

The Gonzaga Bulletin

A student publication of Gonzaga University

SEPTEMBER 16, 2021

www.gonzagabulletin.com

VOL. 133 ISSUE 5



BULLETIN FILE PHOTO

GU Outdoors provides a wide range of opportunities for Zags who share enthusiasm for outdoor activities.

Tag along on GU Outdoors adventures this semester

By NOAH WONG

The outdoors experienced a boom in popularity during the pandemic, and Gonzaga University Outdoors looks to continue that trend by facilitating and encouraging outdoor involvement for students of all interest levels.

GU Outdoors is inviting all students on campus to experience the expansive outdoors. 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.

“We’re here to try to meet as many people where they’re at with their outdoor enthusiasm and appreciation,” said Matt Edenfield, the outdoor program manager.

One of the trips this year is a hike in Hell’s Canyon, which is home to North America’s deepest river gorge. A two-night trip, backpackers take a jet boat to the unloading zone, then begin their trek back to where they initially boarded the jet boat.

GU Outdoors also provides a plethora of opportunities to

experience watersports like kayaking and whitewater rafting for first timers and experienced students alike. One trip coming up with GU Outdoors is a kayak trip, where students kayak to an island, spend the night and then kayak back the next day.

With Spokane having distinct seasons, students can expect hiking in the fall and snowshoeing in the winter. During the period of transitioning seasons in November, GU Outdoors hosts Adventure Week, where on-campus activities take place.

SEE OUTDOORS PAGE 2

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 districts to five, each of which will have a county commissioner elected by their district.

According to the State Redistricting Commission, redistricting is the process of redrawing existing district lines to create new districts that account for population changes that occurred in the past decade.

Spokane County is increasing its number of county commissioners from three to five because of a law enacted by the state Legislature in 2018.

Overseeing the process is the Independent Redistricting Committee (IRC), which was appointed by the state Legislature, said Abbi Russell, a communications consultant working with the Spokane County Independent Redistricting Committee, via email. The Spokane County committee is comprised of two Democratic members, two Republican members and a non-voting committee chair. The deadline for when the committee must have a final map outlining the five districts is Oct. 23.

Each district will be served by a county commissioner, who will be voted in by the people living in the district they will represent. County commissioners provide legislative and administrative services to their county, identify and clarify the needs of the people and ensure that the county responds to those needs, according to redistrictspokaneco.com, the redistricting committee’s website.

Russell also said that county commissioners make decisions about how the county is run, including land use, taxes, budgeting, permitting and projects that improve roads and water services.

The Spokane County Redistricting Committee is holding a total of four public hearings and four informational sessions where anyone can attend, ask questions and provide feedback on the redistricting process. At the most recent informational session on Sept. 9, Robin Ball, one of the two Republican redistricting committee members, and Brian McClatchey, one of two Democratic committee members, were in attendance to answer the public’s questions.

“The idea is that you can give us input on what you

SEE REDISTRICTING PAGE 2

CCP guides Zags to become ‘students for others’

By SOFIA CHAVEZ

For Gonzaga’s first-year class, the Fall 2021 semester marks an exciting (yet undeniably scary) time of transition to collegiate life. But even for returning students, the unusual circumstances of the previous school year require them to re-familiarize themselves with the GU community and the on-campus resources available to students.

GU’s Center for Cura Personalis is working hard to help students with resources they need to ease this transition and makes their GU experience as enjoyable and successful as possible.

Armed with a plethora of connections and knowledge, CCP’s mission is simple: to support students in all aspects of life and connect them with resources that allow them to thrive. Located on campus in the Crosby Student Center, at its core is the Jesuit value of “cura personalis,” a Latin term that loosely translates to “care for the whole person.”

This guiding principle is deeply interwoven into every service offered by CCP with the aim of celebrating and supporting all of the many pieces that make up the individual.

“[Cura personalis] is the focus that we as individuals bring many different pieces and beautiful things that make up who we are, and those of us in relationships with one another should be practicing this idea of care personally,” said CCP Director Sean Joy.

Staff members focus on this holistic well-being through what Joy refers to as “resource broking,” a process that allows CCP case managers to assess a student’s needs and then connect them with appropriate resources both on and off-campus.

Students can request an appointment both online and in-person to express concern or request help regarding a wide variety of topics: mental health, financial

challenges, academic obstacles and much more. Members of the GU community are also able to refer students of concern to CCP online, though the choice to meet with a case manager is completely voluntary.

During student meetings, case managers attempt to establish a relationship that will benefit students for as long as they need assistance.

“When we meet with students we try to build rapport,” Joy said. “And then we ask questions straightforwardly. ‘What brings you in today?’ ‘What are you experiencing right now?’ ‘What are the challenges or the barriers?’”

Such questions allow Joy and his team to determine the immediacy of the issue at hand, and then to begin the process of mediation, which usually involves a referral. By working closely with other departments and services at Gonzaga, CCP can direct students toward wherever their issues can be most accurately dealt with.

Joy said students are commonly referred to GU’s Health and Counseling Services, as well as the Center for Student Academic Success and the Learning Strategies office where students can receive tutoring, assistance with learning disabilities and help regarding other academic concerns.

Connections are essential to CCP, and the resource connections utilized extend far beyond the GU campus. In addition to offering students on-campus assistance, Joy and his team work with many campus partners in the Spokane community and are focusing this year on increasing these local connections. A key example of this is its recent partnership with Northwest Behavioral Health.

Joy said providing care outside of GU can break the “Gonzaga bubble” and open students up to a wider variety of helpful

SEE CCP PAGE 2



JOE O’HAGAN IG: ohagandaz

Fr. Tom Lammana, S.J., giving his Homily at Mass of the Holy Spirit on Tuesday.

Gonzaga gathers for Mass of the Holy Spirit

By HENRY KRUEGER

Since its opening on Sept. 17, 1887, Gonzaga University has developed a number of traditions and rituals. But while some practices have arisen in more recent years, one annual celebration 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 for the guidance and wisdom of God’s Spirit as we undertake the work of our mission during this academic year,” according to GU’s website.

GU’s Mass of the Holy Spirit took place on Tuesday, at St. Aloysius Church. Aside from labs that meet only once a week, all classes were canceled that conflicted with Mass and the luncheon afterward.

The Mass began with a Tribal Land Acknowledgement delivered by Associate Academic Vice President and Chief Diversity Officer Raymond Reyes. The land

acknowledgment served to recognize the homelands of the Spokane Tribal People, where GU resides.

Following the acknowledgment, Vice President for Mission Integration Michelle Wheatley reminded the community of the Mass’s history and purpose.

“We gather in this sacred space to be a part of the Jesuit tradition — dating back to the 16th century, to begin the academic year in prayer, to call upon the Holy Spirit to guide all of us,” Wheatley said.

With the academic year underway, Fr. Tom Lammana, S.J., used his homily to challenge students to see God’s will for them.

“We can know God’s will for us,” Fr. Lammana said. “We can discern it because God isn’t trying to play a game of hide and seek, but God wants us to know so that we can love. We call on God for greater sanity and wisdom. We call on God for faith, faith

SEE MASS PAGE 3

INDEX

News.....1-3
Opinion.....4
Arts & Entertainment.....5,8
Sports.....9-11
Outdoors.....6-7

OPINION

Letter to the editor from
Fr. Tom Lammana in response to the
university’s commission

PAGE 4

A&E

Outdoor consignment store
Rambleraven is perfect for
students on a budget

PAGE 5

SPORTS

GU athletics stresses the importance of
mental health

PAGE 9

Students in Crimont organize 'Say Their Names' chalk exhibit

By NOAH APPRILL-SOKOL

Written in chalk on the cracked, concrete sidewalk entrance 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.

Janet Wilson, Raymond Burton, Antwon Rose II and many more.

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.

Explained in the final chalked note written in red right in front of the entrance of the building, the main message of the event was quite clear — “Support Black lives when they're not trending.”

The idea for the chalk event, which occurred on Sept. 19, came from senior Angela George, a resident assistant in Crimont. From Northfield, Minnesota, George watched as her community organized a similar experience each week of writing names of victims of police brutality in chalk.

George worked in conjunction with senior Dashane' 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 of “saying their names” stemmed from the trending hashtag that went viral this past summer over the death of George Floyd and Breonna Taylor.

Both George and Fugate wanted to carry forward this movement and bring it back to campus. Writing the names out in chalk was a meaningful way of doing this and allowed for powerful, reflective moments.

“These were all real people that had lives and should probably still be alive,” George said. “Writing [their names] out forces you to remember them and acknowledge what has happened and what is still happening. It's a really good way to reflect and humanize them — to see that they're not just a news story but real people.”

Fugate affirmed this notion of humanizing the individual by talking about how the experience was emotionally grounding.

“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 are 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.

Those who participated said it was overwhelmingly powerful to walk over and see the names of all those killed by police.

Writing 58 names of those killed in 2015 before her piece of chalk ran out, first-year student Sage Steele realized the dark reality of how many Black individuals were victims of police brutality that she did not know.

“In 2015, I was in middle school, so it's definitely something that I didn't really have any anchoring to,” Steele said. “I didn't really understand ‘Black Lives Matter’ when I grew up in my 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.”

For George, the real reflective moment came when she had to compile a list of the names of all who had been killed by police. Like Steele, she was shocked by the numbers of so many that she did not know.

“A lot of the reflection was coming when I was organizing the event, preparing the updated list of names,” George said. “I had a list that I went through 2020 but we didn't have any of the names for 2021. So, finding those stories and those people and adding their names to the list was really hard and powerful.”

Rain came later that evening and washed away the display and all the hard work of the participants. However, this was intentional.



PHOTO COURTESY OF NOAH APPRILL-SOKOL

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 does nothing — 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.

“We were worried that it was going to rain, but that is kind of the point of this,” George said. “[Chalk] is not permanent. You have to keep coming back to it and keep remembering their names. And keep that conversation going.”

Fugate hopes to organize a similar event once a month for the midwest block to continue the conversation around topics of police brutality and other social justice issues.

“

Writing [their names] out forces you to remember them and acknowledge what has happened and what is still happening

Angela George, Crimont resident assistant

Noah Apprill-Sokol is a staff writer.



PHOTO COURTESY OF NOAH APPRILL-SOKOL

"Support Black lives when they're not trending" is written in chalk at the "Say Their Names" event on Sept. 19.

GU Law School Dean Jacob Rooksby reappointed

By ANDERS SVENNINGSSEN

Gonzaga Law School is up and running for the 2021-2022 academic year with Dean Jacob Rooksby, who was originally appointed in 2018, returning to lead.

As another semester kicks off, it has been determined that Rooksby will be reappointed to serve as dean of GU Law School for another three years— with his second term concluding in 2024.

During his time as dean, Rooksby said he has encountered obstacles that have sent tremors through higher education as a whole. GU administration recognized his effort and abilities in advancing the prospects of GU Law, and thus after a series of conversations, including with the president and provost, it was decided that he would be reappointed for another term.

Looking back on his three years at GU Law, Rooksby emphasized how vital the culture of teamwork has been in weathering difficulties, including the pandemic.

“I think there were two different eras — the ‘Pre-COVID’ and ‘COVID,’” Rooksby said. “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.”

Recently enrolling its largest class since 2007, GU Law School has also seen a 27% rise in diversity these past two years, according to Rooksby.

“It’s really remarkable where we have landed, amidst so much that’s been going on,” Rooksby said. “I think we have rounded the corner, and the worst is behind us — in terms of the uncertainties brought about by this pandemic.”

Colleagues working alongside the dean have also recognized his efforts to move the school ahead.

Kim Pearson, associate dean for academic affairs and program innovation at the law school, said she is appreciative of what he has brought to the table regarding innovation and a path onward.

“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.”

When looking to the future, Rooksby hopes to continue a cultivation of this positive environment at GU Law. He sees student satisfaction and engagement as a priority for further development, as well as evolving that engagement into a much more modernized and digital context.

“We are focused on meeting students where they are— presenting our brand in a coherent way through a social media platform or other digital techniques,” Rooksby said. “We’re continually improving our capabilities there, as well as re-envisioning our main points of attraction.”

This mindset of “future-proofing” the school with promotion of operations and practices that can pay dividends down the road is one of many strategies characterized by Rooksby, and embraced by Pearson and the GU Law faculty.

“He focuses on emerging developments in legal education, encouraging us to innovate and enhance methods that are working, rather than concretizing our practices because they worked in an earlier time,” Pearson said.

Rooksby will have the opportunity in the next three years to expand what he termed as “flagship” elements to the future of GU Law—the Center for Human and Civil Rights, and the Center for Law, Ethics & Commerce. Both offer students crucial opportunities to be exposed to different perspectives throughout the legal realm and develop skills that will aid them within.

His work ethic was perhaps his most evident trait in his first years as dean, as those around him point to his energized and hardworking mentality. It was evident to others that Rooksby remained committed to developing a precedent of progress that is setting the school on a trajectory for monumental success.

“As dean, he engages with many different audiences that care about the health of the law school and support our students,” Pearson said. “He taught classes as a faculty member, sometimes taking on new topics, and worked to ease the way for our students in complex conversations about current events, grades, and scholarship policies.”

While his drive has served him well during his time at GU Law, Rooksby made it clear that he’d focus on bringing about a more natural work-life balance that would bring out the best in him.



PHOTO COURTESY OF GONZAGA UNIVERSITY

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 extract the maximum from each day may have contributed to a great deal of personal fatigue.

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 his next three years begin at GU, Dean Rooksby is ready to put in the work.

“Focusing on new initiatives for both staff and students is a priority, as well as infrastructural issues behind the scenes amount to a great deal of responsibilities,” Rooksby said. “But that’s where a dean of a law school can uniquely add value, and it’s overall exciting work to engage in.”

Anders Svenningsen is a staff writer.

“

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

Jacob Rooksby, Gonzaga Law School dean



JOE O'HAGAN IG: ohagandaz

Mass of the Holy Spirit took place on Tuesday, and the service recognized seniors at multiple points during the Mass.

MASS

Continued from Page 1

God loves us first, faith that God loves all of creation and then we respond to that.”

GU President Thayne McCulloh wrapped up the Mass by thanking those in attendance and stressing its importance.

“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,” McCulloh said. “It was on Sept. 17, 1887, 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, we do that in the context of a very difficult time for our nation and our world, but hopeful nonetheless that we will be successful.”

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

GU sophomore Carson Coffey was happy to see the seniors be celebrated at the Mass.

“It was nice to see how they honored 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 wasn’t ideal for [seniors] to have the college experience, but this is a great way to start the year.”

Whether it’s seniors beginning their last year or freshmen looking for a good start to college, the Mass of the Holy Spirit brought the community together and celebrated those in all stages of their experience at GU.

Henry Krueger is a staff writer. Follow him on Twitter: @henry_krueger.

Letter to the editor:

On the path to reconciliation and healing

“There is a crack, a crack in everything. That’s how the light gets in.”

With the release of the University Commission’s report on the sexual abuse crisis in the Catholic Church, the words of Leonard Cohen’s magnificent song, “Anthem,” have been very present in my prayer and reflection. Gonzaga has taken an important step in shedding light on something that is both tragic and shameful.

The Commission was formed, in part, to respond to something that happened far from our campus — the devastating incidents of clergy sexual abuse that were outlined in the Pennsylvania Grand Jury Report, released in the summer of 2018. But the Commission was also responding to something closer to home — the fact that some Jesuits who were credibly accused of sexual abuse of minors had been housed at Cardinal Bea House, a retirement facility and infirmary owned by the Jesuits, adjacent to the GU campus. That Jesuits with credible allegations who lived at Bea House did so under strict supervision with safety plans that outlined restrictions and risk reduction strategies is not a justification, but it is an important fact.

And while this history is painful, there has been significant reform in how the Catholic Church and religious orders like the Jesuits handle allegations of sexual abuse. The Jesuits West Province, of which I am a member, has a zero-tolerance policy for any form of abuse or misconduct. In addition to stringent procedures to ensure the safety of minors and vulnerable adults, any allegation made against a Jesuit involving a minor or vulnerable adult is reported to local law enforcement authorities. No Jesuit who has a credible allegation of sexually abusing a minor or vulnerable adult is allowed to remain in ministry. And no Jesuit with a credible allegation of sexual abuse of a minor or vulnerable adult will ever again be housed on or near GU’s campus, or any Jesuit school in our province.



By FR. TOM LAMANNA, S.J.

Our protocols and procedures regarding misconduct have been in place since 2002 with the implementation of the United States Conference of Catholic Bishops Charter for the Protection of Children and Young People. These protocols and procedures are regularly evaluated and updated. Additionally, the province is accredited by Praesidium, Inc., an outside, independent organization providing consultation, risk management assessment, policy development and training materials for use in preventing sexual misconduct and responding to allegations of sexual misconduct. We maintain that accreditation through ongoing training and regular audits by Praesidium’s independent auditors.

In 2016, when the forthcoming merger of two Jesuit provinces offered access to a health care/retirement facility in California, the credibly accused who had been living at Bea House were moved to that facility. A number of other retired and infirm Jesuits who were never accused of

misconduct also moved from Bea House at that time. Going forward, any Jesuit with a credible allegation of abuse of a minor or vulnerable adult will be assigned to live under a safety plan at this facility, a multi-acre complex, far from any school, playground or other environment that would pose a threat to minors.

With a desire to be fully transparent and accountable, the Jesuits West Province released a list in 2018 of the names of all Jesuits with credible allegations of sexual abuse of a minor or vulnerable adult since 1950.

At the time of the release, the provincial of Jesuits West, Fr. Scott Santaros, S.J., said, “On behalf of the Society of Jesus, I apologize to the victims and families who put their trust in a Jesuit, only to have that trust so profoundly betrayed. It is inconceivable that someone entrusted with the pastoral care of a child could be capable of something so harmful. Yet, tragically, this is a part of our Jesuit history, a legacy we cannot ignore.”

We Jesuits refer to each other as brothers—when you join a religious order like ours, you are joining a family. So, it is devastating for someone like me to think that any of my brothers, even those long deceased, harmed children. I cannot imagine anything worse.

On behalf of the current provincial of the Jesuits West Province, Fr. Sean Carroll, S.J., and echoing what three preceding provincials have said, I apologize to victims and families who have suffered because of a Jesuit. The worldwide leader of the Jesuits, Fr. Arturo Sosa, S.J., said that universities should be a “source of a reconciled life.” We know that reconciliation takes time, but I am consoled that our path is brighter today.

Fr. Tom J. Lamanna, S.J., is the rector of the Della Strada Jesuit Community at Gonzaga University.

Tips and tricks to a balanced week

The start of a new school year always brings a mixture of excitement and anxiety for me, but this year was especially strange since there hasn’t been an actual in-person first day of classes in what feels like forever.

It can be easy to get swept away by classes and homework, not to mention if you have a job or other commitments. If there’s one thing I’ve learned over the past few years, it’s that life requires balance, or you won’t be able to be at your best if you spread yourself too thin.

There are a few ways I’ve

learned to manage stress, because let’s face it, if you’re a college student, you’re guaranteed to be stressed a good percentage of the time. What works for me might not work for everyone, but if you live your life in a constant state of business like I do, these relaxation strategies might be for you.

Since my schedule is usually jam-packed, it helps me to set aside time for the things I like to do, even if it’s just once a week or 20 minutes a day that I dedicate to some form of self-care.

For example, Sunday

evenings before I start the week, I write in a journal to help clear my head and feel like I’m going into the next week without a heavy weight on my shoulders of whatever worries I was carrying. Journaling is a great way to get your thoughts out on paper and leave them behind, reflect on the previous week and note the positive moments too.

I am also a huge fan of using exercise to manage stress. Whether you like going to the gym with a friend or working out alone, exercise is a great way to give yourself a break from work, and I always feel better after I work out than I did before. It also helps to have a physical outlet for getting rid of stress, whether that takes the form of running, interval training, swimming, weightlifting or anything in between.

Another great way to relax is by having a creative outlet. I love to draw and paint, but I often don’t have the time to work on an art project during the school year, but I do my best to make sure I always have some form of a creative outlet that I do purely for my own enjoyment without the pressure of having to be amazing at it.

Currently, my creative outlets are improv and playing ukulele, and it makes a world of difference for me when I can do something just for the fun of it. Although the world seems to emphasize the importance of



By LILLIAN PIEL

productivity over self-care or fun, everyone needs to have something they enjoy that is separate from the expectation of always being productive because no one can realistically be productive 100% of the time.

Most of the time I feel like I live my life running from one thing to the next. That has taught me how important it is to be intentional with the time I spend with the people I care about, so another part of how I manage the stress and anxiety of school (and honestly of life in general) is by making an effort to reach out to friends for some quality time.

Whether that looks like grabbing lunch with a friend once a week, setting aside time on the weekend for some board games with a group of friends or having one night a week where I cook dinner with my housemates, having time where

I am present and can be in the moment with the people I care about helps me take things one day at a time and appreciate them even more.

Every so often I hit a wall and get overwhelmed with anxiety because of everything going on in my life. I know myself well enough to know that when that happens, I need to give myself a break and decompress by taking time for myself to be alone and recharge.

Many of us here at GU tend to stretch ourselves thin and get involved in tons of different activities, but at the same time, it’s incredibly important to know your limits and when to take a break.

What works for me might not be your cup of tea, but everyone needs a break sometimes, and knowing what you need and knowing your limits is one of the most important ways to take care of yourself. Especially as we transition back to in-person classes and a semester that more closely resembles what college is supposed to be like, finding ways to put yourself first and finding things you enjoy that help you relax is one of the most beneficial things you can do.

Lillian Piel is a news editor. Follow her on Twitter: @lillianpiel.

The Gonzaga Bulletin

Editor-in-Chief
Asher Ali
Managing Editor
Vincent Saglimbeni

News Editors	Devan Iyomasa Natalie Rieth Lillian Piel
Arts & Entertainment Editors	Allie Noland Sydney Fluker Cole Forsman Alexander Prevost
Sports Editors	Dawson Neely Chiana McInelly
Opinion Editor	John Kafentzis
Photo Editor	
Adviser	
Technical Adviser	Brett Hendricks
Assistant Director, Student Media	Joanne Shiosaki
Program Coordinator	Morgan Scheerer

LETTERS POLICY

The Gonzaga Bulletin welcomes all letters to the editor. Letters should be typed and no more than 800 words. The Gonzaga Bulletin reserves all rights to edit letters. Please include your name and a telephone number for confirmation purposes only. All written correspondence will be considered fit for printing unless otherwise requested. Email letters to bulletin@zagmail.gonzaga.edu with “OPINION” in the subject header. The deadline for letter submission is 4 p.m., Tuesday.

The Gonzaga Bulletin is a weekly student publication serving the Gonzaga community. Weekly circulation is 3,000. Opinions expressed in the pages of The Gonzaga Bulletin represent the views of their respective authors and not necessarily those of the faculty, student body or administration of Gonzaga University. Please direct all queries to bulletin@zagmail.gonzaga.edu or 509-313-6826.

Contact Info:

Email: bulletin@zagmail.gonzaga.edu
Office phone: 509-313-6826
Advertising: 509-313-6839 or adoffice@gonzaga.edu
www.gonzagabulletin.com

Editors note:

Last week, The Gonzaga Bulletin published an opinion piece titled “46-pages still leaves questions” in print. The article was run in print with a few inaccuracies. The article discusses that the local Jesuit community housed 28 priests with credible accusations of sexual abuse and seven of those priests were found to be engaging in such acts while at GU. While this is true, those figures were obtained through a list of priests with credible accusations of sexual abuse published by Jesuits Province West in 2020 and was not pulled from the University’s commission report as the Bulletin article’s language alludes to.

These priests also did not all

reside at the Cardinal Bea House as the article states since the Bea House wasn’t constructed until 1969, and some of those priests stayed in other local buildings while still a part of the Spokane Jesuit community.

The article also says that priests who have credible accusations of sexual assault were on protection plans while here at GU. The accurate term for this protocol is safety plan, which is something built for all priests with credible accusations in Jesuit Province West to keep them under constant surveillance and away from potentially susceptible demographics in the community.

The article has been edited online to make these amendments.

Twenty years later: 9/11

September 11, 2021 marks 20 years since one of the most harrowing days in the history of the United States.

On September 11, 2001, a series of tragic attacks led to the death of about 3,000 individuals.

Many of these deaths were victims working in the twin towers of the World Trade Center in Manhattan, New York, when two planes hijacked by al-Qaeda struck the buildings.

While the north tower was stuck just 17 minutes earlier than the south tower, both towers tragically collapsed as a result of the impact.

When this chaos, hundreds of firefighters, police officers, and medics were called in to help with the fires and rescue people stuck in buildings. When the towers collapsed, many of these first responders did not survive.

Following these two attacks, another hijacked plane flew into the Pentagon in Washington, D.C., thus starting a fire in the building.

Later in the morning, another plane crashed in Pennsylvania during an attempted hijacking.

Each of these fallen planes crashed with all of its civilian passengers in them. After this fourth hijacking, all planes in the United States were grounded.

The collapse of the towers caused harmful smoke and debris to spread across lower Manhattan. Everyone who was in the area of the towers breathed in this dust.

Even after the fires died days later, rescue forces continued searching in the rubble and smoke for lost loved ones.

Twenty years later, local tri-state television channels are still



By GEORGIA COSOLA

airing commercials to help these ground zero rescue units find aid for the long terms illnesses and cancer they have as a result of the help during September 2001.

Living on the opposite side of the country 20 years later, it can be hard to image and remember this heartbreaking day.

While it seems bizarre that the seniors at Gonzaga University were too young to remember the events in real time, it is even more jarring to think that many first-year students were not even born yet during this tragedy.

Growing up, most people in Generation Z can attest to adults always saying, “I can remember the exact place I was when I first heard about 9/11.”

However, this is not the case for most people born within the last 25 years.

Many young students are hearing about these tragic events for the first time in school. For others, the horrific story is simply passed down the grapevine.

Each time this story is taught, it is one degree of further separation and can feel harder to understand the terror that Americans felt that

day while watching the twin towers collapse.

This is why it is important to remember this tragedy and the harrowing events of this day.

For many upperclassmen born before 2001, 9/11 has always been a tragedy we have known about. For me, being raised on Long Island, just outside of the five boroughs of New York City, it was an event that shaped my reality before I was even aware of it.

I know 9/11 through classmates that lost their parents before they could ever really know them. Families that lost their children. First-responders that are still facing life ending diseases. Even my own friends, neighbors and family members that were lucky enough to escape the collapsing towers that day.

Remembering the trauma that people around the United States went through is important to keep the memory of all those lives lost alive.

While it may seem like it is an event of the past, there is a clear need for people of all ages to understand what happened and the lasting repercussions.

In the place where the twin towers once stood, there are now two reflection pools engraved with the names of all of the lives lost on 9/11.

On the anniversary of this day, each of the names of the victims is read aloud.

Twenty years can feel like a blink of an eye, but it is a lifetime for everyone who lost someone they loved during the attacks.

Georgia Cosola is a staff writer. Follow her on Twitter: @georgiacosola.



Ramblerven has a variety of used outdoors gear, including hiking boots, sleeping pads and backpacking gear.

Ramblerven: affordable outdoor gear creating a sense of community

By GRACE SPIEGEL

Gonzaga University is a host to many outdoorsy and adventurous students. On weekends, you can find students climbing, hiking and skiing all across Spokane. But buying new equipment can get expensive, which is why Ramblerven Gear Trader provides an affordable option for students looking to buy outdoor gear.

Located on 3220 N. Division St., Ramblerven is a locally owned consignment store that gives people the opportunity to buy and sell lightly used gear. Whether you need skis, snowboards or paddleboards, Ramblerven has it.

During the summer months, paddleboards and kayaks are available to rent. In the winter months, snowshoes, cross country skis and other equipment will be available to customers.

This one-stop shop also offers bike repair, ski and snowboard waxing and tuning and snowshoe/hok rentals. It also has a website listing its merchandise and helpful tips for selling clothing to its store.

Mark Schneider, owner of Ramblerven, opened his store on April 1, 2017, in hopes to help the community get outdoors. Schneider wanted to create a space where people, no matter their age, can come and begin a new adventure.

"We created a convenient opportunity for people to buy and sell used gear," Schneider said. "It is a less expensive gateway for people to try new outdoor hobbies without the high cost of entry."

Schneider, who worked 15 years as an industrial engineer, said goodbye to corporate life in order to open Ramblerven. His passion for the outdoors and serving the greater community led him to opening a shop that

combines these two interests.

"I am all about community," Schneider said. "Personally, I was volunteering with outdoor nonprofits before I came out here. My intention for the future is to give as much back to the community as I can."

Schneider's goal of giving back to the community includes GU students. Over the past couple of years, more and more students have been utilizing their services. It is a great option for those looking for good, reliable equipment on a budget.

Annabel Hueske, a senior at GU, used to frequent Ramblerven as a first-year student. Hueske took advantage of the affordable price points to buy nice coats and jackets for the Spokane winter.

"I got a nice Patagonia fleece for \$5, when it would normally be around 80," Hueske said. "As a [first-year], I had no clue how cold the winter was going to be."

Spokane winters can be harsh, and a good jacket can sometimes cost hundreds of dollars. Ramblerven aims to challenge that high cost by selling lightly used jackets for half the price of what they would have cost brand new.

Ramblerven's cheaper price points help break down financial obstacles that some face when trying to get outdoors. Just like jackets, gear can cost hundreds of dollars if bought new.

"It's nice to have an outdoor consignment store," Hueske said. "The outdoors gets expensive, which can exclude some people from getting out into nature. But this store allows you to get involved at a really good price point."

Students may want to go skiing one weekend but decide not to when faced with the financial reality of renting or buying new equipment. Many college students are on a budget and just can't afford the high costs that come with the outdoors.

Ramblerven understands the exclusivity of some outdoor activities and is aiming to break down that issue. Schneider, before opening Ramblerven, frequently bought gear from outdoor consignment stores. He felt inspired by the effect these stores had on the community.

"It came from a place of utilizing that service, 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 find 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. A feeling that allows them to continue with their adventure.

Since its opening, Ramblerven 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. Mazzy can frequently be seen lounging around the store waiting for her next adventure.

Ramblerven is open Tuesday - Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 5 p.m. It is closed on Monday.

Find Ramblerven online at ramblerven.com or visit the store in person at 3220 N. Division St.

Grace Spiegel is a staff writer.

ACROSS

1 Sugar source

5 Hillary's hubby

9 Jumping or string

13 Voting group

17 Perry's creator

18 Sound

19 Synthetic fabric

21 Surf sound

22 Studies at Candlestick Park?

24 Movie about an Atlanta hero?

26 Spiritual advisors

27 Upstairs

29 Gets better

30 Pantyhose fabric

31 Contributor

32 Noodle or noggin

33 Peaks of Peru

36 Brutal

37 Handlebar, e.g.

41 Alert

42 Fire upon

44 Deletes

46 Drivers' gp.

47 One of a Latin trio

48 Alto

49 Deer family members

50 Early Hall of Fame Speaker

51 Ring fig.

52 Kith and kin in Kansas City?

56 Crab-like move

57 Outlawed insecticide

58 Mythical warrior

59 In solitary

60 Depended on

61 Fender bender reminders

63 Leaves out

64 Siete or sept, stateside

65 Sporadic

67 Japanese poetry form

68 Charity's plea

69 Band's boom box

72 Oceanic movements

73 Press member at Wrigley?

75 Actress Thompson

76 Rules, for short

77 Actor lives

78 Equipment

79 Russian noble

80 Broke the fast

81 Gavel

83 Clear-witted

84 Porcine cry

85 Manufacturer's promise

87 Following

89 Vague suppositions

90 Concludes

91 Ellipses

92 Flunk

94 Asian capital

96 Culp Hobby: publisher

97 Aerie youngsters

100 No big threat in Detroit?

102 Comedian in Cincinnati?

105 Once a first name in fashion

106 Dour

107 Wiliness

108 High-strung

109 Model

110 Cliques

111 Art Deco artist

112 Nervous

DOWN

1 Panhandle

2 Actor Stoltz

3 Israeli transporter

4 Urban dwelling

5 Sundance's sidekick

6 Bad day for Caesar

7 Back talk

8 Failed to succeed

9 Name on the 1996 ballot

10 Fizzle or fumble

11 "Bummer!"

12 Scorpio's mo.

13 One of the Starrs

14 Burden

15 Sculling equipment

16 PC monitor

18 Sale item warning

20 Bête noir, et al.

23 Chic!

25 Takes the chill off

28 Singular sensation . . .

31 Excess saliva

32 Robust

33 Tony, for one

34 Nominated

35 Pick out and hire in L.A.?

36 Softs drinks

37 French director Louis

38 Ethical lapse in St. Louis?

39 Selassie

40 Gave some slack

42 Casual

43 He served between Grant and Garfield

45 Colt control

50 Mosaic component

52 Carries on

53 Indian mystic

54 One and the same

55 Swab

56 Cut

60 Backslide

62 Summers, in Provence

63 Fabulous fur

64 Shankar's instrument

65 Back-breaker for a camel?

66 Michelangelo masterpiece

67 Burly

68 Actress Garson

70 Denoted

71 Bert or Rosa

73 Ideological groups

74 Checks out, visually

77 Highwaymen

79 Grooming routine

81 Lords' house

82 Bars

83 Free

86 Default

88 Cat: moneybags

89 Sword handle

91 Conspicuous

92 Allegory

93 Chills and fever

94 Sign of a saint

95 Simians

96 S-shaped molding

97 Cut and paste

98 Amphibian

99 Like a bug in a rug

100 How the weasel goes

101 My party. . .

103 W. of the Urals

104 Porky's pad

Edited by Linda and Charles Preston

©2021 Tribune Content Agency, LLC. All rights reserved.

9/19/21

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

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

Solution to Last Week's puzzle

9/12/21

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

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

© 2021 The Mepham Group. Distributed by Tribune Content Agency. All rights reserved.

Get Out Before You

Walking the walk: Fun spots near campus

By TOMMY CONNOLLY

Interested in taking a stroll? Luckily, there are many fun, walkable spots to visit around Gonzaga University.

“One of my favorite places to walk around is in Kendall Yards,” said Maddie Butz, a junior at GU. “I especially like the restaurants that they have over there, and I love the Kendall Yards Night Farmers Market.”

The Spokane River Centennial Trail, which runs along the Spokane River from Coeur d’Alene past Spokane, spans over 40 miles in distance and runs through parts of Idaho and Washington.

The Centennial Trail is one of the most popular paths to walk on in Spokane, as it jogs past GU’s campus, downtown Riverfront Park, Spokane Falls and other attractions along the way.

“The trail, used by 2 million people annually, offers a terrain-diverse trail that is accessible for recreation all year round,” Visit Spokane, a tourist website for the city, said.

Along the Centennial Trail is Riverfront Park, one of Spokane’s most popular attractions. Only a short walk from GU’s

campus, the park offers the U.S. Pavilion, the Looft Carrousel, the Numerica Skyride and breathtaking views of Spokane Falls, one of the largest urban waterfalls in the United States.

“Walking downtown and through Riverfront Park is always a good time,” said Cam Wright, a junior at GU and Spokane native. “There is so much to see in the park, and you can get anywhere downtown easily from the park.”

Riverfront Park, which has been under renovation for the last decade, added a new Northbank area called the Ice Age Floods Park.

“Riverfront Park is always a good place to go downtown, especially now with both sides of the park,” said Kees Wybenga, a junior at GU.

Along with the park, downtown and around GU’s campus offers a variety of coffee shops and stores to walk to.

“I have walked or skated to some thrift stores that are close to campus and some of them have had some nice stuff,” said Andre Thurmann, a junior at GU.

Thrift stores aren’t the only businesses that are easy to walk to and frequent

around campus.

Coffee shops such as Arctos Coffee on 1923 N. Hamilton St., offer places for people to study, grab a coffee or catch up with friends.

“My favorite place close to campus has to be Arctos,” Butz said. “I love going there to do homework and their pumpkin spice lattes are amazing.”

In and around downtown Spokane you can find neat restaurants and bars to grab food and drinks along with game halls such as Flatstick Pub. However, downtown is not the only walkable place in Spokane near campus.

Spokane also offers some fun options to walk to such as the North Bowl for a night of bowling, or ax throwing at Heber’s Hatchets Axe Throwing.

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.

Tommy Connolly is a staff writer.

Water you waiting for? Get outside!

By SOFIA SANCHEZ

Gonzaga University provides students with the opportunity to get involved with nature and the environment, which is one of the many reasons why students choose to attend the university.

Spokane is known for its community, economics and being the cultural center of the metropolitan area. Many Zags participate in Gonzaga Outdoors, an on-campus club that provides students the chance to explore 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, Bowl and Pitcher at Riverside State Park and the Cove. In these places, both locals and tourists participate in popular water activities such as rafting, fishing, kitesurfing and launching a boat.

Annabel Hueske is a senior from Bend, Oregon, an outdoors-centered town in Central Oregon. As a GU Outdoors leader, she said she likes to lead rafting trips and spend her days out on the water.

“I love going through the big rapids,” Hueske said. “It is challenging to pick the right line but when you do it’s so satisfying.”

First-year student Maricia Hernandez has spent her time exploring Eastern Washington’s nature destinations. Hernandez is from the area and loves recommending spots to new Zags.

“For the convenience of other college students and families from the Spokane area, I would

recommend the Coeur d’Alene area,” Hernandez said. “But if people are wanting more nature, then I would recommend going further into [the] state to Clear Lake or the rivers close to Mount Rainier.”

Georgia Riggs is a first-year student from Southern California. Riggs said a significant reason she chose GU was because of all the events she could participate in with GU Outdoors.

“I love to go whitewater rafting,” Riggs said. “It’s not an everyday thing for me, more of something I do during the summer, but it’s so fun.”

Whitewater rafting is a recreational outdoor activity that uses an inflatable raft to navigate a river or other bodies of water. One company that has great rafting and water recreation opportunities is Pangea Raft Co.

“Pangea Raft Co. is great, and they run trips both in

Montana and on the Spokane River,” Hueske said.

Some other activities that are accessible in the Spokane area include swimming, kayaking, tubing, fishing and even water parks.

At the Spokane River, anyone can enjoy either a relaxing or adrenaline-filled tubing experience. Tubing can occur between the months of June through late September.

“Tubing is one of the best options mostly because people of any age can participate in this activity,” Hernandez said.

FLOW Adventures is a popular tubing company that takes groups on tubing adventures, and they plan the whole trip out for the participants from the minute they leave the

parking lot to when they come back.

Visit FLOW Adventures office to book a trip before fall is in full swing, located at 2807 W. Euclid Ave.

The GU Outdoors email list keeps students updated on rafting, kayaking and other outdoor trip opportunities.

“Gonzaga Outdoors is a great way to get outside, for anyone,” Hueske said. “We have trips every weekend and throughout the week that are not too expensive in price, and we provide gear and transportation. It’s a great way for anyone looking to explore the beautiful place we live in to have an adventure.”

Get out there and have an adventure of your own.

Sofia Sanchez is a staff writer.

You Get Snowed In

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 resources and opportunities for GU and the Inland Northwest to learn about climate change and all that it entails.

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 themselves and society, as well as their personal influence on climate.

Climate literacy attempts 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 Center's Climate Literacy Project helps professors and students in developing a scientific understanding of the complex workings of our climate, what has caused it to change in the past, the most likely causes of its present changes and the impacts of a changing climate.

Science Outreach Coordinator Jiana Stover helps facilitate the climate literacy workshops at the Climate Center, and finds that a comprehensive knowledge of climate change is exceedingly necessary.

"Climate change is one of the most pressing issues of our time," Stover said. "Its magnitude of impact on all life on Earth cannot be understated. Climate change is

complex to understand — it involves multiple fields of science to understand it in totality not to mention the complexity of the ethics involved."

The ClimeTime grant will allow the Climate Center to offer professional development workshops and resources to improve climate science literacy among students and professors. The workshops will be aligned with Washington State Science and Learning Standards and national Next Generation Science Standards.

The Climate Literacy Project seeks to utilize the grant to offer these professional development workshops for 70 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's campus 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 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 head of the Climate Literacy Project, the Climate Center's technique for teaching about climate change is to "make it local and keep it hopeful."

To make climate change local, the Center will connect teachers with resources that help students understand how climate change impacts the Spokane region. The teachings will also stay hopeful by providing students with the tools to confront environmental problems head on.

Stover and Henning both emphasize that this grant is key to addressing the inequity aspect of climate change. It will allow for typically overlooked communities in the region that are usually overlooked to gain access to resources with which they can learn to adapt and respond to the climate crisis.

"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," Henning said. Following the end of this

academic year, the grant may be renewed for a second year. The Climate Center's goal is to continue seeking grants and benefaction for the Climate Literacy Project until they have reached every interested teacher in the region and students of every grade have opportunities to learn about climate change.

"Addressing the climate crisis is a multi-generational project," Henning 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 leaders in their communities in taking up this great work before us."

Amelia Troncone is a staff writer.



Susan Hall, a yin yoga instructor, guides her students through a course at Shala Living Yoga.

Shala Living Yoga helps Zags de-stress and find their zen

BY ALEXANDER PREVOST

Cura 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.

"We get up in the morning, and we do a practice called Sadhana, and that's related to my Kundalini yoga system that I love to practice," Lyman said. "We will do mantra — like, a lot of spoken word phrases kind of grounding [ourselves] in a specific mantra that we do, and we will do it for 30 minutes. We'll do warm up exercises, and then think for 30 minutes. That's amazing."

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 for [the students] in the long run. They function better, they can think better, their projects are better, their writing is better because everything is clearer."

Alexander Prevost is a sports editor. Follow him on Twitter: @alexanderprvst.

555

FRIDAY

HAPPY HOUR 4-7 PM

555 FRIDAY 8-10 PM



\$5

Appetizers



\$5

Well Drinks



\$5

Select Drafts



204 N Divison • GlobeSpokane.com
Must be 21+ with valid ID to enter.

BUY YOUR
GONZAGA
SPIRES
YEARBOOK
TODAY!

Early Bird Price \$20
Regular Price \$50 starting Jan 20th

Get one FREE
GU Student
Planner until
October 1st

[tinyurl.com/
buyspiresyearbook](http://tinyurl.com/buyspiresyearbook)



Conquering the internal opponent

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

By NOAH APPRILL-SOKOL

Student-athletes are constantly competing. They compete in soccer when they chase after a loose ball, hoping that they can beat their opponent to it. They compete in baseball when they slide for home base, only to be called out by the umpire. Yet, a student-athlete's most demanding adversary is not one that is on the court or field.

It is a silent one — an opponent that does not operate externally but internally; a student-athlete's mental health.

Mental health on college campuses is a rising issue. Navigating school while also grappling with a newfound independence can be stressful, leading to one feeling alone and anxious. For student-athletes, however, these college pressures can be even more overwhelming.

Sophomore Juliette Russell, a volleyball player for Gonzaga University, remembers the difficulties that she faced when she first started at GU. For her, mental health has been one of the toughest opponents to beat.

"I struggled with mental health all throughout high school, and once I got to college, it got harder to manage," Russell said. "I feel like sometimes our mental opponent is harder than the opponent across the net because how we think mentally can determine our actions, how we perceive the world or how we do things."

This experience was affirmed by sophomore and cross-country runner Jeremiah Mackie, who recalls how difficult his first year was as an athlete in the pandemic.

"It was my first year away from home," Mackie said. "I'm Canadian, so going down to Gonzaga and dealing with the distance was difficult. I was trying to get to know my coaches and learn from my teammates, and then I was also trying to do well in school. All of this came together in the midst of a pandemic, making life really daunting."

GU's approach to mental health is a multi-faceted model, spanning the continuum between educational support and mental and physical care. The athletic department offers access to counselors and physical trainers.

This team of professionals includes members within the GU community in addition to medical professionals



ALYSSA HUGHES IG: alyssarmhughes

GU volleyball player Juliette Russell encourages fellow teammates to be open about their mental health struggles.

who work in the Spokane region. On the educational side, GU athletics gives student-athletes the opportunity to meet with tutors.

For assistant sports director Bill Drake, who facilitates the health and wellness component of the athletic department, this approach stems directly from the Jesuit mission of the school.

"I certainly like the notion of cura personalis, caring for the whole person," Drake said. "Going back 30 years ago, we really didn't try to treat the whole person; we just treated the physical injury. But here we are concerned about you, as a person, and that's our goal."

Yet, the most important tool that GU's athletic department uses to address mental health is the relationships that the student-athletes form with their coaches, trainers, fellow teammates and administrators.

These relationships not only provide additional access to professional help, but they also offer a supportive safety net that student-athletes can lean on in times of

struggle.

"I find that having some super solid teammates and guys that you're pretty tight with, which I found especially in my class, is really important," Mackie said. "Having those relationships to go back on and be able to talk about stuff makes the experience a lot more positive and less stressful."

While GU's initiatives to address mental health for student-athletes are strong, it remains an uphill battle when it comes to student-athletes using these resources.

According to Athletes for Hope, a national organization devoted to the well-being of student-athletes, very few athletes seek help for any mental issues. In a national survey, 33% of young adults reported that they have some mental condition with 30% of that group seeking help. For student-athletes reporting that they have a mental health condition, however, only 10% said that they sought help.

Russell, Mackie and Drake all believe that this disparity is due to the cultural stigma and pressures surrounding college athletics.

"There's still a stigma here. People don't want to be seen as weak for asking for help or [be] known for their mental health struggles," Drake said. "But it is important to realize that everyone has mental health [issues] and that you are not the only one. It is a sign of strength if you ask for help, not weakness."

In order to reduce this stigma around mental health, Russell and Drake both strive to normalize the issue through individual action and collective initiatives. They both seek to change the culture from one where one must hide their emotions to one where it is "OK to be not OK."

Russell, who leads GU's chapter of the national organization Hidden Opponent, has tried to promote awareness through conversations with her teammates on the issue. Similarly, Drake has tried to connect personally with the athletes that he oversees and guide them to necessary facilities when they seem stressed or anxious.

"A lot of people, especially student-athletes who are struggling with mental health, tend to hold everything in because they feel like there's no area for them to let go and release their emotions," Russell said. "I tell my friends and the people that I surround myself with that it's OK for them to let out their emotions because it will hurt them so much more if they continue to compress their emotions within themselves and not let it go."

While both Russell and Drake acknowledge that there is much more work to be done on the front of mental health, they also are hopeful for the future where they believe that this hidden opponent of mental health will be brought out from its hiding place and athletes will be able to readily access support.

"I think the future is really bright and that this movement is just starting," Russell said. "It is starting to get talked more about and truly appreciated. People who are getting help are talking about their experiences, and it is no longer being seen as an annoyance or little thing."

Noah Apprill-Sokol is a staff writer.

Bulletin Board

Gonzaga Classified Advertising

New postings go online daily. <http://www.gonzagabulletin.com/classifieds/>
Questions email: classifieds@gonzaga.edu



Looking for a part time Nanny

I'm looking for a part time nanny for my two girls, ages 2 & 4. The schedule would be M/T/Th from 7:45-12. The right person would have reverences, their own transportation, be a nonsmoker, CPR/First Aid certified, & COVID vaxxed. We live in Greenacres, around 8 minutes from the freeway. Let me know if you are interested at meglambo@gmail.com



Looking for Dog Walker

Looking for dog walker Wednesday and Thursday's midday for a golden retriever on the south hill. Will pay \$15-20 per hour. Email: Sarah.sking.king@gmail.com



Afternoon Childcare Needed

Local family of Gonzaga Alums looking for afternoon childcare/school pick-up from approximately 2:45pm to 4pm. We can work around schedules. One child has special needs and requires a bit of additional help. Ages are 12, 9, and 9. Must have personal car. Compensation is \$20/hr, average 10hrs/week. We are able to work around holidays, minor conflicts, and school breaks! Email: kevin@spilkerprecast.com



After School Nanny

I am looking for an after school nanny to pick up and take home two boys aged 11 & 9. Responsibilities: Transport home, assist with snack and ensuring completion homework. Schedule Min 3 days up to 5 days, M-F Requirements: prior experience caring for school aged kids with references, reliable vehicle, a current valid driver's license, current auto insurance and a nonsmoker. Text Michelle 509-270-6012.



Sitter Needed 1-2 Nights

Looking for someone to watch 13-month-old 1-2 nights/week, 2:30pm to about 9pm. Schedule is flexible; some weeks we may not need a sitter, some weeks we may need you two times. Bring your homework and get some studying done or hang and watch TV when baby is in bed! Must have 2+ years' experience babysitting, reliable transportation, and be OK with medium sized dog (no care required for him!). Send an email with a bit about yourself, and a reference to mbutterworth1006@gmail.com.



Awesome Sitter Needed in Spokane

Looking for a great sitter for a 6yo and a 10yo for after school. We would like someone who could help with laundry/homework and take kids to activities. We need a sitter who has their own car and does not smoke. Love of reading and science is a must! We offer paid sick leave and holidays, and mileage reimbursement. >\$17 and hour depending on experience. M-F 2:30-5:30pm. COVID-19 vaccination required. Occasional evening availability preferred. If interested send an email with two references to lupeix@gmail.com



Older Folks Need Help with Chores

Older folks need help with chores requiring standing on ladders, cleaning, raking, plant trimming for winter. Some of the work requires strength to hold electric trimmers with one arm stretched out while holding on to extension ladder. Two hours per week- \$20.00 per hour. Email: weldon3044@comcast.net



Animal Lover and House Sitter Needed

Looking for an animal lover to periodically housesit on South Hill near Hamblen Elementary. Candidate would need to stay in the house and take care of a golden retriever and three older cats. Dependability and consistency is extremely important. Please contact if interested. Call 509-304-4581

IDENTITY AND LEADERSHIP SERIES

leadership for international students

Are you an international student? Connect with other international students to share a meal and explore leadership within the context of the international student experience at GU. We will connect you with a GU alumni and GU senior who are/were international students at GU. Connect with us! Tune in on Monday, September 20th at 12 P.M. in Hemmingson 314. Lunch is provided for the first 20 students. Email pcld@gonzaga.edu if you have any questions.

GU bike club is ready to roll out



GU Bike Club is accessible to all students of all levels.

By LILLIAN PIEL

If you're part of the Gonzaga Bike Club, chances are that on any given day of the week, you can find a friend to go riding with you.

Take it from John Heywood, club president of GU Bike Club. Bike Club is all about getting the riding community together to go mountain biking, whenever anyone who wants to ride is free, he said.

When GU Bike Club was first founded, it went by the name of Cycling Club and was more focused on road biking and competing in races. However, the previous club leaders changed the club's name to Bike Club, since cycling is focused on riding on the road but the club is mostly made up of mountain bikers, Heywood said.

"It kind of takes the form of whoever is in charge," Heywood said.

In addition to getting people together each week to mountain bike, GU Bike Club vice president Jake Bubb said he hopes to do classes and clinics this year focused on bike maintenance and education while possibly getting the club back into competing at races.

The club has about 30 members, although both Heywood and Bubb said they are hoping to get the club active this semester and have new first-year students join the club. Especially after not being able to do anything last year since they couldn't hold events due to the COVID-19 pandemic.

GU Bike Club members usually meet at the Beacon Hill trail system to ride, and sometimes they ride at

Mount Spokane. Beacon Hill is an especially good place to ride, Bubb said, since there are options for every skill level, from easier trails for introductory riders to technically challenging trails for more experienced riders.

"There's always something to progress to," Bubb said.

Typically, the bikers ride for about an hour and cover about 10 miles, although distance and time depend on skill level. However, Heywood said it's nothing too intense, and the club members take lots of breaks and hang out on their rides.

Anyone who is interested can get involved with GU Bike Club. There is no try out and no entrance fee, so everyone is welcome. Heywood said that those looking to join the club can put in a club request on Zagactivities and join the club's email list to start getting involved.

The only catch is that members of the club must have a bike to ride with, which can be a barrier to entry because it can be an expensive sport. Unfortunately, the wait to get a hold of a bike is extensive at the moment, according to Bubb.

However, it is possible to rent mountain bikes from REI or other local shops. Heywood said he is looking into deals so that club members or those looking to get involved can try it out.

On any given day when members of the club are going out for rides, there are usually five to six people riding at a time, Heywood said. The group is larger for official club rides, and they break riders up into groups of 10 based on skill level, Bubb said.

"When you're in the club, there's always someone from

GU SPORTS CALENDAR

Thursday, Sept. 16
➤ Women's soccer at University of Arizona, Tuscon, AZ, 7 p.m.

Friday, Sept. 17
➤ Men's tennis at Easley Memorial Invitational, Las Vegas, NV, Day 1
➤ **Men's soccer vs California State University, Bakersfield, 7 p.m.**

Saturday, Sept. 18
➤ Volleyball at North Dakota State, Portland State Tournament, Portland, OR, 11 a.m.

Sunday, Sept. 19
➤ Women's soccer at New Mexico State, Las Cruces, NM, 11 a.m.
➤ Women's golf at Couer d'Alene Resort Collegiate Invitational, Couer d'Alene, ID, Day 1
➤ Volleyball at Portland State, Portland State Tournament, Portland, OR, 11 a.m.

Monday, Sept. 20
Men's soccer vs University of Denver, 7 p.m.

Home games in bold

the club who's going out on any given day, so if you wanted to ride, it's easy to find people to ride with," Bubb said.

Before the pandemic, GU Bike Club would do spin classes together during the winter. Although there are spin trainers in the club, they were not able to do any spin classes last year, but they might bring back club spin classes once it gets snowy in the winter, Heywood said.

Heywood said he didn't know what to expect when he came to GU as a first year, and although he had grown up biking back home, he didn't bring his bike with him at first. After learning more about the opportunities here for bikers, he ended up bringing his bike, and he said that it was good to ride with others since riding alone isn't fun and can be dangerous if you end up getting injured.

Bubb echoed this sentiment and said that the most rewarding part of Bike Club for him is being able to meet people with shared interests and make new friends.

"It's just nice to be able to go out with a group of people that helps you learn the trails, and then just also like John said, it's always more fun to go out with friends," Bubb said.

Lillian Piel is a news editor. Follow her on Twitter: @lillianpiel.

Rock climbing in Spokane: the best places to go

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

By SYDNEY FLUKER

For anyone interested in rock climbing, Spokane is a great place to try it out. With easily accessible mountains near campus, routes for all experience levels and beautiful scenery, Spokane offers it all.

Climbing is a productive activity with both physical and mental health benefits. While initial equipment can be pricey, used gear stores can offer ways to get quality climbing gear for a better price.

Aidan Smith, a sophomore mechanical engineering major, climbs at Bloc Yard Bouldering Gym when he can.

"I like climbing because it is kind of rhythmic and meditative in nature and the people surrounding it are very relaxed," Smith said.

The best way to climb as a beginner is with an experienced friend to guide you through, but the variety of options in Spokane make getting into climbing easy even if you don't know anyone.

Senior Paal Bredal, a member of the GU climbing team, is an avid outdoor climber and frequently climbs in Spokane.

"Outdoor climbing offers a new way of experiencing the outdoors," Bredal said. "Instead of just going on a hike, you can hike and then just go climb the mountains and experience a whole different feeling."

For outdoor climbing, Spokane has three main options under a 30-minute drive.

Minnehaha Park is a 15-minute drive from campus across from the Spokane River. Minnehaha offers something for everyone, making it possible for beginners to climb



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

as long as you are with someone experienced.

Minnehaha provides access to bouldering and top roping, with chains at the top to attach the rope to because there are no bolts.

The park also offers lots of non-climbing activities like walking, mountain biking and light hiking.

Second is Rocks of Sharon. Rocks of Sharon is 25-30 minutes outside of Spokane. To get to the climbing spot, it's about a 15-minute walk until there is a 100-foot boulder surrounded by smaller boulders. The variety of

sizes offer climbs for all levels.

"It's the prettiest climb in Spokane because when you get to the top you can see all of the city and the eastern Washington area," Bredal said. "You can go up there with no climbing gear, it's just a beautiful area."

The third spot is Deep Creek. Located 15-20 minutes from campus, Deep Creek is slightly hidden by a dry creek bed. Walking down the bed takes you to the rock.

"It's actually really cool because in the spring, the water

goes through there so the sand level changes," Bredal said. "Sometimes the rock is bigger or smaller because the dirt builds up in different ways."

Deep Creek is only for advanced climbers. If you are an experienced climber looking to challenge yourself, Deep Creek is the place to go and test out your skills.

If the outdoors seem too intimidating, consider trying an indoor gym to learn the basics. There are two indoor climbing gyms in Spokane.

For indoor climbers, Wild Walls offers a wide variety of options for those who want to try the different styles of climbing. Located downtown, it is the closest option to campus and offer \$8.50 Friday night passes for GU students.

Wild Walls offers introduction to top rope classes that teach knots, commands and proper belay techniques. Other classes offered include lead classes, technique, vertical introduction and private instructions.

GU offers an off-campus climbing class through Wild Walls that covers belaying, bouldering and other climbing essentials during both semesters.

Another indoor option in Spokane is Bloc Yard. Located 15 minutes from campus, Bloc Yard only offers bouldering and is the practice gym for GU's climbing team. With routes for all levels of bouldering, Bloc Yard is a good indoor place for anyone with no previous experience to climb.

"Bloc Yard is more bouldering oriented and I prefer the routes," Smith said. "But I always prefer climbing outdoors over indoors when the weather allows it."

No matter what time of year it is, Spokane has a way for you to start climbing. Indoor or outdoor, beginner or experienced, there is something for everyone in the Spokane climbing community.

Sydney Fluker is an A&E editor. Follow them on Twitter: @sydneymfluker.

Big gains coming to the RFC

As some COVID-19 restrictions are being lifted, the RFC looks to expand on its available equipment

By DANIEL FORTIN

The Rudolf Fitness Center (RFC) has plans to order new equipment for fellow Gonzaga University students. The additions look to give more access and chances for students to work on strengthening muscles and diversifying their equipment use.

These past three semesters for the RFC have been a tumultuous ride, as the COVID-19 pandemic has affected the number of people coming into the gym. Jose Hernandez, director of the RFC, is no stranger to this problem, either.

"During the year, with the pandemic, there were times that we were closed, and there were times where we were open and we were very limited," Hernandez said. "And so we were really only doing reservations."

While the fitness center is not requiring appointments, students are still required to wear a mask. There is still a need to help combat the spread of COVID-19, so the RFC has planned to bring in new equipment to help combat the spread, while also allowing students more chances to use new equipment.

"What we thought was the most popular equipment was cardio equipment," Hernandez said. "And during that time we realized that the tendencies used by the students were to utilize the weight equipment and do a lot of exercises in the weight room."

Hernandez saw this when the pandemic started, as more and more students would use the weights in the gym.

"In fact, when we opened the weight room and opened one or two squat racks, almost 85% of the time we were open the reservations went to those and the other equipment that was related to strength," Hernandez said.

Hernandez and his team at the RFC have been looking into how they can solve this problem.

"For a year and a half, we have been gathering data and information...doing observations and asking questions," Hernandez said. "We also looked with other campuses since the pandemic and



ISABELLA STOUT IG: isabellacarin27

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.

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 desire," Hernandez said.

Senior Jabriel Andrade expressed the need for more equipment given the amount of students who regularly attend the RFC.

"There is a good amount of squat racks, but with how many people go to

the gym, [the RFC] could use more," Andrade said. "A lot of the time, I feel like I'm waiting for a rack to open up."

Hernandez also mentioned that students would be able to find some space for their sets of squats or bench presses in order for people to be properly socially distanced.

"We created a space for that in one of the racket ball courts that hardly gets used," Hernandez said. "That'll open up a lot of space to not only bring three new squat racks, but also up for benches and functional exercises."

Hernandez also mentioned that the RFC will add an area for people to use weight machines like the aforementioned 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.

Women's golf victorious at Hobbie 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 Hobbie Creek Fall Classic held in Springville, Utah.

After a strong third and final round, the Zags finished 12 strokes ahead of Cal Poly San Luis Obispo and Weber State. At two-over, GU's score of 286 was the lowest-round total of all the tournament teams.

Individually, freshman Chaewon Baek and junior Cassie Kim led the way for the Bulldogs. In her collegiate debut, Baek tied for second place at one-over (214), including a birdie and 15 pars in the third round.

Kim also had a strong performance late in the day, as she recorded a career-low 67 (-4) courtesy of five birdies and 12 pars on Tuesday. The Yakima, Washington native finished the tournament three-over (216), enough to warrant a top five finish.

"Chaewon having this great start to her career is so great for her and the team," GU Head Coach Brad Rickel said in a press release. "Cassie shooting 67 today was spectacular and sealed the deal for us. I'm proud of how hard everyone went about their business and how we play as a team with a plan."

Sophomore Mary Scott Wolfe shot six-over (219) and finished tied for 11th while senior Quynn Duong finished in 16th place after shooting nine-over (222). Junior Alyssa Nguyen's placed 74th after 12 pars brought her up 13 spots on the leaderboard.

Shooting an even-par for the tournament, Northern Arizona's Kimberlee Tottori took first place individually.

"I'm really happy for our team," Rickel said. "This is the start we were hoping for."

GU returns home to host the fourth-annual Coeur d'Alene Collegiate Invitational starting Sunday.

Cole Forsman is a sports editor. Follow him on Twitter: @CGForsman.



PHOTO COURTESY OF GU ATHLETICS

GU golfers pose with the Hobbie Creek Fall Class trophy following its tournament victory on Tuesday. GU returns to action on Sunday in Coeur d'Alene at the Coeur d'Alene Resort Collegiate invitational.

GREAT DEALS FOR YOU IN THE

**PICK UP YOUR FREE STUDENT
MEDIA COUPON BOOK AT THE HEMMINGSON
FRONT DESK OR OUTSIDE OF COLLEGE HALL 433**

<

civic_zag

1887

posts

17,556

followers

321

following

ZAGS

ZAGS VOTE

GONZAGA.EDU/VOTEREDU

BE RESPONSIBLE

VOTE!

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?

ASHLEY & BRAD

91740

12222 BUFFALO TRAIL ST

FREE STAMPS
FOR BALLOTS
HEMMINGSON 304