

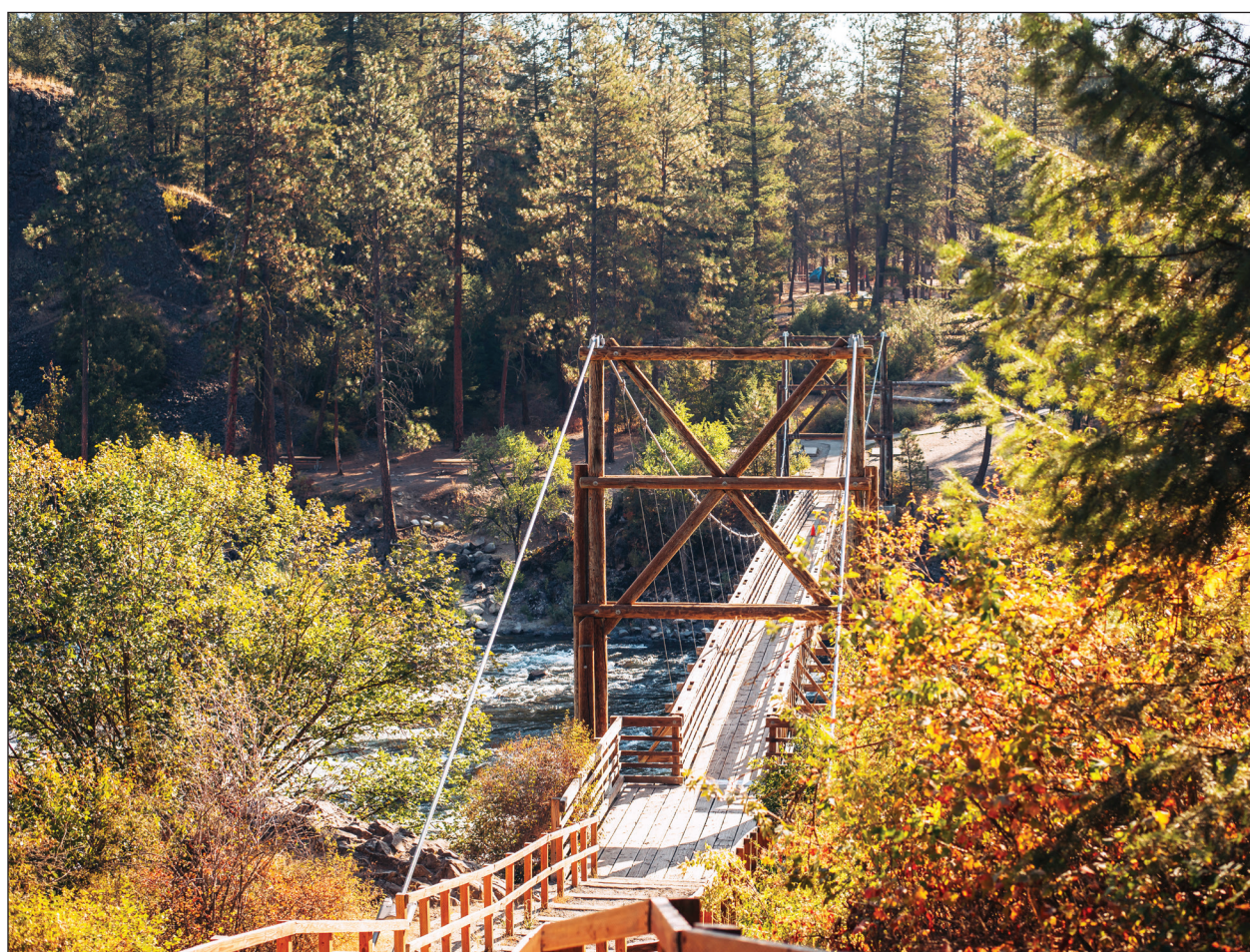
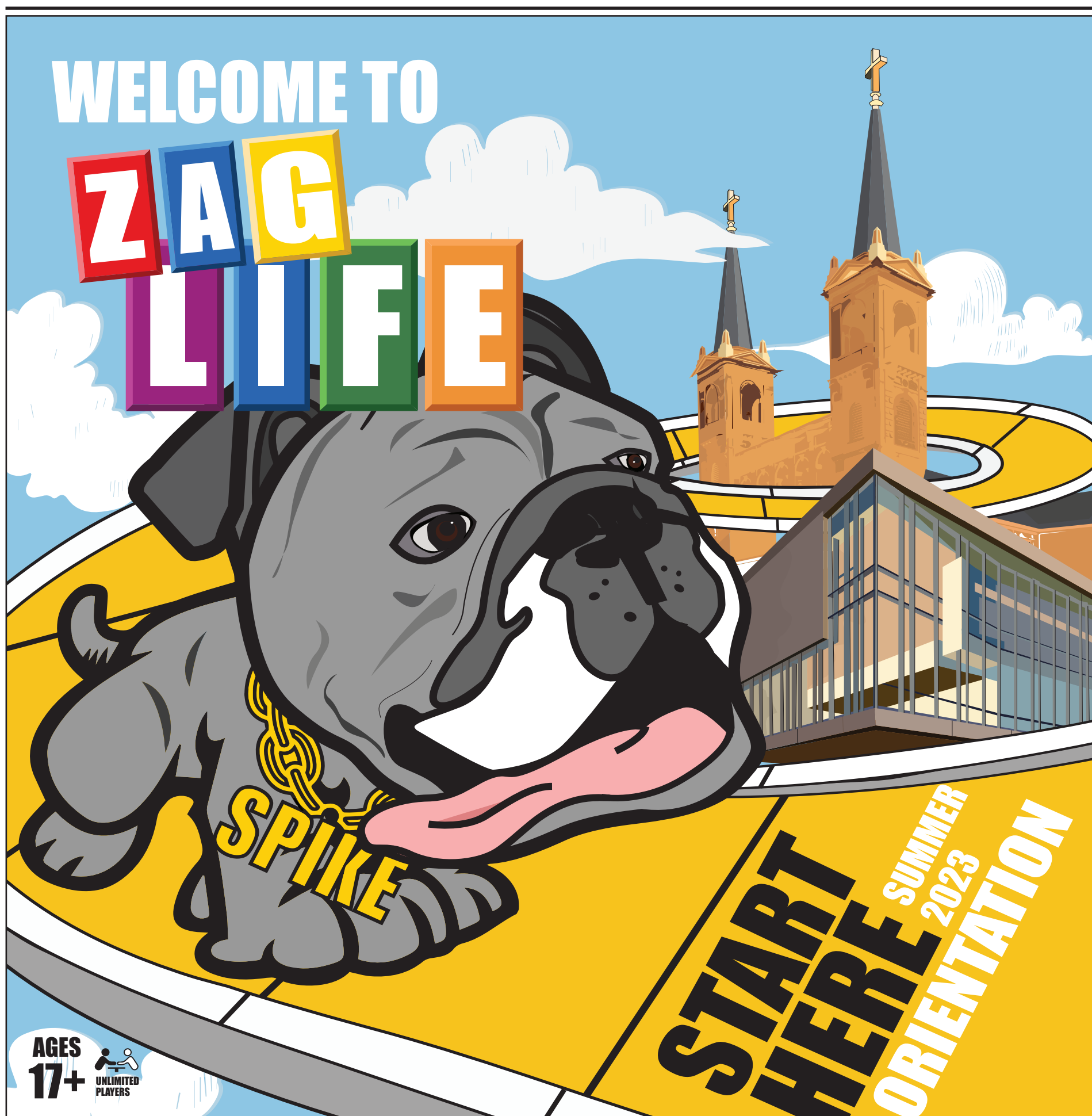
The Gonzaga Bulletin

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Bowl and Pitcher offer trails around the scenic Spokane River.

BULLETIN FILE PHOTO

Spokane's Great Outdoors

Explore the beautiful nature in GU's backyard

Commentary

By AMELIA TRONCONE

Home to 87 parks, the largest state park in Washington and its own roaring river, Spokane has a plethora of natural spaces to visit when you need an escape. Whether you are trying to explore more of

Spokane or stay close to Gonzaga University's campus, this list will provide you with the best places to visit to get outdoors.

Lake Arthur, Gonzaga University
Lake Arthur is the perfect first stop for exploring Spokane's outdoor spaces because it resides on GU's

campus, making it the easiest space on this list to access.

Located on the southwest portion of campus directly across from the Spokane River, Lake Arthur provides a terrific spot to hammock, lie out on a blanket and relax. While

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Zags help Zags: GU resources for incoming students

By CAE CABERTO

As new incoming students, Gonzaga University's abundance of resources may be overwhelming to navigate at first. However, learning how to utilize GU's campus resources not only will help with academic needs, but it also helps find the proper communities to aid in mental and social well-being.

To make the learning process a bit easier, here is a list of some campus resources that could become handy during the school year.

The Foley Center Library will be your best friend when it comes to all things academic. Within the library you will find the Disability Access Office, Tutoring Center, Writing Center and Academic Advising & assistance Office.

The Disability Access Office oversees establishing accommodations for students with disabilities, allowing every individual to have an equal opportunity for success in the classroom. The Tutoring Center and Writing Center offer one-on-one tutoring and peer reviews. The Academic Advising & Assistance Office aids students by offering advice when it comes to one's major and having a successful four-year plan.

There are several resources for students when it comes to their physical and emotional well-being.

The Office of Health Promotion and Center for Cura Personalis located in the Crosby Center promotes holistic well-being for students and offers services such as case management and consultations for any mental health concerns, physical injuries and substance abuse.

GU's health and counseling services also offer physical and mental health care right on campus. Within a clinical setting, students can expect quality care from providers, nurses and other expert staff to diagnose and treat physical illnesses and injuries. GU also provides individual counseling services for all students, as well

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psychiatric services for various mental health needs.

Sophomore Kate Sung said that the health and counseling services were helpful to her during her freshman year when she needed to get an injury seen by a professional. Rather than going off-campus, Sung said it was cheaper and more convenient to have on-campus medical care compared to driving to the nearest hospital.

Sophomore Carole Aludino said that the health and counseling center has been a vital and helpful resource throughout her freshman year.

"On those tough days when I needed to talk or when I was feeling homesick, the counseling center was there to greet me with a friendly face. Whether you need counseling and therapy or a vaccine shot, the health and counseling center will always take care of you," Aludino

said.

Health and Counseling Services range from being free of charge to having small charges for certain visits and needs.

The John J. Hemmingson Center is also home to several offices where students tend to find community and belonging. The Center for Global Engagement, Lincoln LGBTQ+ Resource Center and the Unity Multicultural Education Center all offer welcoming spaces for underrepresented students on campus.

CGE advocates for academic and cultural support for international students in order for them to achieve scholar success as well as foster intercultural engagement with the several study abroad programs offered at GU.

The Lincoln LGBTQ+ Resource Center offers support for those seeking information about gender, gender identity, gender expression, sexual orientation and several other relating topics. The center strives to be a safe and inclusive space for all who seek community with them.

UMEC serves as a space for underrepresented students

on campus and provides several opportunities for those looking to be more involved in social justice and diversity leadership. UMEC continues to be a source of support for many students of color on campus.

If you or a friend ever find yourself in a bias incident or hate crime, you can either report a bias incident via GU's bias protocol or talk to any of the BIAS Team members, whose information can be found on GU's official website. A Title IX incident can be reported if a situation involves gender-based harassment, sexual assault, stalking or domestic violence by reaching out to a Title IX Coordinator associated with GU.

Further information for the resources mentioned above, as well as several other resources GU provides can be found at gonzaga.edu.

Caela Caberto is a diversity editor.

OUTDOORS

Continued from Page 1

swimming is not permitted in the lake, it is great place to watch wildlife such as beavers, turtles, ducks and geese.

"I love going to Lake Arthur when I need some outdoor time but don't want to drive anywhere for it," said senior Aidan McGehee. "It's a good place to do homework, but mostly just like enjoying the scenery."

Bowl and Pitcher Area, 427 N. Aubrey L White Parkway

Only a 15-minute drive from GU's campus in Riverside State Park, Bowl and Pitcher is one of the most popular and iconic outdoor spots in Spokane. This area boasts an impressive suspension bridge that carries you over the Spokane River and grants you access to a 2-mile loop that is perfect for hikers of all skill levels. Campers and picnickers will also find Bowl and Pitcher to be an ideal place to spend the night or enjoy lunch with a spectacular view.

"Bowl and Pitcher is a great place for me because I love the mountains, which allows for great hikes," said junior Rachel Muhr, who frequents the park. "It also intrigues my roommate because she's from Seattle so she loves the water, so it really brings us together as roommates and best friends."

Manito Park, 1702 S. Grand Blvd.

Nestled in the South Hill neighborhood, Manito Park is an exceptional space for anyone looking to bike, walk or hammock. With expansive lawns, ponds, a greenhouse conservatory, and five large gardens, you are guaranteed to never grow bored while visiting this 90-acre park. For a self-guided walking tour of the park, visit <https://static.spokanecity.org>

Mount Spokane State Park

Whether you are looking for a place to hike, ski, backpack or mountain bike, Mount Spokane is the perfect year-round outdoor destination. Covering over 12,444 acres with over 100 miles of trails, this park presents endless opportunities for outdoor lovers of all skill levels. Being about an

hour northeast from GU also makes Mount Spokane a great place to visit as a day trip. Some of the most popular hikes in this park include the Mount Kit Carson Trail, Quartz Mountain Lookout Trail and Centennial Snowshoe Hut via Mount Kit Carson Loop Road. Don't forget to bring your camera to capture the spectacular panoramic views that the hikes in this state park offer.

Iller Creek Trailhead, E. Holman Road

From watching a sunset to enjoying the natural wildflowers, this 5-mile hike in Spokane Valley offers views of the Palouse and the city during anytime of day or year. The trail includes many natural summer wildflowers and the Big Rocks, one of the best locations for climbing in the city.

Sophomore Kira Bifone said she hiked the 5-mile trail in September during the first few weeks of her freshman year and that it was a great way to bond with classmates while exploring the nature in Spokane.

"I had a great time," Bifone said. "It was so nice to do a sunset hike. Hiking in Spokane has a different kind of beauty that is really enjoyable."

The spot is part of the Dishman Hills Conservation area, a region in the Spokane area that is preserved by a local community group. For more information about the location and the conservation effort, visit the Washington Trails Association website.

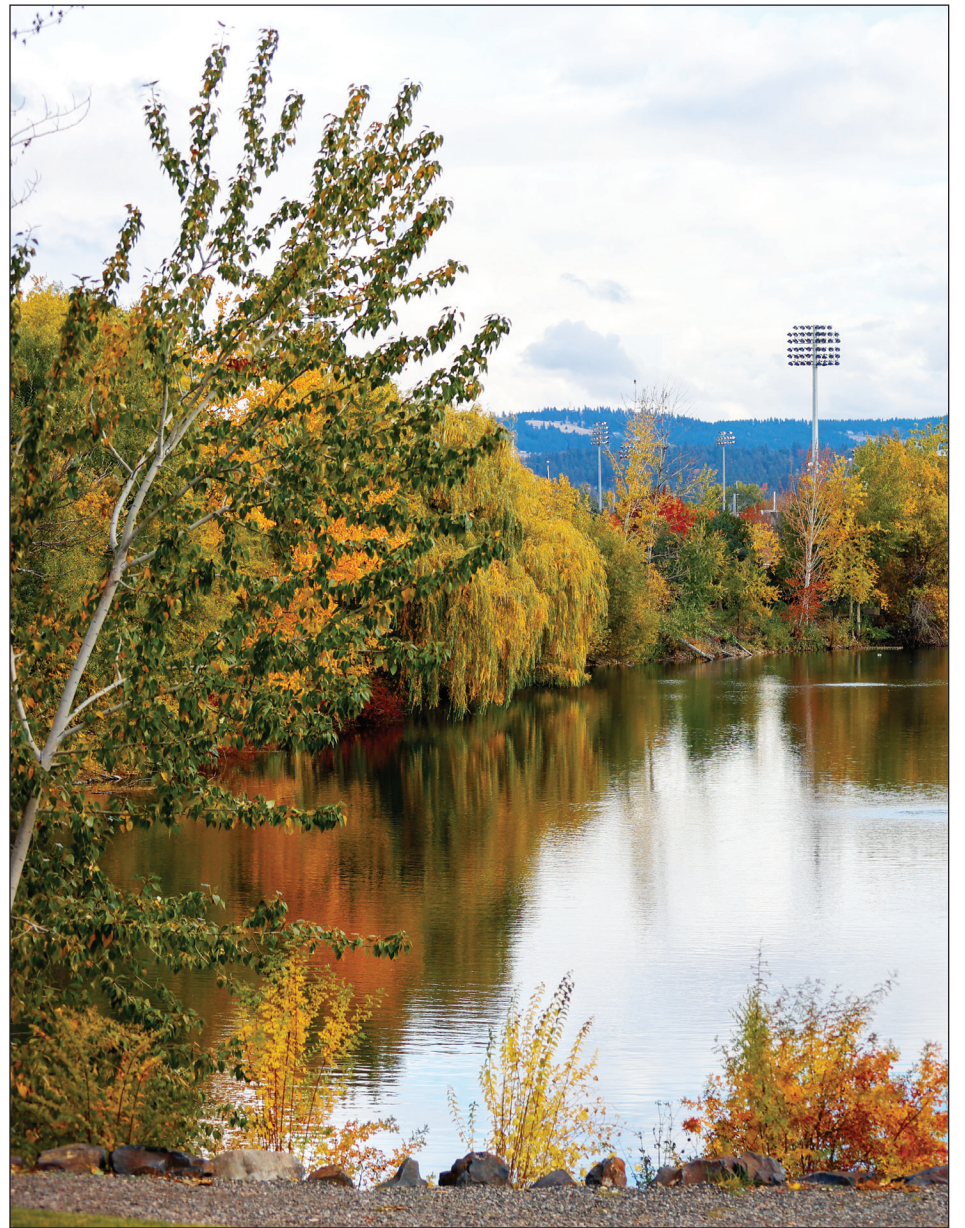
John A. Finch Arboretum, W. 3404 Woodland Blvd.

While last on this list, the John A. Finch Arboretum is certainly not the least. In fact, this 65-acre area is perhaps one of the most underrated outdoor spaces in Spokane. The open, grassy landscape of the arboretum makes it the perfect spot to picnic, go for a walk or just sit in nature. The vibrant colors of the foliage here also provide a serene, picturesque escape from the city. Another neat feature of this space is that all of its trees and plants have been labeled for field study, according to the City of Spokane. For a self-guided walking tour of the arboretum and its extensive plant species, visit spokanecity.org/urbanforestry/programs/finch-arboretum

Amelia Troncone is an arts and entertainment editor.



COURTESY OF AMELIA TRONCONE



BULLETIN FILE PHOTO



COURTESY OF KIRA BIFONE



BULLETIN FILE PHOTO

Spokane has locations that students can visit throughout the year, including: 1) Mount Spokane State Park 2) Lake Arthur 3) Iller Creek Trailhead 4) Manito Park (left to right, top to bottom).

Clubs offer students community, fun

GU has more than 150 clubs and organizations, ranging from professional fraternities to performing groups

By MADELEINE REED

You stand at the forefront of Bulldog Alley and to your right and left, tables seem to go on forever — you have stumbled upon the 2024 Club Fair. At each booth, smiling faces pull you in and as you walk through table by table, you are overwhelmed and overpowered by the opportunity that seems to consume you. You faint and wake up mid-November, realizing that you have in fact MISSED the deadlines that you were so certain to make for securing your spot in each of these new clubs.

Well, maybe it's not that dramatic. You don't faint, but you do swoon. Amid new people, settings, classes and everything else that is jarring about the first month of college, campus clubs and organizations can feel like a second thought far too big to navigate — especially with so many different deadlines to keep up with.

To make it a little easier, here's a simplified list of some of the largest organizations on campus, along with the deadlines for enrollment.

Hogan Entrepreneurial Leadership Program (Hogan)

Hogan aims to appeal to students of all majors who share a passion for entrepreneurial endeavors through a stimulating load of classes and extracurricular events.

"[Hogan] is a three-year undergraduate minor that immerses students in the fundamental concepts and practices of creating new enterprises in the private and public sectors," according to Gonzaga University's website.

In it, students will gain leadership experience through site visits, internships, mentorships and more.

Harper Hinds, a rising senior at GU, credits Hogan as an excellent additive to any major. Coming into Hogan with a non-business major, the program allowed Hinds to gain a unique set of skills and experiences.

"I study international relations and it allows me to bring a different perspective to class," Hinds said. "It also has taught me so much about business and entrepreneurship that I would have never known outside of Hogan."

Hinds said Hogan's classes and activities allowed her to expand her network, as well as her personal skills in entrepreneurship.

"It has improved my public speaking immensely and my ability to work in teams," Hinds said. "I've been able to meet so many interesting people through Hogan that I would never have met otherwise."

To join, students must complete an application, at <https://www.gonzaga.edu/school-of-business-administration/hogan-leadership-program/admissions>, which requires a demonstration of academic achievement paired with leadership and creativity.

Applications close Oct. 1 at 11:59 p.m. Questions can be directed to cooneyn@gonzaga.edu or via phone 509-313-3405.

Alpha Kappa Psi (AKPSI)

The second largest organization on campus — as well as one of the only GU-affiliated Greeklife organizations — AKPSI offers students the ability to connect with a community built on camaraderie and integrity.

The organization is a coed professional business fraternity and is open to students of all majors and backgrounds.

Over 100 members annually develop both career and



A club and organization fair is offered each semester for students to learn about involvement opportunities. BULLETIN FILE PHOTO

interpersonal skills through mock interviews, community service and engagement, socials and more. The organization also takes pride in members' ability to bond with each other, particularly through their mentorship structure.

"To me, Alpha Kappa Psi has served as a launchpad for my future career and has been the reason for many of my closest friendships," said Brendan Bogel, a GU alum, for the AKPSI website.

The rushing week begins early fall, though the process is hosted every semester. Rushing is followed by a recruitment period, which lasts eight-nine weeks after receiving a bid.

For more information on deadlines and the rushing process, check out their Instagram @akpsigu.

Big Bing Theory

The spirit of Bing Crosby lives through the Big Bing Theory (BBT) — each fall, GU's a cappella group hosts auditions for their selective student-run group, which performs both locally and competitively.

This past spring, BBT placed third at the International Championship of Collegiate A Cappella Quarterfinals, and the group anticipates another year of growth and excitement.

To join, students go through an audition process in the fall. Fill out the interest form at <https://www.gonzaga.edu/college-of-arts-sciences/departments/music/ensembles/choral-ensembles/big-bing-theory> and visit their

Instagram @bigbingtheorygu for details.

Student Media

If you've enjoyed this paper or like to write, consider joining GU Student Media. The student media department oversees the publication of the Gonzaga Bulletin, as well as various other student-run and written journals throughout the year.

The opportunities at Student Media for writing range from journalism to creative prose, as the type of writing varies for each publication. Publications are also in need of photographers, videographers, ad staff, graphic designers and more to fully bring works to life.

To learn more about open positions, email Morgan Scheerer at scheerer@gonzaga.edu.

More Information

This list falls short of the entirety of the clubs and organizations offered at GU. To see all that GU has to offer, see the full list of organizations on Zagactivities, <https://gonzaga.campuslabs.com/engage/events>.

GU will host its fall club fair on Sept. 8, where all campus organizations will host informational booths manned by members, ready and excited to give you the inside scoop.

Madeleine Reed is a copy editor. Follow her on Twitter: @madeleinesreed.

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FROZEN YOGURT

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Fall in Love with Spokane: Learning to listen to the city buzz

Listening beyond the swoosh of the river splashing against the rocks and the hollow horn of a train rolling on the high rail over streets and buildings, it is easy to hear the lively city buzz of a typical midmorning in downtown Spokane.

A deflated basketball rattles off the rim of an outdoor hoop and then bounces on the multicolored concrete court. Skateboarders weave along the sidewalk and children laugh on the nearby playground set, climbing along the rock wall and speeding down the three twisting slides.

Two blocks south, at the main transportation plaza, a group of kids and adults chatter on slanted metal benches as blue-and-green city buses arrive at the station. The buses' brakes make a high-pitched creak as the wheels slow to a stop, and the swinging doors hiss open.

The clink of ceramic coffee glasses and the steam of tea escape a window, just east of the plaza, where a group of young adults use an outdoor patio of a coffee shop to focus on computer work in the mid-morning natural light.

These are the diversity of sounds and lifestyle of this community — the city of Spokane — the cacophony of walkers whose daily lives and interactions maintain the constant ebbs and flows of this downtown riverfront urban ecology.

The arrival of a new group of incoming students each year offers an annual opportunity for the GU community to re-learn and affirm its love for this city without judgment. Students can embrace the uniqueness of Spokane or miss its endearing quirky atmosphere to instead hide in their ivory tower dormitories.

For incoming students, coming from a wide range of urban and rural life, the sounds and routines of this city might feel at first foreign, messy and even disruptive, especially when a train horn blares late during the night



BY NOAH APPRILL-SOKOL

awakening everyone from sleep.

Some students might resort to judgment, adopting the plethora of stereotypes about this place's urban struggles and perpetuating myths that this city really does suck. This noise distracts from the beautiful and rich cultural undercurrents that are so easy to miss when one is not listening closely.

It is important, especially for incoming students, to recognize these judgments and dismissiveness as mere attacks that dehumanize the lives and stories of this city. They do not tell an accurate version of Spokane's story: its history and ongoing legacy.

Of course, the story of Spokane that must be heard is one of rebirth and transformation, beginning with its roots as Indigenous land and a colonial trading post to its growth as a major railroad hub, multicollege area and

now a nationally-recognized basketball town.

It is the story of the river that divides the city, which has become an emblem of this city's continual commitment to life and the environment, and it is a story of Spokane's local arts and entertainment, which are celebrated at every city event.

It is the story of community built from the contrast of mundane individual lifestyles and great city achievements, bold neighborhood group action and behind-the-scenes work. It is the story of neighborhoods, where marginalized and embraced identities interweave to craft the face of Spokane.

Indeed, community togetherness has become the great intention of this city where forever cultivating unity and pride has made Spokane an enduring metropolis that deserves to be heard. One must just learn to cherish it and recognize that it is also an invitation to join in and be a part of the sound of city life.

It is not easy to fall in love with a new city because it means learning to live, walk and even love oneself through it, and it is a journey, this falling in love, which seems to be longer and have more twists and bends than the average incoming student's trip from their hometown.

Yet, it is the music of daily city life that I have learned to love as I routinely walk through the downtown corridor and neighborhoods of Spokane. This lull of people's lives have become familiar and an integral part of why I call this city my home.

You can make Spokane your cherished home, too. All it requires is the intention to listen to its sounds and stories and then the courage to spread them to others.

Noah Apprill-Sokol is a news editor. Follow him on Twitter: @noah_sokol03.

Lingo, bingo: Understanding GU acronyms

As a warm welcome to our brand-new Zags, allow me to present some acronyms that will assist in navigating your first year at Gonzaga University. Here at GU, we have a plethora of resources all available to help you find your stride.

Community is one of the central values at this university. LLC's or Living Learning Communities are a housing option to bring together students with similar academic or personal interests. The CLC's are Christian Life Communities, weekly faith groups for students that promote outreach and strengthening personal connections.

Both communities provide resources to their students based in their individual interests and goals. They promote building friendships and finding new opportunities that build your connection to this university.

True community comes with equity and inclusion, UMEC and Lincoln LGBTQ+ Center are our centers for prioritizing diversity. UMEC, or the Unity Multicultural Education Center advocates for underrepresented student populations. It works to incorporate all perspectives in its pursuits to strengthen



BY SOFIA BELTRAN

our community as a university.

The Lincoln Center is organized around fostering representation and social identity. Its resources are centered in creating a sense of belonging and understanding for queer students. You can find it on the second floor of Hemmingson right across from The Bulldog restaurant.

If you find yourself dragging through cold and flu season, look no further than the OHP. The Office of Health Promotion is one-stop shopping for all physical and mental health concerns. It offers wellness tools to help you through all health questions. It is located in the Crosby Building in Suite 206.

Individual health in all aspects is a priority at GU. Having meaningful conversations that promote personal growth happen daily inside and out of the classroom. The CCP or Center for Cura Personalis offers Holistic Well-Being resources for all mental health concerns and challenges.

The heart and soul of Zag Dining is the COG. Circulus Omnium Gonzagaorum is our esteemed dining hall. Although the title is fake Latin, it communicates the true nature of the COG. It offers breakfast, lunch and dinner meals that will always leave you surprised and curious. The COG is a GU staple, well-loved and heavily discussed.

If you're looking to get active, just past the McCarthy Athletic Center is the RFC. The Rudolf Fitness Center is available to all undergraduates, a place where many students exercise daily.

There are varying facilities for all kinds of physical pursuits. A pool, basketball courts, indoor track and a full-facilities gym.

Once you've gotten settled, look no further than the GSBA to start your time on campus. The Gonzaga Student Body Association hosts weekly events and provides opportunity and advocacy for the student population. Additionally, the Kennel Club is the largest student-run club that brings the energy to every game. Both organizations are a great place to start the GU journey.

The first few months of your freshman year are an exciting and uncertain time. Any one of these resources can help you settle into the new aspects of life on campus. The acronyms provide an easy way to remember all the resources that are always at your disposal.

Sofia Beltran is the opinion editor.

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All written correspondence will be considered fit for printing unless otherwise requested. Email letters to bulletin@zagmail.gonzaga.edu with "OPINION" in the subject header. The deadline for letter submission is 4 p.m., Tuesday.

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Welcome home, new Zags: Lessons from the editor-in-chief

Walking through Gonzaga University's campus for the first time as a student is a surreal experience. Brick walkways lined with flowers, a mix of modern and traditional buildings and the beautiful St. Aloysius Gonzaga Catholic Church overlooking it all never fails to amaze, whether seeing it for the first time or the hundredth.

Whether your first walk through campus was filled with nerves, excitement or both, all Zags have one thing in common — we were once first-years ourselves, so we get it.

Being the new kid on campus is never fun. From finding your way around to making new friends, it's easy to feel isolated and alone during this time.

Fret not, however. The best part of starting university life is that almost everyone feels the same way. Even those incoming students from Spokane are entering a wildly new environment and are dealing with the same bundle of nerves plaguing those traveling across state lines.

There is no way to avoid the overwhelming emotions that come with such a big change, so the only thing there is to do is embrace it.

Take advantage of opportunities to meet others, even once orientation ends. You never know where you will meet your best friend. Even if the event is a bust entirely, you will at least walk away with a story to tell about it.

During the first couple weeks, if a dorm room door is open, pop your head in and introduce yourself. Odds are it's open for that very reason, and even if it doesn't lead to friendship, finding those friendly



BY SYDNEY FLUKER

faces to smile at around campus can be very grounding.

Don't be afraid to try new things — everyone was once a beginner. If something interests you or sounds like fun, try it out. If it's a success, then you have new friends or a new hobby on campus. The worst-case scenario is that it's boring, in which case you simply don't return.

Plus, it helps to find what you like and don't like early on. I signed up to write for the Gonzaga Bulletin on a whim with no journalism experience, and it changed my life. I would have never found my passion for journalism if I didn't give it a fair shot.

Being away from home can be overwhelming and scary at times, but it also gives you the chance to understand yourself outside of your hometown or the conditions you were raised in. Though my first year of college was at the height of the pandemic, joining the Queer Student Union and Jewish Bulldogs helped me understand myself better. Those community-oriented spaces gave me a safe space to explore

my identity, and participation in those clubs helped me better understand myself as a queer Jewish person.

Ask questions — you won't be able to learn unless you ask. Professors want to help you, no matter how afraid of them you may be.

Be as social as you can, even if it scares you. You will end up making friends. It can be freaky doing so, what with being in a new environment, but it will get you out of your comfort zone. Also, it's okay to branch out from your roommate.

In terms of safety, don't walk alone at night and never leave your drunk friend alone.

Most important of all, Zags really do help Zags, so don't be afraid to ask. Whether that means stopping someone who looks like they know where they are going to ask for directions or seeking out mental health help from the Center for Cura Personalis, GU is filled with resources to help you thrive. Be sure to use them when needed.

It takes a while to feel confident at a new university, both directionally and in yourself, so embrace the chaos while it lasts. Have fun with your first year, but don't lose yourself in the process.

And of course, stay on top of your homework. There is nothing more miserable than having to stay up all night finishing an assignment due in the morning that has been assigned for more than a week.

The choices you made have led you here — take advantage of that.

Welcome home, Zags. We are so excited you're here.

Sydney Fluker is the editor-in-chief. Follow them on Twitter: @sydneyfluker.

No longer a grimy dorm: Transforming your room into a home

Commentary
by ANDERS SVENNINGSEN

Fumbling to fit the key into the lock, you crank back and forth until the handle twists to open the door. The scratched wooden door reveals a drab carpeted room with unremarkable furniture that still smells — very faintly — of someone else's life. Though it may not look like much, a first-year dorm room is a blank canvas with unlimited opportunity.

The first year at Gonzaga University will be memorable with most memories will be made beneath fluorescent hallway lights, aged common spaces and grungy communal kitchens. Even before you've turned the key and begun trekking into the unknown, there've been many careful — or not so careful — steps of preparation along the way.

Countless Target runs, google searches of 'dorm essentials' and surreal amounts of packing have yielded an exhaustive, complete and comprehensive arsenal of items for dorm living. But you're still going to find lacking the little things you never knew you couldn't live without.

The contemporary collegiate dorm experience can be much easier and more fun with just a few things in hand or left hanging on the wall. Only a few years out from the mandatory on campus era of my life, there are a few things I'd recommend every first-year look into to maximize the positive energy from their newfound living and prevent serving up a heap of prison cell vibes.

First, lighting. The uniform desk hutch lights at GU are awful, and by the end of my first-year, I'd come to associate the standard issue desk lighting bar with all-nighters, last minute studying and pure agony. LED's (depending on roommate preference) can be a go-to and are a true fixture of the dorm experience.

Despite the popularity of LED's, there's an in-between space of lighting the multi-colored frat house strips can't create. For mood lighting moments, I'd recommend buying a standing lamp, or even string Christmas lights. And although it might be redundant, a nice desk lamp can cultivate a much better atmosphere than harsh hutch lights coming with the dorm territory.

Besides proper lighting, palatable dorm living requires a certain degree of cleanliness — that's where a small, battery-operated handheld/portable vacuum can work wonders. A Dirt

Devil or off brand Dyson fits the inexpensive niche for minor dorm grime accumulation without the hassle of trying to find and run the ancient, relic of the '70s communal vacuum.

If you've spilled crumbs, built up dust bunnies or need a quick fix to get some paper fragments off the ground a handheld vacuum is the best go-to. Plus — similar to light fixtures — it'll last well beyond the dorm phase and prove useful as a room companion in future living situations, there's hardly anything about it that's dorm-specific.

The key term in the attention-grabbing phrase 'dorm essentials' is the word essential. If it's essential, you won't be able to have the proper dorm lifestyle without it, or maybe that's just what "Big Dorm" wants you to believe.

Truly no time spent roaming the grungy halls of on-campus housing is the same — everyone's experience is unique and the 'essentials' will vary. Most lists to be found online will have a few items that are no-brainers, probably super vital, but then stuffed full of what are likely just 'optionals' marketed through affiliate Amazon links.

These 'optionals' differ radically from person-to-person and list-to-list. I know people who worship the humidifier and others who are married to their mattress topper. My personal 'optional-essential' (forgive the cognitive dissonance) is greenery.

A vase with some flowers, a house plant or even a micro-green windowsill garden are similar to how a dorm is lit—they can give vibrancy and joy to the dankest, crummiest corners of your first-year living situation. I received a house plant second semester of my first year, and the difference in vibe was astounding.

Coming into college, most high school students (especially clueless idiots such as my 18-year-old self) don't typically have previous experience using plants to freshen up a room, but I cannot emphasize enough how worth it a stroll through the "Home'n'Garden" section of Lowe's is when piecing together an on-campus space.

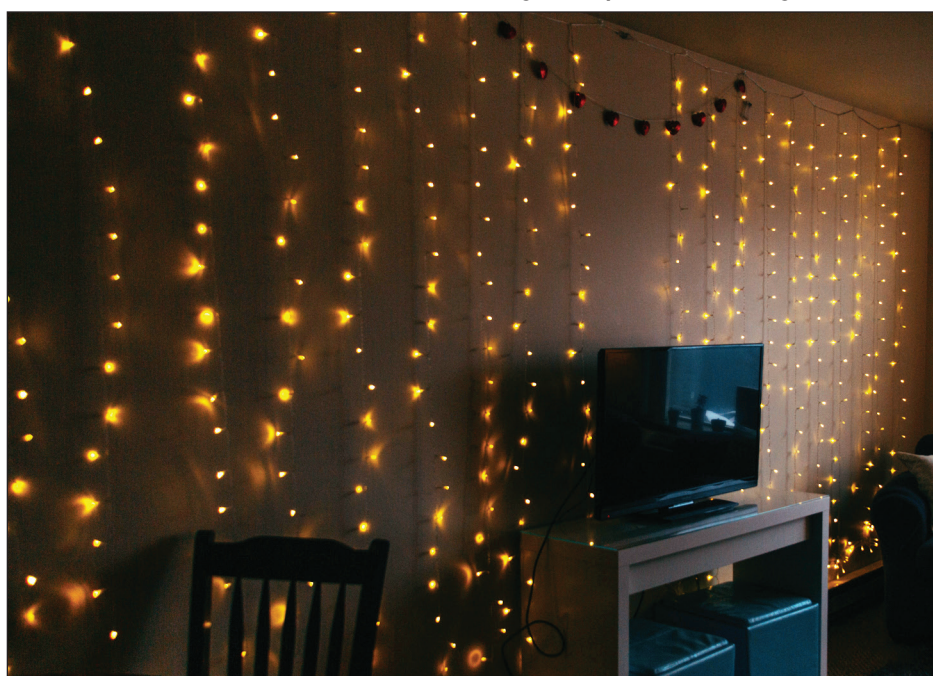
Finally, far more important than any 'optionals' are simply the 'fundamentals'. My bottom line is proper organization. It will be the foundation upon which any dorm experience can be built.

Crafting a life-giving space out of the cement walls and boxy furniture requires organization, and storage will be your friend, even if your roommate won't. Big



BULLETIN FILE PHOTO

Students can loft their beds to allow for more storage and space to even hang a hammock.



BULLETIN FILE PHOTO

Fairy lights are an alternative to the standard lighting in most college dorms.

box retailers like Target and Walmart sell tiered carts, mini-shelves and bins that'll ensure your stuff isn't stuffed into the wardrobe or lying in a corner.

There are brighter ways to brave the Catherine-Monica mosh pit and make your spot in Madonna Hall a Madonna-worthy home. All it takes are a handful of

these dorm essentials you're liable to miss in the veritable flood of sponsored shower caddy's and mini-Keurig's.

Anders Svenningsen is a news editor. Follow him on Twitter: @torvauld.



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BULLETIN FILE PHOTO

The Pavilion, located in Riverfront Park, hosts popular music artists in its outdoor concert venue.

Living the Spokane Lifestyle

Commentary
by NOAH APPRILL-SOKOL

Whether traveling from a small town or large city, Spokane boasts several hidden gems for students and parents to discover that are just walking distance away from campus. These popular spots for entertainment offer an alternative to campus life and opportunity to explore the city's rich culture.

Concerts

GU students have the opportunity to attend music concerts at both outdoor and indoor venues throughout Spokane, giving them a different atmosphere to go along with their favorite artists.

The Pavilion, located in the center of Riverfront Park, is the main outdoor venue in the city where students can lay back in the grass and listen to music. The concert area has hosted a variety of artists including Phoebe Bridgers, and it will host the rising artist Noah Kahan in August.

The Knitting Factory is in downtown Spokane, and it has been preferred by students because they can be close to the stage and its proximity to campus. The venue has also hosted some popular artists and will be featuring concerts by Soulja Boy and Matt Maeson.

However, there is also music in a variety of smaller venues, including parks, restaurants and even people's garages, throughout Spokane. Manito Park hosts

its annual Music in Manito festival in late July, where students can hear both classical and pop musical hits.

"It is very welcoming," said senior Grace Borah. "I have seen many shows in Seattle because I am from the west side, but the demographic in Spokane is different. Everyone is very welcoming. The people here are very unique and easy to groove to."

Coffee & Tea Shops

Boasting a large variety of coffee and tea shops in the area, Spokane's local cafes are a popular weekend location for GU students, whether it is for off-campus studying or enjoying a handmade roast and baked treat.

Just a couple of blocks north of campus, Arctos Coffee and Roasting Co. provides a cozy spot close to campus for students to grab a coffee and catch up with friends. The cafe offers a variety of drinks, including a cup of pure liquid chocolate, in addition to breakfast foods.

However, many students travel farther off-campus to downtown coffee shop locations, with popular spots including Indaba Coffee and Revival Tea. Atticus Coffee, another downtown location, sells gifts from local artisans, along with their variety of coffees and teas.

"It is always good to get off campus and study at one of Spokane's coffee shops," said junior Claire Sparano. "I find that I enjoy studying there, and I also get to drink some good coffee."

Wild Walls Climbing Gym

Featuring strong deals for GU students, Wild Walls Climbing Gym is another popular spot for students looking for adventure and activity.

Rentals and climbing passes are \$5 dollars for GU students on every Friday during the school year, and the climbing gym has partnered with different campus organizations, including GU Outdoors and the residence halls, to host events at the gym.

The climbing gym has an extensive bouldering section found throughout the gym, along with lead and top rope climbing walls for students to use. There are weekly yoga sessions held in the gym, a great way to warm-up or cool down during a climbing session.

GU Outdoors has hosted one night each semester where climbing is free for GU students and the gym is open for extended hours. GU Outdoors hired a band and provided free pizza and transportation at those events, too.

Riverfront Park

Located less than a mile from campus, this downtown park has been a central spot for students and Spokane community members alike, wanting to explore the beautiful views of the evergreens and the Spokane River falls.

The park stretches along the Spokane River for a mile and includes the multiple islands in the river, such as Canada Island. The park boasts a set of basketball courts,

a skate rink, two playgrounds, and a series of picturesque bridges.

Community events are hosted in the park, such as Shakespeare plays, and weekly food trucks cater food in the park during the summer and fall. One must-see event, Pig Out in the Park, the city's largest food and music festival, will be located there during the first weekend of school.

Riverfront Park also includes many of Spokane's famous city landmarks, including the Looft Carrousel and Pavilion. Students have fed the iconic garbage goat, a steel sculpture that sucks up garbage, and slid down the slide from the giant red wheelbarrow.

Food

Building a reputation for its many food options, Spokane features a variety of local dinners for those looking for a tasty meal.

Close campus dining options in the Logan Neighborhood, including Our Thai House, Indigenous Eats and Birrieria Tijuana, offer a variety of authentic cultural foods for students to explore and support nearby community businesses.

However, downtown and other neighborhoods, such as Kendall Yards and East Central, also offer popular food options for GU students.

Noah Appril-Sokol is a news editor. Follow him on Twitter: @noah_sokol03.



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Holmgren plays after yearlong injury recovery

Leads Thunder to victory over Salt Lake Utah Jazz

By NOAH APPRILL-SOKOL

Gonzaga University alum Chet Holmgren made his long-awaited appearance this past week in the Salt Lake City summer league round-robin, playing in his first games since last summer.

Holmgren suffered a Lisfranc injury last year after only playing five pre-season games for the Oklahoma City Thunder, and the injury resulted in him missing the entire 2022-23 NBA season.

Now, returning to the court healed and over 10 pounds heavier, Holmgren marked his homecoming with a strong frontcourt appearance, boosting both the Thunder's offense and defense in their three matchups of the round-robin in Salt Lake City.

In the Thunder's first win, Holmgren showcased his offense, posting 15 points and nine rebounds, and demonstrating his rim protection abilities with four blocks. While Holmgren went scoreless in the first quarter, he made 5 out of his 7 shots to bring his tally to ten in the second quarter.

"My teammates kept telling me, 'Let the game come to me,'" Holmgren said in a post-game interview. "I wanted to come out and be aggressive, and I felt like I did that. And once the game came to me and I let it come to me, things started to open up and we opened up elite as a team. I love this as a team."

Holmgren would play in Oklahoma City's next game against the Memphis Grizzlies, where he made 11 rebounds and scored 10 points. He rested in Thunder's final game in Salt Lake City, not playing in the team's final win over the Philadelphia 76ers.

Holmgren was selected second overall by Oklahoma City in the 2022 draft following his freshman season at GU, where he averaged 14.1 points and 9.9 rebounds per game. However, the 7-footer center was injured during a Pro-Am game in Seattle.

With Holmgren's strong appearance on the court, Oklahoma City hopes to improve from the previous season where it was 10th in the NBA Western conference. The team also boasts talent in its guards, including the young talent of Shai Gilgeous-Alexander, the team's best player.

Holmgren was also selected as part of the Thunder delegation to the summer league series in Las Vegas, where the team is set to play four games. The first game was against the Mavericks on Saturday, and the team will play at least five games throughout the coming weeks.

"It was great to be back on the court with all of these guys," Holmgren said. "I love all of them. Let's keep on working."

Noah Appril-Sokol is a news editor. Follow him on Twitter: @noah_sokol03.



The Las Vegas native had a breakout 2022-23 season, averaging a career-high 15.2 points per game. COURTESY OF DENVER NUGGETS TWITTER

Strawther drafted 29th

The GU alum was selected by the Denver Nuggets late in the first round

By ZACH WHITE

Former Gonzaga wing Julian Strawther was drafted by the Denver Nuggets with the 29th pick of Thursday's NBA Draft at the Barclays Center in Brooklyn.

The Nuggets acquired the 29th pick in a draft-day trade with the Indiana Pacers.

Strawther's selection comes 10 days after the Nuggets became NBA champions, with Denver defeating the Miami Heat in five games. His former teammates Drew Timme and Malachi Smith both went undrafted. Timme signed an Exhibit 10 contract with the Milwaukee Bucks, while Smith reached the same agreement with the Portland Trail Blazers.

Denver's selection of Strawther with the 29th pick matches the predictions of most mock drafts, which had Strawther being drafted in the late first round or early second round.

Strawther enters the NBA on the back of a breakout 2022-23 season in which he averaged a career-high 15.2 points per game on 46.9% shooting from the field and 40.8% from 3-point range.

With Strawther, the Nuggets are receiving a 3-and-D specialist role player.

The Nuggets have several similar players on their roster, with Strawther set to compete for minutes with notable NBA talents such as Michael Porter Jr., Kentavious Caldwell-Pope and Christian Braun.

Strawther's ability to score on catch-and-shoot 3-pointers and floaters were skills that were lauded by NBA scouts.

For Denver, Strawther will be effective both with and without the ball. With the ball, Strawther is an offensive threat from deep range and off screens. Without the ball, Strawther will open the floor up for other scorers, including the team's

first and second options, Nikola Jokic and Jamal Murray.

Jokic and Murray are also both elite-level passers, and Strawther will look to employ his lateral quickness in order to cut to the basket and receive passes from the two.

In Denver, Strawther will find an organization that places trust in rookies and also looks to develop talent. Strawther represents another intriguing piece for Nuggets head coach Mike Malone's well-oiled machine.

Strawther continues the legacy of former Zags in the NBA, as he represents the 18th NBA draft pick under current GU head coach Mark Few.

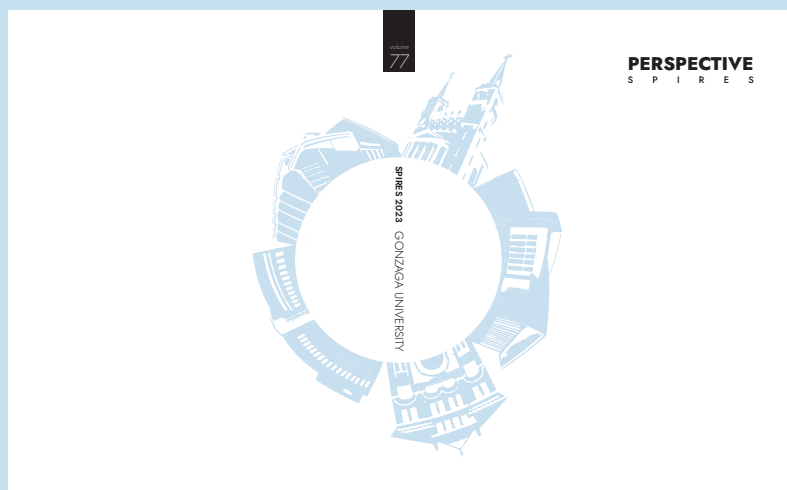
With the backing of a historic GU program and a fervent Zag fanbase, Strawther will now look ahead to his next challenge in the NBA.

Zach White is a sports editor.

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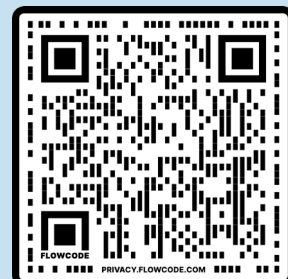
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BULLETIN FILE PHOTO

The Kennel Crew leads the students in the McCarthy Center in cheers during basketball games.

Cranking up the Kennel

There are many opportunities for students to participate in GU's top-ranked sports fanbase

Commentary

By HENRY KRUEGER

Supporting Gonzaga University's sports teams is an integral part of the campus culture. GU was ranked ninth nationally in school spirit by Business Insider, which released a list of "The 20 US colleges where sports are a way of life" in 2017. The Kennel was placed ahead of well-known student sections at Penn State, Kansas and Wisconsin.

While GU students take pride in filling the bleachers at all home sporting events, no venue is as packed as the McCarthy Athletic Center for men's and women's basketball games. The 6,000-seat arena has continually sold out for years, creating a hostile environment for opposing teams.

To partake in one of the largest social gatherings on campus, students claim tickets through their online account. The claim window for basketball games begins exactly one week before tipoff at 12:15 p.m. Students receive email reminders before the window opens.

The demand to attend each home basketball game is

no joke, as tickets often sell out in a matter of minutes. Although being prepared can increase students' chances of obtaining tickets, there's no guarantee.

Nationally-ranked and rivalry matchups tend to have the most competition for entry, occasionally sparking controversy among students who couldn't secure a spot.

For the most-anticipated basketball games, the Kennel Club hosts "Kennel Campout." This long-held tradition has students spend one night in tents along the Foley or Herak Lawn prior to the games.

The tents are organized by numbers, which indicate the order of students entering the McCarthy Athletic Center on gameday. The arrangement is determined by a scheduled tweet from the Kennel Club Twitter account, providing a location on campus where students race to earn their place in line.

To land the best spot possible, students typically team up in groups that spread out across campus before the location is revealed. The maximum number of students per tent is six.

Kennel Campout participants receive food,

entertainment and other prizes for enduring the cold weather to watch the Zags perform. The experience has been featured in the Spokesman-Review, Sports Illustrated, The Athletic and other publications.

Acquiring tickets is different for GU's other teams, which grant admission to students who display their ID before entering the venue.

While the demand is considerably lower for non-basketball tickets, other sports on campus still welcome large crowds for each home contest. It's common to see Kennel Club representatives leading the student section at soccer, volleyball and baseball games.

Students can stay informed about upcoming games on GoZags.com, the official website of GU Athletics for the latest news, schedules, ticket information and more.

The Gonzaga Bulletin will also provide coverage of nearly every home athletic event.

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

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