Tag along on GU Outdoors adventures this semester

By NOAH WONG

The outdoors experienced a boom in 2020, mainly during the pandemic, and Gonzaga University Outdoors (GU) is continuing to capitalize on that trend by facilitating and encouraging outdoor activities for students without the hours of travel and costs associated with travel. GC Chaturvedi is inviting all students on campus to experience the outdoors every week. Leading several trips every week, it provides an opportunity for students to take part in hiking, biking, kayaking, backpacking, whitewater rafting and other activities around Washington and other states. No experience is needed to participate in these trips.

Chaturvedi considered, "few of us have many people where they're at with their outdoor experiences. Appreciation," said Matt Edelen, the outdoor program manager. "You never know what the trip of the day is like in BW Canyon, which is home to the Pacific Crest Trail. A two-night trip, backpackers take a bit more of the winding trail, then begin their trek back toward where they initially landed the first time. GU Outdoors also provides a plethora of opportunities to experience water sports like kayaking and whitewater rafting for first-timers and experienced students alike. One trip coming up with GU Outdoors is a trip to a kayaking trip for students on an island, spend the night and then head back in a week's time.

With backpacking, distinct seasons mean different trips and activities. During the period of transitioning seasons in November, GU Outdoors hosts Adventure Week, where on-campus activities take place.

Spokane County starts redistricting process

By LILLIAN PIEL

Spokane County is in the process of redistricting and will be adding two new districts, going from three to five, each of which will have a county commissioner elected by their district. According to the State Redistricting Commission, the process of making new district lines to create new districts that account for population changes that occurred in the past decade.

Gonzaga gathers for Mass of the Holy Spirit

By HENRY KRUEGER

Gonzaga University has developed a number of traditions and rituals. But while some practices have arisen in more recent times, the Mass of the Holy Spirit is much older than the school itself. A tradition that began in 1548, the Mass of the Holy Spirit is "an opportunity for the entire GU Community to pray to the guidance and wisdom of God for this school year."

GU Mass of the Holy Spirit took place on Tuesday, at St. Aloysius Church, from labs that meet only once a week, all students were invited to attend. "Father Tom Lammana, S.J., used his homily to challenge students to see God's will for them now. And our students still need to learn English as the language of instruction in our culture," he said. "This guide is designed to help students learn English as the language of instruction in our culture."

"While the majority of students will practice their English skills," said 10th grade student Mary Brown, "many simply come to the Mass to say a prayer and to be part of the community."

"For all students, the Mass of the Holy Spirit is an opportunity to reflect on the guidance and wisdom of God for the entire GU Community," said Vice President of Student Affairs, Fr. John M. McMeekin, S.J. "The Mass of the Holy Spirit is an opportunity for the entire GU Community to pray to the guidance and wisdom of God for this school year."

Fr. Tom Lammana, S.J., giving His Homily at Mass of the Holy Spirit.
Students in Crimont organize 'Say Their Names' chalk exhibit

By NOAH APPRILL-SOKOL

Written in chalk on the cracked, concrete sidewalk of Gonzaga University’s Crimont residence hall were the names of over 100 people who have died at the hands of the police in America.

Fugate, the midwest block’s social justice peer educator, and received support and funding from the honors program, whose learning living community resides in Crimont.

The theme of the event was quite clear — “Support Black lives when they’re not trending.” George said. “I think it’s important to write it because you’re physically having to think about each letter, as you’re doing it.” Fugate said. “It’s very intentionally grounding. A lot of the names I myself don’t know, never knew or forgot about. The phrase like ‘remember their names,’ reminds us to not forget about folks and their legacy, even though they’re not with us anymore.”

The event also offered breakfast and free stickers that were designed by George herself. The stickers depicted St. Aloysius Gonzaga church hidden by trees with the inscription “Black Lives Matter” at the bottom, connecting back to the event’s central theme.

Students who participated at the event wrote the names of people who have died at the hands of police. According to George, Fugate and Steele, to say or write their names out — the battle to draw out the names of these people who have fallen through the cracks of society is an ongoing one — something that this single experience cannot do.

“[Chalk] is not a news story but real people.” George said. “I didn’t really understand ‘Black Lives Matter’ when I was in middle school which is predominantly white and in Texas. I feel like choosing a list from 2015 rather than 2020 makes it even more of an experience for me because I have not heard these names.”

Fugate, the midwest block’s social justice peer educator, explained in the final chalked note written in red right above the chalked names in blues, whites, reds, purples, greens and pinks stretched across the entire front length of the dorm and brought a brightness to its stark grayness for all residents and neighbors to see.

“Say Their Names” chalk exhibit

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"Support Black lives when they're not trending" is written in chalk at the "Say Their Names" event on Sept. 19.
Mass of the Holy Spirit took place on Tuesday, and the service recognized seniors at multiple points during the Mass. It wasn't ideal for [seniors] to have the college experience, but we weathered that storm well. I think a lot was accomplished in a short period of time and I'm very proud of the work that our team was able to pull off. Obviously it became much more challenging with COVID, but we weathered that storm well.

GU Law School Dean Jacob Rooksby reappointed

GU Law School Dean Jacob Rooksby, Gonzaga Law School dean

Rooksby reappointed

GU Law School Dean Jacob Rooksby was reappointed for another term, and will serve as dean until 2024. Rooksby remains self-aware and prepared to take on any challenge that could emerge in the future of GU Law. His dedication to excellent service was unwavering—as well as re-envisioning our main points of attraction.

"Dean Rooksby's vision for the law school is clear, forward-looking and unwavering despite circumstances that might induce others to give up on legal education," Pearson said. "As dean, he engages with many different audiences that care about the health of the law school and support our students. He understands and respects our families—Rooksby says, 'The Mass of the Holy Spirit brought the community together and upon each one of us, to guide us. And in a very special way, do we that in the context of a very difficult time for our country and our world, but hopefully an encouraging beginning to the future.'

For the seniors, it was last Mass of the Holy Spirit, because of this, the seniors were recognized a few times during the Mass.

"I think a lot was accomplished in a short period of time, and I'm very proud of the work that our team was able to pull off. Obviously it became much more challenging with COVID, but we weathered that storm well."

Rooksby reappointed

GU Law School Dean Jacob Rooksby was reappointed for his second term, and will serve as dean until 2024. He understood looking back that his motivation to forward-looking and unwavering despite circumstances that might induce others to give up on legal education. "Thank you for being here this morning because this is a tradition, not only at Gonzaga University but at all of our sister universities across the country and around the world," McCullough said. "I was on Sept. 17, 1847, that Gonzaga University first came together to celebrate the Mass of the Holy Spirit. And at that time and also this morning, we ask God to send the Holy Spirit upon our community and upon each one of us, to guide us. And in a very special way, do we that in the context of a very difficult time for our country and our world, but hopefully an encouraging beginning to the future."

"It was a true to see how they honoured the seniors in a way to start their year off right since this is their final year," Coffey said. "Because of COVID, maybe last year didn't ideal for [seniors] to have the college experience, but this year is a great way to start the year."

"Mass Continued from Page 1"
“Tips and tricks to a balanced week”

By Brett Hendricks

The Gonzaga Bulletin welcomes all letters to the editor. Letters should be submitted by email to bulletin@zagmail.gonzaga.edu. Letters of 300 words or fewer will be considered for publication. All submitted letters will be reviewed for clarity, grammar, punctuation and length. The Bulletin reserves the right to edit all letters submitted for publication.

Editor’s Note

The Gonzaga Bulletin is a stockist of adspace in Gonzaga University. The Bulletin reserves the right to publish or reject any advertisement submitted for that purpose. The Bulletin is not responsible for ads that appear incorrectly or not at all.

Letter to the editor:

To: LILLIAN PIEL

Another great way to relax is by having a creative outlet. I love photography because it allows me to give myself a break from work. I have been taking pictures for about six years, and recently started taking an online course provided by the local community college. I think that the best way to get into photography is not to have a fancy camera. The best way is to start with a simple phone camera or a point-and-shoot camera. I have a Olympus that is 10 years old.

In college, I was told to stop taking pictures and to take a photography class. I was told that it was too late to start learning photography because it was too advanced. However, I have been able to improve my photography skills by taking a class and practicing regularly. I think that it is important to have a creative outlet to help you relax and have fun.

The photograph that I submitted for this letter is a picture of the Washington Monument in Washington, D.C. I took this picture while visiting the city with my family.

September 11, 2011 marks 20 years since one of the most devastating days in the history of the United States. Many of those deaths were from the terrorist attacks that took place on September 11, 2001, in New York City, Washington, D.C., and Pennsylvania. The attacks on the World Trade Center and the Pentagon left a lasting impact on the United States and the world.

For many upperclassmen born in September 11, 2001, it is hard to remember a time before that day. Many of them were too young to understand the gravity of the events or the impact they would have on the future. However, it is important to remember the lives lost on that day.

September 11, 2011 was a defining moment in American history. It is a day that will be remembered for the rest of time. The attacks on the World Trade Center and the Pentagon were a reminder of the vulnerability of our country and the importance of remembering those who lost their lives.

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September 11, 2011 was a defining moment in American history. It is a day that will be remembered for the rest of time. The attacks on the World Trade Center and the Pentagon were a reminder of the vulnerability of our country and the importance of remembering those who lost their lives.

Together, we can honor the memory of those who lost their lives on September 11, 2001, and remember the strength of our country in the face of adversity.

By GEORGINA COSOLLA

Are you looking for a way to reduce stress and improve your overall health? One way is to be intentional with the time you spend exercising. Exercise can be a great way to relieve stress and improve your health. It is important to find something that you enjoy doing and to make time for it in your schedule. You can try different activities, such as running, yoga, or swimming, to find what works best for you.

Exercise can also improve your mood and reduce your risk of developing chronic diseases. It can also help you feel more energized and have more energy throughout the day.

There are many ways to reduce stress, but one of the most effective is to practice mindfulness. Mindfulness involves being present in the moment and focusing on your breath. It can help you to let go of negative thoughts and focus on the present.

Another way to reduce stress is to take a break from work or school. Sometimes it is necessary to take a step back and give yourself some time to relax. You can try taking a walk, listening to music, or reading a book to help you relax.

It is also important to take care of your physical health. Eating a healthy diet, drinking plenty of water, and getting enough sleep can all help you to reduce stress.

In conclusion, it is important to find ways to reduce stress and improve your overall health. By being intentional with the time you spend exercising, practicing mindfulness, taking breaks, and taking care of your physical health, you can reduce stress and improve your overall health.

By FR. TOM LAMANNA, S.J.

In 2018, when the last known Jesuit to work with minors and vulnerable adults, a sister, was removed from Sunhee House in Korea, a facility for the care of children, the Jesuit community in Korea had been working to establish a culture of accountability for more than a decade. In that time, significant reform in how the Catholic Church and religious orders protect minors and vulnerable adults has occurred. The result is something built for all priests with a credible allegation of sexually abusing a minor or vulnerable adult since 1950. It is not a justification, but it is an important fact.

While the north tower was being destroyed, the south tower was being hijacked. The flight that would attack the Pentagon in Washington, D.C., was hijacked by terrorists while the north tower was still standing. Another hijacked plane flew into the south tower. The building collapsed about 17 seconds after it was hit by the plane. The south tower struck the Pentagon building at 9:37 a.m. On September 11, 2001, the building collapsed about 17 minutes earlier than the north tower.

For many of us who had close friends and family members who died in the attacks, September 11, 2001, was a defining moment in American history. It is a day that will be remembered for the rest of time. The attacks on the World Trade Center and the Pentagon were a reminder of the vulnerability of our country and the importance of remembering those who lost their lives.

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By GRACE SPIEGEL

The greater community led him to opening a shop that Rambleraven. His passion for the outdoors and serving engineer, said goodbye to corporate life in order to open the high cost of entry."

Gateway for people to try new outdoor hobbies without and sell used gear," Schneider said. "It is a less expensive adventure. people, no matter their age, can come and begin a new get outdoors. Schneider wanted to create a space where store on April 1, 2017, in hopes to help the community It also has a website listing its merchandise and helpful cross country skis and other equipment will be available. This one-stop shop also offers bike repair, ski and snowboard waxing and tuning and snowshoe/hok rentals. In the winter months, snowshoes, it. need skis, snowboards or paddleboards, Rambleraven has locally owned consignment store that gives people the affordable option for students looking to buy outdoor gear. Rambleraven has a variety of used outdoors gear, including hiking boots, sleeping pads and backpacking gear. Rambleraven: affordable outdoor gear creating a sense of community

Rambleraven understands the exclusivity of some outdoor activities and is aiming to break down that issue. Schneider, before opening Rambleraven, frequently bought gear from outdoor consignment stores. He felt "A came from a place of noticing that issue, of being so appreciative of the opportunity to branch into so many hobbies," Schneider said.

The cheaper price points also allow customers to really dive into more than one hobby. By paying less, they can afford to explore more. Schneider’s favorite part of the job is when he helps families that equipment for the new season. The family will sell items that don’t fit anymore and buy new gear for the upcoming year. When the family realizes how much they have saved, there is always a feeling of joy and relief at finding that excess to continue with their adventure.

Since its opening, Rambleraven has transformed from strictly a consignment shop to a place where people can rent gear and get equipment fixed. With more students living on-campus this fall, the demand for outdoor equipment will be at a high. Schneider invites students to stop by and grab their gear for the season. Make sure to say hello to Mazzy, Schneider’s dog, when visiting. Many can frequently be seen lounging around the store waiting for her next adventure. Rambleraven online at rambleraven.com or visit them at 3220 N. Division St.

Grace Spiegel is a staff writer.
Get Out Before You Go

Walking the walk: Fun spots near campus

By TOMMY CONNOLLY

I nterested in taking a stroll? Luckily, there are many fun, walkable spots to visit around campus.

“One of my favorite places to walk is the Riverfront Park downtown,” said Maddie Butz, a junior at GU. “I especially like the restaurants that they have on the other side, and I love the Kendall Yards Market.

“Gonzaga provides students with lots of opportunities to get involved with nature and the environment,” she said. “One of the many reasons why students choose to attend GU is the outdoorsy feel and adventure.

“Spokane is known for its community, economics and wonderful cultural center of the metropolitan area. Many residents love to walk around and enjoy the downtown area.”

Outdoors, an on-campus club that provides students the opportunity to hike and challenge themselves in the outdoors.

Zags also enjoy getting out on the water while it’s still warm. Some nice swim spots that surround Spokane include Priest Lake, the Spokane River, Lake Coeur d’Alene, and Priest Lake. The state park and the Cove offer great views of the city, and you can get anywhere from anywhere.

Along the Centennial Trail is Riverfront Park, one of Spokane’s most popular attractions. Only a few blocks away from campus, the park offers the U.S. Pavilion, the Historic Train Depot, and the Spokane Falls, one of the largest urban waterfalls in the United States.

Riverfront Park is always a good place to grab a drink and unwind. The park’s walking infrastructure is so well-maintained, you can get anywhere downtown easily from the park.

Riverfront Park, which has been under renovation for the last decade, includes the new North Bank area called the Ice Age Ice Age.

“Picking the park downtown and around GU’s campus offers a variety of options. Both stores and stores and stores are not too expensive in price, not too expensive in price, and they plan adventure and never have a plan to leave the downtown area,” said Butz. “There are endless opportunities to explore.”

Tommy Connolly is a staff writer.

Water you waiting for? Get outside!

By SOFIA SANCHEZ

G onzaga University provides students with endless opportunities to get involved with nature and the environment, one of the many reasons why students choose to attend GU. Gonzaga University is a great place to explore.

Spokane is full of endless walkable things to do throughout the downtown area and beyond. Next time you are bored and thinking of something to do, take a walk. There are endless opportunities to explore.

Sofia Sanchez is a staff writer.

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Climate Literacy Project receives grant for local school outreach

By AMELIA TRONCONE

Gonzaga’s Center for Climate, Society, and the Environment has received a $100,000 ClimeTime grant for the 2021-2022 academic year from The Washington State Office of Superintendent Public Instruction.

The purpose of the grant is to fund the Climate Center’s Climate Literacy Project, which aims to increase climate literacy in elementary and middle schools.

Since its launch in April, the Climate Center has been dedicated to serving the GU community and broader regional communities by promoting innovative and interdisciplinary teachings about the environment. It provides professional development opportunities for GU and the inland Northwest to learn about climate change and its impact.

Increasing climate literacy is one of the main objectives of the Climate Center. According to the National Oceanic and Atmospheric Administration, a climate literate person can understand the influence of climate on society and society as well as their personal influence on climate.

Climate literacy helps to educate people on the principles governing climates, the way most people of color and the poor are disproportionately impacted by the climate crisis, and how to gather credible information on climate and the weather.

The Climate Literacy Project seeks to increase climate literacy in our society by offering professional development workshops to elementary and middle school teachers. The workshops will be available to teachers located in the Spokane region and throughout the entire state. Additionally, they will take place both in-person on GU campuses and virtually, to allow for participation by urban and rural teachers.

The project also aims to create a Climate Literacy Fellows program at GU. This program will hire GU undergraduate students to deliver specific climate literacy activities in elementary and middle school classrooms. To promote hands-on learning, the climate literacy activities for elementary and middle school classes will feature reusable climate literacy kits.

We each teach children how our society works, how our government systems work because we want them to understand the structure of the world they live in,” Stover said. “And now it’s time we extend that to climate change by teaching them how the climate works because it’s going to be a very prominent part of the world they live in, especially when they are adults.”

According to GU professor Brian Hennings, director of the Center for Climate, Society, and the Environment, the ClimeTime grant will allow the Climate Literacy Fellows program at GU to connect teachers with resources that help students understand how climate change impacts the Spokane region.

Climate literacy attempts to educate people on the complexity of the climate crisis and how to gather credible information on climate and the weather.

Science Outreach Coordinator Jiana Stover facilitates the workshops at the Climate Center, and finds that “a person with knowledge of climate change can be a leader in their community and broader regional communities, which they can learn to adapt and respond to the climate crisis.”

Increasing climate literacy is one of the main objectives of the ClimeTime grant. Since its launch in April, the Climate Literacy Project has reached every interested teacher in the region.

“The work of the Gonzaga Climate Literacy Fellows will focus in particular on historically underserved communities in northeast Spokane as part of Gonzaga’s Opportunity Northeast program,” Hennings said. Following the end of this school year, the grant may be renewed for a second year. The Climate Center’s goal is to continue seeking grants and other funding opportunities to support the Climate Literacy Project until they have reached every interested teacher in the region and students of understanding opportunities to learn about climate change.

Addressing the climate crisis is a multi-generational project, Hennings said. “We all must take up the challenge to help humanity become a mutually beneficial member of the wider community of life. Gonzaga’s students can be a leader of their communities in taking up this great work before us.”

Spokane as part of Gonzaga’s Opportunity Northeast program,” Hennings said. Following the end of this school year, the grant may be renewed for a second year. The Climate Center’s goal is to continue seeking grants and other funding opportunities to support the Climate Literacy Project until they have reached every interested teacher in the region and students of understanding opportunities to learn about climate change.

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Amelia Troncone is a staff writer.
Shala Living Yoga helps Zags de-stress and find their zen

BY ALEXANDER PREVOST

C ura personalis is a key part of campus culture. From mental health to physical wellbeing, there are many avenues offered by Gonzaga University to take care of oneself. The folks at Shala Living Yoga are looking to take that to the next level.

Located on 412 W. Boone Ave, Shala has been partnered with GU since 2014 to offer yoga classes to students. Zags can partake in this one credit, physical fitness elective, giving them a complete doorway into the world of yoga. With access to an unlimited amount of classes per week, students are able to try out a myriad of practices.

“I want to give people the opportunity to really see what it will be like for them to have a regular yoga practice,” said Ara Lyman, owner of Shala Living Yoga. The studio focuses on the practice of tantric yoga, which pertains to worldliness and seeing one as a divine being. Many of the classes at Shala Living Yoga aim to help bring union and balance within oneself. With two main rooms — the hot room dedicated to classes like Hot 26 and Kundalini fitness and the goddess room which hosts classes focused on introspection — students have endless opportunities to take different classes, and to figure out what practices and styles resonate with them the most.

Prior to her time as the owner of Shala, Lyman had a long, eye-opening journey to where she is now.

“I started doing yoga about 20 years ago,” Lyman said. “I had tendinitis in my hamstrings, and couldn’t really get physical therapy for it. I used to go for long walks, and I would run, and then walk, run, and I couldn’t do that anymore, so I found a VHS tape and I started doing this tape called “The Joy of Yoga,” and right away I loved it.”

She soon followed being a student of Alison Rubin at Harmony Yoga in Spokane. Since then, she has completed multiple instructor certifications, including a 200-hour certification through The Yoga School of Spokane and a 200-hour Radiant Body Kundalini yoga certification from Kia Miller.

Following her certifications, Lyman went on to teach classes at the now closed Yarrow Yoga for five years before a short sabbatical. She then went on to purchase the original Shala Living Yoga from its previous owner with her partner. Things were going well until the pandemic hit.

“I lost my space there because they sold the building, and basically, I was asked to leave because they were going to turn it into condos,” Lyman said. “It was a really weird series of events. We were live streaming everything because of the shutdown, and I knew that wasn’t sustainable.”

Thankfully, the stars aligned for Lyman, as Yarrow Yoga closed its doors last July, around the same time Shala Living Yoga made the transition online. As other studios began opening their doors during the vaccine rollout, Lyman purchased the old Yarrow Yoga location, coming full circle.

For students, the facility offers them a multitude of opportunities to care for their wellbeing.

“They were super welcoming,” said GU senior Grace Strutzel. “The staff walked through the door and immediately answered questions, and then, they just walked you through everything.”

As an instructor, Lyman derives much joy from knowing that the studio serves as not only a place of physical improvement, but also as a place to take care of one’s mental health.

“Students that have learned to tap into that, they always tell me how much it has helped them,” Lyman said. “Their grades and everything, even though they’ve taken this extra time to go and do that, they feel like it’s actually created more quality time in their day.”

For students, the facility offers them a variety of classes, including Hot 26, Kundalini fitness, and Yin yoga, as well as a variety of styles, including Vinyasa, Hatha, and Ashtanga.

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in addition to medical professionals

members within the GU community

physical trainers.

department offers access to counselors and

and mental and physical care. The athletic

continuum between educational support

a multi-faceted model, spanning the

really daunting. “

in the midst of a pandemic, making life

do well in school. All of this came together

teammates, and then I was also trying to

distance was difficult. I was trying to get

Mackie said. “I’m Canadian, so going

his first year was as an athlete in the

conquering the internal opponent

Students

this team of professionals includes

suicide prevention and awareness of mental

student athletes form with their coaches, trainers, and

health is the relationships that the student-

athletic department uses to address mental

we are concerned about you, as a person,

we just treated the physical injury. But here

Drake said. “Going back 30 years ago, we

personalis, caring for the whole person, “

“Having those relationships to go back on

is really important, “ Mackie said.

rising issue. Navigating school while also

student-athletes are constantly

competing against an opponent, whether

mentally can determine our actions,

how we think makes it even harder than the opponent

opponent is harder than the opponent

on and be able to talk about stuff makes

stressful, leading to one feeling

to it. They compete in baseball when they

slide for home base, only to be called out

then a feeling of failure and
down to Gonzaga and dealing with the

Mackie said. “I’m Canadian, so going

to Gonzaga University, remembers

By NOAH APPRILL-SOKOL

Members of GU athletics importance of mental health, even if it isn’t the easiest topic to discuss

NOAH APPRILL-SOKOL

is a staff

athlete’s mental health.

who work in the Spokane region. On

Conquering the internal opponent

This team of professionals includes

additional access to professional help, but

they also offer a supportive safety net that

Members of GU athletics importance of mental health, even if it isn’t the easiest topic to discuss

Gonzaga volleyball player Juliette Rasnel encourages fellow teammates to be open about their

mental health struggles.

athlete’s mental health.

students in times of

S

athletic

difficulties that she faced when she

struggle.

According to Athletes for Hope, a

national organization Hidden Opponent,

one where one must hide their emotions to

one where it is “OK to be not OK. “

relationships to change the culture from

stigma and pressures surrounding college

that this disparity is due to the cultural

leaves you on the front of mental health,

acknowledge that there is much more work

to do on the front of mental health, but also

are getting help are talking about their

in a national survey, 33% of young adults

athletes seek help for any mental issues.

well-being of student-athletes, very few

students use these resources.

White student-athlete

Russell and Mackie alike believe that this

On the court or field.

By NOAH APPRILL-SOKOL

This experience was affirmed by

Mackie said. “I’m Canadian, so going

-distance was difficult. I was trying to get

trying to keep and stay in touch with

this approach stems directly from the

component of the athletic department,

“Still, it will always be harder than the

opponent is harder than the opponent

and collective initiatives.

It is a silent one — an opponent that

It is a sign of strength if you ask for help,

to realize that everyone has mental health

issues, “ Mackie said. “But it is important

that I surround myself with that it’s OK

let go and release their emotions, “ Russell

friends and peers to be accepted.

When talking about mental health issues,

this experience was affirmed by

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his first year was away from home.”

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GU bike club is ready to roll out

The Lilac City offers a wide variety of options for climbers of all levels and abilities to get out and climb.

LUIS MILLER

For anyone interested in rock climbing, Spokane is a great place to start. With easily accessible mountains near campus, there are options for climbers of all experience levels and beautiful places to do it.

There are many options for indoor and outdoor climbing in Spokane, and the area offers something for everyone. Whether you're looking for a beginner or experienced, there are options for those who want to try it out.

For indoor climbers, Wild Walls offers a wide variety of options for climbers of all levels and abilities to get out and climb.

Spokane and the local area offer both outdoor and indoor climbing options.

Spokane has a great variety of options for climbers of all levels and abilities. Whether you're looking for an indoor or outdoor experience, there are options for everyone.

Outdoor climbing in Spokane includes

- The Lilac City offers a wide variety of options for climbers of all levels and abilities to get out and climb.
- There are many options for indoor and outdoor climbing in Spokane, and the area offers something for everyone. Whether you're looking for a beginner or experienced, there are options for those who want to try it out.
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Luis Miller is a news editor. Follow him on Twitter: @l1smiller
Women's golf victorious at Hobble Creek Fall Classic

A strong third round from Beck and Kim propel Zags to tournament victory to start the season

By COLE FORSMAN

On Tuesday, the Gonzaga University women's golf team took first place in the Hobble Creek Fall Classic held in Spokane, Idaho. After a strong third and final round, the Zags finished 12 strokes ahead of Cal Poly in the Hobble Creek Fall Classic for an overall total of 866 strokes.

Individuals, freshman Chae Won Baek and junior Cassie Kim led the way for the team, finishing with scores of 210 and 214, respectively. Baek had a strong third round, shooting a 77 to finish in 17th place, while Kim shot a 75 in the final round to finish in 14th place.

The additions look to give more access and chances for students to utilize the weight equipment and diversify their equipment use.

In addition to squat racks, the RFC plans to add benches and various dumbbell sizes, allowing for more students to use the equipment they want.

"For a year and a half, we have been looking into how they can solve this problem. For a year and a half, we have been gathering data and information..." Hernandez said. "We also looked with other campuses since the pandemic and asked people in conferences and other experts on what is working and what is not working."

Squat racks aren't the only equipment that is going to be added. Adjustable benches will be added for students and staff to use.

"The other equipment that is coming with the squat rack is more benches, and not just flat benches but adjustable so that people can do the exercises that will meet their fitness? needs," Hernandez said.

Senior Jabriel Andrade expressed his excitement for the additions, saying there will be more opportunities for all of our students, "That'll open up a lot of space for only not bringing three new squat racks, but also up for benches and weights."

Hernandez also mentioned that the RFC will add an area for people to use weight machines like the all-inclusive squat racks, benches and other strength machines.

There are also some new weights added for people looking for smaller and lighter dumbbells that will be added in the upstairs area of the gym.

This news is welcomed by both avid gym-goers and those with busy schedules that aren’t able to go to the gym consistently. With these new additions, there will be more opportunities for people to use the equipment at the RFC.

"We wanted to provide students with the necessary equipment options and opportunities for all of our students," Hernandez said.

Daniel Fortin is a staff writer.
CONSTITUTION DAY
SEPT 17
register to vote on campus and free constitutions

15th Amendment
1870
Gave African American People Right to Vote

19th Amendment
1920
Gave Women Right to Vote

FREE SPEECH.
FREE PRESS.
FREE PEOPLE.

from outta state?
FREE STAMPS FOR BALLOTS
HEMMINGSON 304

ZAGS VOTE
WA State Voters
sos.wa.gov