

The Gonzaga Bulletin

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OIE sets new standards for DEI work

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

By DOMINIC PE BENITO

The newly named Office of Inclusive Excellence (OIE), formerly known as the Office of Diversity, Equity, and Inclusion, which promotes diversity, equity and inclusion (DEI) through its services, functions and initiatives, 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 the work we do is not just an extra add-on and that it needs to touch every aspect of the university and that we all need to be involved in this work,” said Robin 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

“

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.

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.”

Christina Thomas, the acting Title IX coordinator and director of discrimination and harassment, also said she believes the name change reflects the goals and work of the office.

“We went through a lot of different

name ideas of things we do but we decided on 'inclusive excellence' because we are inclusive as we are trying to build inclusivity throughout our entire campus community within the structures of GU within policies, etc.” Thomas said. “We are trying to get those to grow, and we want an excellent university, so I think that helps with name recognition as the more people know who we are in the office and what we intend to do, the more likely people are wanting to engage.”

Kelley has led OIE as chief diversity officer since 2021 after beginning at GU in 2020 as associate chief diversity officer. She manages and coordinates from an institution level the DEI and belonging efforts of the university.

The office leads multiple sectors, including the BIAS Team, the Title IX Office and the Underrepresented Minority Postdoctoral Fellowship Program, a council which represents students, faculty and staff equally. It also

SEE OIE PAGE 2



DYLAN SMITH IG @ D.SMITHPHOTOS

Students can seek out campus resources, like Health and Counseling Services, when feeling SAD symptoms.

Winter weather brings SAD to campus

GU health services prepare for seasonal affective disorder

By CAELA CABERTO

The long trek to the end of the semester is nearing its destination and Spokane’s winter season has taken effect. With finals right around the corner and a change of scenery with the weather, students’ mental health may be taking a toll with all these stress factors. Students feeling more depressed, fatigued and socially drained during this time of the year may have Seasonal Affective Disorder (SAD).

“Some people call it a depression, they call it the winter blues, it has a lot of similarities to depression but it’s seasonal,” said Angela 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 produced by the sun during the season and how it disrupts our natural circadian rhythms.”

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 is 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

SEE SAD PAGE 3

Faculty for a Living Wage seeks feedback on Grand Challenges Concept Paper

By KAEALYN NEW

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

The network initially worked to submit the paper as a part of the Grand Challenges concept paper initiative, in which GU accepted hundreds of concept papers from students and on-campus groups about a multitude of different issues to potentially be included in the strategic plan. The concept papers featured on the GU website included a feedback process in which students were encouraged to answer questions and leave comments to enhance the papers.

“We submitted [a concept paper] for ... values-driven labor policies with some ideas or steps the administration could take to improve how it treats its workers and how it pays its workers,” said Jeffrey Meyers, a leader of FFLW and religious studies adjunct at GU.

Meyers said that FFLW worked with co-sponsors Gonzaga Student Body Association (GSBA), United Students Against Sweatshops Local 14 (USAS) and others in the community to create the recommendations outlined in the paper.

“We passed a resolution in our senate, so we brought the proposal, and everybody agreed that those are pretty valid concerns in terms of how students are compensated, how our adjunct faculty are compensated by the work that they do before classes and everything,” said GSBA president and GU senior Miguel Acosta Loza. “GSBA is going to stand with faculty in their pursuit of better labor practices.”

The FFLW concept paper, however, was denied by Provost Sacha Kopp and excluded from the process of feedback on GU’s website. According to Meyers, Kopp advocated for the removal of two footnotes in the paper that implied illegal GU labor practices including not paying faculty for work on canceled courses and having adjunct contracts begin on the first day of classes and end five days before final grades are due.

“Our support remains the same,” Acosta Loza said. “We already voted on it and believe it is worth fighting for.”

Meyers said he met with the provost and agreed with the removal of these footnotes, later communicating the changes to USAS and GSBA in working toward a

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CSPS reintroduces self-defense seminars for students

By GABRIELLE GARCIA

Self-Defense seminars are coming back to Gonzaga University this year after being put on hold during the COVID-19 pandemic. The monthly seminars will be held in Cataldo Hall's Globe room from 7-9 p.m. on the second Monday of every month.

The seminars are free to all students, staff and faculty. Attendees are not required to sign up beforehand and are encouraged to show up in comfortable athletic clothes they can move around in.

The self-defense seminars will be taught by Campus Security & Public Safety (CSPS) Officer John "JJ" Johnston.

Johnston said students can expect to learn basic self-defense concepts.

"The class will teach basic ground to protect, it's not going to turn you into Bruce Lee overnight, just enough to give students something to have a little bit of confidence," Johnston said.

Johnston is a certified self-defense instructor and Muay Thai coach, also known as a "Kru". He has over 40 years of experience in martial arts and is the head coach for Hominidae Fitness/ Lotus Muay Thai and has the distinction of being a certified Kru under the sport's authority of Thailand.

Johnston has been working to protect GU for 10 years, bringing his background in Muay Thai and experience coaching to help students, faculty and staff develop the tools they need to feel confident defending

themselves should they need to.

"I try to basically teach students that they have weapons and how to use their elbows and their knees," Johnston said. "I also try to teach them how to get out of simple grabs. I'm not trying to get them into some match. I'm trying to get them so they can get away and get to safety or go home, wherever that is."

The seminar will be set up with all of the proper equipment for safe training. There will be mats across the floor and striking equipment will be provided.

CSPS Associate Director Scott Wittel said the class will also go beyond basic self-defense skills.

"It's not always about self-defense, it's also about 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.

The class has been offered to the GU community since 2011, when Johnston first came to GU.

Wittel says the seminar was started by CSPS to help students feel ready for any situation they might encounter.

"The main purpose for this self-defense seminar is to ensure that our students have another tool set for them to help protect themselves," Wittel said. "CSPS can't be everywhere, so we want to make sure that our students are able to defend themselves if need be."

Johnston and Wittel said that in the past, the class has seen predominantly femme-presenting students but is open to everyone.

Johnston said he tries to cater his lessons to everyone who's interested. He also brings in a few of his students from Hominidae Fitness/ Lotus Muay Thai to help instruct.

"I always try to bring some of my female students to help, they're very engaging and sometimes it helps get students out of their comfort zone" Johnston said, "I always try to go to people's comfort zones. You're going to get uncomfortable a little bit, but at the same time I do try to make it, so you feel comfortable enough to learn."

According to Johnston, the seminar has had great success in the past. Johnston said he has had several students come train with him outside of GU after taking the class on campus.

Megan Roscoe, GU class of 2019, was one of the students who began Muay Thai with Johnston during GU's self-defense seminars and then began training with him off campus.

She has since continued her training and recently won a title in the sport.

Roscoe is also featured in the ad CSPS has put up in the John J. Hemmingson Center to promote the class.

Information about the self-defense seminar will also be posted in the morning mail in the week leading up to the class. The class will be held on Dec. 12, Feb. 13, Mar. 13 and Apr. 17 during this school year.

Gabrielle Garcia is a contributor.

OIE

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hosts training programs for faculty, staff and students.

The most recent announcement made by OIE is its Inclusive Excellence strategic plan, which is meant to set out the university's next step to becoming a distinguished public institution that advances equitable access, inclusive learning and engagement in a diverse community.

"The strategic plan is a roadmap for the entire campus to move towards change in doing our work and will cover diversity, equity, inclusion, belonging, social justice and it will require all departments to have a plan for how they're going to approach this work," Kelley said.

According to Kelley, the university council has spent the past two years assessing GU's current work with diversity. The first year was mostly spent on this assessment while the past year focused on involving community feedback through focus groups with cultural clubs, student groups, deans, faculty, staff, faculty senate,

staff senate and smaller focus groups. Kelley said feedback has been collected from all these different groups through events such as a town hall last spring and sessions with university leadership.

The strategic plan focuses on the themes of recruitment, retention and success, campus climate and intergroup relationships, teaching, scholarship and service, education, training, development, assessment, reporting and accountability.

This adds to the impact that the office hopes to achieve throughout the upcoming years and directing the university toward creating positive change.

"I think that the impact the office has done and is still trying to do is change the structure of GU," Thomas said. "I think the work that OIE is trying to do is going to have a long-lasting impact on GU which you may not see right now, but five-10 years down the road you will see the change and see how powerful an impact it makes in building a structure for the university."

For more information on the Office of Inclusive Excellence and its work, visit its website.

Dominic Pe Benito is a diversity editor.



COURTESY OF ROBIN KELLEY

Robin Kelley is the chief diversity officer and leads the Office of Inclusive Excellence (OIE).

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SAD

Continued from Page 1

withdraw due to having a lack of motivation to do things or go out with friends. People may also develop sleeping issues, whether it is sleeping too much or being able to sleep.

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

GU junior Kendyl Noelle 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 usually do is I speak 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. FaceTiming my family helps give me motivation to finish the semester strong and just having little things to look forward to for each day, like I’m 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 changing out regular lightbulbs to a full spectrum ones. She said she buys a hue light and connects it to her phone to schedule a sunrise alarm system so her body can have the natural process of waking up to the sun.



RACHAEL HALEY IG: rachael.haley9

Winter weather can affect sleep patterns because of the difference in light.

“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 hippocampus that allows us to sleep or be awake. When we’re asleep, you’re still taking in information, so your body is still going off of this signal even if it’s not true sunlight.”

Velasco said SAD may be scary and isolating for those experiencing it for the first time, but it is a normal process of our bodies.

“Our bodies were designed to conserve energy during the winter,”

Velasco said. “There’s less food, less things to do, you might as well sleep 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 during the season 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.”

Caela Caberto is a staff writer.

PAPER

Continued from Page 1

draft. The negotiations with the provost for the removal of the footnotes extended past the deadline for feedback on GU’s website, so FFLW is now seeking feedback on its own website, according to Meyers.

The feedback form on the FFLW website is designed to mimic the feedback form on GU’s website.

“We are looking for any sort of feedback, what people think about the ideas, as well as suggestions for things that might be in a longer version or things that we might work toward outside of this process,” Meyers said.

Meyers said that FFLW hopes the concept paper makes it to the second round of accepted papers, in which administration invites paper sponsors to craft a roughly 10-page paper with more detail about specific recommendations for the Strategic Plan.

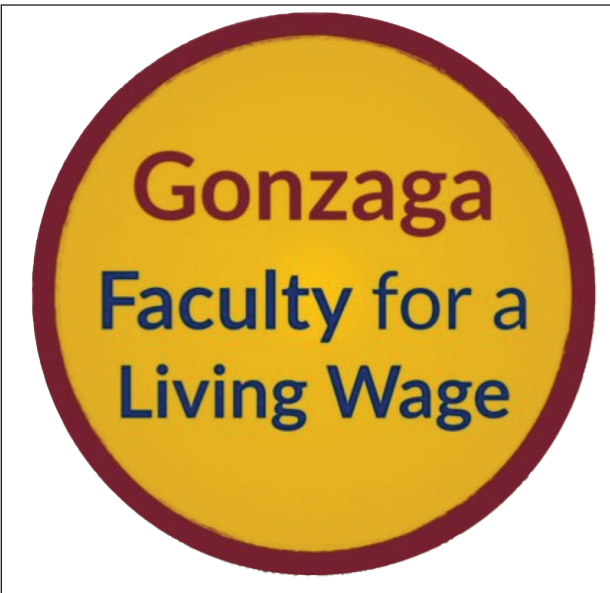
“We hope the administration will be willing to engage with these ideas,” Meyers said. “It has been pretty

reluctant thus far, but whether or not it is included in the strategic planning process, these are things that the university needs to deal with so we will continue bringing it up.”

To submit feedback, visit the website <https://www.facultylivingwage.org/conceptpaper>. The feedback period ends on Monday.

“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, sort of, eroded over the years,” Meyers said.

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new.



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FFLW has been advocating on campus for wage equity.

The Gonzaga Bulletin

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KATIE BRUCE

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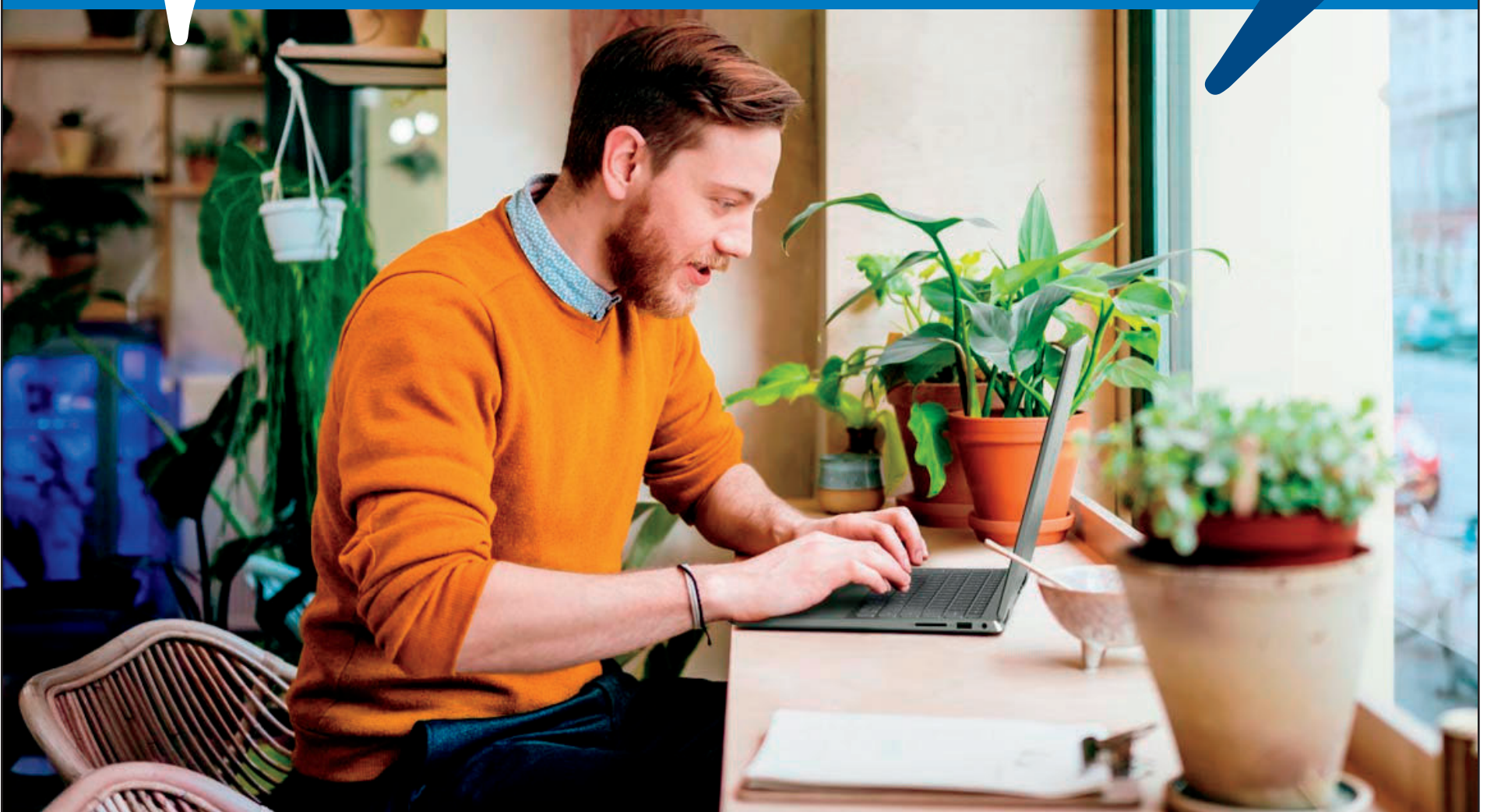
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AAU embraces growth, celebrates diversity in Asian American experiences

By DOMINIC PE BENITO

The Asian American Union (AAU), a student club on campus, seeks to empower, support and welcome Gonzaga University students to their club to present the importance of Asian American culture.

AAU President and GU senior Grace Law said that there is a necessity for growth in community and diversity within the club.

“I want to focus on building a strong community in both board members and our general members,” Law said. “Another thing I want to focus on is diversifying the club and getting more stories from not just East Asian cultures and histories, but also Southeast Asian countries because that wasn’t talked about as much my freshman year but it has improved and I want to continue that.”

AAU Vice President Jasmine 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. “It’s always like we’re sometimes a starting point for people and then they’re able to connect to other people outside of AAU.”

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

Nguyen is a sophomore student-athlete for the women’s cross country and track team and said the start of her involvement with AAU began with Public Relations Officer Elena Tow.

“I joined AAU because my high school coach pushed me to join a cultural club after I committed to Gonzaga as the diversity is different at a PWI,” Nguyen said. “I joined with Elena and we went to every meeting last year except for one after Night Market and now we are on board.”

When reflecting on the year, Law said AAU’s usage of “Real Talks” for specific general meetings helped foster a safe space.

“Real Talks are a chance for our club members to come together and have a safe space to talk about their identities,” Law said. “It is a space for our community members to come together and dive deeper into their identity, learn about other people and listen to other



CHIANA MCINELLY IG: @PICSBYCHIANA

Grace Law (left) and Jasmine Nguyen (right) lead AAU as club officers.

people’s grasping of their identity and what it’s like to be an Asian American both at Gonzaga and in general.”

These discussions cover different themes for each session, such as the most recent topic being “Asian Identity,” which covered content such as pride in being Asian and the experience of going to a predominantly white institution.

“Real Talks” will be continued next semester and AAU leaders said they want to reiterate that these conversations are inclusive to the whole community.

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

The most important event that AAU puts together every year is AAU’s Night Market, which kicks off cultural festival season as it showcases dance groups, student performers and vendors, along with a dinner focused on traditional

Asian dishes. The show consists of collaboration from members of the Asian community in Spokane, alongside the help of club members.

This year’s theme is “A Mythical Adventure,” and sophomore Stefanie Hinkaew Marlow, one of AAU’s Night Market Chairs, discussed the reasoning for this decision.

“We’re trying to focus on traditional folk tales and myths in different parts of Asia,” Marlow said. “So, when we think about the decorations, we want that vibrancy to be reflected in Hemmingson Ballroom and the vendors will give more to the Night Market atmosphere.”

Marlow also clarified that this year’s Night Market is different in comparison to last year’s event, as it will be a semi-formal sit-down dinner to avoid people from leaving during the event and give guests the opportunity to experience the show. Marlow added that this year’s event will also have new performances and more student engagement.

Marlow credited Le and the board for supporting her throughout the whole

process even though it added a lot of pressure on her sophomore year as the position is usually taken by an upperclassman.

Night Market tickets are on sale now for \$12 per individual and \$80 for a table. Night Market will be held in the John J. Hemmingson Center Ballroom on Feb. 4 from 6-9 p.m.

It is through the leadership of AAU’s Board and the aspirations of building a community by its core values of social justice, cultural empowerment and community outreach that they said they hope to make an impact on the GU community.

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.

GU students find their voice through school journals

By SOPHIA SANCHEZ

One of the many ways Gonzaga University offers students the chance to share their work and voices are through the Student Journals.

The Student Journals are on-campus publications that are entirely student-produced, staffed and created. There are three journals: “Reflection,” “Our Voices” and “Charter.”

Meagan Graves, the editor-in-chief of Reflection, described how each journal has its own purpose. Reflection is the journal of poetry and prose. Our Voices is the journal of diversity. Lastly, Charter is the journal of scholarship and academic opinion.

The journals are intended to allow members of the GU community to participate in the publishing process and have their voices be heard. The journals enable students to take a piece they are passionate about and work with the staff for the specific journal for their work to get it out into the community so that others can appreciate and discuss it, since each journal has its own theme and focus.

Charter has the responsibility of spreading the definition of scholarship throughout the GU community. Delaney Sousa, GU junior and the editor-in-chief of Charter, said this is a significant responsibility, as it is also an exciting opportunity to increase the visibility of historically underrepresented voices in the world of scholarly writing.

Sousa got involved with Student Media last year, she said, and worked on the Charter editorial staff last school year as the journal’s copy editor.

The journals are created and published with students’ work. The journals are ready for distribution to students and faculty towards the end of the year by March. There are two rounds of submissions, one on Oct. 30 and the other Feb. 4. The process then continues with the editors for each journal doing solicitations.

“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 allows enough time for editors to go through all the submissions over winter break, and then there’s about a two-week turnaround to edit pieces submitted in the spring. After that, accepted authors are contacted and asked to make edits as needed, then pieces get designed and placed into the book before it’s sent off to our publisher.”

There is a creation process that comes when working on the three journals. Charter’s process begins with the editors creating a theme for the journal for the school year. This year’s theme for Charter is ‘Unravel,’ and the theme for Reflection is ‘Roads Untraveled.’ Our Voices doesn’t have a theme for this year.

“Once we have the theme, our editors and graphic designers will generally work in tandem — the editors



RACHEL HALEY IG: @rachaet.haleyy

Our Voices, Charter, and Reflections — the three student journals — include student poetry, prose and even research writing.

will work on sifting through submissions and our graphic designers will work on the cover art and layout,” Sousa said.

Graves said the editing process continues with the editors reviewing the submissions to see if they align with the publication’s goals and theme. After that, the editors work together with the authors to make any revisions necessary to get the pieces ready for publication. The pieces are then combined with the graphic design components by the editors before being sent to print.

When the journals are edited and published, they are then given out to the students and faculty. Nacanaynay said during her first year on the Our Voices staff they distributed almost all of the copies.

“The student journals are completely free and are offered to the GU community,” Sousa said. “I know we distribute a good number of them at our journal launch party at the end of the year and while tabling in Hemmingson in the spring.”

Sousa said it can be difficult for the editors as the final editorial deadline gets closer to frantically go through all of the pieces looking for any errors that they might have missed because the tight deadlines always seem to be the impending challenge with a publication of this breadth and depth.

“Our Voices’ end-of-year goal was just to publish works we felt represented a diverse array of voices on campus, particularly highlighting marginalized and underrepresented communities,” Nacanaynay said. “As long as we had that, which we did, I felt we achieved our goals.”

Sofia Sanchez is a staff writer.

Kindly refrain from licking the toads

Recently the National Park Service issued a bulletin asking visitors to kindly refrain from licking Sonoran Desert Toads. Although this ranks among the more novel use of taxpayer dollars, it's no joke; the psychedelic-infused poison these toads secrete when threatened has significant value and represents a very real threat to their wellbeing. After all, how would you like it if a toad picked you up and licked you?

The Sonoran Desert Toad, also known as the Colorado River Toad, is common in the American Southwest and northern Mexico and secretes a highly unique poison when threatened. With the resurgence of psychedelics and their increasing acceptance among the American public, demand for this poison has skyrocketed. This is because in the poison the toad secretes, there can be found what some refer to as a "god molecule;" 5-MeO-DMT, more commonly referred to simply as DMT.

DMT is a highly potent hallucinogen and is classified by the federal government as a Schedule-I controlled substance, although it is legal in Mexico. Schedule-I substances are recognized by the government as having a high potential for abuse and no discernable medicinal effects, although these claims are sometimes disputed by enthusiasts and recently there has been a push to research the benefits and decriminalize some psychedelics.

Despite this illegality, as the demand for DMT climbs so too does demand for



By SAM FEDOR

poison, inadvertently putting toad populations at risk, according to a New York Times article written by Simon Romero on the subject.

Although it is possible to synthesize DMT, many enthusiasts stand by the use of toad poison, and in the Southwest, the practice of smoking the toxin goes back decades, according to David Victor, also writing for the New York Times. The poison is collected by eliciting a response from a threatened toad. Oftentimes, this entails what amounts to tickling the toad under its chin, causing it to secrete a toxin onto its back that can then be scraped off. When the substance dries, it can then be crystallized and smoked.

Romero further highlights consumption as ritualized and marketed by retreat leaders who charge hundreds to thousands of dollars for people to come and experience the drug's effects. And there has been some indication that psychedelic drugs can treat the effects of mental illnesses like Post-Traumatic Stress Disorder and depression, but the effects of DMT are somewhat less medicinal and less understood.

Users liken the effects of its consumption to a religious experience, ergo the "god-molecule" nickname. And unlike the effects of other psychedelic substances, DMT "trips" only last 20 to 30 minutes, although they are understood to be significantly more intense. Recently public figures like Joe Rogan have become advocates of the substance and this has led to a spike in popularity.

While the medicinal potential of these substances is exciting, this enthusiasm has come with some unintended consequences. The Sonoran Desert Toad's population is considered stable but has come under threat recently due to the continual development of the American Southwest. The toads now face increased threats from predators like dogs and raccoons and are often hit by cars. And now, the largest threat to their population is the demand for their toxin.

But the well-being of these animals is not often part of the conversation regarding the use of DMT. This is a shame, really, because they're not only owed the same respect that all living creatures are, but

they also fill an important niche in their already delicate desert ecosystem. The toads spend most of their time hibernating underground, until emerging from their burrows in the spring to mate. They can live upwards of 20 years and provide a necessary source of food for predators in their ecosystem. And while collecting their poison doesn't necessarily have to harm them, the stress caused by their threat response is detrimental to their health, and oftentimes, the poachers who collect the valuable toxin from wild toads kill the animals to make its collection easier.

While poaching represents one threat, farming the animals represents another. Because ingesting the toxin is illegal, farming the toads is often done in unregulated and unsanitary conditions. Romero warns that these conditions are ripe for the spread of disease, many of which can cross species to other amphibians and reptiles, devastating already vulnerable populations stressed by human expansion.

At the end of the day it comes down to respecting the animals and their habitat. Regardless of your thoughts on psychedelic drugs, it is of the utmost importance to preserve the delicate ecosystems of the American Southwest and the wildlife that live there. So please, kindly refrain from licking the toads.

Sam Fedor is a staff writer.

Listen up, GU; professors should assign more podcasts

I am going to tell you a secret. I need to do something with my hands while reading, watching videos, listening to podcasts and just about every school activity, which makes me a chronic nail-bitter. I know, such an ick.

There are ways I try to get around this because, trust me, I'm not too fond of it either. I have taken up crocheting and solitaire to solve this problem. But there is a minor issue when I read; I have to stare at the screen or book. I have not mastered crocheting enough to do it without looking. You need to look at a screen or cards to do solitaire.

This brings me to why I love podcasts.

If I can absorb information without looking at a computer screen, that solves all my problems. My nails get to live another day, and I play a dumb little game or make a silly little scarf. You might be thinking, "Doesn't that mean you aren't paying attention?" No. I can fully listen without looking at something.

The efficiency of podcasts is why they have such an appeal to me. I can multitask while I am listening to a podcast. College students are busy — they must do laundry, cook, clean, do homework, maintain mental and physical health, get a social life, study for tests and more. I'm not going to speak for everyone, but I do not have the time to be sitting down to read a 23-page research paper.

The content provided by these things can be so valuable and rich, but I have fallen asleep on my computer while sitting at my dining room table and trying to read a long paper. I'll rat myself out; I find myself just skimming the paper, not truly getting the message.

There is the worry that podcasts distract their listeners, impeding their ability to learn and recall. Emmarie Hodge, in her article "You May Be Wasting Your Life by



By TRINITY WILHITE

Listening to Podcasts" on Medium, says that podcasts are passive entertainment. They don't involve participation, which can lead to people going on auto-pilot and not getting the information.

Passive entertainment includes binge-watching TV shows, watching a sports event and reading comic books. Active entertainment is activities like video games, singing and writing, which require participation and stimulate the brain for learning.

I agree with this; there can be some points where my brain can turn off when listening, but this happens to me usually when I am reading something, watching a video or other things. My brain must be actively engaging in doing something else, like reading, to turn off my hearing.

But, since I am not on my cellphone, reading a book,

or watching YouTube while I am listening to a podcast, this problem doesn't apply to me. I do see how this can affect others, though, so figure that out for yourselves, I guess. I strongly encourage crochet or solitaire.

Reading provides in-depth content that will never get old, and professors will never stray away from 23-page research papers, and that's okay. These long readings are necessary for Gonzaga University students to learn. But podcasts provide me with a dynamic of flexibility that I can't help but adore. We all live such busy lives that sitting down to read can be a drag, which makes podcasts the next best option.

Podcasts also are usually interview-based, which I prefer; I love hearing people's perspectives. Hearing people's life experiences and perspectives is valuable because it can strengthen or change my views on certain things. You don't get many interview-based readings unless it is a newspaper article. So, there is a lack of variety of perspectives in readings unless they intentionally write for that.

If you are tired of podcasts and keep getting assigned them by professors, here is my best advice — read the transcript; most podcasts provide a transcript that are just basically an article.

At the end of the day, podcasts solve my fidgeting hands, which helps me with a minor inconvenience I face. If GU wants to raise money to get me a small fidget toy, I'd be down to do more readings.

Trinity Wilhite is a staff writer.

Data tracking by big tech conglomerates is not good, mostly bad and very, very ugly

In the current age of smartphones and tablets, issues of data collection and privacy has become one of the most contentious issues surrounding big tech and corporations.

Lately, however, many companies, such as Apple, have said that they plan to commit to new standard for data privacy, with consumer consent as the main pillar.

Recent reports have indicated that despite this promise, Apple has continued to track user's activity - down to the pattern of finger touches - despite the user turning off data sharing on the device. This report begs the question: how did we get here?

I will concede that tech companies know so much about us and our daily lives already, from our address and phone number to our location and social security number; surely knowing a little more data about your online habits couldn't do that much more harm. However, our data should never have been sold for profit in the first place.

The reality is that we, as consumers, citizens and people, have enabled tech companies in their pursuit of profit through selling our information to the world.

On a legal level, there are few laws or significant regulation on the books regarding selling or farming personal data from users as Sarah Lamdam highlights in her book on the subject, "Data



By JACKSON HUDGINS

Cartels" — this is a large part of the problem. The huge terms and conditions contracts that we sign when starting a new device are full of legal jargon and confusing language on purpose — I doubt anybody, myself included, has ever read the entire terms and conditions contract.

By signing the contract, however, we are unknowingly giving consent to tech companies to gather and sell our data. This is a violation of the basic right to privacy that any citizen has, and it only happens because we have not put enough pressure on our elected officials or tech companies to stop it.

The business of selling data is incredibly lucrative for tech companies, and they can use that data to produce selective advertising to manipulate us into buying products; this reasoning can be reasonably justified by the notion that most tech companies are private businesses and can't do anything reasonably malicious with our

data. Putting that reasoning into practical terms, however, reveals just how dangerous this practice can be to our finances, personal freedom and livelihoods.

These tech companies can sell this data — unknowingly or not — to third-party actors who intend to perform actions which are annoying at best, illegal at worst.

Millions of scammers around the world search for our data to send us spam, and these tech companies can serve it to them on a silver platter. Selling our data to scammers could put our personal records, like bank accounts, into the hands of someone who could steal our money or extort us through viruses, according to Lamdam.

The governments of the world can obtain this personal information from these private companies to bypass our constitutional rights, and use it to surveil citizens illegally or use our data in other unconstitutional ways.

By taking our data even when we don't consent, large tech corporations put our lives and lifestyles at risk. This constant farming of our data is unethical and must be put to an end. We must put our foot down and use our power as people to make it difficult for these tech companies to continue farming our data.

Jackson Hudgins is a staff writer. Follow him on Twitter: @judge_hudge3.

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'Popsicle Toes' to 'Snowflakes': Annual dance showcase takes the stage



BULLETIN FILE PHOTO

This year's Snowflake Showcase will feature 14 pieces, 75 dancers performing and a variety of dance styles ranging from ballet to Salsa.

By LILLIAN PIEL

What started out as an informal December dance concert has grown into a yearly tradition beloved by Gonzaga University's dance program, better known as the Snowflake Showcase.

This year's Snowflake Showcase will take place on Dec. 2 in the Magnuson Theatre in College Hall at 6 p.m. and 8 p.m. The show is about an hour and 15 minutes long, and tickets are \$10.

According to Suzanne Ostermith, 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-taught Boundless dance classes to pieces from academic dance classes.

The Snowflake Showcase has been running for almost 15 years, and was originally called "Popsicle Toes," Ostermith said. It used to be danced on top of a theater set that was in the process of being built in the Magnuson Theatre, but now it's a full-fledged dance concert.

"This was student driven," Ostermith said. "Students wanted more performance opportunities. And so years ago, there was a dynamic student who said 'I want to 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 iconic holiday gathering. It's really fun."

Ostermith is particularly excited to see her class, dance culture and art, perform a dance in the showcase. Another highlight of the showcase will be a South Asian fusion dance piece choreographed by Devika Gates, an artist in the community trained in the dance form Bharatanatyam, Ostermith said.

Brooke Harkness, a senior double majoring in biology

and dance, is the student director of this year's Snowflake Showcase. She said there are 14 pieces in the showcase, and around 75 dancers performing in the show.

Harkness runs the committee that works to put on the showcase, which includes coordinating information, gathering music files, setting the show order, decorating and leading warmups during show week, she said.

The student leadership aspect of working on the showcase has been rewarding for Harkness, and she acknowledged the work of everyone involved in putting on the show. She also highlighted how the Snowflake Showcase features the work of a student lighting designer, Luke Motschenbacher.

According to Harkness, the Snowflake Showcase is a good 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 to be able to share your work is a big deal," Harkness said. "So for Boundless teachers in particular, to be able to share their choreography work with the community ... it's a big deal."

Halle Goodwin, club advisor for the Dance Club and assistant director of the dance program at GU, said the Snowflake Showcase displays opportunities for students to get involved in the dance program. Anyone can take Boundless dance classes, which are student-taught dance classes that are a part of Dance Club and can choose to perform in the showcase, she said.

Among the lineup of dances in the Snowflake Showcase are Salsa, ballet, contemporary, tap and K-pop, Goodwin said. She is looking forward to seeing everyone have fun while they perform, and hopes it inspires students to take Boundless classes and start dancing.

"It's that kind of thing where students get to get exposed to the Boundless classes that are available and the dance classes that are available and seeing that they really could do it," Goodwin said. "You don't have to have dance experience to come and dance at Gonzaga, or take a Boundless class or take an academic class. I love [how] the Snowflake Showcase can inspire people to get involved with dance."

Zoe Driml, a senior and the president of Dance Club, said she has had a relatively hands-off role with the showcase this year. However, she is looking forward to seeing the show from an audience perspective.

Driml also echoed Ostermith's sentiment of excitement at the South Asian fusion piece, since she said this is the first time an outside artist has been brought in to teach dance workshops to choreograph a piece for Snowflake Showcase. The variety of dance styles represented in the showcase is another reason to see the show, Driml said, in addition to how it is student-produced.

According to her, 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 space together and celebrating what the human body can do is a real joy," Ostermith said. "So everyone should come just to give their mind and heart a break from everything else they're doing."

Lillian Piel is the editor-in-chief. Follow them on Twitter: @lillianpiel.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level **1** 2 3 4

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

Solution to Last Week's puzzle 12/18/22

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

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

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Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
18					19		20			21				22				
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80																		
91	92	93														95		
96																		
103							104											
108							109											
114							115											
118							119											

TIS THE SEASON

By Gary Larson & Amy Ens

ACROSS

1 "God bless us, — one!"

6 Cola choice

11 — pudding: Christmas treat

15 Org. with Falcons and Ravens

18 Stimulates, as curiosity

20 Mr. T's outfit

21 Syllables from Santa

22 ISP pioneer

23 Snow-covered home in many Hallmark Christmas greetings?

25 Soon, long ago

26 Overly

27 Most wee

28 Task of untangling last year's outdoor Christmas decorations?

30 "Sounder" Best Actress Oscar nominee Cicely

31 Cap brims

34 Dog—

35 Ryder Cup org.

37 Loudness measure

40 Chef's workload

41 Rude way to describe shopping mall Santas?

47 Completely updated

48 "Well, shoot"

49 Air France hub

50 Wok, for one

53 Coffee cup insulators

55 TV series based on a Coen brothers film

57 Noted second-place finisher

58 Dodger great

Reese

61 Slender stemware

62 Went up a size

63 "Waterloo" quartet

66 Like a decorated Christmas tree, usually?

69 Word with wind and Wing

70 Armoire part

71 Oscar winner Hunt

72 Build up

74 Go up against

75 Parlor piece

76 Shows age, as newspaper

80 Yoga roll

81 Make a bundle?

82 Meyers of late-night TV

86 British fish dish

87 Like the contents of a gift-wrapped pet carrier, hopefully?

91 With good judgment

94 Perfect example

95 Game console letters

96 Perfect

97 Tell

99 Put at ease

103 Career preparing gifts for those on Santa's "naughty" list?

105 Proclaim loudly

108 Actress Basinger

109 "Start talking"

110 Portraying Comet's sleigh-pulling partner in the Christmas pageant?

114 College domain

115 Jump

116 Dispatch

117 Wonderland host who says, "It's always tea-time"

118

119 "NASCAR on NBC"

analyst Earnhardt Jr.

120 Figures (out)

121 Flowering shrub, in gardener slang

DOWN

1 NT book before Philipians

2 Baroque stringed instrument

3 Evenhanded

4 Out of practice

5 Throws away quickly, in slang

6 Busy orgs. during campaigns

7 Coup d'

8 According to

9 Despondent

10 Online chats, briefly

11 "Exile in Guyville" singer Liz

12 Years (for)

13 "I don't like the sound of that"

14 — Jack cheese

15 Essence

16 Header's opposite

17 London insurance giant

19 Flight school hurdle

24 Italian fashion house known for leather goods

26 Hang around lazily

29 Some parents

31 "La Dolce —"

32 "Yeah, right"

33 Min. fraction

35 Free TV spots

36 Noisy shorebird

38 Wrap up

39 Mercury or Saturn

40 Norwegian capital

42 Words in a cocktail recipe

43 Nice dream?

44 Geeky type

45 — valve: heart part

46 Pressing need

50 Cut down

51 War god

52 Small amphibian

54 African language

55 Ala. neighbor

56 Luminous glow

57 "The Time Machine" author

59 Telepathic girl in "Stranger Things"

60 Jazz great

Fitzgerald

61 Marshy area

63 "House of Gucci" actor Driver

64 "The Book of — Felt"

65 Boxing match

67 Actor Kingsley

68 "The Whole Woman" writer

Germaine

73 Peter Fonda title role

75 Crockett of folklore

77 Confides in

78 Sangria ingredient

79 Gels

81 Wallet

82 Tizzy

83 Kin of -kin

84 Howe'er

85 Garment border

87 "Dreamgirls"

88 Fix, as a horse

89 Brewery letters

90 Praline nut

91 Musical set in Oz

92 Eager reply to "Who wants dessert?"

93 Irish poet Heaney

97 Fit for a queen

98 Skip the formalities, in a way

100 Cry of frustration

101 Aptly named

Renault

102 Impudence

104 Superstore with wordless assembly instructions

105 Information unit

106 Baloney

107 Seven up, e.g.

110 Letters from school

111 Asian language

112 Egyptian viper

113 Like some humor



'Tis the season: Spokane holiday festivities for locals and visitors alike

By JONAS BEARS

We've reached December — the holiday season is in full force, and Spokane is full of festive activities.

This winter marks the 40th anniversary of Christmas Tree Elegance — an event that draws over 100,000 attendees each year to see 16 Christmas trees intricately decorated and displayed at both the Historic Davenport Hotel and River Park Square. The event is a fundraiser put on by the Spokane Symphony Association in support of the Spokane Symphony.

"We feel that a symphony enriches the community with the arts, and music is good for everyone," event chair Elizabeth Raol said.

Each tree has a unique theme and is displayed with up to \$4,999 worth of prizes, which are raffled off for a dollar a ticket. Prizes this year range from a refurbished vintage motorcycle, to gardening supplies to cash.

"It's a dream for a dollar, anybody can win," Raol said. "We encourage everyone to attend."

Christmas Tree Elegance is ruby themed this year and will take place from Nov. 29 to Dec. 11. Raffle winners will be announced on the final day of the event.

Wheatland Bank is sponsoring free horse and carriage rides downtown as well. Each ride lasts around 10 minutes with a maximum capacity of eight adults. No reservations are required — pick-up is standby only and is located at 250 N. Wall St.

"It's beautiful, it's quick and easy," Nicki Sanders said after her carriage ride. "I'm from Seattle, and nothing is free in Seattle, so it's pretty amazing."

Rides are offered Fridays from 3-8 p.m. and from noon-5 p.m. on Saturdays and Sundays through Christmas Eve.

For more to explore downtown, a piece of the past is on display at the Davenport Grand — the Crescent windows can be viewed on the south side of the hotel.

"Those Crescent windows have a very historic significance to downtown," said Kristi Obeso, a travel counselor at the Visit Spokane visitor's center in Riverfront Park. "The Crescent is an old department store that was here for years and years, and they did the big window displays like the Macy's in New York. These windows were found and restored, so now they're on display."

The five Crescent windows and their refurbished figurines will be on display until Jan. 1.

According to Obeso, Northwest Winterfest is another popular holiday attraction unique to Spokane. The event, which will be located at the Spokane County Fair & Expo Center, offers dozens of displays of illuminated lanterns



ISABELLA STOUT IG:isabellacarin.photography

This winter marks the 40th anniversary of Christmas Tree Elegance — an event that draws over 100,00 attendees every year.

inspired by cultures around the globe.

Winterfest is open Friday to Sunday evenings from Dec. 2 to Jan. 1. Adult admission is \$17.

Manito Park on the South Hill and Orchard Park in Liberty Lake are hosting free holiday light displays, according to Obeso.

Winter Glow Spectacular in Orchard Park has already started and will continue to glow until Jan. 1. Manito's lights will be out from Dec. 9 to 18 and offer both walking and driving tour options.

Obeso suggests Brrrzaar, a holiday shopping event, for a large selection of Christmas gifts. The event will take over River Park Square on Dec. 17.

"They fill all three floors with local vendors and artists and that sort of thing," Obeso said.

Over 70 vendors will be offering a variety of holiday

gifts consisting of local art and handcrafted goods from 10 a.m. to 8 p.m..

Obeso also recommends making the trek up to Greenbluff this holiday season.

"Greenbluff has a bunch of Christmas tree lots," Obeso said. "They've got little restaurants and wine tasting rooms up there, so they're making a big festival type atmosphere."

A comprehensive guide to these events and many others can be found at visitspokane.com.

Jonas Bears is a staff writer.

Zags bring Hemm Den alive during weekly 'Den After Dark' music series

By BRADLEY SAUVÉ

The quiet buzz that typically fills the Hemm Den every Wednesday fades away and finds itself replaced by a different expression. Live music performed by Gonzaga University students warms the air throughout the basement of the John J. Hemmingson Center, providing students with an opportunity to relax, study with music and enjoy the vibrant GU musical community.

Den After Dark (DAD), created as a part of the Gonzaga Student Body Association (GSBA) Coffeehouse program, offers GU's musical performers a chance to connect with the broader student community. Main event performances last approximately one hour and feature one or two performers or bands. Previous appearances have been made by groups such as Big Bing Theory, GU's a capella group, Vika and the Velvets and Late Night Snaq.

"I think the DAD program is an awesome way for students to get onstage and show their talents," said Conrad Herold, a member of the band Fish and the Chips, which performed in the event on Nov. 8.

In addition to these single-performer events, Open Mic Nights are held once a month. All students are free to sign up for a 20-minute time slot through GSBA. These slots are typically enough for two to five songs.



BULLETIN FILE PHOTO

Den After Dark is part of the GSBA Coffeehouse program to connect the student body.

Performers of all genres are welcome to participate, providing the audience with a variety of music.

"The open mics are really cool because of the varieties in style and choice," Herold said.

Performers are also free to vary genre and instrumentation within their performances. Leif Isaacson, a senior who has participated in several Open Mic Nights, played both piano and guitar in his first performance.

"Odds are you'll hear some really cool stuff or meet people you may want to play with in the future," Herold said. "Everyone I've heard perform is incredibly talented."

For all of its benefits, the experience of performing in the event can be a bit nerve-racking.

"Sometimes when it is just one person performing, it can be a lot because people are just focused on you," Isaacson said.

However, Isaacson described the mood of the Hemm Den as quite relaxed, adding that there is a healthy mixture of people who attend to do homework, hang out or see specific performers.

Isaacson attributed the lively audience this year to the strong efforts made by GSBA to advertise the event.

"The university, while it tries, doesn't always do the greatest job of marketing live music events on campus," Isaacson said. "That is something that this year, Den After Dark is doing a great job of on social media and in getting the word out."

Herold and Isaacson, who have both attended as a performer and as an audience member, agreed that DAD is a win-win for the audience and musicians alike.

"There are a lot of talented people here, and I would highly recommend to people to go to one [of these events]," Isaacson said.

Bradley Sauvé is a staff writer.

Gift Guide: Shop local for your friends this holiday season

COMMENTARY
by KAELYN NEW

One of the best ways to embrace the holiday spirit is by giving thoughtful gifts to the people who make your life jollier. But for those who have no clue where to start, 'tis the season to be stressed. Gift-giving can be an overwhelming feat, especially for those unfamiliar with what Spokane has to offer. Here are some local gift ideas to brighten your friends' lives.

Spokane's local business scene offers plenty of hidden gems, with countless shops boasting handmade and vintage gifts. What better way to spread holiday cheer than by supporting local businesses, shopping sustainably and brightening the lives of your friends?

For bookworms:

If your friend is a bookworm, Auntie's Bookstore, located at 402 W. Main Ave. is the perfect place to go gift shopping. The independent store offers books of all genres and practices sustainability by reselling used books. If you don't know what kind of books your friend prefers, consider giving them an Auntie's Bookstore gift card so they can pick out whatever they desire.

For bath lovers:

If your friend leans luxurious, consider placing an order from Kim's Bath Shop. The local shop, owned and operated by Kim Zeman, allows for shipping or in-person pick-up in Spokane. The shop offers bath bombs, homemade soaps and shower steamers (which are the equivalent of bath bombs for the shower). All Kim's Bath

Shop products are made with natural oils and skin-loving ingredients, making the products perfect for those more prone to sensitive skin. This holiday season, Kim's Bath Shop is offering special holiday bundles and products including, but not limited to, gingerbread man bath bombs and wickless holiday candles.

For color connoisseurs:

If you are gift-shopping for a friend who loves bright colors, consider stopping by Kizuri at 35 W. Main Ave. Suite 100. Kizuri boasts a huge selection of products ranging from kitchen supplies to clothes and decorations. The female-owned business operates through fair-trade, bringing in bright colors from other cultures and making it more sustainable than shopping at a chain.

For fashion fiends:

If your friend loves vintage clothes and testing out different styles, consider making a stop at Global Neighborhood Thrift or Chosen Vintage. Global Neighborhood Thrift, located at 919 E. Trent Ave., has plenty of hidden finds, ranging from vintage t-shirts to old photos, all reasonably priced and affordable. The thrift store additionally supports refugees in the Spokane community with job opportunities. While Chosen Vintage, located at 7 W. Main Ave., ranges on the pricier side, the shop offers select vintage clothing from decades past, making it the prime stop for friends with old-fashioned taste.

For music admirers:

Resurrection Records, located at 1927 W. Northwest Blvd., is a DIY record label and store that has vinyl, cassettes, CDs, record players and more in store. Established in 2009, the shop sells both new releases and old, making it a superb stop for music lovers of any musical genre or era. If you aren't sure what kind of music your friend specifically likes, the store has t-shirts and stickers.

For DIY-ers:

If you are balling on a budget this season, the most thoughtful gifts are often not purchased. Don't let money define your admiration for your friends by making something homemade. Hand-drawn pictures or paintings are sure to leave a positive impression on those you care about this holiday season. Or, as temperatures drop, consider taking up knitting or crocheting (if you haven't already), and making your friends mittens, scarves or beanies. There are several step-by-step tutorials for beginners on YouTube.

Sometimes the best gifts aren't physical objects, but dedication to your friends through acts of compassion. For instance, take out your roommate's trash if they are having a busy week, make dinner for the people in your house or even just check in to see how the people around you are doing. After all, these actions truly help maintain healthy relationships with others.

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new.



The only five-star basketball recruit in Nebraska history, the Omaha native is averaging 5.2 points, 2.7 rebounds, 1.7 assists and .7 steals per game coming off the bench.

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.

“All my siblings play basketball, my family is a basketball family,” Sallis said. “It was always around so it’s basically a no-brainer — I’d be playing basketball regardless of if I was good or not.”

Not being good at basketball has not been an issue for the 6-foot-5 sophomore from Omaha, Nebraska. At the time of his commit, Sallis was the highest rated recruit in GU men’s basketball history and the first five-star basketball recruit in Nebraska history. Alongside Jalen Suggs, Chet Holmgren and Zach Collins, Sallis is the fourth signee in program history to be named a McDonald’s All-American.

At Millard North, he led the team to its first Class A state title and finished with 1,819 career points, the third-most in Class A history. One of 10 semifinalists for the Naismith Trophy National High School Player of The Year, Sallis was the sixth-ranked recruit in the 2021 Class and the second-ranked combo guard by 247Sports.

His basketball career started early when he began playing for the Omaha Warriors. Sallis said that since then, he played with mostly the same coaches and teammates, playing AAU with Nebraska Hoops Elite in the summer and for his middle and high schools during the school year.

Sallis followed in the athletic footsteps of his mother, Jessica Haynes, who led Omaha Central High School to two Class A state basketball titles during her high school years. She went on to play for San Diego State University and briefly played professionally. Sallis said he got his love for basketball from Haynes, who first put the ball in his hands at a young age.

Sallis considers himself a versatile two-way player who can score at the rim, in the midrange and from beyond the arc. Now in his sophomore year, Sallis said he is working on improving every little piece of his game for the 2022-23 season.

According to Synergy, Sallis was graded “excellent” in both transition and half-court defense last season. When Sallis was on the court, opponents shot 41.8 % in transition against him and 37.2% from the field in the half-court.

“Man, sky’s the limit for those guys,” said Andrew

Nembhard in an interview with The Spokesman-Review. “McDonald’s All-American guys, super skilled ... Hunter’s a guy who’s just super humble, gets in the gym. I heard he’s had a great summer, so I’m really excited to see him. He’s so athletic and can guard. He’s a guy who I think people will be really surprised with how good he’ll be.”

Junior wing Julian Strawther said at the West Coast Conference (WCC) media day that he believes Sallis made the biggest offseason jump, citing his hard work over the summer.

“Just improvement in all aspects,” Strawther said of Sallis. “Obviously, he showed flashes as an elite defender, like a defender that could win defensive player of the year in the conference. You have that and he’s been adding a jump shot.”

Sallis surprised many by committing to GU over offers from Creighton and North Carolina. After coming to visit GU during his junior year of high school, Sallis said he fell in love with the school and committed because it made sense to pick the place where he was more familiar with the coaches and environment.

“My first time really seeing [GU] play was when they came and played Creighton,” Sallis said. “I just remember they beat them by a lot ... It was a big game and they just demolished Creighton.”

In his first season at GU, Sallis played in all 32 games, logging a total of 436 minutes. He averaged 4.3 points per game, scoring a season high of 16 against Alcorn State University. Sallis tied for fourth on the team for steals per game at 0.6 with 19 total behind Nembhard and Anton Watson.

Head coach Mark Few praised his defensive intensity and athleticism on both ends of the court as big attributes. He said Sallis figured out the college game better as the season progressed, and Sallis agreed.

“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.”

Now in his second year at GU, Sallis said college is getting easier for him on and off the court. The homesickness from his first year has mostly gone away, and his friendships with the guys on the team have helped him navigate the transition.

Since meeting at a recruitment camp, Sallis and fellow sophomore guard Nolan Hickman have established themselves as a sort of duo 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 were 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 and good friends.”

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. Redshirt sophomore guard Dominick Harris also raps with Sallis at times.

“We just joke around all the time, so that’s kind of how it came about,” Sallis said.

Though the entire GU men’s basketball team is supportive of each other on and off the court, Sallis said that the guards particularly complement each other with their respective games.

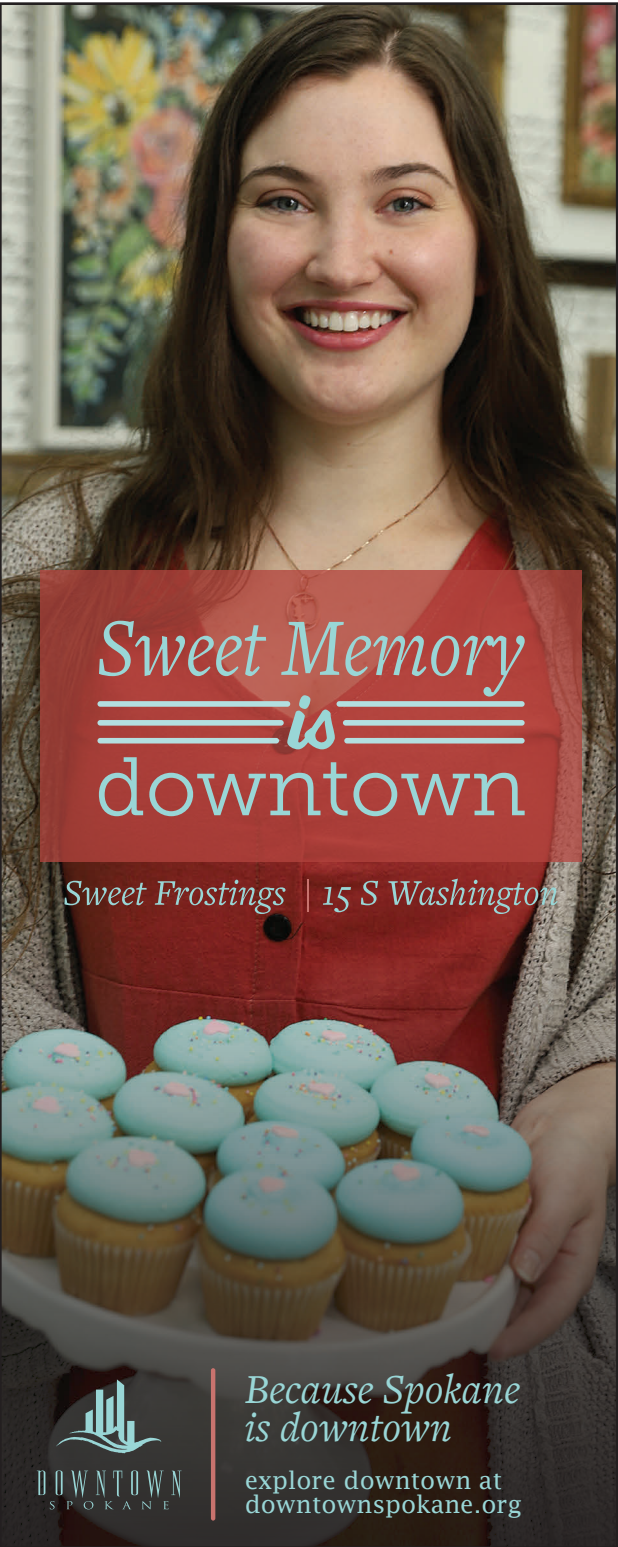
“Julian Strawther, he’s a really good 3-point shooter if he can’t make it to the basket,” Sallis said. “Nolan, he’s really good at playmaking and scoring. Rasir’s really fast and then we got Dom Harris who is also defensive minded and can shoot so I feel like all of our games have different components that complement each other and that’s what makes us so good.”

This year, Sallis’ and the team’s goal is to win the March Madness tournament.

“That’s our goal every year, just because we’ve been close a lot of years and we feel it in our hands and we really just want to go grab it,” Sallis said. “Our team goal is also just being us, playing how we play night in night out and getting it done that way.”

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

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



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No. 23 Gonzaga readies for second-ranked Stanford

COMMENTARY
By BRADLEY SAUVÉ

For any midmajor school 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 an opportunity to make a monumental statement. On Sunday, the Zags square off against No. 2 Stanford on the road in Palo Alto, California at noon.

GU will be striving for a hat trick of wins against ranked teams. They already have victories over then-No. 6 Louisville and then-No. 23 Tennessee from their trip to the Bahamas for the Battle 4 Atlantis tournament.

"We don't really get to play top-25 caliber teams," said senior guard Kaylynnne Truong in the aftermath of the Zags' win over Tennessee. "We've got to leave it out on the court [when we do]."

Stanford is off to an impressive start to the season, sitting at 8-1 overall and firmly ensconced in their No. 2 ranking after a 5-point overtime loss to No. 1 South Carolina.

In their eight wins, the Cardinal are averaging a margin of victory of slightly more than 40 points.

Stanford boasts a balanced attack, with six players averaging between 7 and 12 points per game.

However, there is no doubt that the biggest threat to GU's chances in this game lies in 6-foot-4 junior forward Cameron Brink. GU will likely look to take the game to her to draw fouls on the Cardinal interior anchor, who averages 11.9 points, 6.5 rebounds and 3.3 blocks per game.

In the first game between these two teams last season, Brink had four fouls, scoring 12 points with six rebounds. In the rematch, the Zags only drew one foul on her. The All-American scored 14 points with 16 rebounds and five blocks.

"Cam's a very skilled player," said Stanford head coach Tara VanDerveer to the Cardinal Sports Report. "Athletic, sized, she has it all. She can shoot inside. She's working on just moving the ball a little bit better, she finishes on the block."

Brink's ability to dominate on the interior sets up a fascinating matchup with burgeoning Zags star Yvonne Ejim, who is averaging 18 points, 8.2 rebounds and 1.8 steals per game. The junior from Calgary, Alberta, has become a focal point on offense while displaying a level of physicality that matches up well against high-major talent.

The matchup in the low post will not be the only significant battle in this game. Both



ISABELLA STOUT IG: @isabellacarlin.photography

Ejim, left, had 10 points and eight rebounds in the Zags' 62-43 win over Maine on Monday.

teams feature loaded backcourts with the potential to take over games.

For the Cardinal, seniors Hannah Jump and Haley Jones run the show. Jump provides scoring pop, 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 10.6 points, 6.6 rebounds and 3.6 assists per game.

On the other side, Brynna Maxwell and Truong rank only behind Ejim in scoring. Maxwell has filled the role of transfer sharpshooter that GU has had so much success with in the past, making 57.1% from deep on the young season. Truong has been less efficient in shooting the ball but leads the team in assists with 4.8 per game.

Starting point guard Kayleigh Truong has missed time after sustaining a leg injury in the Bahamas. She did not play in the Zags' loss to Marquette and played just six minutes against Tennessee. Whether she will play this week has not yet been announced.

Even more than backcourt shooting, turnovers might be the deciding factor in this contest. Both teams have struggled in this area in the month of November, with Stanford giving the ball away 13.1 times per game and the Zags 16.2 times.

"Our turnovers really, really hurt us and that's something that we have to do better," VanDerveer said.

The contest marks the 14th meeting all-time between the two programs, who have played regularly since 2009. The Cardinal holds an 11-2 edge in the series.

After handling Maine 62-43 on Monday, 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 large role in how the college basketball world sees this Zags team. In past years, even playing the Cardinal close has propelled the Zags higher in the rankings.

On the other hand, as any college coach

GU SPORTS CALENDAR

- Thursday, Dec. 1**
» Women's basketball at Stephen F. Austin, Nacogdoches, TX, 3:30 p.m.
- Friday, Dec. 2**
» Men's basketball vs. No. 6 Baylor at Peacock Classic, Sioux Falls, SD, 5 p.m.
- Saturday, Dec. 3**
» Track at Sharon Colyear-Danville Season Opener, Boston, MA, all day
- Sunday, Dec. 4**
» Women's basketball at No. 2 Stanford, Palo Alto, CA, noon
- Monday, Dec. 5**
» Men's basketball vs. Kent State, 6 p.m.
- Tuesday, Dec. 6**
» Women's basketball vs. Queens University of Charlotte, 6 p.m.

Home games in bold

will say, teams always play to win.

"Our team ... can compete with anyone, they showed it this weekend," said GU head coach Lisa Fortier after her team's victory over Tennessee. "This particular team can do big things."

On Sunday at Maples Pavilion, the Zags will find out if one of those things is taking down one of the premier programs in the nation.

Bradley Sauvé is a staff writer.



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8.4 RPG

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#0

GRAPHIC BY HAILEY SHODA

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

COMMENTARY
by ZACH WHITE

A rematch of the 2021 NCAA Men's Basketball Championship is afoot. No. 14 Gonzaga University men's basketball (5-2) faces off against the No. 6 Baylor Bears (5-1), on Friday in Sioux Falls, South Dakota. Tipoff in the Sanford Pentagon is scheduled for 5 p.m.

Baylor enters the game with a win and a loss in its two games against ranked opponents. The Bears fell to No. 3 Virginia before narrowly defeating No. 12 UCLA.

The Zags enter the game with two wins and two losses against ranked opponents. In recent weeks, GU defeated No. 20 Michigan 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 felt the absence of former second team All-American Chet Holmgren. GU struggled with rim protection and play against centers in these games, an area that Holmgren covered last season.

The Zags continue to struggle against pick-and-roll offenses that feature talented centers. These centers match up well against a GU team that lacks significant size and length.

Kentucky's Oscar Tshiebwe posted a stat line of 20 points and 15 rebounds, with Purdue's Zach Edey similarly showing out by scoring 23 points, while

grabbing seven rebounds and three blocks.

Baylor's offense lacks a high scoring center, as much of the offensive production runs through its guards. GU's frontcourt should be highly involved, with senior forwards Drew Timme and Anton Watson having favorable matchups.

GU has also struggled with guard play, as the early season rotations continue to be ironed out. Consistency issues and poor shooting have plagued the guards, as sophomore Nolan Hickman and seniors Rasir Bolton and Malachi Smith look to assert themselves in a high-scoring offensive rotation.

The backcourt will have their work cut out for them in a tough matchup against Baylor's dynamic guards. Junior guard LJ Cryer is Baylor's top scorer, averaging 17.7 points per game and shooting 48.2% on field goal attempts. Senior guard Adam Flagler is the team's second highest scorer, averaging 17 points while hitting 51.5% of his shots and 53.7% from 3-point range.

"They really have a system ... and they know what works at Baylor," said GU head coach Mark Few "Those perimeter players they've had in the national championship game are terrific. The perimeter players they have now are terrific, they've got great athletes inside."

The Zags were punished in guard play by Texas' backcourt, as Tyrese Hunter and Marcus Carr scored 26 and 16 respectively in their win over GU. The Zags were unable to defend the 3-ball, as Texas shot nearly 40%

from deep, with Hunter going 5-for-8.

The Zags will look at Baylor's loss to Virginia to provide insight to the Bears' expected game plan. Baylor was unable to stop a Virginia team that shot 55.6% from the field, going 64.3% from beyond the arc.

GU's high-percentage shooters will be tightly guarded, with particular emphasis to be expected on junior guard Julian Strawther and Malachi Smith, who shoot 45.5% and 53.7%, respectively.

"It's really important to know that we can execute down the stretch," Strawther said. "Coach has a scheme that he wanted to execute, [if] they threw something at us ... we improvised and made the right play. I feel like that's really huge that we improvise on the spot, and 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 these guards, while also involving bigs such as Timme and Watson. Ben Gregg has established himself as a solid rotation option, and his production should similarly increase with the minutes he has earned.

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

Zach White is staff writer.

Men's basketball falls to No. 14 in AP Top 25 poll

By TOMMY CONMY

The Gonzaga University men's basketball team is ranked No. 14 in the latest Associated Press Top 25 poll after two wins and a ranked loss at the Phil Knight Legacy tournament.

The Zags (5-2) ousted Portland State 102-78 in the opening round before suffering a 84-66 setback against the No. 5 Purdue Boilermakers. Purdue and National Player of The Year candidate Zach Edey rose from No. 24 after defeating West Virginia, GU and No. 17 Duke by

double digits in Portland.

GU closed the tournament with an 88-84 victory over Xavier. Mark Few's squad is No. 2 in strength of schedule according to KenPom and have losses to two top five teams with victories over two top 20 teams and a game against No. 6 Baylor this Friday and No. 11 Alabama on Dec. 17.

Houston (6-0) took over as the No. 1 team in the poll after North Carolina suffered back-to-back defeats to No. 23 Iowa State and No. 11 Alabama. The Tar Heels fell 18 spots, the largest one-week

fall from the top spot in AP poll history.

Meanwhile, the Cougars defeated Kent State and Oregon this week to remain perfect and claim the top spot.

Texas (5-0) rose to No. 2 in the polls and will face off against No. 7 Creighton this week. The ranking is the highest for Texas since a No. 1 ranking in 2010. The Blue Jays were undefeated prior to a 2-point loss to No. 4 Arizona and former GU assistant Tommy Lloyd in the Maui Invitational title game. The Virginia Cavaliers (5-0) rose from No. 5 to No. 3. The entirety of the

top five is undefeated while No. 8 UConn, No. 10 Indiana, No. 15 Auburn and No. 23 Maryland all remain perfect.

No other West Coast Conference (WCC) teams were ranked or received votes after Saint Mary's lost to Washington by four points on Thursday. The Zags welcome the Huskies to Spokane on Dec. 9.

Tommy Conmy is a sports editor. Follow him on Twitter: @tommyconmy.

Women's basketball debuts at No. 23 in national rankings

By HENRY KRUEGER

It seemed like only a matter of time before the Gonzaga University women's basketball team would make their season debut in the Associated Press Top 25 poll.

After receiving votes in each of the first three weekly polls, the Zags (6-1) entered the national rankings at No. 23 on Monday.

The announcement follows GU's 2-1 showing at the Bad Boy Mowers Battle 4 Atlantis tournament in the

Bahamas, which wrapped up on Nov. 21.

GU finished third in the competition, with wins over then-No. 6 Louisville and then-No. 23 Tennessee. The Cardinals (5-2) are slotted No. 18 in this week's poll while the Volunteers (4-4) are unranked.

With 85 points in the poll, the Zags are positioned ahead of No. 24 Marquette (6-1), which beat GU in the tournament semifinals on Nov. 19.

Defending NCAA champion South Carolina (6-0) is the top-ranked team after picking up all 29 first-place

votes. The Gamecocks are followed by Stanford (8-1), UConn (5-0), Ohio State (6-0) and Indiana (7-0).

Stanford is one of three teams the Zags face this week, as they defeated Maine (3-4) 62-43 on Monday, before going on the road to play Stephen F. Austin (5-3) on Thursday and the Cardinal on Sunday.

Henry Krueger is a sports editor. Follow him on Twitter: @henrykrueger.

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