide to stay at a remote, elaborate mansion to spend the night and play a game of “assassination.” The game, coupled with the storm, makes it even more dangerous for the characters.

The shining character in this film is undoubtedly Steve (Joaquin Phoenix), who plays the role of a lifeguard. He is not only a lifeguard but also a character that is easy to anticipate. Regardless, the film grants the audience a chance to live life as an adventurer, while concurrently pondering a range of questions and ideas.

Once the hurricane begins, the group of friends begin to live life to the fullest. They make friends and they make enemies. The film takes an observer look at how relationships are formed in the digital age and the values held in a time where semantics take precedence over actual activism. All the while, like TikTok.

Rating: 9/10
Kaelyn New is a new editor. Follow her on Twitter: @kaelyn_new.
Savings for students? We understood the assignment.

Start your 6-month trial. | amazon.com/joinstudent
Under new coach, Zags volleyball team looks to establish winning tradition

By HENRY KRUEGER

It's been a long time since the Gonzaga women's volleyball team had a successful season, but that could change this year under a new coach and roster.

The Gonzaga women's volleyball team returns 13 players from last season, including junior outside hitter Kennedy Croft, center, who led the team in kills and service aces in 2021.

The return of senior setter Blake Russell, along with new coach Katie Wilson, brings hope for a successful season. Wilson has a proven track record of success at Butte College and CSU Monterey Bay. She is looking to bring that level of intensity to the Zags, who haven't had a winning season since 2015.

Wilson's coaching style has also impressed the returning players. She emphasizes the importance of hustle and intensity in practice, which Croft has noticed.

"She's always looking for points so she's on us in our games this year, and in spring, it was super fun. We're all just getting along and having fun together and it's really fun!"

Croft returns alongside two other key offensive weapons in junior setter Keau Kamake'eaina and senior outside hitter Viktoriya Ivanova. Kamake'eaina totaled a team-best 615 assists while Marshall racked up the seventh in program history with 327 service aces.

"We compete a lot in practice," Croft said. "We're always looking for points so we're in our games this year and in spring, it was super fun. We're all just getting along and having fun together and it's really fun!"

Wilson is looking to bring with her the same level of success she experienced as a graduate student at Montana. She transferred to Montana to pursue a Master's degree in Organizational Leadership and played for four seasons, finishing her career as the Otters' all-time leader in scoring, 3-pointers, free throws, rebounds and assists.

"That's just an awesome leader and she's freaking good at volleyball too," Croft said. "That's not just a good person and such a good competitor. Her blocking is insane and I can see her doing some cool things this year!"

The team is looking to improve their效率 and make this season the start of a positive change. With 2022 being her final year of eligibility, Croft wants to leave her mark on the program history.

"I think she's the perfect balance of savage, but we know that she cares and we know that she's a winner," Croft said. "It's really nice to have her this last year with the new coaches and just being a part of the start of a change is going to be really cool!"

The Zags also bring back two other notable returners. Defensive specialist Kelsie White is a transfer from Montana State to pursue a Master's degree in Organizational Leadership at GU.

"She enters GU in a similar situation as when she joined Notre Dame — the Zags are coming off a season in which they posted a 4-20 overall record and hadn't had a winning season since 2015," Croft said. "She's working her magic with a roster that is largely the same as last season, with 11 players returning."

Croft headlines the group of players returning as the team won a West Coast Conference (WCC) Honorable Mention last season when she led GU with 261 kills and 34 service aces. Her 0.266 career service ace rate ranks eighth in program history.

"I'm looking forward to playing Iowa because it's our first game," Croft said. "I'm really pumped about just seeing if we can see the truth in what we've put in practice and test out that show up!"

GU then heads home to host its own tournament where the Zags will play Idaho State on Sept. 1, Nevada on Sept. 2 and Cal State Northridge on Sept. 3. All three games take place in the Charlotte Y. Mariotti Center.

Henry Krueger is a sports writer. Follow him on Twitter: @henrykrueger.
Construction of Downtown Spokane stadium sees steady progress

By Cole Forsman

Summer in Spokane has two guarantees: heat and construction. And as temperatures soar and work on local maintenance crews and contractors ramp up, work on downtown projects is on the rise.

But this construction season has one project that’s been on the front burner for months now — inflation. Full construction costs for projects like the Inland Empire’s new headquarters for high school sports, pro soccer and live entertainment.

“It’s going to be the most diverse and dynamic spot in Spokane,” said United Soccer League (USL) Spokane President Cindy Chapman. “That’s what I hope to accomplish with this new downtown stadium. I want people from all over want to be there."

Construction of the stadium, the Spokane Public Facilities District (SPFD)ennis to ensure the project was completed as expected. The pro soccer team’s move downtown was a “no-brainer” in Forsyth’s opinion. "The emphasis was on procuring items that would be the best quality for the price," Forsyth said. "It's been moving along quite well, but Friday night lights in Spokane will take on a whole new meaning as well."

Construction is underway at the future site of the USL Spokane Stadium next to The Podium in Downtown Spokane. The stadium is expected to open in early 2023.

Construction is underway at the future site of the USL Spokane Stadium next to The Podium in Downtown Spokane. The stadium is expected to open in early 2023.

"The emphasis was on procuring items that would be the best quality for the price," Forsyth said. "It's been moving along quite well, but Friday night lights in Spokane will take on a whole new meaning as well."
Five activities to do around Spokane over Labor Day weekend

By SOFIA SANCHEZ

With school back in session and Labor Day approaching, some students have already begun wondering how they’ll occupy themselves during the long weekend that stretches from Sept. 2-5.

Gonzaga University’s location in Spokane offers students a collection of outdoor activity to explore.

One popular place is the trails that lead from the GU campus to the Spokane downtown area, known as the Spokane Riverwalk. These trails are about two miles long and take anywhere from 30 minutes to one hour to complete. It is wheelchair and stroller accessible, with a good mix of shade and sun.

“I enjoy going to nearby trails, especially open with waterfalls or a river nearby,” said Maricia Hernandez, a second-year student, who enjoys hiking, camping, fishing and boating.

Hernandez described the River Walk Trail as a good way to spend time with friends and family and make fun, exciting memories.

According to the “AllTrails” website, a popular trail that many hike or bike is the Doomsday Hill to Mission Park. It features different views of the river and is approximately a 10-mile hike that takes about 3.5 hours to finish. It is also a dog-friendly trail as long as they are on a leash.

Another well-known place that many students visit, especially during the summertime, is the Riverside State Park Bowl & Pitcher. This park is a 2.1-mile hike with many different views of the nature and city around. You can start by hiking across the swinging bridge at the Bowl and Pitcher. When crossing the bridge, you can see a substantial basalt structure rising out of the river.

“I really like to go to the Bowl & Pitcher State Park and go swimming with all of my friends,” said Connor Robitaille, a second-year student. “Though the water is very cold though so be prepared.”

For the students who have access to transportation or their own vehicles, Hernandez recommends exploring areas outside of Spokane.

“Take advantage of the nature around you,” Hernandez said.

There have been many students who have visited Coeur d’Alene Lake, located in Idaho. It is Northern Idaho’s second-largest lake. Over 26 miles long, the lake has more than 150 miles of shoreline which is dotted with parks, campgrounds, beaches, hiking trails and recreational facilities. The Coeur d’Alene River and St. Joe River are the two principal rivers that feed the lake, and the Spokane River is formed by the lake’s outlet. They also offer the fun “Coeur d’Alene Scavenger Hunt: Lovin’ the Lake Life!” Visitors are able to walk to all of the best landmarks and hidden gems, respond to trivia questions and complete challenges. They are offered everyday for $12 per person and each participant selects an interactive role, with varying difficulties.

Downtown Spokane Pavillon holds many different outside events for students and community members. It is an outdoor venue with tiered landscaping, a 40-foot-high platform with panoramic views of Spokane’s skyline and the Spokane River and LED lights that transform the area into a kaleidoscope of hues and patterns at night. It is also used for a range of events, including a concert series, cultural activities, the Hoopfest center court, GU basketball watch parties and much more.

Take advantage of the nature around you.

Maricia Hernandez, a second-year GU student

With school back in session and Labor Day approaching, some students have already begun wondering how they’ll occupy themselves during the long weekend that stretches from Sept. 2-5.

Gonzaga University’s location in Spokane offers students a collection of outdoor activity to explore.

One popular place is the trails that lead from the GU campus to the Spokane downtown area, known as the Spokane Riverwalk. These trails are about two miles long and take anywhere from 30 minutes to one hour to complete. It is wheelchair and stroller accessible, with a good mix of shade and sun.

“I enjoy going to nearby trails, especially open with waterfalls or a river nearby,” said Maricia Hernandez, a second-year student, who enjoys hiking, camping, fishing and boating.

Hernandez described the River Walk Trail as a good way to spend time with friends and family and make fun, exciting memories.

According to the “AllTrails” website, a popular trail that many hike or bike is the Doomsday Hill to Mission Park. It features different views of the river and is approximately a 10-mile hike that takes about 3.5 hours to finish. It is also a dog-friendly trail as long as they are on a leash.

Another well-known place that many students visit, especially during the summertime, is the Riverside State Park Bowl & Pitcher. This park is a 2.1-mile hike with many different views of the nature and city around. You can start by hiking across the swinging bridge at the Bowl and Pitcher. When crossing the bridge, you can see a substantial basalt structure rising out of the river.

“I really like to go to the Bowl & Pitcher State Park and go swimming with all of my friends,” said Connor Robitaille, a second-year student. “Though the water is very cold though so be prepared.”

For the students who have access to transportation or their own vehicles, Hernandez recommends exploring areas outside of Spokane.

“Take advantage of the nature around you,” Hernandez said.

There have been many students who have visited Coeur d’Alene Lake, located in Idaho. It is Northern Idaho’s second-largest lake. Over 26 miles long, the lake has more than 150 miles of shoreline which is dotted with parks, campgrounds, beaches, hiking trails and recreational facilities. The Coeur d’Alene River and St. Joe River are the two principal rivers that feed the lake, and the Spokane River is formed by the lake’s outlet. They also offer the fun “Coeur d’Alene Scavenger Hunt: Lovin’ the Lake Life!” Visitors are able to walk to all of the best landmarks and hidden gems, respond to trivia questions and complete challenges. They are offered everyday for $12 per person and each participant selects an interactive role, with varying difficulties.

Downtown Spokane Pavillon holds many different outside events for students and community members. It is an outdoor venue with tiered landscaping, a 40-foot-high platform with panoramic views of Spokane’s skyline and the Spokane River and LED lights that transform the area into a kaleidoscope of hues and patterns at night. It is also used for a range of events, including a concert series, cultural activities, the Hoopfest center court, GU basketball watch parties and much more.

Take advantage of the nature around you.

Maricia Hernandez, a second-year GU student

With school back in session and Labor Day approaching, some students have already begun wondering how they’ll occupy themselves during the long weekend that stretches from Sept. 2-5.

Gonzaga University’s location in Spokane offers students a collection of outdoor activity to explore.

One popular place is the trails that lead from the GU campus to the Spokane downtown area, known as the Spokane Riverwalk. These trails are about two miles long and take anywhere from 30 minutes to one hour to complete. It is wheelchair and stroller accessible, with a good mix of shade and sun.

“I enjoy going to nearby trails, especially open with waterfalls or a river nearby,” said Maricia Hernandez, a second-year student, who enjoys hiking, camping, fishing and boating.

Hernandez described the River Walk Trail as a good way to spend time with friends and family and make fun, exciting memories.

According to the “AllTrails” website, a popular trail that many hike or bike is the Doomsday Hill to Mission Park. It features different views of the river and is approximately a 10-mile hike that takes about 3.5 hours to finish. It is also a dog-friendly trail as long as they are on a leash.

Another well-known place that many students visit, especially during the summertime, is the Riverside State Park Bowl & Pitcher. This park is a 2.1-mile hike with many different views of the nature and city around. You can start by hiking across the swinging bridge at the Bowl and Pitcher. When crossing the bridge, you can see a substantial basalt structure rising out of the river.

“I really like to go to the Bowl & Pitcher State Park and go swimming with all of my friends,” said Connor Robitaille, a second-year student. “Though the water is very cold though so be prepared.”

For the students who have access to transportation or their own vehicles, Hernandez recommends exploring areas outside of Spokane.

“Take advantage of the nature around you,” Hernandez said.

There have been many students who have visited Coeur d’Alene Lake, located in Idaho. It is Northern Idaho’s second-largest lake. Over 26 miles long, the lake has more than 150 miles of shoreline which is dotted with parks, campgrounds, beaches, hiking trails and recreational facilities. The Coeur d’Alene River and St. Joe River are the two principal rivers that feed the lake, and the Spokane River is formed by the lake’s outlet. They also offer the fun “Coeur d’Alene Scavenger Hunt: Lovin’ the Lake Life!” Visitors are able to walk to all of the best landmarks and hidden gems, respond to trivia questions and complete challenges. They are offered everyday for $12 per person and each participant selects an interactive role, with varying difficulties.

Downtown Spokane Pavillon holds many different outside events for students and community members. It is an outdoor venue with tiered landscaping, a 40-foot-high platform with panoramic views of Spokane’s skyline and the Spokane River and LED lights that transform the area into a kaleidoscope of hues and patterns at night. It is also used for a range of events, including a concert series, cultural activities, the Hoopfest center court, GU basketball watch parties and much more.

Take advantage of the nature around you.

Maricia Hernandez, a second-year GU student
WE BELIEVE
in the home team.

iccu.com

MAJOR IN

LIFE GOALS.

At Idaho Central Credit Union, the most important thing to us is helping our members achieve their financial success. We’re here to help you with all the tools of both personal and business financial services like checking, savings, mobile banking, and more. Come visit your local ICCU branch and see for yourself how we can help you achieve your financial success.

• Ranked #1 in the Northwest for member giveback*
• Totally free checking with all the extra perks
• Helping members achieve financial success for over 80 years
• 24/7 access with online and mobile banking
• Now open in Spokane

Become a member today.

*Callahan & Associates’ Return of the Member value.