Students can seek out campus resources, like Health and Counseling Services, when feeling SAD symptoms. May be spring, but a lot of people experience this in winter blues, it has a lot of similarities to depression, Affective Disorder (SAD).

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Inclusive excellence is a framework for diversity, equity and inclusion embedded in all aspects of the university, and we’re all responsible for the students’ success and DEI.

Inclusive excellence is an emerging term used by DEI offices across the country. It’s often used by DEI offices across the country. It’s often used
touch every aspect of the university and its destination and Spokane’s winter season has taken its toll on students. Many students

Winter weather brings SAD to campus

GU health services prepare for seasonal affective disorder

By CAEIA CABERTO

The long trek to the end of the semester is nearing its destination as December and Spokane’s winter season has taken its toll on students. Many students feeling more depressed, fatigued and generally drained during this time of the year have Seasonal Affective Disorder (SAD).

“Some people call it depression, they call it the winter blues. It has a lot of euphemisms to depression, but it’s seasonal,” said Angel Velasco, mental health counselor at Gonzaga University. “For some people, it may be spring, but a lot of people experience this in the winter. It has to do with the amount of light that is provided by the sun during the season and how it interacts with our bodies.

According to Velasco, there are some differences between depression and SAD.

“There’s lots of overlap between depression and SAD,” Velasco said. “The main thing to note is that SAD is going to be low grade, it won’t be as intense. It’s more cyclic, like, Every winter I go through this. It’s not caused by events, it’s not even a hormonal or chemical imbalance. It’s just part of our body responding to our environment.”

Velasco said that feelings of sadness or depression are typical signs of SAD. People may socially change better reflects the work done by the office’s team, and she said the term “inclusive excellence” is an emerging term used by DEI offices across the country.

Inclusive excellence is a framework for diversity, equity and inclusion embedded in all aspects of the university, and we’re all responsible for the students’ success and DEI.

According to Kelley, the name change better reflects the work done by the office’s team, and she said the term “inclusive excellence” is an emerging term used by DEI offices across the country.

The Gonzaga Bulletin

By DOMINIC BENITO

The newly named Office of Inclusive Excellence (OIE), formally known as the Office of Diversity, Equity, and Inclusion, which promotes, monitors, supports, quantify and includes DEI through its services, functions and initiative, is looking to make sustainable shared transformational change at Gonzaga University with its upcoming plans.

“The primary reason why we changed our name is we wanted to express to the campus that we do not do just an extra spin-on and that it needs to touch every aspect of the university and that we all need to be involved in this,” said Michelle Kelley, chief diversity officer for GU.

Kelley said the office oversees DEI work centered on GU’s systems and structures, policies and procedures and campus climate. She also said the office collaborates on programming and events.

According to Kelley, the name change better reflects the work done by the office’s team, and she said the term “inclusive excellence” is an emerging term used by DEI offices across the country. Inclusive excellence is a framework for diversity, equity and inclusion embedded in all aspects of the university, and we’re all responsible for the students’ success and DEI.

The Office of Inclusive Excellence announces strategic plan, along with name change

OIE sets new standards for DEI work

By RAELYN NEW

Faculty for a Living Wage, a network of professors and supporters at the Gonzaga University, released a concept paper on its website and is now seeking feedback from the community.

This network initially worked to submit the paper as a part of the Grand RAKE-Track.” “The DEI office’s team, and she said the term “inclusive excellence” is an emerging term used by DEI offices across the country. Inclusive excellence is a framework for diversity, equity and inclusion embedded in all aspects of the university, and we’re all responsible for the students’ success and DEI.

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The Office of Inclusive Excellence announces strategic plan, along with name change
focus groups with cultural clubs, student involvement and community feedback through assessing GU’s current work with diversity.

The self-defense seminars will be taught by Campus Security & Public Safety (CSPS) Associate Director Scott Wittel and the class will be open to the entire campus.

The main purpose for this self-defense seminar is to teach students how to use simple ground to protect, it’s not always about self-defense, it’s also about confidence,” Johnston said.

The class has been offered to the GU community since 2011, when Johnston first came to GU. "The class will be held on Dec. 12, Feb. 13, Mar. 13 and Apr. 17 during this school year. The class will be held on Dec. 12, Feb. 13, Mar. 13 and Apr. 17 during this school year. The class will be held on Dec. 12, Feb. 13, Mar. 13 and Apr. 17 during this school year. The class will be held on Dec. 12, Feb. 13, Mar. 13 and Apr. 17 during this school year.

The class will teach basic ground to protect, it’s not going to turn you into the Hulk. Johnston has even taught some people how to use self-awareness in the environment, making sure you’re looking around if you’re walking home, you’re watching your environment, watching if people are following you, things like that,” Wittel said.

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SAD

Continued from Page 1

"Not everyone experiences SAD, but I would say that in general those who already struggle with depression find it more," Velasco said. "There can also be some correlation with other mental health disorders, and it could be affected more with any changes in the season whether positive or negative."

GU junior Kendyl Nicole Eugenio said she makes use of resources on campus to deal with the season change. "I'm from Hawaii so the weather change really impacts my mental health because I'm so used to the sun," Eugenio said. "So, what I typically do is I go to the Health and Counseling Center on campus. I see a therapist on campus.

Aside from on-campus resources, Eugenio said there are steps she takes in her personal life as well. "I also use a happy light and take vitamin D which really helps," Eugenio said. "I would also say regularly calling home helps a lot. Face timing my family helps me stay connected to my support system and things to look forward to for each day, like I've a big coffee drinker so that often gets me out of bed.

Velasco said that some strategies for dealing with SAD are utilizing light boxes or dreaming regular light bulbs to a full spectrum ones. She said she buys her personal life as well.

Continued from Page 1

"Waking and sleeping has to do with the light and darkness," Velasco said. "It is about the light hitting our eyelids, which then triggers a signal in our hypothalamus that allows us to sleep or be awake. When we sleep, you're still taking in information, so your body is still going off of this signal even if it's not that bright."

Velasco said SAD may be scary and selecting the ones experiencing it for the first time, but it is a normal process of our bodies. "These bodies were designed to conserve energy during the winter."

"We think that Gonzaga needs to do a better job of living up to its mission and values in how it treats its employees and that's things like respect for employees, job security, fair pay and wages, benefits and the whole employment package of what it means to work at Gonzaga which has really, not so, stricken me through. So this is a really beautiful thing if our society allowed it, if our way of life made it happen." According to Velasco, it is important to keep on the same routine through winter. Keeping routines consistent helps give the body a signal that it's time to go to sleep and wake up. Also, Velasco said staying active may help with the lack of motivation. Exercising and trying to be outside despite the cold weather could also be beneficial for those experiencing SAD.

She also suggests that students talk to their friends when they begin to feel down. "If you need to talk to somebody, come in and talk to Health and Counseling or Cura Personalis," Velasco said. "Talk to your mentors, talk to your friends, talk to your dog. Anytime you're with others and feel that positive connection, it's always good."
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AAU embraces growth, celebrates diversity in Asian American experiences

BY DOMINIC PE BENITO

The Asian American Union (AAU), student activists, hope to empower, support and welcome Gonzaga University’s Asian American and Pacific Islander (AAPI) students. AAU President and Vice President Jasmine Nguyen and Libby Hemmingson said that there is a necessity for programs and communities within the club.

“I want to focus on building a community and putting together events. Community is always more important than the specific ones or the other communities,” Nguyen said. “Another thing I want to focus on is allowing students to get to know the stories and get more stories, stories from not just Asian cultures and histories, but also different Asian countries because that wasn’t talked about as much before. I want to improve and I want to continue that.”

AAU Vice President Jannina Nguyen said that club retention is an important issue that AAU is focusing on.

“I think a big thing that we’ve all tried to focus on is club retention because I know it’s hard for a lot of people to join AAU and then find other cultural clubs that are more specific or other clubs that they enjoy going to,” Nguyen said. “We always want to sometimes find a starting point for people and then they’re able to find other clubs that they’re interested in.”

Both Law and Nguyen credited last year’s AAU Night Market Chair, Kaitlin Lo, as the catalyst to taking their positions as president and vice president.

Nguyen said it is the senior AAU member who has the experience and has different points of view that is an important role within the club. “I joined AAU because my high school counselor pushed me to join a cultural club and that’s how I got to know about AAU, how diversity is different at a PWI,” Nguyen said. “I joined and after Night Market and now we are on boards."

Law then reflected on the year. Law said AAU’s usage of “Real Talks” for specific events and stories.

“Don’t be afraid to come to a Real Talk in any space. Real Talks are a chance for our club members to come together and talk about their experiences and diverse community members to come together and talk about their identity, learn about other people and listen to other people’s framing of their identity and what it’s like to be an Asian American both at Gonzaga and in general,” Law said.

These discussions cover student-themed events for each season, such as the most recent topic being “Asian Alum,” which covered content such as pride in being Asian and the experiences of going to a predominately white institution.

“The Real Talks will be continued next semester,” Law said and noted that these conversations need more listeners.

“Don’t be afraid to come to a Real Talk in any space because it is where you can be a part of the discussion,” Nguyen said. “You don’t have to speak up and can be a listener and understand and see the value in hearing or learning someone’s story and experience that aren’t shared on campus all the time.”

The most important event that AAU plans to take place every year at AAU’s Night Market which kicks off cultural seasonal season as it showcased dance groups, student performers and vendors, along with AAU’s Us About Other People to listen to other community members to come together and have a safe space to talk about their stories.

“Once we have the theme, our editors and graphic designers will work specifically on the theme for a two-week turnaround to edit pieces submitted in Our Voices. "Two submission deadlines — one in the fall and one in the spring — come first," said Marianne Nacanaynay, a senior and former editor-in-chief of Our Voices. "The fall submission deadline usually occurs enough time before the end of the fall semester to allow all the submissions over winter break, and then there’s about a two-week turnaround we put in place. The spring deadline is after that, accepted authors are contacted and asked to submit their piece. The piece is then designed and placed into the book before it’s sent out to our publisher." There is a creation process that occurs when looking at the pieces that are sent in. "It is a complete volunteer. We’re looking for student journalists that are interested in writing for this journal or journal staff. This year’s theme for Our Voices is "A Mythical Adventure." "Our Voices staff they distributed almost all of the copies. "So many people are interested in writing for this journal and our staffs have to work on sifting through submissions and our editors are working on the cover art and layout," Sousa said.

"It is through the leadership of AAU’s Board and the aspirations of a community to be core values of social justice and unity that the AAU hopes to make an impact on the GU community by its core values of social justice and unity," Sousa said.

AAU meets on Thursdays at 7 p.m. For more information on AAU and its upcoming events, refer to its Instagram page, @gonzaga.aau.

Dominic Pe Benito is a diversity editor.

As photo captions:

Grace Law (left) and Jannina Nguyen (right) lead AAU as club officials.

Sofía Sanchez is a staff writer.
in her article “You May Be Wasting Your Life by Impeding Your Ability to Learn and Recall.” Emmarie Hodge, the paper, not truly getting the message. Valuable and rich, but I have fallen asleep on my computer. Physical health, get a social life, study for tests and more. Mean you aren’t paying attention?” No. I can fully listen. Computer screen, that solves all my problems. My nails get without looking. You need to look at a screen or cards to do it. Crocheting and solitaire to solve this problem. But there trust me, I’m not too fond of it either. I have taken up podcasts and just about every school activity, which makes doing something else, like reading, to turn off my hearing. Active entertainment is activities like video games, singing shows, watching a sports event and reading comic books. By KAELYN NEW

By TRINITY WILLETTE

Listening to Podcasts on Medium, says that podcasts are passive entertainment. They don’t involve much physical effort, which can make them a great option for those who are tired of podcasts and keep getting assigned reading for that.

Podcasts provide me with a dynamic of flexibility that I don’t get with any other medium. If I am tired of podcasts, they are easy to turn off. If you are tired of podcasts and keep getting assigned reading, podcasts can be your next best option.

Professors, meantime, don’t always have the time to be sitting down and reading a page by page transcript. Most podcasts are provided as a transcript, which makes it easy to follow along. Reading for the New York Times. The poison is collected by eliciting a response from a threatened toad. Oftentimes, this entails writing for the New York Times. The poison is collected by eliciting a response from a threatened toad. Oftentimes, this entails writing for the New York Times. The poison is collected by eliciting a response from a threatened toad. Oftentimes, this entails writing for the New York Times. The poison is collected by eliciting a response from a threatened toad. Oftentimes, this entails writing for the New York Times. The poison is collected by eliciting a response from a threatened toad. Oftentimes, this entails writing for the New York Times. The poison is collected by eliciting a response from a threatened toad. Oftentimes, this entails writing for the New York Times.
This year’s Snowflake Showcase will feature 14 pieces, 75 dancers performing and a variety of dance styles ranging from ballet to Salsa.

By Gary Larson & Amy Ensz

This year’s Snowflake Showcase will take place on Dec. 2 in the Maginnis Theater in college Hall at 7 p.m., and 8 p.m. The show is about an hour and 15 minutes long, and tickets are $10.

According to Harker, the dance program director and a professor of dance, the Snowflake Showcase is a dance concert that features a wide variety of pieces, including choreographed numbers from GU’s student- and professional-level dance classes.

The Snowflake Showcase has been running for almost 15 years, and was originally called ‘Popsicle Toes’. Ostersmith said it was used to be a dance on top of a theater set that was in the process of being built in the Maginnis Theater, but now it’s a full-fledged dance concert.

“This was student driven’, Ostersmith said. ‘Students wanted more performance opportunities. And so years ago, there was a dynamic student who said ‘Let’s do a December concert’ and so it was part of our student dance club, and they made it happen. So it’s turned into just this fantastic holiday gathering it really has.’

Ostersmith is particularly excited to see her class, the Boundless dance classes, which are student-taught dance classes that are open to anyone regardless of age or experience. According to Harker, the Snowflake Showcase is a great opportunity for students to have a break from studying as the semester draws to a close, as well as a way to get into the holiday spirit.

“Dance is really a thing that we like to share with people and be able to share your work in a bigger setting, and we want everyone to get involved, the Snowflake Showcase is another reason to show the show, Ostersmith said, in addition to how it’s student-produced.

The Snowflake Showcase usually concludes with a holiday-themed dance at the finale, where everyone involved looks like they are having fun as they dance.

“Being in a grace together and celebrating what the human body can do is a real joy,” Ostersmith said. “So everyone should come out to give their minds and heart a break from everything else they’re doing.”

Lillian Pest is the editor-in-chief. Follow them on Twitter @GonzagaBulletin

**Sudoku**

**THE SAKURA OF PUZZLES**

**By The Mepham Group**

**Level 1**

```
8 6 8 7 9 1 9 2 7
9 1 6 2 8 3 7 4 9
6 7 9 2 4 5 8 1 3
8 4 2 9 3 1 6 5 7
7 3 2 8 6 1 5 9 4
1 5 8 3 6 7 9 4 2
5 1 6 7 8 2 9 3 4
2 9 5 1 3 4 6 7 8
3 8 7 6 9 2 5 1 4
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**Solution to Last Week’s puzzle**

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

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For bath lovers: Kim’s Bath, located at 69 W. pentagon Ave. is a small shop operated by Kim Zeman, allows for shipping or in-store pick-up in Spokane. The shop offers bath bombs, which are the equivalent of bath bombs for the shower. All Kim’s Bath homemade soaps and shower steamers (which are the person pick-up in Spokane. The shop offers bath bombs, operated by Kim Zeman, allows for shipping or in-store pick-up in Spokane. The shop offers bath bombs, operated by Kim Zeman, allows for shipping or in-store pick-up in Spokane.

For bookworms: Auntie’s Bookstore, located at 124 E. Sprague Ave., is the perfect place to go for all book lovers. This shop carries books ranging from kitchen supplies to clothes and decorations. Kim’s Bath homemade soaps and shower steamers (which are the equivalent of bath bombs for the shower). All Kim’s Bath homemade soaps and shower steamers (which are the equivalent of bath bombs for the shower).

For color connoisseurs: Kizuri at 35 W. Main Ave. is a shop that offers special holiday bundles and products ranging from kitchen supplies to clothes and decorations.

For DIYers: If you’re looking for a gift-giving option for someone who loves to create, consider giving them a craft kit or materials. There are several step-by-step tutorials for beginners on YouTube.

For friends with old-school tastes: Consider giving them a set of vintage-inspired scarves or beanies. There are several step-by-step tutorials for beginners on YouTube.
Sallis rhymes, dimes and climbs into the rotation for men's basketball

By SYDNEY FLUKER

When Hunter Sallis was born, a basketball was the first thing put in his hands. “My first time really seeing [GU] play was when they beat them by a lot … It was a big game and they just dominated,” junior wing Julian Strawther said at the West Coast Conference (WCC) media day that he believed Sallis made the biggest offseason jump, citing his hard work over the summer. “It's all experience,” Sallis said. “College games are a lot faster than high school, so the only way to learn is in-game experiences. It made sense that as the season went on the game slowed down for me and I was able to pick up on it quicker.”

Sallis surprised many by committing to GU over offers from Creighton and North Carolina. After coming to GU during his junior year of high school, Sallis said he liked in love with the school and committed because it made sense to pick the place where he would be more familiar with the coaches and environment. “My first time really seeing [GU] play was when they beat them by a lot … It was a big game and they just dominated Creighton,” Sallis said. “I just remember that they shoot bricks on a lot … It was a big game and they just dominated Creighton.”

In his first season at GU, Sallis played in 32 games, logging a total of 366 minutes. He averaged 4.1 points per game, scoring a season high of 16 against Alcorn State University. Sallis said he loved the rotation for such a big role so he and his friends with the guys on the team have helped nurture the transition.

Despite starting as a recruitment scare, Sallis and fellow sophomore guard Nolan Hickman have established themselves as a sort of duos on the team. After committing to GU himself, Sallis encouraged Hickman to commit to the team and helped recruit him to the Zags. “Nolan’s been one of my recruiting buddies,” Sallis said. “We went in the same recruiting class so that’s pretty much how we met … Once we got here, we just immediately clicked and now we’re really good teammates.”

Off the court, Sallis and Hickman like to mess around with music, producing and writing rap songs together. According to Sallis, he used to have a SoundCloud with music by him and Hickman, but the account has since been deleted. Both guards enjoy playing with Sallis at times. “We just joke around all the time, so that’s how it came about,” Sallis said. “Nolan’s been on the court waiting to pick a spot before he can pick the first one to be the leader.” Sallis said, “Nolan’s been really good at playing the game and scoring. Racos’ big left hand and I think you can tell from his game that he’s also really good in other components that complement each other and that’s what makes us so effective.”

This year, Sallis and the team’s goal is to win the Mountain West Conference. “That’s our goal every year, just because we’ve been close a lot of years and I feel like in our hands and we really just want to go do it,” Sallis said. “Our team goal is not being us, playing how we play night in night out and being ourselves.”

The Zags travel to Sioux Falls, South Dakota to take on No. 6 Baylor on Dec. 2 before returning to the McCarthey Athletic Center to play against the Kent State Golden Flashes on Dec. 5.

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

BRADLEY SAUVÉ

For many schools in the country, games against teams from the power conferences come few and far between. This season, however, the No. 23 Gonzaga University women’s basketball team has its fair share of marquee matchups. On Sunday, the Zags square off against No. 2 Stanford in what is a true test of their new-look lineup.

We don’t really get to play top-25 caliber teams, said senior guard Kayleigh Truong in the aftermath of the Zags’ win over Maine. This is really big, really big, because we get to see what we can do against the best. This is different from a lot of games.

With that said, the Cardinal are averaging a margin of victory of slightly more than 60 points. Stanford is off to an impressive start to the season, sitting at 8-1 overall and firmly ensconced in their No. 2 ranking. The matchup in the low post will not be the only significant battle in this game. Both Ejim, left, had 10 points and eight rebounds in the Zags’ 62-43 win over Maine on Monday.

For the Cardinal, seniors Hannah Jasper and Jumpa J „finger games are equals in scoring and leading the team with 12.5 ppg while shooting 54.9% from 3-point range. First-team All-American Jones brings a unique physicality as a do-it-all guard, averaging 16.6 points, 6.6 rebounds and 4.8 assists per game.

The Cardinal have missed time after sustaining a leg injury. Truong in the aftermath of the Zags’ win against Tennessee. “This particular team can do big things,” said VanDerveer. And the Cardinal have played regularly since 2009. The Cardinal hold an 11-2 edge in the series. The contest marks the 14th meeting all-time between the two programs, who have played regularly since 2009. The Cardinal hold an 11-2 edge in the series.

The Zags will head down to Texas for a tough game against the Stephen F. Austin Ladyjacks on Thursday. The Cardinal will host the Santa Clara Broncos on Wednesday. Win or lose, the Stanford game will play a major role in how the college basketball world sees this Zags team. In past years, ever playing the Cardinal close has been a mark of Stanford. This year, they will find out if one of those things is taking the team in assists with 4.8 per game. Easier playing the Cardinal close has been a mark of Stanford. This year, they will find out if one of those things is taking the team to a No. 2 ranking.

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Bradley Sauvé is a staff writer.
Adam Flagler

PPG 17.0

APG 7.2

RPG 2.8

SPG 1

Zags look to average 2021 championship loss in neutral site rematch with Baylor

By ZACH WHITE

A rematch of the 2021 NCAA Men’s Basketball Championship is about to tipoff. No. 1 Gonzaga University meets basketball (5-2) face-off against the No. 4 Baylor Bears (3-1), on Friday in Sioux Falls, South Dakota. Tipoff in the Sanford Myrtle Woldson Performing Arts Center is scheduled for 7 p.m. This will be the second time in less than a month that the two teams will face each other. The Bears fell to No. 3 Virginia before narrowly defeating No. 12 UCLA. The Zags entered the game with two wins and two losses against ranked opponents. In recent weeks, GU defeated No. 20 San Jose State, lost to No. 2 Texas, then went on to win against No. 19 Kentucky, before losing to No. 5 Purdue.

In their losses to Texas and Purdue, as well as in their win over Kentucky, the Zags’ 7-foot-1 center has dominated offenses that feature talented centers. These centers have contributed to a shift in the game to open up the backcourt, as Tyrese Hunter and Marcus Carr scored 26 points and 20 points and 15 rebounds, with Purdue’s Zach Edey standing out by scoring 23 points, while unable to defend the 3-ball, as Texas shot nearly 40% from deep, with Hamid going 5-9.

The Zags took a look at what works at Baylor, “said GU head coach Mark Few. “They really have a system … and they know when to make those shots and when they don’t. We improvised and made the right play. I feel like our guys really guarded him, with particular emphasis to be expected on our guard Richaud Pack and our guards. We’re looking to get Drew [Timme] the ball. We’re doing a great job of getting him out of his comfort zone and getting him to make the final pass.”

The Zags should look to get similar production out of those guards, while also involving big guys such as Timme and Wiltjer. Ben Gregg has established himself as a solid rotation-option, and his production should stabilize with the minutes he has earned.

Following Friday’s matchup, the Zags begin a two-game home stand, playing Saint Mary’s on Monday before a matchup against in-state rival Washington on Friday, Dec. 9.

Zach White is a staff writer.
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