

# The Gonzaga Bulletin

A student publication of Gonzaga University

SEPTEMBER 8, 2022

www.gonzagabulletin.com

VOL. 134 ISSUE 4

## GU discontinues Act Six program

Scholarship and leadership training program provides access to college education and mentorship for students

By NOAH APPRILL-SOKOL  
and ANGELA GILL

This summer, Gonzaga University announced that effective next school year, it would no longer participate in the Act Six program, ending a partnership that GU was a founding member of since 2009.

Claire Silva, associate director of admissions, has helped coordinate GU's partnership with Act Six since she started in 2010. She said that Act Six has a long tradition with GU and has been powerful in promoting community leadership development among students in the Pacific Northwest.

However, she said that GU will no longer be accepting Act Six scholars, noting concerns over geographical limits placed on program applicants and the amount of work that students complete during the three-stage application process and their time at GU.

Silva said that Act Six applicants at GU have decreased in the past couple of years and that GU has supplemented it with other initiatives in its admissions and orientation processes that promote leadership education for college students from underrepresented communities.

Act Six is a community-based scholarship and leadership training program that collaborates with universities across the country, designed to provide students access to a college education and community mentorship. The program's goal is to provide student leaders with tools to impact their hometown communities.

Students accepted to GU through Act Six receive a full tuition and need scholarship, and are placed in mentoring cohorts called cadres. Within these cadres, students participate in leadership training, community outreach, college mentorship and fellowship-building activities.

"This opportunity really just made me see that college is a possibility for my family," said sophomore Angeline Elguero-Mateo, an Act Six scholar. "This scholarship isn't only financial relief but our work, the impact we leave on our community and for those who are after us."

According to Silva, the decision to discontinue the program came after a nine monthlong discernment process beginning last fall. Silva said that the committee came to a decision in May and announced it in an email over the summer after getting approval by the new provost, Sacha Kopp.

The evaluation committee included Silva, Kent

Porterfield, vice provost of student affairs, Julie McCulloh, associate provost of enrollment management, Erin Hayes, former director of undergraduate admissions, Alfonso Amanecer, program manager for mentoring, and Joan Iva Fawcett, dean of social justice leadership and community empowerment.

As part of the evaluation process, multiple listening sessions were conducted in April when the committee heard from Act Six scholar alumni, current Act Six students, faculty, administrators and Degrees of Change, the organization that heads Act Six.

Porterfield and Silva said the listening sessions were a necessary element of the evaluation process because they provided the committee with an accurate understanding of the issues with the program while also trying to make everyone involved in Act Six feel heard and valued in the decision.

"I think we have to acknowledge that there's a lot of emotional attachment sometimes," Porterfield said. "Listening and talking before acting is a really important part of any kind of social change."

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## UMEC celebrates 25 years

Group plans several events

By MARISSA CONTER

As the Unity Multicultural Education Center (UMEC) celebrates 25 years at Gonzaga University, the center reflects on all its accomplishments and looks forward to further progress over the coming years.

In honor of the milestone, UMEC will host a few events this year. On Sept. 9, from 4 - 6 p.m., the Diversity, Inclusion, Community and Equity (DICE) Block Party will kick off the festivities. Taking place on both Foley Lawn and the Rosauer Courtyard, there will be food trucks, games, raffles, music and other activities that Zags can participate in.

Next will be an alumni event in collaboration with alumni relations starting Oct. 13. Julian Aguon, a 2004 graduate of GU who is now a climate lawyer in Guam, will give a keynote speech and have lunch with students. There will also be the Alumni of Color and Student Connections social, which will include a panel of three alumni discussing their experiences and the importance of having a multicultural center.

"Throughout the year we do have some fundraising opportunities to raise money for not just our center, but our programs that we offer here," said Alfonso Amanecer, the program manager for mentoring who is the UMEC 25th anniversary chair. "Specifically BRIDGE, the dialogue programs and other social justice programming. It's a lot happening and I'm excited."

Come spring will be the annual Diversity Monologues event on March 28. Students will have the opportunity to perform monologues and share their story that aligns with this year's theme: "Unity Here and Now."

To wrap up the year of festivities, there will be a UMEC 25th anniversary gala. The dinner will be hosted in the third floor ballroom of the John J. Hemmingson Center. They are also working on a mural on campus that they hope to unveil by the gala.

UMEC was formed in 1997 as a response to a series of incidents that occurred on campus that highlighted a need for historically underrepresented students to gain support. Raymond F. Reyes, the associate vice president



BULLETIN FILE PHOTO

Students use UMEC as a space to work and build community with others.

for Cultural Initiatives who has been with GU since 1987, shared how UMEC originally started in a house on Rosauer, until it was moved into the Hemmingson Center when it was built in 2015. It was not only a place to socialize but housed offices for other programs on campus as well as external community partners.

"It was never any one person that has been involved in the origin, beginnings, establishments of any effort related to inclusion and equity," Reyes said. "It's always been a group effort, and a collaborative effort between students, faculty and staff. It was a response to an unmet need, whether it was programming support, or how to strategize when microaggressions from implicit bias occurred."

When comparing GU's climate on campus to 25 years ago, Reyes pointed out progress in the diversity of

the undergraduate student body. When he had started, the percentage of students of color was most likely around 6-7%. As of this year, according to Joan Iva C. Fawcett, dean for social justice leadership & community empowerment, it is now over 30%.

Many programs have been established since as well, such as the expansion of culture clubs, BRIDGE, a pre-orientation program for students who identify as first generation, low income, students of color and/or LGBTQ+ and Act Six, Spokane's only full-tuition, full-need scholarship.

"We organize our work around three pillars, mentoring, social justice programming and intercultural

SEE UMEC PAGE 2

## Spokane named top 5 city for climate resiliency



COURTESY OF @WHITWORTHFB TWITTER

Spokane's Sustainability Action Plan aims to make Spokane more climate resilient.

By AMELIA TRONCONE

Spokane was ranked fifth among the best cities to live in the United States considering climate change, according to a recent article written by Quicken Loans. The article, which was written on July 22, lists 20 of the most climate resilient cities in the U.S. based on house price index per state, comfort index, climate change risk, climate action plans and the Environmental Protection Agency's (EPA) cumulative resistance screening index (CRSI).

The mortgage lender giant assigned Spokane an extreme climate change risk factor of 57.7%, which indicates the likelihood of an area being affected by extreme climate events. Spokane also scored 15.4 for the CRSI, which is a measurement that determines how climate resistant an area is.

Despite the data used to compile this list, Kara Odegard, the manager of sustainability initiatives for the Spokane City Council, said she believes that readers

need to be cautious when considering the article's reliability.

"This article needs to be taken with a grain of salt because it is very much, in my mind, looking at risk for home damage," Odegard said.

Odegard said she believes that it is exceedingly necessary for Spokane to focus on becoming a climate resilient community for the city to truly be one of the best cities to live in when considering climate change. In October 2021, the Spokane City Council prioritized climate resiliency by adopting a new Sustainability Action Plan (SAP) that is an update to the 2009 SAP developed by the Sustainability Action Subcommittee.

This plan focuses on building resilience for both neighborhoods and the economy to be prepared for future weather events. A main part of the plan involves conservation and preservation efforts by Spokane's Parks and Recreation department.

"Every project, everything that we

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# Logan Block Party hopes to foster community

By TOMMY CONNOLLY

Where can you find carnival games, dunk tanks and amusement rides? Look no farther than the Logan Block Party on Sept. 16 at Mission Park, sponsored by the Center for Community Engagement (CCE) and the Logan Neighborhood Council.

The Logan Block Party is an event started in 2016 by CCE and the neighborhood council to try to help connect students and the local Spokane community through a fun and interactive event that is free for everyone involved.

The last two fall editions of the Block Party were canceled because of COVID-19 before the Party made its comeback in April with a limited event for health and safety restrictions, but this year's edition is back in full force with new vendors, games and food all for free to anyone in the area.

"We are really hoping this will help the GU community and the Logan Neighborhood become connected," said Trevor Iwata of the CCE office. "The main goal of the Block Party is for everyone to enjoy some free food and prizes and get to know their fellow neighbors who aren't just students."

Some of the events and booths that will be at Mission Park are face painting for kids, basketball hoops and many family friendly events. The event is targeted for families and kids, with the draw for Zags being free food and various coupons.

"Along with vendors, there will be various businesses and organizations that Gonzaga students can support and volunteer at," Iwata said.

After it is all said and done, Mission Park will be filled with over 22 different vendors from around the Logan Neighborhood, all in hope of connecting the campus community to the greater Spokane community and continuing to foster a strong relationship between the two.

"It was such a great experience volunteering last year at the event in April," said GU senior Ryan Samson. "I had the chance to help with the inflatables and it was awesome to be a part of an event that can help connect Gonzaga and the Logan Neighborhood."

Samson was one of many GU students who helped volunteer at the event in the spring. The Block Party is in search of more help for this year's event as well. Student volunteers would help with face painting and other activities and are encouraged to contact the CCE office with questions or to fill out a volunteer form.

A highlight for many students in the past has been the dunk tank, which is back for the first time since 2019. There is also a student band performing at the event, as well as a Moment of Magic with princesses at the park.

"The biggest thing is to connect with our neighbors, and be good neighbors to everyone around them," Iwata said. "Sometimes we forget that we live next to families and getting to know them is important."

The Block Party has seen steady improvement year by year and is hoping to continue the



BULLETIN FILE PHOTO

GU students and Logan neighborhood residents meet at Logan Block Party hosted by Center for Community Engagement.

trend this year with new events to continue to connect and create a relationship between GU and the Logan Neighborhood and Neighborhood Council.

"I recommend anyone with the time help to volunteer," Samson said. "It was really rewarding and something anyone with a few hours of time help with."

The Block Party is taking place from 4 - 7 p.m. on Sept. 16 at Mission Park, with free admissions and food for all attendees.

Tommy Connolly is a staff writer.

# Handcrafted, Marketplace merge into Iggy's Market

By ANDERS SVENNINGSSEN

As an institution of great renown or even infamy, it's no mystery that students will notice ZagDining's iconic Marketplace location was transformed into something different this year. "Iggy's Market" is the novel rebrand of the archetypal stop-n-shop located in the John J. Hemmingson Center. Despite a new appearance and name, students will still be able to enjoy the conveniences of the "Marketplace" in addition to new opportunities.

Deriving a moniker from a former ZagDining Pizza location, Iggy's Market will offer a similar range of products from before the rebrand. GU students can purchase a variety of snacks, cold beverages, small health and wellness items in addition to fresh ready-to-eat "grab'n'go" options available in locations around campus.

"Students should be very excited about Iggy's Market," said Nathan Child, general manager for ZagDining. "We have worked to create a 'one-stop-shop' where students can grab a sandwich, soup, salad bar, sushi, drinks, snacks and more all at the same location."

At Iggy's, fresh fruit and small grocery items such as peanut butter accompany toothpaste and pharmaceuticals for students who suffer from allergies. But as this shake up to the Hemmingson Center has gone underway, astute observers will notice a missing piece; Handcrafted, an artisan sandwich vendor, was replaced by Qdoba.

Luckily, Iggy's has something to offer the loyal supporters



CHIANA MCINELLY IG: picsoychiana

Students can buy sandwiches in Iggy's Market.

of Handcrafted following its recent removal from the location behind Starbucks. Iggy's boasts sandwiches consisting of the same core menu as Handcrafted, as well as freshly made to-go sandwiches for students on the run.

"The only difference students will notice is the name and the location," said Amanda Olsen, supervisor at Iggy's.

"It's the same menu, and the salad bar will also be available at Iggy's, just like it was previously."

Sodexo and ZagDining also have long-term plans for development. Implementation of self-checkout, robotic delivery and in-app ordering are just a few possibilities ZagDining has in store for Iggy's.

"We will be working this semester on bringing self-service checkout stations to Iggy's to integrate technology and increase speed of service at checkout," Child said. "Through the Everyday app students will be able to mobile order items for pickup as well as order items for Kiwi Bot delivery."

ZagDining was fortunate to experience a smooth process in bringing its vision of Iggy's to life. Completed in a single summer, the rebrand required minor special adjustments completed by various university and independent crews in and around the Hemmingson Center.

"The construction team did an amazing job over the summer of keeping the project on pace for the timeline," Child said. "It has been a very smooth transition. We are constantly engaged in continuously improving the experience inside Iggy's."

Going forward, students can expect more from their regular dining and shopping experiences at GU — with more smiles, choices and sandwiches.

Anders Svenningsen is the opinion editor. Follow him on Twitter: @torvauld.

# SPOKANE

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maintain in Spokane — we are more focused on the environment, conservation and being stewards of our natural resources," said Garrett Jones, director of Spokane's Parks and Recreation.

Although Spokane's adoption of the new SAP is a step toward the city becoming climate resilient, according to Odegard there is much room for improvement. The main challenge that Spokane faces is how to mitigate the effects climate change will have — and has already had — on natural resources and Spokane's more vulnerable populations.

"The two things that stick are the temperature impacts that we're going to be experiencing and snowpack, which is directly associated with stream flow and our water resources," Odegard said.

Odegard finds that the issue of climate resiliency is interconnected with other social issues — such as the housing crisis — and must be addressed holistically. There is a lack of sustainability and climate resiliency policy in Spokane, according to Odegard, that is in part responsible for the environmental and health challenges impacting residents.

"City leaders have not yet funded and implemented concrete plans to help the community respond to extreme weather events ... and it has not yet embraced concrete plans to mitigate our contributions to climate change," said Brian Henning, the director of the Gonzaga Center for Climate, Society and the Environment, via email.

According to Odegard, the best way for the people of Spokane to advocate for a

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I am really proud of our city. And [its climate resiliency] will all depend on the decisions that are made in the next six months, 36 months.

Kara Odegard, manager of sustainability initiative for the Spokane City Council

more resilient city is by having broader regional conversations about the impacts of climate change and voting for officials that prioritize climate justice.

Despite the challenges Spokane faces, Odegard believes that the city has the potential to become one of the most climate resilient cities and one of the best places to live in the U.S. in regard to climate change.

"I am really proud of our city," Odegard said. "And [its climate resiliency] will all depend on the decisions that are made in the next six months, 36 months."

For those interested in further assessing the effects of climate change on Spokane, visit the Spokane Climate Project's website at <https://www.spokaneclimateproject.org/> and the GU Climate Center's website at [www.gonzaga.edu/ClimateCenter](http://www.gonzaga.edu/ClimateCenter).

Amelia Troncone is a staff writer.

# UMEC

Continued from Page 1

development," Fawcett said. "The mentoring is programs like BRIDGE and Act Six, and social justice programming is the speakers, films, art and activism workshops. Intercultural development is that deeper dive into training and development, such as social justice peer educators, a joint position between us and Housing and Residence Life. And our Intergroup Dialogue, which is offered as a first year seminar, a core integration seminar or a one credit elective."

Jessie Mancilla, the UMEC director, mentioned some work being done at UMEC this year, such as building co-curricular programming and connecting with different programs from different departments.

"I would like to highlight working with the Career & Professional Development department in itself," Mancilla said. "We're trying to navigate and provide more resources for the population that utilizes the space. At the moment, we have three different sessions this semester. The first is Sept. 19, and then the next one is on Oct. 10. We already have some employers wanting to engage with students."

The center's impact and importance to GU is not lost on the students, faculty and staff involved. Anisia Khammala, a senior student and member of the UMEC 25th Anniversary Committee, said the center was the first place on campus where she was able to make friends and find a community.

"UMEC is a special place," Khammala said. "UMEC has taught myself and students like me to take up space. UMEC wholeheartedly supports our efforts as

student activists on campus. It is a comfort, a community, a celebration and home away from home."

Those involved in the center have goals they want to see progress in the near future. Fawcett mentioned being able to expand their programming, such as raising the cap on how many students can be in BRIDGE. Khammala brought up the importance of diversifying faculty and staff as well as the student population.

"As a student of color, I would love to see more representation in staff, faculty and administration," Khammala said. "I see the push to admit more students of color, but I would love to learn from faculty of color, be supported by staff of color and see more people of color in high administrative roles."

Amanecer has a particular vision for how he sees the center progressing beyond its physical space.

"The goal is to have DEI (diversity, equity and inclusion) work in every department on campus," Amanecer said. "To have a specialized individual or a couple of individuals within each department and still have this space for students. But not only relying on us to do the training or workshops, it would be already embedded in Gonzaga's curriculum, mission and departments."

Those interested in attending the block party can register at the link on their website and Mancilla encourages anyone curious about the center to stop by at any time.

Marissa Conter is an A&E editor. Follow her on Twitter: @marissaconter.

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# ACT SIX

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Porterfield, Silva and Amanecer said that they made clear in each of these listening sessions that the committee was deciding on whether to continue the Act Six program at GU but that they wanted to hear multiple perspectives before making a decision.

Amanecer, who led the listening session with the current Act Six scholars, said speaking with the students was particularly informative for him in the decision to discontinue the program because it revealed to him the critical feelings that current students had toward it.

However, while these listening sessions were meant to help everyone involved feel heard, Act Six Scholar Tia Moua and Elguero-Mateo said the question of whether to discontinue the Act Six program was not clear in the listening sessions and that they did not feel like their opinions were valued in this process.

Moua said that many of the current Act Six students were critical of the program because they believed the program would be improved, not discontinued, and that they wished they would have been included at the beginning of the evaluation process.

Moua and Elguero-Mateo said that many of the Act Six scholars were vulnerable in what they shared during the listening session, but that they might have acted differently if they had known that discontinuing the program was being considered.

“We didn’t think they were going to fully ax the program permanently and that was really, really disheartening because I would have definitely not been able to get into Gonzaga without Act Six,” Moua said. “A lot of people blamed themselves after this saying, ‘I shouldn’t have been so open and honest in that discernment.’”

Elguero-Mateo and Moua said they were frustrated that there was no follow-up to the email sent out stating the decision or the listening session, which could have provided additional clarity. They also said that the email was sent two days prior to the Act Six scholars convention, which made the gathering difficult to navigate.

Porterfield, Silva, Fawcett and Amanecer said the decision to discontinue Act Six stems from GU’s commitment to growing access to educational and leadership opportunities. They said that they are optimistic about creating a replacement to the program that would provide financial and mentoring opportunities to more students.



BULLETIN FILE PHOTO

Students who were accepted to GU through Act Six receive a full tuition and need scholarship and are placed in mentoring cohorts.

Silva recognized the growing diversity on campus and diversity, equity and inclusion (DEI) efforts from the admissions team. She said GU offers a series of full tuition scholarships for community leaders and highlighted the magis commitment initiative that provides full tuition scholarships to recipients of the federal pell grant.

Porterfield and Amanecer said that they hope replacing Act Six means expanding BRIDGE, an orientation program designed to provide mentorship and community for historically marginalized students.

“I don’t think we’re going to regress,” Amanecer said. “I think if anything it is going to grow even more and have a lot of potential because we’re focusing on a bigger group. We’re going to cast a wider net instead of just Spokane, Tacoma and Seattle.”

While the administration has promised a replacement plan, Moua and Elguero-Mateo said they are concerned about implementing it and are unsure of what the absence of the Act Six program means for the future of current Act Six scholars. They said that the program relies upon each year’s incoming group of scholars no longer accepting Act Six scholars will have an effect upon the GU Act Six community.

“If they do have this new program ... and it reaches out to a wider geographic region, then that’s great, that’s perfect,” Elguero-Mateo said. “But, Act Six did give me that opportunity. I just don’t

know how they’re going to initiate it, how they’re going to have it working.”

Fawcett promised that the decision would not influence their financial aid or the support they receive from GU. While there is no given timeline, Fawcett hopes that a bigger program will emerge in a year.

“These scholars would have been rock stars regardless of this program,” Fawcett said. “Any changes or critiques about the program is not a critique about the students. I think it can just be broader and bigger and better, really focusing on our mission as a university.”

Moua and Elguero-Mateo, who both have younger siblings they hoped would be Act Six scholars, said they felt disheartened that this legacy grounded in community values will end because of this decision.

“I just hope that this isn’t truly the end,” Moua said. “I hope that somehow Gonzaga can pull it together and reinstate Act Six. It changes generations of people and it helps really build new leaders in our community. I think if Gonzaga had recognized that more, that people’s whole pathways and lives are being changed by this program — as well as their future generations — they would have been more inclined to keep it.”

Moua said it is often students of color who carry the weight of driving social change on campus, and both Moua and Elguero-Mateo recognized the campus involvements of Act Six scholars. Moua

said that students of color, despite their advocacy work, often feel silenced — this decision to discontinue Act Six being no exception.

“I see it all the time, of Gonzaga trying to silence our voices as people of color,” Moua said. “They always encourage social change and social justice, being people for others. But when we actually call them out on their BS, then they turn against us and say, ‘well, we are holding the scholarship over your head. Or we could expel you.’”

Elguero-Mateo and Moua said Act Six scholars contribute to GU’s growth, and Moua said the activism of Act Six scholars should be recognized and that this decision actively undermines this work.

“People on campus may not know us Act Six scholars but they know us because of our involvement, we are everywhere — GSBA, athletics, cultural clubs, etc.,” Elguero-Mateo said. “We made it through the process to get the scholarship, chose to stay and are making GU our home.”

Noah Apprill-Sokol is a news editor. Follow him on Twitter: @noah\_sokol03.

Angela Gill is a staff writer.

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# 'iPad kids' face a new kind of childhood for better ... and worse

I am practically an overgrown iPad kid. My phone is almost always in my hand and when thinking about an angle for this piece, I noticed I was sitting with my feet on my chair, quite literally hunched over my iPad, playing 2048 during my professor's lecture.

So proceed with that in mind. If you're not familiar with the term "iPad kids," it refers to the snot-nosed 3-year-old you may have seen in some waiting room with electronic device in hand, blasting the loudest possible YouTube video in an otherwise silent room.

Myself and my peers are what most would call "digital natives." This means we grew up in a world where technology and the internet are the norm. We grew up using computers and are generally pretty savvy when it comes to the basics of tech as opposed to the older generations who tend to think it's ingenious when their grandkids can restart the Wi-Fi router.

Technically, iPad kids are also digital natives, but the



By EMMALEE APPEL

difference is that much of my generation, Generation Z, spent the first half of our lives without an overly saturated influence of technology. The first iPhone didn't come out until 2007, and at the time parents wouldn't have dreamt of giving it to their sticky 5-year-old.

Flash forward to 2022 when parents are shoving a screen in front of their whiny children, praying it will stop the tantrums. I don't know the first thing about raising kids so maybe I should hold my tongue, but objectively it doesn't seem to be an effective

technique.

Technology is flashy, but that's why we love it. For young kids, and even adults, bright colors and fun sounds are just another form of incredible stimulation.

Call me a grumpy hypocrite, but technology cannot and should not replace genuine human interaction and experience.

The littlest things that make us human are powerful — talking to people, hearing live music, experiencing hands-on art, science or even boredom. These things are all tremendously more powerful when you allow yourself to be immersed in those experiences.

There is a gap in accessibility to these things, and we've used technology to make strides to close it.

Tech can be great for those without access to expensive experiences, or to enhance their way of life in unique and important ways.

The problem arises when it becomes a fail-safe. I don't doubt

sometimes it's the best option to let your kid, or yourself, have time to wind down with some form of media consumption, but my issue arises when we rely on it to escape from our problems.

Children and adults don't learn how to feel negative emotions. We're taught we can just distract ourselves from the problem. This occurs not only with technology, and it is certainly not a productive tool in the long run.

Hopefully parents are trying to raise kids with the tools for coping with human experience. It takes time and nurturing, but it's important to have a grasp on those tools from a young age.

Trying to raise a kid today without exposing them to technology is pretty much impossible, but it doesn't have to be a toy.

Kids are creative and imaginative all on their own. I remember playing "superheroes" with my brothers at the playground and I'm sure most have similar memories.

People find fun in the littlest

things, and when given the opportunity most will make games out of anything.

Overall, I'm a skeptic. I want people to allow themselves to feel the human things — even the bad stuff — sometimes technology gets in the way of that. But sometimes it enhances it.

I can't claim to have all the answers about what's best for children and what parenting techniques work, because it's different for everyone.

Do what you believe in and you'll be just fine. But stop once a while and remember to let yourself be human.

*Emmalee is a digital editor. Follow them on Twitter: @emm\_appel.*

## Spokane parks are gorgeous, but blemished by treatment of the homeless



By SYDNEY FLUKER

If there's one thing Spokane does well, it's public parks.

Sprinkled throughout Spokane are beautiful parks available for anyone to use. A mix of green space and playgrounds, these well-kept parks offer places to relax, read, run around and feel the cool grass between your toes.

Manito Park, located in the South Hill, is the first park that comes to mind when I think of places to go. One of Spokane's standout attractions, Manito's 90 acres offer a pond, Japanese gardens, a greenhouse, playgrounds, a cafe and more. A few minutes from there is Cliff Park, an entirely green space park with

stairs leading to a viewpoint at the top.

Near Gonzaga University is Mission Park, giving people a place to play tennis and pickleball, exercise on the grass, play on the playground and play basketball. Underhill Park in the East Central Neighborhood boasts a variety of courts and fields, picnic tables and a splash pad for community use.

In north Spokane, Audubon Park offers 27 acres of courts, fields, playgrounds and public restrooms. A dog-friendly haven, Audubon is a great place to lay a blanket down and relax.

Downtown features the newly reconstructed Riverfront Park, offering a skate park, Hoopfest basketball courts, running trails and more.

My point is, Spokane has done an excellent job with the park scene. Spokane Parks and Recreation maintains its parks' cleanliness and beauty as best as it can, and the greenery allows those living in predominantly concrete-filled areas to get a dose of nature whenever they'd like.

Those who hate on the parks may call them dirty, or perhaps crowded. Some might even say unsafe. This can be true

of certain areas, but this is through no fault of the parks themselves or even their attendees.

Spokane, led by Mayor Nadine Woodward, has a nasty habit of criminalizing homelessness. Laws that permit overnight camping in state parks, like those in Spokane, actively target houseless folks looking for a safe place to stay the night. From putting fences up during heat waves in downtown to prevent houseless folks from using the shade to trying to dismantle a volunteer-run cooling center, the mayor and her servants have repeatedly harmed our houseless neighbors in inhumane ways.

These actions are effectively aiming to push houseless folks away from the view of the public eye, and that includes in public parks. Spokane Municipal Code SMC 12.06A.040 says that no person may use or occupy park property to sleep, store property or for any other purpose when done in a manner that obstructs or prevents others from its use and enjoyment.

There is no harm in allowing houseless folks access to parks, and there is no

technical law forbidding them from using them. However, many Spokane residents feel entitled to these parks and will ask for police intervention if there are too many houseless people in one area, claiming a fear of safety.

In my time doing outreach with GU's Mutual Aid Club and Cool Spokane, I have seen houseless folks walking around Peaceful Valley with trash bags, asking other residents if they have trash that needs to be rid of to keep the area clean. I have seen the temporary residential camp area in front of the University District sign look cleaner than Mission Park after a group of students leave the area. Camp Hope, a houseless encampment with over 600 residents, is kept cleaner by its own residents than downtown is by the city.

Spokane's parks offer safe and cool places, surrounded by trees and shade, for residents to relax. It's time we let all of our residents use them.

*Sydney Fluker is a news editor. Follow them on Twitter: @sydneymfluker.*

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By KAELYN NEW

We all wish we could escape the world for just a moment and find reprieve in a remote forest, unbothered by the tasks demanded of us. Unfortunately, this fantasy is wishful thinking for many low-income people.

Unless you want to live off the land on your own volition and recreate "Into the Wild" (which didn't end well, by the way), camping costs money. Most tents are well over \$100, and campgrounds often charge a fee to reserve a spot.

While many national parks allow for free camping, the participating party must be well-versed in camping to survive off the land with little resources in addition to transportation to said national parks.

Designated "camping locations" are typically in far off areas, which require transportation and planning to get to. Although this is something that can be achieved more simply by those of us in the Pacific Northwest, residents of other regions that lack extensive campgrounds are not so lucky, as traveling to these campgrounds can take hours. In return, people must pay for their mode of transportation.

That doesn't necessarily mean that one must have exorbitant wealth in order to go camping. Ultimately, camping is just not accessible for low-income people. It requires them to take time off work and purchase or rent the materials necessary.

The primary motive of camping, other than connecting with nature and disconnecting from the work-world, is to survive off minimal resources; it is a glorification of the struggles that so many lower-income people must deal with daily (like lack of heat and access to food).

You don't have to be a millionaire to take a trip to a campground, but there is some monetary privilege that comes with contemporary access to camping.

*Kaelyn New is a news editor. Follow her on Twitter: @kaelyn\_new.*

## How much does it actually cost to camp?



By TOMMY CONNOLLY

The difference between hard-core camping and glorified camping has raised the question of whether camping is still affordable or if it has become overpriced. Camping is not overpriced if you know where to look and are willing to sacrifice some of the glitz and glamor of car camping for the rough and tumble of backpack and tent camping.

One of the best ways to keep your camping cheap is to find campsites or hikes that are in national forests. All national forests are free to camp in without a permit, and campers are allowed to have campfires in the forest (provided that they practice good fire safety). Not having to pay for a permit or campsite is one of the best ways to save big while camping.

Another way to keep camping inexpensive is to go to gear swaps, or to rent your gear. Many people at these swaps sell high quality camping gear for cheap, allowing you to build a quality camping set without spending a huge sum of money to do so. Likewise, many places have rentable gear that will save from buying expensive gear for a simple camping trip.

Unfortunately, one of the most expensive aspects of going camping is getting to the location of where you are camping. Gas and food will be the most expensive parts of the trip; keeping meals simple when camping, cooking over the fire instead of propane and using what you have at home will help to nullify some of the over-arching costs of camping.

It is possible to keep camping inexpensive and affordable, however; it is important to remember that when you are going camping you are going to connect with nature and the outdoors. This means sleeping on the ground, a little less seasoning in your food and the rugged outdoors.

*Tommy Connolly is a staff writer.*



# Love tastes sweet at GU alumna's 'Made with Love' bakery

By ISABELLA ASPLUND-WAIN

Pause, rest, gather, eat.

That is the motto of Made with Love, the bakery founded by Callie Johnson in 2015. With a passion for baking and the desire to craft an inclusive and homey experience, it's no wonder the shop is a favorite for residents in the West Central Neighborhood.

The single-story bakery has many spaces for customers to rest, study, enjoy some unique treats or sip on an Indaba coffee. Their beverages range from fruity teas to strong espressos and rarely cost over \$5 regardless of the size.

"There are a lot of customers that are from around the neighborhood that I've gotten to know pretty well over the year I have been here," said Raven Bevers, an employee of Made with Love. "There's a couple people where the minute I see them walking up, I start making exactly what I know they're going to get."

Before opening her bakery, Johnson attended Gonzaga University and studied business administration, focusing on an entrepreneurship and marketing path. She then went on to form her LLC and sell at farmers markets for the next three years.

The first recipe she sold was her pecan pie bars — a treat she learned to bake in the sixth grade — along with her espresso shortbread and triple berry pie. She then added different cookie flavors, as well as pop tarts made from scratch, both of which have been successful in the bakery.

"It was mostly a summer thing, but I was trying to get more orders from people," Johnson said. "Then in the fall of 2018, we had gone from doing one farmer market a summer to two. So, we really upped the amount we were producing, and people seemed to really like it and I wanted to start wholesaling to coffee shops."

To sell at farmers markets, Johnson needed her kitchen inspected and to secure a Washington State Department of Agriculture Food Processor license. But to wholesale, she was required to bake out of a commercial kitchen.

January 2019 is when she started wholesaling out of the now intimate bakery. Johnson spent five months mass producing goods for coffee shops and fulfilling special orders for events before transforming the shop into the bakery.

"What I find so special is often different customers will end up chatting together," Johnson said. "I do see that as unique because I know I don't necessarily feel as comfortable just chit chatting with the person next to me. But here, I think there definitely is just that natural environment."



COURTESY OF MADE WITH LOVE'S FACEBOOK

'Pause, rest, gather, eat' is the motto of the sweet bakery located in the West Central Neighborhood.

The green and white theme, exposed brick and wood details combined with the kindness and care displayed from the staff is far from the wholesale kitchen it once was. Customers can select from a range of bagels, scones, cookies, bars, pies, pop tarts and coffee cakes. They also offer gluten-free and vegan friendly options.

Most of their flavors and combinations stay consistent throughout the year; however, they do love to experiment with seasonal flavors for customers to sample and plan to release limited-time menus during the holiday seasons.

"Hopefully in the next couple of weeks, we'll be able to get our full menu out — that'll be pumpkin things and molasses cookies. Then in the winter, we'll do some different treats," Johnson said. "One year, we made these tree shaped sugar cookies, but they caught on fire in the oven. So, we were like 'we have a forest fire!'"

As a GU alumna, the Made with Love space is representative of the "culture of care" idea spread among the Spokane campus. Her goal is to make people feel seen and known through food, with a mission statement focused on hospitality and care for people. The team understands

that the daily tasks of life can be overwhelming — and that seeing a familiar face to connect with can make the day a little bit brighter.

Bevers said her job is always kept fresh, she can complete her necessary tasks throughout the day and the space is inviting and comfortable for both employees and customers. She recalled two unique aspects, being that she can meet new people and be herself in the workplace every day.

Students can try the unique treats at Made with Love located at 2023 W. Dean Ave. open Wednesday through Sunday from 7:30 a.m. to 3 p.m.

"When Gonzaga students come here, I probably am overly excited," Johnson said. "Gonzaga is such a great place, I'm really grateful that I got to go there and got the education that I did."

Isabella Asplund-Wain is a digital editor.

# Thousands 'Pigged out' over the Labor Day weekend

By TOMMY CONNOLLY

On a warm September weekend in Spokane, the 41st annual Pig Out in the Park was back at full force for the first time since 2019. The event was attended by thousands of people from the Spokane area and has been one of the most popular events in the city since its inception.

"Pig Out in the Park" ran for six consecutive days from Aug. 31 to Sept. 5 and featured 50 food booths, over 250 different menu items, 35 public market booths and a number of live concerts and performances. The event had something for everyone, including a number of GU students who managed to make the short walk to Riverfront Park to try out the different foods and vendors.

"It's good to be back," said the vendors from Bibby Booth, an Italian sausage sandwich vendor.

Bibby Booth has been prevalent at Pig Out in the Park for the last few years and was happy to have the event back.

Bibby Booth was one of many vendors that had been waiting for the yearly Labor Day event to make its appearance again.

With temperatures in the upper 90s and reaching triple digits, crowds were not as large during some of the weekdays, but by Sunday afternoon the weather cleared up over the rest of the event.

"I went on Wednesday, and it was a really fun time," said GU student Mason Lee. "I remember going my freshman year,

so getting to go to it again as a senior was cool."

Lee, along with many other GU seniors, had the chance to attend Pig Out in the Park as a first-year student but was unable to attend the past two years because of the COVID-19 pandemic.

"It was cool to see such a wide variety of food groups from an array of places," Lee said. "There was the classic taco truck and other food trucks, but some places like German that we don't get to see a lot."

The wide variety of options in one location helped boost Pig Out's popularity, as attendees tried food from all over the world all in one location.

"My favorite food I had had to have been the fresh squeezed lemonade and the bacon wrapped hot dog," Lee said. "Both were absolutely delicious."

Along with the plethora of food options, festivalgoers had the chance to see music on three different stages set up throughout the park. One stage was located by the clock tower in the center of the park, another set up near the Looft Carrousel and the Promenade.

Music fans had their option of what type of music they wanted to listen to, with a mix of cover bands, rock and solo artists that gave onlookers a bit of everything.

After having between 118,000 - 122,000 people in 2019 for the 40th anniversary, organizers were nervous about the turnout after a two-year hiatus, but they were met



CHIANA MCINELLY IG: picsoychiana

After a two-year hiatus, Pig Out in the Park came back to downtown Spokane.

with more demand and higher numbers.

"This year will surpass that [2019] number by around two or three thousand," Pig Out in the Park organizer Bill Burke said to KREM 2.

This number is estimated using food sales, as attendance to the event is free.

Pig Out in the Park has proved to be a successful venture for many businesses since its inception, with vendors in the

green every year.

"We have been coming since 2015 as vendors," the Bibby Booth representative said. "We absolutely love it and were super excited to see it come back and with the amount of people that were here."

Tommy Connolly is a staff writer.

# Trade the PSLs for LTDs: GU Thomas Hammer features new fall lineup of caffeinated drinks

By MARISSA CONTER

For those wanting to branch out from major chain corporations for their daily coffee intake, Thomas Hammer has fall drinks and more on Gonzaga University's campus.

Located in the student lounge of the Jepson Center, the coffee shop has four fall drinks this year, featuring beloved returns and new tries.

Returning is the "Toasted Marshmallow Mocha," which has toasted marshmallow syrup, chocolate sauce and also comes with toasted marshmallow whipped cream and graham cracker crust. Also returning is the traditional "Pumpkin Crème," which is made with pumpkin sauce, white chocolate and pumpkin seasoning on top.

New to the menu this fall is the "Maple Orange Zest Latte." It contains maple flavored syrup with a real orange zest that is steamed so that it extracts the orange flavor in the zest. The drink is topped with pumpkin spice.

Thomas Hammer also has a new whole bean which is part of the limited menu.

"It's a very limited batch, so once it's gone, it's gone forever," said Ashley Birkeland, the store manager at the GU location. "It's called the 'Papua New Guinea Shaken Oat Milk Latte.' It comes with black sugar, which is like a form of cane sugar, but it's more of a molasses taste with oat milk, then two shots of the Papua New Guinea cold brew."

Birkeland also teased some new fall foods that will be coming to stores soon.

Thomas Hammer is also bringing back some popular seasonal drinks and making them a part of the permanent menu. These include the "Lavender Matcha," the "Tommy

“

**It's a very limited batch so once it's gone, it's gone forever.**

**Ashley Birkeland, store manager**

Thai Tea" and the "Ancho Peach Fruit Freeze."

Thomas Hammer got its start at GU when its founder, Thomas Hammer, was a student at GU. The coffee shop started as a school project. It has now evolved to 19 locations that span across Spokane and Idaho.

"It was founded locally, and we also operate locally as well," Birkeland said.

Birkeland described how the downtown location was home to all of the sweet treats.

"That's where we do all of the behind-the-scenes stuff like all the bookkeeping, training and we also own our own bakery as well, so everything that you see in the pastry case there is all homemade and delivered fresh," Birkeland said.

The GU location also has promotions unique to Zags. In the past, students could wear a piece of GU spirit wear

or merchandise and get a few dollars off their drink. Coupons were given out at first-year orientation, which can only be redeemed at the Jepson location.

Birkeland also has some drink recommendations for students tired of their regular orders.

"I would recommend the 'Caramanilla', which has caramel sauce and vanilla bean syrup," Birkeland said. "It's definitely a very good go to drink; it's kind of comparable to the caramel macchiato from Starbucks. If you want to switch from some of the bigger name coffee brands like Starbucks and move over to something local, that's a good drink because it's comparable."

Thomas Hammer can cater to all coffee-drinking habits, from those who are regular black coffee drinkers to those who don't necessarily drink coffee, like senior student McKenna Krey.

"I would say my go-to drink is the chai," Krey said. "I like how it's not quite as intense as coffee and there's that subtle kick of flavor that you notice. I like their [Thomas Hammer's] chai especially because I feel they have gentler notes of sweetness than you might get at somewhere like Starbucks."

Birkeland encourages new students and anyone else who frequents campus to check out Thomas Hammer, not only for the drinks, but for the quieter study space and outside patio.

"Just stop on by and give it a shot," Birkeland said. "A shot of espresso if you will."

Marissa Conter is an A&E editor. Follow her on Twitter: @marissaconter.



# GOOB creates community for first year students through the outdoors

By SOPHIA MCKINSTRY

Community and the outdoors — the two things that encompass Gonzaga-Out-Of-Bounds (GOOB), the pre-orientation trip for first year students.

GOOB, which has been put on for the past 18 years, is a trip designed for first-year students to experience the outdoors, build community and get to know their classmates and leaders from the Gonzaga Outdoors office. The trip takes place before orientation week, so students are given the opportunity to meet their peers and go into orientation already knowing some of their classmates.

The first 75 students who sign up are given the opportunity to go, so in August, roughly 75 first-year students, 30 trip leaders and four or five GU staff members made the trip to Montana. During the five-day excursion, they hiked the Heart Lake Trail in Lolo National Forest, biked the Hiawatha Trail and white water rafted the Clark Fork River. The first-year students were also able to participate in various community-building activities.

The safety of the students on the trip was imperative, and with the help of Ben Chu, the specialist for ecological spirituality within the Office of Mission and Ministry, students were able to both enjoy themselves and stay safe during the trip. Chu has worked as an adjunct professor in the School of Leadership Studies since January and stepped into his role with the Office of Mission and Ministry a few months ago.

Before working at GU, he served as a wildland firefighter captain for eight years, which helped with his ability to prioritize safety and risk management. Chu worked for both federal and state governments and in his last role before coming to GU, was captain of a crew of military veterans with the U.S. Bureau of Land Management.

“I [had] the safety piece and also, in line with my role as a Specialist for Ecological Spirituality ... hopefully bringing an ... invitation to grow spiritually in the context of nature,” Chu said.

On a typical day, the students were split up into three groups of about 25 students each and rotated among the three main activities — hiking, rafting and mountain biking. This allowed each of them to experience all of the outdoor activities. In the evenings, there would be time to reflect and other activities.

One evening, talks were given by professor Juliane Mora and Janeen Steer from the Office of Mission and Ministry. The two spoke on the importance of protecting public lands and care of the self. Another night, students were able to pick among different activities like yoga, crafts and more.

GOOB Coordinator Nelly Alger started planning for the trip in May. She facilitated the training for leaders and worked directly with vendors to make sure the trip ran smoothly. She also spent time working with students to fill out waivers, accommodating to their dietary restrictions and getting them into groups.

Alger has been involved with Gonzaga Outdoors since her first year at GU and is grateful for the community that it provides for students.

“[GOOB is] a really great way for people who maybe



The first-years in GOOB's pre-orientation trip pose for a group photo at the end of the trip at the base camp in Montana.

“

**[GOOB is] a really great way for people who maybe don't have as much experience in the outdoors to get outdoors**

Nelly Alger, GOOB Coordinator

don't have as much experience in the outdoors to get outdoors,” Alger said. “We're very intentional about getting to know the first-year students and making them feel welcome here [and] like they have a place, and Gonzaga Outdoors is just such a welcoming community that anyone can be a part of. It's a much more authentic way to connect with people going into college. There's nothing like being outdoors and it's a different level of connection.”

For the first-year students who were able to go on the trip, one of the biggest takeaways was the friendships that were formed and will continue to develop over the course of the semester.

Jacob Donovan, a first-year biochemistry major, went on the trip after hearing about it at GEL weekend and was grateful for the kindness of everyone who went.

“My favorite facet of GOOB by far was the amount of people that I met, and the quality of the people that I

met,” Donovan said. “I had never before been in an area with so many genuine people in one location. Whenever I was eating, or just hanging out ... stuff like that where I was standing by myself, people were always walking up to me [and] introducing themselves, trying to meet new people.”

Victoria Bashara is an out-of-state student and had some difficulties getting to campus; however, she appreciated the flexibility and kindness of the leaders.

“I knew right away that they cared about each GOOBER because my flight was canceled, and my other flight was delayed and so it was a whole mess getting here ... and so I'm thankful that they [waited for me] because it was such a good experience,” Bashara said. “I love GOOB so much, and I actually think it was one of the best things I could've done and is a once-in-a-lifetime experience.”

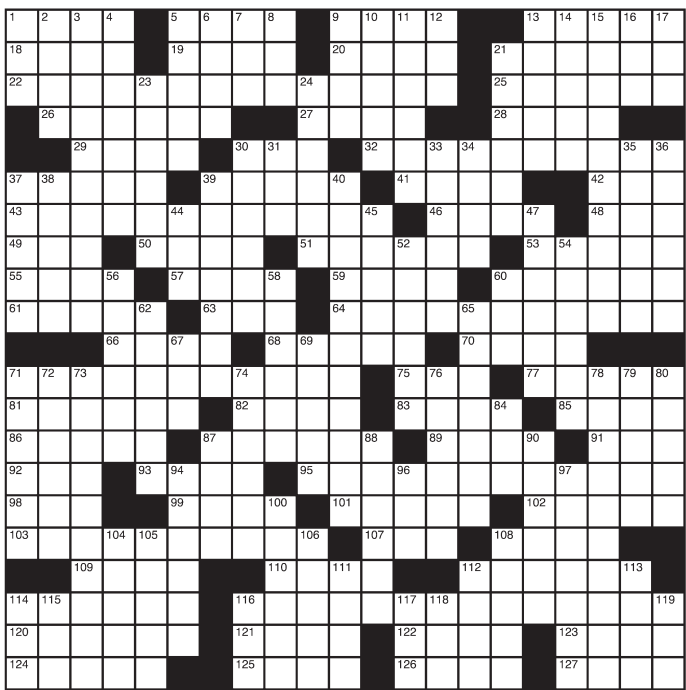
The leaders of the trip also learned a lot about themselves through being a part of the experience, according to Alger. Leadership skills and problem-solving were a few of the many skills that they were able to work on during the five days.

Through GOOB, first-year students can experience nature, ease the transition into college and ultimately develop bonds with their classmates.

“I see GOOB as a liminal space, and what liminality is ... [is] that betweenness between two different places, or two different chapters of your life,” Chu said. “It has its own time and its own space, and it's a place where powerful transformation and growth can occur when you're outside of ordinary time ... [and] the day-to-day grind and hustle. Liminal space, we step out of society [and] out of regular time and just kind of reflect.”

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

## Los Angeles Times Sunday Crossword Puzzle



Change the World By: Taylor Johnson

- ACROSS**  
1 Mont Blanc's range  
5 \_\_\_ and pans  
9 Urge  
13 Vatican leaders  
18 Cheer (for)  
19 Estrada of "CHiPs"  
20 Grand Canyon animal  
21 Chests  
22 Data collection in Germany?  
25 Third-party account  
26 Japanese robe  
27 "Heat of the Moment" band  
28 Step to the bar, for short?  
29 Violin protector  
30 Former White House press secretary Psaki  
32 Boulder in the Czech Republic?  
37 Smart \_\_\_  
39 Biblical peak  
41 Freebies from a party  
42 "It's WonderWater" drink brand  
43 Census taker in India?  
46 ESPN datum  
48 Hectic hosp. areas  
49 Egg: Prefix  
50 Sets (down)  
51 Declined  
53 Desolate areas  
55 Writes  
57 Short diner orders  
59 Eye layer  
60 Farm herder  
61 Start a golf hole  
63 "More or less"  
64 Ancestry in Taiwan?  
66 Heats quickly  
68 Pastoral poems  
70 Garage sale caveat  
71 Gems in Afghanistan?  
75 Driveway surface
- 77 Pushpins, e.g.  
81 Battery-powered rides  
82 Place with nine circles, per Dante  
83 Bank deposit  
85 Cry of pain  
86 Toyota subcompact discontinued in 2020  
87 Beer named for a Dutch river  
89 Rig behind a cab  
91 Power hitter's  
46-Across  
92 ProFlowers parent co.  
93 "Barry" rating  
95 Crooners in South Korea?  
98 "That's gonna leave a mark!"  
99 ProActive Health brand  
101 Window sections  
102 Priests with prayer wheels  
103 Serving dish in France?  
107 Sudoku fill: Abbr.  
108 Big name in 126-Across  
109 Raison d'\_\_\_  
110 "I got this!"  
112 Put on the right path  
114 "Sure, hon"  
116 Cuisine in Ecuador?  
120 Marketing gimmicks  
121 State whose motto is "Industry"  
122 Post-gym feeling  
123 Dynamic leader?  
124 Farm structures  
125 Suffix with fluor-  
126 Assam, oolong, pekoe, etc.  
127 Kitchen qty's.  
**DOWN**  
1 Pop-up path
- 2 "Check it out!"  
3 "Do not cross" area marked with yellow tape  
4 Handle  
5 \_\_\_ alla vodka  
6 Sweet sandwich  
7 Poetic contraction  
8 Reggae kin  
9 Mischief-makers  
10 Dutch bulb  
11 Nets  
12 Chaps  
13 Entourage  
14 NBA great Robertson nicknamed "The Big O"  
15 Meaty mushroom  
16 Motion City  
Soundtrack genre  
17 U-turn from NNE  
21 "Baby \_\_\_": Raffi song about a whale  
23 Scuttlebutt  
24 Some Musée d'Orsay works  
30 Uses a lance a lot  
31 Sea eagle  
33 "Shoot!"  
34 Spanish cat  
35 Aerobic regimen, familiarly  
36 Barely touched  
37 Vote to accept  
38 Flood preventer  
39 Catalog of personal favorites  
40 A little extra shut-eye  
44 Ursona?  
45 Archenemy  
47 Insignificant  
52 Certain people of faith  
54 "Amen to that!"  
56 Japanese motorcycle brand  
58 Rises to the top  
60 Prefix with gender
- 62 Least flush  
65 Like certain monitor lizards  
67 Ltr. addenda  
69 Shoulder muscles, briefly  
71 Unlocking device for a car  
72 Nuisance remover, in law  
73 Backyard seed holder  
74 "Dang, baby!"  
76 Shopping centers?  
78 Solemn rituals  
79 Brazilian muralist Eduardo  
80 Sandwich cheese  
84 "OMG! Stop talking!"  
87 International lawyer Clooney  
88 Let use for a while  
90 Like some tiles  
94 Poisonous reptiles  
96 Card player's call  
97 Stared upon  
100 Strong brews  
104 Hofbrau mug  
105 Prefix with gender  
106 Room-sized computer unveiled in 1946  
108 Canopy makeup  
111 "Am \_\_\_ only one?"  
112 Workplace safety org.  
113 Maryland athlete, for short  
114 Gambling venue letters  
115 Sportage automaker  
116 "¿\_\_\_ pasa?"  
117 Cricket club  
118 "Helpful hardware folks" company  
119 Talking-\_\_\_: stern lectures

# SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level **1** 2 3 4

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

Solution to this week's puzzle

٤	٤	9	٧	6	١	٢	9	8
9	8	٧	9	٤	٢	١	6	٤
١	6	٢	٤	8	9	٤	٧	9
9	٤	١	6	٤	8	٧	٢	9
٧	9	8	٤	٢	9	٤	١	6
6	٢	٤	١	9	٧	9	8	٤
8	١	٤	9	٧	٤	6	9	٢
٢	٧	6	8	9	٤	9	٤	١
٤	9	9	٢	١	6	8	٤	٧

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9.

For strategies on how to solve Sudoku, visit [sudoku.org.uk](https://sudoku.org.uk).





COURTESY OF PHIL SANDERS' WEBSITE

Unicycling has taken Phil Sanders all over the country and the planet, including places like New Zealand, Italy, Canada, Spain and France.

# Half the wheels, but twice the fun

Gonzaga rock-climbing instructor Phil Sanders has made a name for himself in the unicycle community

By SYDNEY FLUKER

At Gonzaga University, Phil Sanders is known for being the friendly head instructor at Wild Walls, helping students in the rock climbing courses reach their goals. But in the universe of unicycling, Sanders is seen as a community leader.

Sanders found unicycling in seventh grade, around the same time he found climbing when his middle school gym brought out all of their equipment and gave students two weeks of free time. Discarded by the wall was an abandoned unicycle.

“For the two entire weeks I just rode the unicycle, I was like ‘I want to know-how to do this,’” Sanders said.

The dedication to learn stayed with him past those two weeks, and he begged his parents to get him a unicycle for his birthday. His reputation for abandoning expensive hobbies made his parents weary, but they purchased one anyway.

“They got me a unicycle and to their absolute shock and dismay, I never stopped riding,” Sanders said. “I just never stopped. I started riding to school, I rode it every day that was conceivably possible in high school ... After a while I just really started loving it. I was very captivated by how hard it was because it took me a month or more to just ride around the block.”

From when he began in 2000 to his first unicycling event in 2006, everything Sanders learned was self-taught. Riding everywhere he went, from school to the climbing gym, built up his balance and endurance and gave him an edge over other riders.

His one unicycling friend at the time had exposed him to what mountain unicycling was, but still, Sanders had never tried it until the 2006 Moab Mountain Unicycle Festival in Moab, Utah. Showing up to the festival with a week-old mountain unicycle, Sanders held his own on the 17-mile Porcupine Rim Trail with the other unicyclists.

According to Sanders, it was a gnarly mountain bike trail, with hard sections that even experienced bikers skip out on. Throughout the ride, more and more cyclists fell behind, and Sanders broke ahead with a group of about 10 riders. Eventually, they trickled out and everyone was riding alone.

“I was out of water, my muscles were burning worse than they’d ever been,” Sanders said. “I was in the middle of the most beautiful desert, and that was like when it clicked, where I was like, ‘Oh my God, I literally want to do this every day for the rest of my life until my legs die and

my hands give out and everything like that.”

Climbing took a backseat to unicycling after that festival, and Sanders continued to go to every Moab Mountain festival for a full decade until they stopped.

According to Sanders, unicycling competitions are like the Olympics of unicycling. There are racing events from everything in track and field, such as 100-meter forward, 100-meter backward, 100-meter one-footed, 400-meter, 10k, high jump, long jump and more. There are also obstacle courses (called “trials”), trick competitions, skate park competitions, artistic pairs and freestyling (figure skating on a unicycle), downhill and uphill mountain unicycling, a marathon and 100k. Sanders typically competes in trials and skate park trick competitions.

In 2008, Sanders traveled to Rapid City, South Dakota, for his first North American Unicycling Championships and Convention (NAUCC). He received his first medal for third place in high jump and realized that he was good enough to compete.

Following the NAUCC, Sanders left the country for the first time in 2010 for the Unicycling Convention and World Championship (UNICON) in Wellington, New Zealand. Lacking a place to stay, he put a call out on a unicycling forum for housing and was able to crash on someone’s floor.

When he arrived, it was a hostel full of the best unicyclists in the world that he hadn’t met before. Sleeping on the same floor was the world champion from New Zealand, big riders from Australia, world famous French riders and more.

“Just by happenstance, I met all of these amazing people and became good friends with them,” Sanders said.

Since those two weeks in Wellington, Sanders has traveled to UNICON in Italy, Montreal, Spain and most recently, Grenoble, France, where he competed in trials and a skate park trick competition. While he didn’t place as high as he had in previous years, he was still surprised by his success after the pandemic interrupted his original preparation.

“I would have never left America if not for the unicycle world championships that took place in New Zealand,” Sanders said. “I traveled to New Zealand by myself and it was so out of my comfort zone to travel alone and talk with people who don’t speak my language, even just getting my passport. I learned that I just love it. I love that discomfort and I love traveling and new experiences.”

Since then, Sanders has made a name for himself in the unicycling community by attending every event, riding

well, and being an active member of the community. He has helped create rule books and rewrite world and national competition rules and served on the board of directors for the Unicycling Society of America’s urban riding.

According to Sanders, while competitions provide a goal to work toward, they are few and far between. The majority of his riding happens around town, working on tricks with friends to try and unlock more advanced skills.

One of his unicycling friends is Mos Hart, a 17-year-old unicyclist from Spokane. While the two knew each other through climbing, it was unicycling that brought them together.

Hart knew how to ride before meeting Sanders but didn’t know about extreme unicycling yet. Since meeting Sanders when he was 13, the two have traveled to unicycling events across the country.

“He’s always open support for wanting to teach me and help me progress through my riding has made such a difference,” Hart said. “He was never trying to be selfish with his skills, and the stuff he knew he was always trying to share to help me progress to be the best I could.”

While Hart said Sanders has been quite the mentor, they are now on a more even skill level and Hart has even begun surpassing Sanders in grinding rails. After years of riding together, their mentorship has turned into more of a friendship.

“After I learned to ride, I don’t think I would have kept pursuing it and trying to learn new tricks if it wasn’t for Phil,” Hart said. “Seeing him ride was always an inspiration for me.”

Sanders still rides every other day and loves building custom unicycles to see how each one feels. For him, unicycling is a lifetime commitment.

“I never want to stop [unicycling],” Sanders said. “It sounds very hokey to say, but I do think that unicycling teaches you a lot about balance, not just about literally doing it, but in life. Unicycling is one of those activities where it will not give you anything. There’s never a point in unicycling where you get good enough that you can now do a variety of skills. It’s one of those things that reminds me that if you want something in life, you have to go and work for it.”

Sydney Fluker is a news editor. Follow them on Twitter: @sydneymfluker.

# Foundations of Sports Outreach combines physical education with activism

By SYDNEY FLUKER

Gonzaga University’s kinesiology and sport management department is bringing back the Foundations in Sports Outreach course this semester, providing students the opportunity to run an after-school fitness program at the Gonzaga Family Haven.

The course previously ran three times beginning in 2017 as a special topics course called Foundations in Sports Ministry, but a state university policy requires that special topics courses be given their own number if offered more than three times. Now, the class is registered under EDPE 307.

The idea originally came from kinesiology department chair and course instructor Jimmy Smith, who stumbled upon sports ministry while looking for a way to give back to his community with his brother.

“I struggled with the idea of how I can best give back to my community,” Smith said. “I would go to church and help out there or go into the community and coach youth sports, but I wanted to be able to have a little bit more of an enhanced impact, I guess.”

Sports ministry is the use of sports within faith communities to connect with their congregations or communities. According to Smith, this can be with traditional team sports or individual sports, like the mobile skateboarding sport

ministry in San Antonio, Texas.

“It’s not all about [preaching], there’s a lot of places that will preach the word of God, but there’s other places where, like mine, it’s about teaching kids about sportsmanship, being a good teammate, being a good brother or sister, those kinds of things,” Smith said.

The course was originally partnered with Trinity Catholic School when it began in 2017, running three semesters there before having to pause due to COVID-19. GU students would arrive with Smith at 6:50 a.m. to prepare for kids to arrive at 7 a.m., where they would be run through physical exercises, fed healthy food and taught about nutrition. Smith said they received positive feedback from the teachers, who said the before-school program proved especially beneficial for kids with behavioral issues.

Smith was approached by School of Education Dean Yolanda Gallardo in May to revive the course after the Center for Community Engagement (CCE) received funding to create an after school fitness program at the Gonzaga Family Haven.

“It was a challenge to figure out how we’re going to do this and I thought, ‘why not bring this course back?’,” Smith said. “Help Gonzaga Family Haven, get some Gonzaga students involved, give back to the community that way.”

Even though course registration had been done in the months prior, Smith

decided to bring back Foundations of Sports Ministry as its own course, Foundations of Sports Outreach. EDPE 307 is a writing enriched, social justice and community engaged learning (CEL) designated class that serves as an EDPE elective credit.

“It’s been a really great class in the sense that it provides an opportunity for Gonzaga students to expand their horizons on what sports can do, where they probably wouldn’t have realized that,” Smith said.

Bailey Wootton is CCE’s director of strategic partnerships and works closely with the Gonzaga Family Haven. Focus groups held with residents of other similar Catholic Charities residences were able to give feedback as to what programs they wanted to see created, which helped inform some of the design and programming at the Haven.

“The focus is on promoting activity through sports and making opportunities available to kids,” Wootton said. “We are recognizing that there are often barriers to participating in these sports in particular, so how can we break down those barriers, whether that’s financial or accessibility for other reasons?”

According to Wootton, the program is structured to be adaptable and flexible to the advice they receive from families and the youth participating. Participant feedback will determine whether program content needs to be added or removed.

A typical program day would begin about 10 minutes before the program starts, when Smith and the GU students arrive to set up that day’s activities. Then, GU students would inform the participants about each station and lead them through, creating a space where kids can build community and increase their physical fitness abilities.

The course is held directly at the Haven, making use of the green space available there. The Haven’s partnership with Gonzaga Preparatory School might allow the course to use their fields when they aren’t in use by their students, giving them the chance to have extra space for certain activities.

“We’ve really wanted to think about after school programming as a space where youth feel welcome and where they feel safe and have a real sense of belonging,” Wootton said. “So, the idea is to create after school programming where they know what to expect when they arrive ... They know they will have people with whom they can build relationships, and all of that is done in a way that’s welcoming and respectful of the youth.”

Sydney Fluker is a news editor. Follow them on Twitter: @sydneymfluker.



# Men's basketball in hot pursuit of highly-touted recruits

By DOMINIC PE BENITO

The Gonzaga University men's basketball team has had major success in recruiting high-level prospects in the past couple of years, from landing ESPN's No. 6 ranked recruit Jalen Suggs in 2020 and ESPN's No. 1 recruit Chet Holmgren, No. 16 Hunter Sallis and No. 24 Nolan Hickman in 2021.

These recruits are known for helping the team win two West Coast Conference championships and two appearances in the NCAA Tournament. Suggs led GU to the national championship game in the 2020-21 season when the Zags lost to Baylor despite Suggs's 22-point performance.

Not to mention, GU's men's basketball roster has featured multiple NBA draft picks over the past two years such as Holmgren and Suggs, but also graduates Andrew Nembhard and Corey Kispert.

However, this past recruiting season, there was a sudden change according to 247Sports — 3-star Braden Huff from Glenbard West High School was the only recruit to commit to the Zags. This was a shock for Zags fans as many players from the class of 2022 were fit for Mark Few's program but chose schools such as Arkansas, Alabama and Texas Tech.

Despite the lack of high school recruits committing to GU, the Zags found success via the transfer portal, bringing in transfers Malachi Smith from Chattanooga and Efton Reid from LSU. This helps bring in the depth that Few hoped to receive from potential recruits, but also adds weapons to a stacked team of returnees.

Nevertheless, the focus on recruitment from the class of 2023 and 2024 has begun as the Zags hope to send many of their players to next year's NBA draft and potentially win a national championship.

The Bulldogs have offered numerous prospects from the class of 2023, but once again have struck out with some top recruits such as Jared McCain, who committed to Duke and Mookie Cook who committed to Oregon a second time.

The Bulldogs have secured Dusty Stromer, the ESPN No. 45 recruit who is a small forward from Sherman Oaks, California. Stromer picked GU over playing with programs such as Arizona, USC and UCLA.

Stromer stated the reasoning behind his selection in an interview with On3.

"I chose Gonzaga because I just

“

**Gonzaga plays to my strengths and I think that I could really help the program right away.**

*Dusty Stromer, GU commit*

felt that it was right,” Stromer said. “My connection with all the coaches is something that is rare and I feel that I get along with each coach really well. The playing style is perfect for me. I love playing in transition and in the open court. Gonzaga plays to my strengths and I think that I could really help the program right away.”

The Zags’ recruiting staff has not backed down; however, according to 247Sports, they are waiting for responses from ESPN No. 12 recruit JJ (Javonte) Taylor, a 6’8” small forward from Donda Academy, ESPN No. 47 recruit Wesley Yates, a 6’4” shooting guard from Beaumont, Texas and 247 Sports, 3-star recruit Kaden Cooper, a 6’5” small forward from Atlanta, Georgia.

Taylor has not released a list but told 247Sports in December that he has only received text messages from GU.

Yates revealed that GU is one of nine programs to select from which also includes LSU, Arkansas, Texas, Stanford, Auburn, Baylor, Houston and Washington.

Yates released a statement on why he added the Zags to his newly refurbished list.

“Gonzaga is always winning,” Yates said in an interview with On3. “They win a lot. That’s what I like; I like to win. There’s not really much to do out there. That’s what I like about it. Pretty calm, cool and just basketball. I feel like they develop pros, and all their pros have been staying in the league for a long time. So obviously, they’re doing something right.”

Cooper listed GU as one of his top 10 finalist options that includes Alabama, Georgia Tech, Kansas, Kansas State, LSU, Oklahoma, Oklahoma State, Memphis

and Texas.

Cooper visited Spokane during Hoopfest weekend in June and showed enjoyment during his stay in an interview with On3.com's Joe Tipton.

“The visit went great and they made me feel at home,” Cooper said. “I love the way they have their schedule set up for the players to make it adjustable to them.”

In terms of the 2024 class, GU has been active in offering high-level prospects early. Notable recruits according to 247Sports include 5-star forward Carter Bryant and 4-star guard Dedan Thomas Jr., along with Jamari Phillips, a 4-star guard.

Bryant, a top 25 recruit in the 2024 class told Recruits Zone when the live contact period began that he has heard from schools such as UCLA, Duke, Xavier, Gonzaga, Missouri, Arizona and Longwood. There has been no update since on where he is interested the most.

Thomas, who's from Liberty High School where current Zag Julian Strawther attended, is said to have been in contact with him in the recruitment process, according to an interview with Stockrisers.com. Thomas also stated that there has been contact with the assistant coach, but coach Few called and offered him a scholarship after one of his Adidas tournaments. He has not released any list but says he is interested.

Phillips, an incoming junior from Modesto Christian, is said to have been in contact with Few as well throughout the recruitment process, according to multiple reports.

According to an interview with On3's Joe Tipton, he stated how GU is appealing to him.

“I got a little bit of family up that way so they could come down and see me play,” Phillips said. “Gonzaga is a good program, though. I like them a lot.”

Phillips also shared that UCLA is his “dream school” as he is from the Los Angeles area and has been the only school he has taken an unofficial visit to. He also stated that UCLA is heavily recruiting him, which can lead to trouble for the Bulldog's recruitment process.

Even though the Zags have not fully committed 5-star recruits recently, there is no worry as this past summer has proven that GU can be a destination for valuable transfers as seen through the Smith and Reid pick ups.

The Zags have shown that recruitment for freshmen is a priority but making the team better in any way possible is the mission. Even though the Zags might

## GU SPORTS CALENDAR

Thursday, Sept. 8

- Men's soccer vs. Incarnate Word, 1 p.m.
- Women's soccer vs. Cal Poly, 7 p.m.

Friday, Sept. 9

- Volleyball vs. Weber State, Irvine, CA, 12 p.m.
- Cross country vs. Idaho and Eastern Washington Duals, Spokane, WA, 6:30 p.m.

Saturday, Sept. 10

- Volleyball at UC Irvine, Irvine, CA, 1 p.m.

Sunday, Sept. 11

- Women's soccer vs. Baylor 1 p.m.
- Men's soccer at Sacramento State, Sacramento, CA, 12 p.m.

Monday, Sept. 12

- Women's golf at USF Invitational, San Francisco, CA

Tuesday, Sept 13

- Women's golf at USF Invitational, San Francisco, CA
- Volleyball vs. Eastern Washington, 6 p.m.

*\*Local events in bold\**

not have the upper hand in any of their recruitments currently, they will still continue to develop their current team members and any recruit that joins.

Dominic Pe Benito is a diversity editor.

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