



Law School students concerned by COVID-19 policies

By DEVAN IYOMASA

Students at Gonzaga Law School have come forward with concerns over the lack of implemented COVID-19 protocols within the school and the potential threat to students' health.

On Sept. 20, KHQ News released an article detailing students' concerns, including the lack of virtual attendance options for those who test positive for COVID-19 and need to quarantine.

According to sources in the article, students are being forced to decide whether to attend in-person classes while knowingly sick, or risk being unable to complete their required courses.

A petition on Change.org has also sprung up, amassing 466 signatures, demanding GU Law School provide virtual attendance options for students who test positive for COVID-19 and those awaiting test results, as well as explicit measures to ensure proper mask wearing occurs indoors and contact tracing be conducted for those exposed.

"Above all else, the students need clear, consistent communication from the university [regarding] COVID-19 policies, practices and updates," the petition reads.

According to the GU Law School Student Handbook, students are required to attend at least 80% of classes per course, meaning they can miss no more than three weeks of instruction. This rule is enforced either by instructors regularly taking attendance or restricting students from taking their final exam if compliance with the requirement is not met.

"Students are being denied virtual attendance options, thus forcing their hand to attend class in person while infected to maintain their attendance requirements as



LILY KANESHIGE IG: @aka.lilyy

Students attending the GU Law School feel that they're being forced to decide between attending classes while sick or risk deferring the entire year of law school.

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New safety protocols implemented after College Hall incident

By LILLIAN PIEL

More information on last week's College Hall incident has come to light, and new safety precautions are being put in place to help students and staff feel safer on campus.

On Sept. 14, a white man broke into a College Hall classroom and made targeted statements toward the professor teaching in the classroom, who is a woman of color.

The professor impacted by the incident, who asked not to be named, said that she felt the incident was motivated by both race and gender. The professor discussed the incident in her class, and she said her students agree with her on this statement.

According to the professor, the man who broke into her classroom first opened the classroom door and tried to get her to come outside and made statements about Black Lives Matter and the Anti-Defamation League.

The man was already agitated, but after she declined,

the professor said the man became angry and opened the classroom door and began yelling statements about how the FBI and police would come after her.

Upon entering the classroom, the man grabbed a mug off the lectern at the front of the room and came halfway into the room, as the professor began backing up slowly because she was afraid he would attack her with the mug, she said.

The man then dropped the mug, shattering it, then slowly backed out of the classroom while keeping his eyes on her, she said. Before leaving, he also flipped her off and called her a "b****."

"As a faculty of color, there's not that many of us on campus, and I don't know if he went to other classrooms so this is speculation, but I noticed that when he left nobody seemed to know what had happened, so it really felt like it [wasn't] like he went door to door and found some door that was open and came in, it felt like he came in my classroom specifically and then left after that," the

professor said.

After the man left, she quickly locked the door and pushed a desk in front of it. One of the students in the classroom called campus security and was on hold before campus security came to take their statements, she said.

Later that day, an email about the incident was sent out to all undergraduate students, which omitted some details about what happened, including the fact that the man entered the classroom and made targeted statements toward the professor.

After the first email was sent out, some students filed bias incident reports because the email did not accurately reflect what had happened.

The professor then heard from campus security asking about the incident, and a second email was sent out the day after the incident by Kent Porterfield, vice provost for student affairs, with updated information.

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CHIANA MCINELLY IG: @picsbychiana

The Torah will reside in the Jewish sacred space in college hall.

Gonzaga acquires Torah

By SYDNEY FLUKER

Gonzaga University has acquired a Torah to support its community of Jewish students. The Torah will be housed in the Jewish sacred space, which has taken permanent residence in one of the nondenominational worship spaces in College Hall.

As the final pieces of the Jewish sacred space are coming together, a Torah dedication will take place on Friday Oct. 1, at noon at the John J. Hemmingson Center. Beginning in January, Rabbi Elizabeth Goldstein has been completing the process of getting a Torah to give Jewish students the opportunity to practice Judaism and celebrate holidays on campus.

According to Goldstein, the Torah represents everything needed to pray

and symbolizes the priorities of a Jewish community.

"The Jewish community at Gonzaga is small, but mighty," said Isaiah Krigel, a junior political science major and a member of Jewish Bulldogs. "Having a Torah makes me feel more represented in my faith and I am excited to read and practice from it."

In order to receive a commitment on the part of GU, Goldstein wrote a proposal about the importance of the Torah to the Office of Mission and Ministry.

"We have an established Jewish community here and we needed something to center us," Goldstein said.

Next, Ministry went to University Advancement to get assistance on

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Troubling wave of vandalism across GU campus

By SYDNEY FLUKER

Gonzaga University is experiencing an increase in vandalism and destruction of property around campus. While vandalism on campus is not a new occurrence, the frequency and severity of destruction of property has sharply increased.

In the past few weeks, Kennedy Apartments has faced numerous cases of destruction and vandalism around the residence hall.

Amber Atwood, northwest block resident director, has encountered stolen items in students' rooms and in hallway closets.

As of last Friday, seven of at least 12 exit signs in Kennedy have been stolen or tampered with, which is considered destruction of property. Exit signs are required in all buildings and therefore have to be replaced quickly, according to Atwood.

Because of this, if no student is caught or comes forward, all students on the floor where the sign is missing from are charged, except for the resident assistants. The necessity of the signs requires a quick turnaround, meaning the window to find the student before everyone is charged is small.

Resident directors have been working with Campus Security & Public Safety (CSPS) to find answers. CSPS crime prevention and education officer Phil Tyler has been monitoring recent events on campus.

"The vast majority [of malicious mischief incidents] have been the destruction of exit signs in our residence halls," Tyler said. "This creates potential issues of safety for students, if an emergency happens and they are unable to locate a lighted exit sign."

Resident directors find who it is through camera footage or finding a student with the object in their possession. According to Resident Assistant Jesslin Ochoa, mainly the second floor of Kennedy is missing the exit signs and nothing is missing on the upperclassmen floors. The students destroying property are most likely sophomores.

"The general population of students here are very respectful and caring individuals, but a niche population of students are being disrespectful to staff members by vandalizing and stealing property," Atwood said.

Taking down exit signs can be a dangerous act in itself. According to Tyler, students can injure themselves depending on how they damage the sign, (i.e. striking with a bare hand). Some students are unable to fully get it down, as a few signs have been found dangling by the wire but still attached to the ceiling.

Bulletin boards have been found with flyers and decorations torn off, leaving the resident assistants to fix them. Posters of the faculty in residence for Kennedy Apartments were also torn down around

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Keeping up with the Kiwibots

By ISABELLA ASPLUND-WAIN

Gonzaga welcomed students with open arms as they prepared for a fully on-campus school year. It's nice to finally experience the normal hustle and bustle of campus life, people's smiling faces and... mini robots?

On Sept. 21, Zag Dining announced it was partnering with Kiwibots to deliver delicious meals to students on-campus via robots.

The Sodexo Bite for Universities app allows GU students, faculty and visitors to order from a Sodexo-serviced location on campus. Users have the option of using Bulldog Bucks or a debit or credit card when purchasing from the app.

Kiwibot delivery is only available for HandCrafted, the sandwich shop inside the John J. Hemmingson Center, but Zag Dining aims to expand the services throughout this year to include other Sodexo locations, such as Starbucks and The Bulldog.

Morgan Mendes, a GU junior, said that although she hasn't used the services herself, she thinks the bots are "super cute."

"There's really no downside to Kiwibots," Mendes said. "They do have potential to be really beneficial to campus."

The semi-autonomous robots deliver food via a locker that can only be accessed by the recipient through the Sodexo Bite app. They are able to deliver within 20 to 35 minutes of ordering, depending on distance or dining rushes.

There is a delivery cost of \$2, plus 10% of the order fee is tacked on, and the robots are sanitized between orders.

Madelyn Wilkins, a GU junior, found that these fees make the Kiwibots unappealing. She also noted that students can order ahead on Sodexo Bite, and picking up

the food when its ready may be faster than the slow robots that roam campus.

"If you want Sodexo food that bad, just go to Hemmingson," Wilkins said. "You are on-campus if you're ordering a Kiwibot, you're not that far. It's not helpful, and if anything it takes even longer than it would just to walk there and order the food [beforehand]."

However, the general consensus seems to be that adding COG dining to the services would be a massive win for Kiwibots. Mendes said that as a resident of Dussault, the trek across campus isn't always convenient, especially when she is feeling ill or it's cold outside.

In these situations, she would normally just cave in and UberEats something to her dorm, but if the Kiwibots added a COG option, Mendes said she could definitely see herself utilizing their services and saving some money.

The robots were launched in 2017 in Colombia, and began expanding into the U.S. last year due to the demand for delivery services during the COVID-19 pandemic. They follow pre-programmed routes mapped across campus and are equipped with a camera, tracking devices, flags for visibility and sensors to activate the brakes if there are obstacles in their path.

The food is stored in its top compartment until it is delivered to its checkpoint. GU is one of three schools that have joined the program, alongside New Mexico State University and Loyola Marymount University.

"I am excited to be a part of bringing this program to Gonzaga," said Suzie Mize, associate vice president of Auxiliary Enterprises at GU, in a news release at the Kiwibots official launch. "It is an opportunity to showcase partnerships in innovation, technology and food service."

Isabella Asplund-Wain is a staff writer.



LILY KANESHIGE IG: @aka.lilyy

For a \$2 delivery fee, Kiwibots are available to deliver food from Handcrafted to any location on campus.



TERRANCE YIM IG: @terranceyimphoto

A puddle of cereal is left on the ground at Late Night COG, which has canceled its weekly programming due in part to rowdy crowd behavior.

VANDALISM

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the building.

According to Atwood, who has served as a resident director at Fairfield University, destruction of bulletin boards is a common occurrence in first-year residence halls, but not as much in other classes.

Atwood believes a part of this comes from students not being able to find themselves with the pandemic restricting social life.

"People are figuring out what they need to do to be cool or get laughs, and I think a lot of this stems from the need to feel validated," Atwood said.

Social media platforms can influence this need to complete crazy actions for the respect and adoration of peers. TikTok's "Devious Licks" trend has led to a vandalism and destruction crisis in schools across the nation.

It began with students posting videos of themselves stealing items from schools. Videos of students stealing

soap dispensers, fire extinguishers, computers, film projectors and even actively vandalizing bathrooms have been posted to the social media platform.

Two weeks ago, TikTok announced it would be removing content related to "devious licks" and will further discourage similar actions. As it uses the hashtag to delete videos, users have changed hashtags or abandoned them altogether and have continued to post.

These videos have led to real consequences. According to school officials from a USA TODAY report, nine students have been arrested on misdemeanor vandalism charges in Marion County Public Schools in Florida for incidents including destruction of a urinal, hand dryers and paper towel dispensers. The same article reported that in Boone County, Kentucky, eight juveniles have been charged in offenses related to the trend — four face vandalism charges and four face theft charges.

Destruction of property is not just happening at Kennedy Apartments. Late Night COG recently revised its schedule partially due to destruction of property and rowdiness, and will now only host a few in conjunction with SpikeNites.

According to Suzie Mize, associate vice president of Auxiliary Enterprises, the COG has experienced destruction of property in the past, but not to the level that it has been occurring this year.

Data provided by Tyler said that the campus has recorded 15 instances of what CSPS defines as malicious mischief since August. In 2020, there were 76 reported incidents and in 2019, there were 34.

Fire extinguishers were stolen from main buildings like the John J. Hemmingson Center last week. CSPS has been asking resident directors to help identify students they see destroying or vandalizing property around the school, Atwood said.

Departments from around campus are working together to put an end to malicious mischief for the safety of the GU community. As video footage is searched, they're still looking to find the students who have committed such actions.

Sydney Fluker is an A&E editor. Follow her on Twitter: @sydneyinfluker.

COLLEGE HALL

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"The difference between the first response and the second response was directly a result of students and the work that they did, and I think it's important to emphasize that they are aware of these things and thankfully they did send out that second email, but I mean you know, I think me and my students were surprised at that first email because it didn't reflect anything of what we shared," the professor said.

The student who called campus security, who asked to remain anonymous, confirmed what happened and said she was frustrated that the first email incorrectly represented the situation.

She also said the class was frustrated because it did not feel like campus security was on their side.

According to another email pertaining to the incident that was sent out on Sept. 17, all campus buildings now require Zagcard access for entry. Additionally, all classroom door locks are being checked to ensure they are working properly.

For buildings that might have non-GU visitors, such as the John J. Hemmingson Center or the admissions office in College Hall, it will be up to the building managers of those spaces to decide on visitor protocols going forward, said Becky Wilkey, director of Campus Security and Public Safety (CSPS).

The email also said that Phil Tyler, CSPS crime prevention and education officer, will be offering classroom safety training

to faculty with a priority for faculty who identify as BIPOC.

The training will include creating a plan on how to best respond in an emergency for the classroom space they have, Wilkey said.

Wilkey will also be coordinating procedural justice training for all campus security faculty. Procedural justice training involves training campus security officers to switch gears from response mode to caretaking mode, Wilkey said.

Eric Baldwin, assistant vice president for student well-being and healthy living, elaborated on this point and said procedural justice involves seeing the identity of those who are impacted by a situation, hearing their experiences and valuing what they went through.

Wilkey said it is past time for procedural justice training, and that the Spokane Police Department has two certified instructors that CSPS is collaborating with on the effort.

Although CSPS does not have any mental health professionals on staff, campus security officers go through trainings that teach them to recognize when someone is having a mental health crisis or dealing with substance abuse. They also do implicit bias and diversity trainings and are trained in both de-escalation and escalation techniques as well, Wilkey said.

In this instance, campus security officers were meeting the man where he was at and worked to de-escalate the situation, Wilkey said.

This is the first time anything like this has happened on campus, she said, and campus security is familiar with the man and his family and previously had never had a negative interaction or conflict with them.

Once campus security got the call about

the man who broke into the classroom in college hall, they first made sure the students and professor in the class were safe before changing locations to dispatch the threat. Officers arrived at the scene within three minutes of being dispatched, she said.

A dispatcher with campus security also called a Spokane police department officer to the scene, who arrived at around the same time the CSPS officers did, Baldwin said.

"Not excusing [the man's behavior], not justifying how anybody felt, but saying procedurally, this is what happened, and that impacted people in a different way as well," Baldwin said.

Baldwin said he hopes this incident will spark a larger conversation about safety and that students think about ways they can help themselves and keep each other safe.

"That even that happened really kind of rattled, shook a lot of people up, so we want to take the time to create the space for people to have conversations around that," Baldwin said.

Wilkey also said it is important that students download the Rave Guardian app, since it allows students to help each other by helping make sure their friends get home safe using the safety timer feature.

Going forward, the professor whose classroom was broken into said this incident can lead to a larger conversation about ensuring students feel safe on campus, with a focus on making sure students and faculty of color and other marginalized identities feel that they belong on campus and that they are protected.

"I think that [what happened] hit me personally, but it also hurt a lot of my students personally, because again it was

like something happened that had to do with their identities, and I have students who are of marginalized identities in that class, and I think they were impacted in a way that was even more compounded than perhaps students who don't share those identities," the professor said.

She also said she is encouraged by action that students have taken and expressed an interest in having bias reports be a part of the information that is shared about what to do in emergency situations.

The professor also spoke to the importance of having safety patrol members and counselors of diverse identities, and increasing funding for CCP so that there can be people separate from security officers who are trained to respond appropriately to mental health crises.

In addition, the professor said that depicting the incident as a mental health issue reinforces placing the blame on mental health when an individual commits a crime. This demonizes and further stigmatizes mental health, she said.

However, portraying it as a mental health issue also erases the nuances involved in the situation including that she felt she was targeted because of her race and her gender.

She said she felt angry that her students had to have this incident happen to them, and that this incident is part of a larger issue.

"It's not just about this incident, it's about all of the incidents on campus," the professor said. "I've only been here a couple of years, but I've seen them already, and then ones that we want to prevent in the future. We can't just focus on the one."

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

Lincoln LGBTQ plus Resource Center offers SAGE certification training

By MARISSA CONTER

The Lincoln LGBTQ plus Resource Center is offering training sessions for faculty and staff to earn their Sexuality and Gender Equity (SAGE) certification, which is a continuation of training that has been done at GU for the past few years centered around LGBTQ plus cultural competency.

Formerly called "Safe Zone" or "Safe Space" training, this new training has been updated to fit the current cultural climate of not only GU, but of modern society.

The certification is completed in two sessions. SAGE 1 focuses on terminology and developing an understanding to becoming a supportive ally. Building off of that knowledge, SAGE 2 focuses on implementing this understanding to effectively take action.

"How do we develop informed empathy so that we can relate to people who might have different experiences than us," said Matthew Barcus, program manager for LGBTQ plus Education and Support. "And how do we create proactive inclusion, as well as interrupt when biased instances occur?"

Once training is completed, members can elect to participate in SAGE spotlights. While not required, these serve as a deeper exploration into specific relevant topics, such as how gender is being viewed and explored now compared to past generations. These are meant to act as additional learning opportunities.

For Rebecca Bull Schaefer, an associate professor of management in the School of Business Administration, signing up for training was a no-brainer. She had undergone safe space training in 2010, and felt it was important to stay up to date.

"I always make the joke that for the doors that don't have the safe space [sticker], those are the doors we shouldn't be knocking on," Bull Schaefer said.

Karlene Hoo, dean of the School of Engineering and Applied Science, shared Bull Schaefer's enthusiasm for getting updated training.

Not only did Hoo contact Barcus for more training, she also emailed other faculty and staff, inviting them to partake in these sessions.

They all emphasized how receiving this kind of training is vital to their jobs since it entails forming relationships with their students.

"We want to be reaching students where they're at, and we want to be connecting with those lived experiences," Barcus said. "So we can't just assume that people who come to our classrooms check their identity at the classroom door. They're bringing their sexual orientation, gender identity and gender expression into the classroom. We need to be competent, and affirming, supporting and incorporating that into the curriculum."

Hoo echoed this sentiment and explained how this information plays a role not only in the School of Engineering and Applied Science, but with others in the science, technology, engineering and mathematics (STEM) field.

"It helps us to understand a student or the staff or the faculty through a different lens, not just the one that says we are engineers, we are computer scientists—we are more than that," Hoo said. "I think it raises the awareness that there are many different lenses that we can look through. The training pushes us to recognize those lenses and to be respectful of them."

Bull Schaefer teaches topics such as human resources and employment law, which are certain professional fields that have a strong connection with what is taught in the SAGE certification. She particularly specializes in teaching future supervisors and managers to foster inclusive climates in their workplace.



TERRANCE YIM IG: @terranceyimphoto

Mathew Barcus, program manager for LGBTQ plus education and support, said it is important that GU incorporates LGBTQ plus cultural competency into classroom curriculum.

"Our employees are our most precious investment, because they're the partners that help us get our mission done," Bull Schaefer said. "So to be able to learn about what our current members and partners are going through, their experiences as they've grown up or their experiences in the professional world, is really important."

As more faculty and staff sign up for training on topics of sexuality and gender, this type of training is not only becoming more common, but expected.

Hoo called for normalizing the training like other standard procedures at a university such as requiring students to

abide by a syllabus or routine job training.

"If there was a policy that says this is not an invitation anymore, this is a requirement, I think it would make a stronger statement," Hoo said. "And then after a while, the requirement can go away, because it's natural."

For more information about the SAGE certification and related topics, Zags can visit the "Upcoming Programs" tab on The Lincoln Center's website.

Marissa Conter is a staff writer. Follow her on Twitter: @marissaconter.

TORAH

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the fundraising side. Advancement appointed Shanna Dunne, assistant director of Parent and Leadership Giving, to coordinate and help with development and fundraising.

Dunne has been the main point of contact for questions with the Torah project and has been involved every step of the way, said Goldstein.

The third step was fundraising itself, which lasted from the beginning of April until the goal was accomplished at the end of summer. The goal of \$15,000 was set to cover the costs of a refurbished Torah and the ark to house it.

A new Torah can cost anywhere from \$40,000 to \$60,000, which Goldstein said would be an unrealistic amount for GU to raise. Refurbished Torahs can run from \$9,000 to \$20,000, which is far more attainable.

Contributions poured in from both the GU and local Spokane community. Advancement helped reach out to alumni and sponsors for donations, and fundraising was completed about five months after starting.

Sofer On Site is an organization that refurbishes old Torahs that GU worked with to pick out the proper Torah. Sofer On Site provides traditional services that ensure a Torah is kosher, and can help synagogues restore their old Torahs.

After seeing the options, Goldstein talked with other Jewish community members to pick the right Torah for the GU community.

Her goal was to pick something that could be used for both religious and educational purposes. Script that was too flowery would be hard to teach from, so she worked with others to pick one that could be used by beginners to practice reading and prayers.

Purchasing the Torah itself was just the beginning, however.

A Torah requires an ark to show respect and serve as protection to keep it safe. A traditional ark is large, which brought up the question of where to put the ark.

Luke Lavin from Mission and Ministry suggested one of the less-used nondenominational spaces in College



CHIARA MCINNELLY IG: @picsbychiana

GU's Torah was acquired with contributions from both the GU and Spokane community.

Hall. The new Jewish sacred space was set across from the Muslim prayer space and next to the Catholic chapel.

"This shows how the University helps those who are not Catholics to still follow and embrace their faiths," Goldstein said. "Jewish students have had a rabbi to support them, but having a Torah symbolizes how supported we really are."

Once the location for the ark and Torah had been confirmed, final arrangements were able to be made. Goldstein ordered a special cover for GU and poles, called eitzim (trees), that have the parchment wrapped around them.

Anshuman Bhatia, a GU theater set architect, helped design the Torah ark. Using money from the fund, he worked with a GU carpenter to construct the ark.

Goals for using the Torah include holiday services, practicing reading, cultural observance and teaching mini

lessons on how to chant.

"Gonzaga is an inclusive school, and this new Torah is a testament to the honor and respect those at GU have for all faiths," Krigel said. "I'm very proud of the Jewish Bulldogs and the Gonzaga community."

At the Torah dedication Friday, the Torah will be carried to the sacred space, following guest speakers. RSVPs are strongly encouraged and can be sent to goldstein@gonzaga.edu.

"I didn't dream big enough for a long time," Goldstein said. "But I felt it was necessary for the Gonzaga community to have a solidified Jewish community, and having a Torah represents that."

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

LAW

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set forth by the ABA and not be reported when they try to sit for the bar exam," the petition said. "Students who have been in direct contact, such as sitting next to someone with a positive case, have not been contact-traced or notified by the school."

In the KHQ article, first-year law student Jackie Stone said that not all professors offer Zoom as an option, and those who do are not counting Zoom as class attendance.

The Gonzaga Bulletin arranged a meeting with Dean of GU Law Jacob Rooksby, which was later canceled when Chantell Cosner, marketing and brand manager for GU Law School, sent Rooksby's written responses to The Gonzaga Bulletin's questions that were sent ahead of time.

Rooksby said in the statement that the Centers for

Disease Control and Prevention's (CDC) K-12 close contact exception applies to the law school and its protocols.

The standard definition of close contact per the CDC website is any individual 6 or less feet away from a COVID-19 positive person for more than 15 minutes. The exception excludes people who were 3 or more feet away from an infected person from being considered a close contact if both people were properly wearing masks during the entire encounter.

"Per these guidelines, the university does not do classroom-wide notification, nor does being seated near someone during class while masked constitute a 'close contact' that would warrant quarantine," Rooksby said in the email.

When asked if he knew about students attending classes in person while positive with COVID-19, Dean Rooksby did not confirm nor deny in his response.

"Students who have tested positive for COVID or are awaiting test results while either experiencing symptoms of the disease or having been in close contact with someone who has it should not attend class," Rooksby said.

The petition also highlights the record number of COVID-19 cases in Spokane hospitals and surrounding counties and says that the American Bar Association allows schools residing in areas with high COVID-19 rates to apply for "extensions to variances of teaching methods," which would allow GU Law to maintain accreditation while also accommodating virtual attendance options.

GU Law School students were unwilling to speak with the Bulletin for this story because they said they were in fear of retaliation.

Devan Iyomasa is a news editor. Follow her on Twitter @devaniyomasa.

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CAREER MONTH

October 2021

Speed Mock Interviews

Oct 5 | 5:30pm-7:30pm
Hemmingson

All Majors Career & Internship Fair

Oct 6 | 12pm-4pm
Hemmingson

Engineering and Computer Science Career & Internship Fair

Oct 7 | 12pm-4pm
Hemmingson

Post Graduate Service Fair

Oct 13 | 11am-1pm
Crosby Main Floor

Undergraduate Nursing Career Fair

Oct 22 | 10am-2pm
Hemmingson

Climate change and mental health

How a warming planet means a darker mindset for many

When the United Nations called climate change a “code red for humanity” on Aug. 9, my stomach dropped.

Growing up in the San Francisco Bay Area, I was used to “smoke day” school cancellations, when the air quality was so bad we couldn’t go outside. I knew that it was hot late into October, and that California had experienced a devastating drought for the majority of my adolescence.

I gaslit myself for a while for feeling a constant sense of panic. I couldn’t explain the brain fog I had whenever the air was smoky and the immense guilt I felt during every shower.

It’s hard to live in a world where news titles and art exhibits serve as constant reminders of the imminent consequences of climate change. When 100 companies comprise 71% of the Earth’s emissions, living with the weight of potential climate disaster because of non-human entities’ actions inevitably leads to mental health consequences.

It seems that everyone is quick to label climate change as a problem, but not the mental effects that come with it.

According to a study done by the American Public Health Association on the mental effects of Hurricane Katrina, up to 54% of adults and 45% of children suffered from depression after Hurricane Katrina. The same study reported 49% of all survivors developed an anxiety or mood disorder, and 1 in 6 developed post traumatic stress disorder (PTSD).

However, after natural disasters is when it is hardest to get mental health counselling. Destruction of property, interruption in schooling and relocation place a severe amount of stress on the victims. This disruption of services during such a crucial time period further harms those who are most in need.

There is no easy solution to this problem, because



By SYDNEY FLUKER

such corporations are still dragging their feet when it comes to making effective change. As long as our society values money over sustainability, our planet will never heal.

Normally, I’m embarrassed over how quickly seeing information on climate change can impact my mood. Within seconds, my stomach sinks, my face flushes and I can’t breathe. Even when my family was evacuated briefly a couple weeks ago due to fire threat, my parents waited days to tell me because they knew the severe effect it would have on me.

When I spoke with my therapist about the constant fear and hopelessness I feel to get help, she just said “me too.”

This is not her fault, but that situation reflects the overall lack of information on how climate change can affect the mind. As climate change becomes an increasingly dangerous issue, there needs to be more

mental support.

According to an Italian study from Frontiers in Psychology, the lack of information due to the complexity of this issue makes it difficult to research the effects on our mental health.

However, the few studies that have been done provide new terms to explain these emotions. Eco-anxiety, eco-guilt, eco-logical grief, biospheric concern and eco-psychology are the building blocks for these more complex studies and discussions.

Like everything in our society, studies on climate change expose the weaknesses in America’s overarching systems. A Princeton study from 2020 proved that climate change disproportionately affects those of lower socioeconomic status, which in turn impacts the accessibility of healthcare. It also exposed how Black and Indigenous people of color are less likely to receive equal aid to white Americans and more likely to be affected by environmental racism.

Furthermore, Indigenous people face a disproportionately greater mental health threat. Not only do Native Americans reside in areas more susceptible to disaster, in many tribes eco-spirituality is a large part of spiritual and religious life.

Climate change is damaging the health of our planet and of our people. We have to start talking about the mental health effects that come with climate disaster to be better prepared to face it and recover.

Sydney Fluker is an arts and entertainment editor. Follow them on Twitter: @sydneymfluker.

IMLeagues: The rotten cherry on top of 2021

In the height of the pandemic, when students lived in their minuscule dorms and were forced to learn from a screen for a year, the gym was a luxury. If students couldn’t go outside or see any of their friends, at least they could better themselves physically—or at least try.

Getting yourself up and out of the sweats you’ve donned for seven days to go to a public gym was daunting in a world where being around other people could quite literally kill you. So, you would expect IMLeagues, the platform where one signs up for a slot at the gym, to offer a pleasant experience. Or at least one that made you forget the fact that you haven’t seen someone other than your roommate in months.

Well, lucky for you, IMLeagues offers the most frustrating, blood-curdling experience possible. I am sure you have been there, scrolling for what seems like years to reserve your spot for the treadmill at 1 p.m., your screen lurching forward and backward as you try to land right on the time you need. By the time you threw your phone across the room in anger, picked it up and finally reserved your spot, you got a better workout than you ever would at the gym.

While it may be funny now, the serious lagging of IMLeagues was just one more obstacle in the year 2020. The majority of students’ interactions with the outside world were through technology like Zoom, streaming sites and IMLeagues. These platforms claimed to have the most reliable services so that students could feel connected and even taken care of during an unbelievably hard time.

IMLeagues had a big job. Going to the gym is not



By GRACE SPIEGEL

only beneficial to students’ physical health but their mental health as well. During the pandemic, Generation Z and millennials suffered the most with mental illness. Every activity was harder to do. All that students needed at the time was ease.

But IMLeagues failed at its job of making going to the gym easy in a time where nothing was. When students were already burnt out from living through a global pandemic, the slowness of this app was just another reason not to take care of themselves.

It may sound silly to be so focused on how well an app works, but when an entire generation of students interacted with technology more than people, the technology needed to work. Especially when that technology is linked to physical and mental health.

IMLeagues is not the only one at fault, though.

Gonzaga University boasted about how much it cared for the declining mental health of its students but turned the other cheek when it came to IMLeagues. If GU understood the grizzly truth of mental illness, especially during a global catastrophe, it would realize that any tiny inconvenience could unleash months of built-up anger and frustration.

Thankfully, IMLeagues is no longer needed to work out at the gym. But it’s still the primary platform for intramural activities, just as challenging as ever. Paying attention to details, like realizing the faults of a widely used app, can show students that their school does care for them. And in times of immense darkness, even a smoothly working app means the difference between a good day and a bad day.

Students should not forgive nor forget the extra challenge IMLeagues posed during an already challenging time.

And to IMLeagues, respectfully, fix your app. All students want to do is go to the gym. Stop making it so difficult.

Grace Spiegel is a staff writer.

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Contact Info:

Email: bulletin@zagmail.gonzaga.edu

Office phone: 509-313-6826

Advertising: 509-313-6839 or adoffice@gonzaga.edu

www.gonzagabulletin.com

Who is, Mayim Bialik?

Why 'Jeopardy!' should accept the actress as its new host

Among the COVID-19’s new rampant delta variant and all its political, economic and social repercussions, the one true issue everyone is invested in is who will replace the beloved Alex Trebek as the new Jeopardy host? The obvious answer: Mayim Bialik.

After hosting for 37 years Trebek was forced to leave the show after being diagnosed with terminal pancreatic cancer. Due to his sudden absence, the show has gone to the unusual measure of testing new hosts, in hopes that someone can carry the torch.

The dozen of possible hosts since Trebek’s passing in November of 2020 have run the gambit from actors, previous contestants, athletes, newscasters and scientists. Guests hosts have included past champion Ken Jennings, Anderson Cooper, Katie Couric and Bialik.

The show seemed to have whittled down the choice to Mike Richards, the former executive producer of the show. But due to revelations of some past non-politically correct behavior, he was forced to step down from both positions within the production.

Bialik, on the other hand has shown through her guest-hosting that she is up to the task. After her 15-episode hosting stint, the public has given her rave reviews. This might be due to her experience in both show business and in academia, but there are other aspects of the show a good host must master.

A great host of Jeopardy is marked by their passion for the



By ABBY BETTRIDGE

game. Trebek showed his passion every episode, never faltering from balancing a positive and professional attitude.

Bialik has more obviously shown her passion for the show by coming right out and saying it. She made a video to introduce herself as a temporary host in which she explained why this opportunity was so important to her.

“I so appreciate that Jeopardy is a show that tests all aspects of intellect and allows the brightest minds to shine,” Bialik said.

Her acting background might suggest otherwise but surprisingly Bialik has a deep appreciation for knowledge that began in high school and led her to pursue a Ph.D. in neuroscience.

The game of Jeopardy is also marked by the varied array of people the audience gets to meet every night. Trebek’s interviews allowed viewers to humanize the contestants and care about that damn double Jeopardy.

Bialik’s background in the sitcoms “Blossom” and “The Big Bang Theory” helps her

to understand how to show connection through a screen. Although her character Amy on “The Big Bang Theory” wasn’t very good at bonding with others on the show, Bialik humanized her. She made us care about Amy and whether her relationship with the show’s lead, Sheldon, was going to work out.

A good host is also marked by their ability to understand that one must work with the game, knowing when to speed up or slow the pace to keep the audience’s attention. With many decades of experience, Trebek had it down, but Bialik shows a good grasp for the rhythm of it all.

The only snafu that might hold her back is her opinion on vaccinations. The current pandemic has made it a very divisive topic and her opinion surprised most. She has been criticized online for announcing that her family would receive the COVID-19 and flu vaccines, but that they were the first vaccines they had received in a long time. Although she has come out also saying that she doesn’t disregard the validity of vaccines, she is still under fire.

Despite this, Bialik is the obvious choice to replace the irreplaceable Trebek. Having a charismatic and intelligent woman at the helm of a national hit like Jeopardy will help to inspire little girls to pursue all of their interests, no matter how wide.

Abby Bettridge is a contributor.

What's in a recipe: 'Chicken Ritz'

By ANDERS SVENNINGSEN

Whether it's a soup or stew, salad, sandwich or even a sauce, there's often a recipe within families handed down through the years that can be pointed to as a classic. Whenever whipped up, any trace will be consumed within the hour. Enjoyment of these special dishes comes not only from the delicious tastes they curate, but also because of the things we associate them with.

There's a powerful connection between these recipes and our memory. This mysterious and poignant link is memorialized in Pixar's iconic 2007 animated classic, "Ratatouille." In tasting a dish at a restaurant that was also a staple dish prepared by his mother, the cold-hearted food critic Anton Ego is instantly transported back in time to days of the past.

But it's not simply evocative of one's childhood—food opens doors back to relationships, gatherings, moods and time periods throughout life. Family recipes are imbued with an almost mystical quality of bubbling up fond remembrances of the past.

My family has a veritable ensemble of staples that have graced the cookbook and our table for many seasons. My dad has his Scandinavian, East Coast roots—a phenomenal pasta, meatballs and Swedish pancakes. From my mother's side, a more Midwest tradition begets superb egg bake casserole and macaroni and cheese.

When surveying the landscape created by our family dishes, there's one that stands out as having withstood the test of time and taste immemorial. "Chicken Ritz," a simple hot dish menu item, has been prepared in my family consistently for nearly 20 years. Originally from my mother's side, it's a new entry into the generational recipe collection but became a fast favorite and it's not difficult to see why.

"Chicken Ritz" consists of five inexpensive ingredients combined in a manner that is minimally messy and fussy. The result is a hearty, delicious meal that keeps well for a long while. While not overtly being a college student meal, it fits nicely within the budgets and tastes of those who are looking for an easy, solid meal on a time crunch.

The recipe calls for a few sizable chicken breasts, eight ounces of sour cream, two cans of cream of chicken soup, a sleeve of Ritz crackers and butter. While not the healthiest hot dish on the planet, butter and Ritz can be excluded, although you might receive a strongly worded letter from me if I find out.

The preparation is fantastically minimal. Bake or boil your chicken breasts until cooked through, cut into cubes and

place in the bottom of a 9-by-13-inch baking pan. Combine your sour cream and cream of chicken, pour the mixture on top, crush and top with Ritz and drizzle with melted butter—throw it in the oven and bake for 40 minutes at 350 degrees.

Once you've slogged through the arduous and extremely difficult experience that is preparing the hot dish, top with fresh cracked pepper and serve a heaping spoonful over rice with the vegetable of your choice on the side. Convenient, hearty and blessedly cheap, "Chicken Ritz" can be prepared in a large batch at the beginning of the week and reheated easily whenever needed.

In preparing a pan to share with the Bulletin, I completed my own little nostalgic journey back to cold school nights in the winter—finishing my homework and sitting down to the table back home to share a meal and a moment that was perhaps unremarkable at the time, but now has a special place in my heart and lives on within the meals and the people I'll share them with, for the rest of my life.

Recipe:

Ingredients -

- 4-5 Chicken Breasts
- 8 o.z. Sour Cream
- 2 cans Cream of Chicken Soup
- 1 sleeve of Ritz crackers (crushed)
- 1 stick of butter (melted)

Preparation -

1. Boil or bake chicken breasts until cooked through--cut into cubes or strips
2. In a bowl mix together soup and sour cream
3. Spread cut up chicken breasts in the bottom of a 9-by-13-inch pan
4. Pour soup and sour cream mixture into the pan
5. Sprinkle with Ritz crackers on top, covering well
6. Drizzle melted butter over melted crackers
7. Bake at 350 degrees for 40 minutes
8. Serve with rice or egg noodles, and enjoy!

Anders Svenningsen is a staff writer.



COURTESY OF ANDERS SVENNINGSEN

The Svenningson family recipe of "Chicken Ritz" consists of five simple ingredients.

“

Family recipes are imbued with an almost mystical quality of bubbling up fond remembrances of the past

Anders Svenningsen, Gonzaga Bulletin staff writer

ACROSS

1 Where the sirocco blows

7 Mea —

12 Salt's salute

16 Latin I word

19 Unshut

20 Big Mac topper

21 Unique

22 Pool length

23 Ante up

25 Five in a row, in Vegas

27 Wheel support

28 Choose

29 Gatos or Altos start

30 Purloined

31 Wessex worker

33 Polypropylene, e.g.

36 Looked at fixedly

37 Mathematical transformation

40 Institute in Philly

41 Certain runner

42 Fits of pique

43 Invalidate

44 Mattress name

46 Foot part

47 Stately timber

48 In a shrewd way

50 Short farewell

53 Building build-on

54 Trolley sounds

56 Invalid

57 Jughead

58 AWOL from school

60 Lime trees

63 Dig find

64 Bikini, and its kind

66 Least robust

67 Gummy

68 "I ____ Write a Book"

69 River at Mount Vernon

70 Press agent

71 Bus rider of fame

72 Dispense charitably

73 More forbidding

75 Rocky's right?

78 ____ and scrape by

79 Unit of radiation

82 Role for George Burns

83 Supernatural force

84 Dwarf planet

85 Wise saying or sayer

87 Treaties

88 Behaved like a bee

90 By and large

91 Cold sufferer's need

92 Not thick

93 Nun of note

94 Wish bringer's prop

95 Kind of column

96 Deface

97 Employer

99 Down with, at the Bastille

103 Mixed bag, in Vegas

105 Five gems, in Vegas

108 Brewed beverage

109 Ticklish toy

DOWN

1 Chesterfield

2 Pinnacle

3 Cad

4 Volcanic rock

5 Soak flax

6 Stick fast by

7 Soft drink

8 Horned horse of fable

9 Small betting parlor

10 Where antes go

11 Some

12 Firebug's felony

13 Porkpies

14 Bobby of hockey

15 With turbulence

16 Likely contender in 2000

17 Composer Gustav

18 Made a choice

24 Santa helper

You Deal

Edited by Linda and Charles Preston

19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115

9/26/21

Sudoku

By The Mephram Group

Level

1

2

3

4

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

Solution to last Sunday's puzzle

9/26/21

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

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

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

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Amara Gamache (left) and Paal Bredal pose at the summit of Boundary Peak in Nevada, after a long day of hiking.

COURTESY OF PAAL BREDAL

A couple's summer of summiting

By NOAH WONG

This summer, seniors Amara Gamache and Paal Bredal undertook an enterprising physical and mental feat that took them all around the continental Western United States. Their ambition was to summit the 11 tallest peaks in each state west of Colorado.

“I want to go all over the world,” Bredal said. “But I feel like I shouldn’t be doing that until I’ve explored my own backyard.”

They began their preparations at Gamache’s home, a hop farm in Yakima, Washington, outfitting Bredal’s 2010 Subaru Outback with a wooden bed frame in the trunk and cramming equipment in the rooftop cargo carrier.

“It’s always been a dream of mine to live in my car,” Bredal said.

They left to partake in a mountaineering course from the American Alpine Institute in Bellingham, Washington. The course’s two topics consisted of glacier travel and crevasse rescue, learning how to construct rope systems and self-arrest using ice axes in the case someone slips and falls down a hole in the snow or a 60-foot crevasse.

The first mountain they took on was Oregon’s tallest peak, Mount Hood. They were accompanied by fellow GU seniors Jake Bubb and Elliot Nye and took the classic route, which included a brief ice climbing section at a choke point above a 600-foot-deep and 20-foot-wide crevasse.

“I always feel pretty secure,” Bredal said. “Otherwise, I wouldn’t be doing it. I’m always nervous that something will happen to Amara. If I didn’t do something right and it’s our fault they got hurt.”

Next, they went back to Washington to climb Mount Rainier. With Bubb and Nye, they took the Disappointment Cleaver-Ingraham Glacier Direct route, the most popular, and did it without a guide.

“You get top fever,” Bredal said. “You’re willing to get to the top because you’ve worked so hard. I’m going to put one more foot forward.”

Having received the last permit for camping on Rainier, the group got the most undesirable campsite, the one with the lowest altitude. Others at the campsite began their ascent at around 11 p.m. They didn’t start until 3 a.m. While they were the last to make it to the top, they also probably had the fastest pace.

“You get up, and you’re like ‘yes, half way done,’” Gamache said. “Rainier is really cool because you can see Mount Hood and Mount Adams in the distance.”

After spending a few days in Spokane, Bredal and Gamache climbed Borah Peak in Idaho, likening its rigor to a steep hike.

Montana’s Granite Peak was next. The length of the trek is about 30 miles, and half of it is done at 11,500 feet of

altitude. They camped at Froze to Death Plateau, a 2-by-6 mile large plateau filled with boulders and 1,000-foot cliffs — a beautiful landscape that resembles Ireland according to the pair.

A knife-edge ridge with snow, ice and 1,000-foot drops lead them to put their safety first and turn back.

Wildlife encounters were aplenty in Montana, with a marmot stealing their rope and a mountain goat hanging around their campsite for about 24 hours.

“We lived in our car, but along the way we stayed at our friend’s house,” Bredal said. “What’s really cool about college is you meet people from all over the place. So everywhere we went, we had friends in Portland, in Spokane, in Bozeman, Helena; we went to my house, we went to [Amara’s] house, we went to Colorado, all over the place.”

Their next stop was Boundary Peak in Nevada. “That was a fun one, it’s just another hike, a day trip,” Gamache said. “The crazy thing about when we were up there was there was a person that had gone missing the day before we got there. There were search and rescue helicopters circling around us and several people came up to us and asked if we had seen him.”

They reached the summit on the second day, and a search and rescue crew member near them received a call that the man had been found.

The tallest mountain in the lower 48, Mount Whitney in California was next on their list. Not having the permit attained through a lottery for this summit, they decided that the exorbitant fine rangers issue if they were found on the mountain during the night was not worth the risk and forwent the attempt.

After spending two weeks in their car, the two decided to check into a fancy Las Vegas five-star hotel for one night and walked around the Strip.

“It was so funny walking into that hotel, we both felt so grimey,” Gamache said. “We had dirt all over us and smelled like we had been living in a car.”

The pair picked up different books on their trip, kept on accumulating more and more books from each stop, keeping them under the bed.

At the Grand Canyon, they skated a two-mile paved path along the edge of a crack and saw a plethora of elk. After summiting Humphreys Peak in Arizona, they summited Wheeler Peak in New Mexico.

“New Mexico is beautiful,” Gamache said. “If someone just plopped me down in Taos Ski Valley and asked where in the United States I was, I would never in ten years have guessed New Mexico.”

Traveling North, they visited Denver and summited Mount Elbert in the Rocky Mountains.

“It’s just a hike, but it’s taller than Mount Rainier,”

Bredal said. “There was no snow, it was so easy.”

After making the summit, they visited the Melanzana Outdoor Clothing store in Leadville, Colorado and made an appointment to buy their renowned hoodies. After spending a couple days in Boulder, the two made the two and a half hour drive to Leadville to pick the hoodies up, only to immediately drive back to Boulder.

The two dropped off a friend in Boulder then made the 11 hour drive that same night to Salt Lake City as Bredal had a half marathon the next day. While Gamache drove, Bredal slept in the trunk of the car. They arrived in Salt Lake at 3:45 a.m., 15 minutes before the half marathon bus was to depart.

At Utah’s highest point, Kings Peak, the two, who at this point had become consummate campers, forgot to bring propane for their stove.

The next mountain was one of the most challenging. Gannett Peak in Wyoming was 56 miles with 11,000 feet of elevation gain. There were river crossings with the water level up to Bredal’s upper thighs, the mountain has 11,000 feet of gain, then drops to 8,000 feet, then goes back up to 11,000 feet then drops again to 9,000 feet before the mountain comes into view. Despite covering around 20 miles the first two days, the mountain was nowhere in sight.

“It was such a cool full circle moment for me,” Gamache said. “It was the most difficult one we did, and Granite [Peak], the one I couldn’t do, was really similar to Gannett. The whole time we were up there, there was a healthy fear of death, but at the same time, I never felt like I couldn’t do it.”

The last day, the pair walked over a marathon in distance, starting at 8 a.m. and finishing at 10 p.m.

“Amara did it in Chacos,” Bredal said.

The long trip included moments of disappointment and fear, like when they got a flat tire, constantly moving equipment in and out of the car, boredom from podcasts and music.

Gamache was nearly bitten by a rattlesnake, and Bredal’s toe was bitten by a Marmot.

“It proved to the both of us how enduring we can be,” Gamache said.

The range of emotions the two experienced were vivid and profound.

“When we’re climbing, I always feel like this is the place I’m supposed to be,” Bredal said. “You’re so focused on the goal and you can’t think about anything else. You’re just present in a very beautiful and free place.”

In total, they covered 212 miles and gained 67,657 feet in elevation.

Noah Wong is a staff writer.

Urban-farm fun at downtown's third annual Fall Fest

By AMELIA TRONCONE

Searching for fun fall activities to do with friends? Well, look no further.

Downtown Spokane will be hosting its third annual Fall Fest. For the first time, the festival has been extended into a two-day event. It will be held on Saturday and Sunday from 11 a.m. to 5 p.m. on 10 S. Howard St.

Elisabeth Hooker, the programming and marketing director for the Downtown Spokane Partnership, created Fall Fest in 2018 in hopes to bring the feeling of the fall into urban downtown with attractions that will bring the Spokane community together.

“Fall is definitely a feeling of community of neighborhood,” Hooker said. “And even though we are a downtown for a midsize city, this is our opportunity to create an identity as neighbors.”

This year’s Fall Fest will encompass downtown as a whole, with four main activity areas: River Park Square, Wall Street, Parkade Plaza and Riverfront Park. Each portion of downtown will have different attractions, ranging from an urban pumpkin patch to a petting zoo and beer garden.

The wide range of activities available throughout the festival makes it suitable for people of all ages.

The central location of the festival will allow for the community of Spokane to further explore shops, restaurants and parks that are located in the downtown district. According to Hooker, it is also a great opportunity for the community to be engaged in their city and experience new things.

“It’s really nice to see people in downtown and kind of discovering and trying new things that they didn’t know were here,” Hooker said.

A new feature added to Fall Fest for this year is the Art Fair presented by Spokane Arts, which will be held under the Pavilion at Riverfront Park.

The Art Fair will display an array of unique works from local artists and artisans. Everything from paintings, photography, prints, ceramics, home goods and jewelry will be available for sale in this portion of the festival

“The Art Fair has a fantastic line-up of artists including some more established artists and also some great new artists that have recently moved to the area and are excited for this event as a way to connect with more people,” said Mika Maloney, program director for Spokane Arts and coordinator of the Art Fair, via email.

Maloney also believes that the fair will provide the



BULLETIN FILE PHOTO

Fall Fest is located in downtown Spokane and features various local booths.

perfect platform for artists within the Spokane region to connect with fellow artists and the general public.

While Downtown Spokane wants the festival to be enjoyable for its attendees, it is also dedicated to protecting the public. Therefore, to mitigate the risk of COVID-19, the event organizers are asking that all attendees observe public safety measures and are requiring masks for all inside activities and congested outdoor spaces.

Both Hooker and Maloney believe that, despite the COVID-19 regulations, the festival will be a great atmosphere for families and all things fall. Furthermore, they are excited for the public to experience the sense of connectedness that Fall Fest creates.

“That is my favorite thing that’s come out of this - just people getting to know each other, greeting each other,

maybe making us feel a little bit more connected,” Hooker said.

As of now, Downtown Spokane plans on holding Fall Fest again next year, at around the same time. In regard to the Artist Fair, however, plans are a little more unsure.

“I’d love to see this become an annual event but we’re taking everything one at a time right now,” Maloney said. “So no set plans for next year yet, but we did have a really good response from artists excited for a place to share their work with more people.”

For information about Fall Fest visit Downtown Spokane’s website at <https://downtownspokane.org>.

Amelia Troncone is a staff writer.

Bye-bye BYU, the Zags could be next

With its arch-rival's imminent departure from the WCC, it might be time for GU to consider its options sooner rather than later

Commentary by **SOFIA CHAVEZ**

On Sept. 10, Brigham Young University announced its decision to leave the West Coast Conference (WCC), a move that had been widely anticipated following rumors that the Big 12 Conference would be extending an invitation to the university among a handful of other schools.

The invitations were seen by many as an obvious means to offset the Big 12's devastating loss of the University of Texas and Oklahoma University to the Southeastern Conference (SEC) in a shocking blow to the prestige of the conference. The BYU Cougars were no doubt an attractive addition considering its immense fan base and recent independent collegiate football success.

For BYU itself, the deal is pretty sweet. By staying in the WCC for two more years (until after the 2022-2023 season), the Cougars will pay a mere \$500,000 to leave, and more importantly, it will put itself in a much better spot for its cash cow of a football team.

The WCC should also count itself lucky. If BYU would have waited the full three years to leave, the league would have missed out on any payout at all. Additionally, the conference will have a decent cushion of time to fill BYU's spot.

However, for both Gonzaga University and its basketball fans, the announcement, while expected, is more bitter than it is sweet. BYU's exit could have big implications for GU since it will be leaving a conference in which the Zags were its biggest and main competition.

For the WCC, a way to mediate the loss would be to poach some new blood for the league. But for GU, the next step is far more complicated. Among the many considerations for the university



LILIANA KANESHIGE IG: aka.lilly

The Zags took down BYU 86-69 in the most recent meeting in Spokane on Jan. 7. Since 2011, the Bulldogs are 18-7 against the Cougars.

are its geographical location and lack of a football team, both of which put the Zags in a very unique situation when it comes to scoping out new options.

In truth, there isn't currently a perfect avenue to pursue. If GU stays in the WCC, it will find itself down a rival and stuck in a cycle of largely non-competitive conference games, which will continue to haunt the team come March. Undoubtedly, BYU and GU complement one another, and without its main sparring partner, the Zags are like seniors playing in a junior varsity league.

Inevitably, if the Zags make the choice to leave the WCC in pursuit of bigger and better competition, they must make the tasking decision of where exactly that is.

In some ways, the Pac-12 would suit GU well. Rubbing shoulders with the likes of the University of California Los

Angeles (UCLA) and the University of Oregon would provide GU's men's basketball team with the kind of exposure and competition that both it and its audience deserve.

Unfortunately, the Pac-12 has stated repeatedly that it isn't expanding anytime soon. And even if it was, GU likely wouldn't make the cut without a football team. And despite the suggestions of some, choosing to move just the men's basketball team would alienate both the WCC and the rest of GU's sports teams.

Many have recommended that the Zags join the Mountain West Conference (MWC). While its absorption into this league would be only a small (and arguable) step up, the switch could be mutually beneficial for both GU and the MWC.

Even without a championship, the

Zags would be a huge reputational and financial score for the league. As for GU, it would be joining a league with a bit more talent considering that the MWC consistently gets two teams a spot in the NCAA tournament. The WCC does as well, though those teams are almost always GU and the departing BYU.

The entire situation is rooted in chasing lucrative television revenue. While the sports fan in all of us would like to ignore that increasingly prevalent aspect of so-called "amateur" sports, it is becoming the greatest draw for teams like BYU, often in place of loyalty and historic rivalries.

GU has gone as far as it can in the WCC, and at this point, its wings are being clipped. It is a powerhouse that is playing well below its station and, as a result, is left ill-prepared for its more challenging games in March. Joining a new league, if only slightly more competitive, will provide the Zags with a more demanding schedule that could end with a postseason championship.

But the bottom line is that GU can keep up with the top teams of the country, and should explore options outside of the WCC, for both the financial benefits and improvement in competition. After all, the Zags will simply not be able to keep up their current level of prestige if they fail to evolve to changing circumstances.

As college basketball realigns with changing circumstances, GU must do the same or it will risk being left behind.

Sofia Chavez is a staff writer. Follow her on Twitter: @Sofia_chavez2

Men's basketball lands first commitment in 2022 class

By **COLE FORSMAN**

The Gonzaga University men's basketball team has landed four-star recruit Braden Huff, a 6-foot-9 power forward from Carol Stream, Illinois.

"I picked Gonzaga because I felt like it was the best fit for me," Huff said to On3. "This was the place I wanted to be at just because of the history and development that goes on through this program."

Huff's announcement comes after an official visit

to GU's campus on Sept 24, however, the program first reached out to him in July.

"When I got that first call, I remember I was at one of our AAU tournaments and I saw a call on my phone from Spokane," Huff said to the Chicago Sun-Times.

Last season, Huff averaged 17.5 points, 6.5 rebounds and 2.8 assists in 22 minutes a game for Glenbard West High School. According to 247Sports.com, he's the second-best prospect in the state of Illinois and ranks 88th nationally.

Huff is the Bulldogs' first commitment of the 2022 class. He also received offers from Virginia Tech, Northwestern and Wisconsin among others.

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

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Ivanna Montemayor comes to GU as a third-generation golfer from Tijuana, Mexico.

Montemayor swings into action

By TOMMY CONMY

If you see Ivanna Montemayor frowning on a golf course, something may be seriously amiss.

Hook, slice, sand or water, Montemayor chooses to smile and laugh at her mistakes on the links instead of stewing over what could have been.

“To let your personality shine [on the course], you have to have a mentality of growth,” Montemayor said. “Saying, ‘OK, I’ll take this bad shot as a learning experience instead of letting it affect me and crumble my confidence on what I’m doing,’”

Montemayor is right to be confident in her golf game. A third-generation golfer, her parents first took her to the driving range when she was 3 years old. Instead of teeing off, she preferred to chase butterflies rather than birdies.

“The thing that made me want to go was that I was having fun and [golf] wasn’t forced upon me,” Montemayor said.

At 5 years old, she began playing club tournaments and receiving golf lessons from her father Ricardo—a scratch golfer in his own right. The subsequent 15 years have been filled with fun, travel and accolades for the redshirt sophomore.

Originally from Tijuana, Mexico, Montemayor frequently traveled across Mexico and the United States to play in tournaments.

“For me, it was normal to cross the border on the weekends and go spend the day in San Diego,” Montemayor said. “I didn’t realize the magnitude of that or how blessed I was because I was crossing international borders almost every week. I would cross the border every morning and then after school cross back straight to the golf course.”

Montemayor got the best of both worlds, competing in only large national tournaments in Mexico due to the distance between Tijuana and the center of the country. In Southern California, Montemayor faced a more competitive field of golfers that elevated her game beyond her peers and helped her qualify for the U14 Mexican national team that traveled to compete in Belgium.

Amassing nearly a decade of golf experience by the time high school was slated to begin, Montemayor was a coveted player. Mater Dei Catholic women’s golf head coach Alex Venezuela was friends with her father and played at Montemayor’s home course at Tijuana Country Club and couldn’t miss the rising prospect.

In the Mexican school system, middle school runs through ninth grade. Montemayor eschewed her final year in Mexico and enrolled at Mater Dei Catholic in San Diego.

Although the school is nationally recognized for its standout football program, the women’s golf program hadn’t yet established its reputation.

“We didn’t get that pressure when we went into high school golf,” Montemayor said. “The team was not built to what our coach eventually built it to throughout our four years. It was not really competitive at all. He didn’t put any pressure on us. He just wanted us to go and have fun and play the high school matches after school.”

Montemayor made enough room for fun and success through her four years, collecting a runner-up finish at the 2018 California Interscholastic Federation Championships while leading her team to a state title. Between collecting medals, Montemayor and her teammates celebrated birthdays with posters, confetti and cupcakes at practice.

College recruiting has its fair share of headaches for student-athletes and coaches alike. For Montemayor and the GU coaching staff, her recruitment was Tylenol in the cocktail of college athletics.

“I saw the pamphlet for GU and the way the lady was talking about it, I fell in love,” Montemayor said. “I was drawn. I was like, ‘I need to go here and I will do everything in my power to do it.’”

The summer before her junior year of high school, Montemayor sent the GU coaching staff an email before recruiting rules allowed coaches to personally speak with her. The first day the rules permitted interaction, GU responded to that email.

Her official visit to campus only deepened her affection for the school that she had her sights set on as a wide-eyed first-year over a thousand miles from the doors to College Hall.

“When I got here, it even exceeded all my expectations.,” Montemayor said. “I love it here.”

Thus far, her career at GU has paralleled the path she took at Mater Dei. Last spring, GU won the West Coast Conference (WCC) tournament and narrowly missed receiving an at large bid to the National Championship meet.

Montemayor was unable to compete at the WCC Championship due to a concussion that forced her to take a redshirt year.

“[Ivanna] had a bit of a hard time last year with a couple of injuries, including a bad concussion,” Women’s Golf Head Coach Brad Rickel said. “This took her out of competition and limited her practice for some time. [Ivanna] is always a joy to be around and the team loves her. We look for her to be a big part of what we do this year.”

Now a sophomore, Montemayor has played in one of the team’s two events during the fall season, tying for 25th at the Coeur D’Alene Invitational.

“Over the summer I practiced a lot on quality over quantity,” Montemayor said. “I think that helped my game a lot to narrow down my misses and being more present on the golf course. Sometimes I get carried away, even

though I’m not the person to show much emotion on the golf course. I let the bad things get to me, so working on that will improve my scores in tournaments because of the increased pressure.”

Narrowing down the best part of Montemayor’s overall golf game isn’t an easy feat.

“Honestly, sometimes some things are better than others,” Montemayor said.

For Rickel, Montemayor’s strength is obvious.

“Her power stands out,” Rickel said. “She hits it long and high. One of the longest players on our team.”

She politely disagrees.

“I just love putting more than anything,” Montemayor said. “My dad always told me, ‘putting is where tournaments are won, that’s where you make it in the hole.’ Since I love practicing putting, it reflects in my game.”

When she isn’t carrying a golf bag on her back, Montemayor is a business administration major with a concentration in Law and Public Policy with a minor in Leadership studies. Her interest in business prompted her to take advantage of the Name, Image, and Likeness (NIL) legislation that allowed athletes to be compensated for their image.

Montemayor contacted GU athletic advisors about the possibility of becoming a Barstool athlete because “everyone was doing it.” Following multiple hurdles and athletic department meetings, the values of Barstool didn’t comply with Gonzaga’s values and instead of facing further headaches, Montemayor withdrew her application.

“I’ll try to look for more sponsorships or try to get more exposure in that area,” Montemayor said. “But [NIL] has honestly not changed anything or my approach to golf.”

Montemayor remains committed to her teammates and the university she has coveted since she was a first-year student in high school. Her aim remains firmly focused on claiming another WCC crown and qualifying for the National Championship.

“Not only was the bar raised by other people, we raised it ourselves,” Montemayor said. “We know we can do it and we can beat great teams. We are working towards raising that bar even more and that’s what all of us want to do. It’s added pressure, but we have to have that view as athletes.”

Even with a target on their back, Montemayor and her teammates won’t forget to include fun in the agenda before competing in the Pat Lesser Invitational on Oct. 11 in Tacoma, Washington.

Tommy Conmy is a staff writer.

Leveling up: School of Business educates athletes

GU's School of Business creates course to educate student-athletes on NIL

By SYDNEY FLUKER

The Gonzaga University School of Business Administration (SBA) has partnered with Gonzaga Athletics for Next Level program, which will provide GU student-athletes the skills they need to navigate the business world.

As of July 1, the NCAA has granted collegiate athletes the ability to use their name, image and likeness (NIL) to profit.

After the interim policy was released, some states passed legislation regarding NIL, but Washington state did not. This led GU to create a program that would aid athletes in handling the business side of athletics.

Senior Associate Athletic Director Rian Oliver has worked with SBA to create a 10-week, one-credit course to teach student-athletes important lessons regarding NIL in what she considers to be a natural pairing of academics and athletics.

“Once the NCAA allowed student-athletes to use that, it was quickly apparent that we were sending student-athletes into the business world without any education or preparation,” Oliver said. “They weren’t treated as a student anymore, they were treated as somebody who signed a contract.”

Partnering with Peggy Sue Loroz, a professor of marketing and faculty athletics representative, and Ken Anderson, dean of SBA and the previous faculty athletics representative, the department created the course Business 270: Personal Branding and Business for Athletes.

As they deal with the uncharted territories of a brand new class, the co-professors have been working with the athletic department to develop a course that will teach student-athletes the most important aspects of NIL.

The class touches on personal brand management, financial literacy, business and entrepreneurship, legislation and social media. Guest speakers are regularly

brought in to expose student-athletes to experts in particular field areas.

“Not only are the rules and guidelines changing, but the amount of material that could fall under the NIL umbrella is massive,” Anderson said. “We’re learning as we go through the semester what topics should be focused on, what we might change, etc. to make it better fit the athletes’ needs.”

Student input is encouraged and the co-professors meet regularly to discuss how to make the course better and more effective for athletes.

As ex-athletes themselves, Loroz and Anderson are both very familiar with the world of collegiate athletics.

According to Anderson, scheduling around athletic conflicts is difficult, which means some sports are left out this semester. As the program develops, class times will change to ensure athletes are given the ability to take the class at some point in their education.

Athletes of all grades are eligible to take the class. This semester, nearly all grades are represented, with some first-year students and MBA students going through the same course.

“The broad range of interest and skill sets mean there are very different ideas about what this opportunity might be used for,” Loroz said.

Loroz and Anderson work closely with Oliver to ensure they are staying on top of NCAA legislation and student-athletes’ rights to keep the class as updated as possible.

For the co-professors, it was important to keep a Jesuit-centered mindset when developing the course. Loroz stresses the importance of personal reflection and knowing one’s own values.

“Values alignment is really important—if you don’t take any time to think about your values, goals and desired impact, then you may sign a contract that doesn’t align with who you are,” Loroz said.

Aligning with GU’s mission statement is important

for Next Level’s purpose to show athletes how NIL can make an impact, including in social justice areas. Loroz brought in Rick Clark of Giving Back Packs and Spokane Quaranteam to speak with the class.

Clark posted an impromptu donation drive on Facebook that would last as long as he spoke to the class. Within those 40 minutes, his goal of raising \$1,000-\$2,000 was quadrupled, and by the end \$8,100 had been raised for Spokane Quaranteam.

Other guest speakers include experts in personal branding, evaluating opportunities, making impacts and entrepreneurship. The goal is to give students a holistic image of the business side of the athletics world and to introduce them to experts that can better answer specific questions.

Adjustments will be made to the course as the needs of athletes are better determined. Next Level requires a reactive approach until course standards and materials are better established, which will come with time.

As NIL develops, student athletes are able to use what they learned in class to sign endorsement deals, start their own businesses, teach lessons in their respective sport or other methods of profiting from their name, image and likeness. Athletes have to check with compliance staff to ensure they are following NIL guidelines.

“We hope that as we move along, more people will take advantage of it and try to reduce the stigma that you have to be a high-profile player to be able to benefit from both the education and participating in NIL,” Oliver said.

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

Breaking the ice

Skye Clark and Leire Corrales make statement by playing on a majority male hockey team

By NOAH APPRILL-SOKOL

What if the glass ceiling we hear about breaking was made of ice? Then surely, Gonzaga University club hockey athletes, senior Skye Clark and junior Leire Corrales, would have shattered it by now. Both are exceptional athletes in their own right, but highlighted even more as the two sole women athletes on a team of men.

From a young age, both Clark and Corrales took to loving the ice, building substantial ice hockey careers for themselves before arriving at GU.

After first playing soccer, Clark, originally from Bainbridge Island, Washington, picked up rollerblade hockey at age 9 and later switched to playing ice hockey in middle school and throughout high school. She began on an all-boys team 45 minutes away from her home in Bremerton, Washington, for a few years and later switched to a couple of all-girls teams that played in a competitive Canadian league.

From San Sebastian in Northern Spain, Corrales came from a family that enjoyed skating. Her two brothers played hockey, and at 10, she began figure skating. When she was 15, Corrales was recruited to play on an all-girls team for her city. She fell in love with the sport and moved away from figure skating to focus solely on hockey, playing on a variety of teams before arriving at GU.

While the ice hockey duo took unique ways to finally get to this sport, they both are grateful that ice hockey is the sport that they have landed upon, both calling the ice hockey rink their home.

“When I had the chance to play hockey, I was immediately like, ‘oh this is so much more fun,’” Corrales said. “I think once I started, I realized that this is what I love, which was skating but in a team and a more fun environment.”

Arriving at GU, Clark and Corrales both struggled to join the club hockey team. The team, which had consisted largely of men and had been branded as such, made it seem that the club was not open to having women play. Clark, who opted to play club rugby during her first year at GU, remembers walking by the ice hockey booth at the GU club fair as a first-year student and talking to a player who said he did not think women were allowed to play.

This changed, however, a year later during Clark’s sophomore year and Corrales’ first year, when senior Brandon Duff, a hockey player who played with Clark when she was 12, reached out to them both introducing them to each other and offering them an opportunity to come to a practice to see if they would want to join.

“I started somewhat out of spite because my family was a huge soccer family,” Clark said. “So, when I saw people playing roller hockey, I was like, ‘my dad will be so mad and it’ll be great.’ But I slowly fell in love with it, really. Switching over to ice hockey, I just loved it and it developed really quickly for me.”

Even after joining the team, the transition to becoming cherished and valued team members was difficult. Clark and Corrales changed in separate locker rooms, making bonding off the ice difficult, and many of their male teammates treated them differently at the beginning. Even their coach when addressing the team would always refer to them separately as the “lovely ladies.” Clark and Corrales depended heavily on each other, especially in the early days, to relieve some of the stress and pressure.

“A lot of them like had [never] experienced playing with a girl on the team before, so they had some adjustment,” Clark said. “Some of the guys were a lot more influential, making an effort to get to know us. But it was hard to bond with the others at first.”

After two years of playing hockey on GU’s club team, Clark and Corrales are both what junior Adrian Osborne,



The Corrales (left) and Clark tandem is changing club hockey at GU while encouraging everyone to come out for the team.

president of the team, calls “one of the boys.” Both are forward wingers with a valuable hockey sense, and Clark is the treasurer and assistant captain for the team. They both bring leadership and a level head to the fun and craziness of the team.

“They bring their positive attitudes,” Osborne said. “They’re always at the practice, and they’re very consistent. They play hard; they do their part. I cannot ask for people to set a better example for what a team player should be than those two.”

While now welcomed members among their teammates, the two have been the victims of a lot of sexist remarks and treatments both from fans and opponents.

In a game against University of Washington, for example, a UW player actively went after Clark, constantly checking her. One of his dirty checks gave Clark a concussion. Corrales remembers a game against Idaho where while on the faceoff line to start the game, a 6-foot-5 male hockey player mockingly asked her if she was able to check him.

Surprisingly, however, Clark and Corrales both agreed that the most sexist attitudes came from not the opponent or the opponent’s fans but from GU fans. These attitudes, coupled with other disrespectful behavior at the rink from GU students, particularly bothered Clark and Corrales, who see the school as being a welcoming and open place. They wanted to emphasize that any disrespect goes counter to the GU mission.

“It is really disappointing because we think of the place as being very progressive,” Clark said. “This is another reason why I feel like it’s so important that we need to carry on having girls on the

team just so that we can normalize it and have it not be this big deal anymore.”

Although it is difficult to play on a majority men team and compete against all-men teams, their determination to play stems from their love for the sport and a responsibility to inspire other women to break through the ice and play hockey. Both Clark and Corrales hope that by playing they can inspire other young girls to fall in love with the sport and play hockey.

One heartfelt moment related to women playing in hockey for Clark and Corrales came after a tournament game in Winthrop, Washington, when a young girl came up and asked them to sign her puck. The girl’s mother explained to them that this was the first time that the girl had seen older women playing hockey.

“That was cool because you’re like, ‘oh maybe I had a small influence on this girl’s life. Maybe she can see that she can continue playing hockey and that she can go to college and play hockey on a coed team,’” Corrales said. “There’s not a lot of women playing hockey. So just the fact that we represent that is important.”

In an attempt to cement the legacy of the team being coed and to ensure that the ice stays broken, Clark and Corrales are trying to get other women athletes to join the GU club hockey. For them, the joy that they found on GU hockey needs to be shared to all, not just to men. To anyone interested in playing hockey, Clark and Corrales hope that they take the risk and join.

“I love being part of the team,” Clark said. “It’s so much more than just what we do on the ice, what we do in practice or in games, or even like conditioning. It really

GU SPORTS CALENDAR

- Thursday, Sept. 30**
» **Volleyball vs. Saint Mary's, 6 p.m.**
- Friday, Oct. 1**
» Men's tennis at UA Wildcat Invite, Tuscon, AZ, Day One
» Men's soccer at University of San Diego, San Diego, CA, 7 p.m.
- Saturday, Oct. 2**
» Men's tennis at UA Wildcat Invite, Tuscon, AZ, Day Two
» Women's rowing at Head of Oklahoma, Oklahoma City, OK, Day One
» Men's tennis at ITA All-American Championships, Tulsa, OK, Day One
» **Volleyball vs. University of the Pacific, 7 p.m.**
» **Women's soccer vs. Brigham Young University, 7 p.m.**
- Sunday, Oct. 3**
» Men's tennis at ITA All-American Championships, Tulsa, OK, Day Two
» Men's tennis at UA Wildcat Invite, Tuscon, AZ, Day Three
- Monday, Oct. 4**
» Men's tennis at ITA All-American Championships, Tulsa, OK, Day Three
- Tuesday, Oct. 5**
» Men's tennis at ITA All-American Championships, Tulsa, OK, Day Four
- Wednesday, Oct. 6**
» Men's tennis at ITA All-American Championships, Tulsa, OK, Day Five
» Women's soccer at University of Portland, Portland, OR, 7 p.m.
- *Home games in bold***

is like a family. We’ve made such good friends with the guys and with each other, and we wouldn’t have had this if we hadn’t taken the risk to join the team. ”

The first game of the season will be on Oct. 1 at 9:15 p.m. at the Eagle Ice Arena.

Noah Apprill-Sokol is a staff writer.

Bulletin Board

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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

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

Child Care Help Needed
Looking for help with transportation and childcare From 2-4:30. We are close to GU. Email: hammiljs@comcast.net

OCT 1ST: 730PM
FREE ADMISSION
MYRTLE WOLDSON PERFORMING ARTS CENTER
Informal showcase featuring Guest Artists from Spectrum Dance Theatre along with Dance leaders and Faculty. Learn about opportunities, performances, and ways to engage with Gonzaga Dance this evening of celebration.

OCT 8TH: 730PM
\$6 ADMISSION
MYRTLE WOLDSON PERFORMING ARTS CENTER
This informal concert of 60 second pieces is presented by the Dance Club. Student work will be shown through live performance, screen dance, and student composed music! This entertaining and fast-paced concert is sure to delight.

GONZAGA DANCE