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.

**Zags help Zags: GU resources for incoming students**

**By CAE CABEIRO**

It might first look like a prison cell, but a dorm can be your home away from home.

Spokane does not suck. Learn the hidden gems of this Pacific Northwest city.

The Gonzaga Bulletin

**SUMMER, 2023**

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**INDEX**

Opinion: Spokane... 4
Features: Spokane... 6
SPORTS: Become a dedicated member of GU's top-ranked college fan base.

**SPREE**

By AMELIA TRONCONE

**Spokane's Great Outdoors**

Explore the beautiful nature in GU's backyard

It comes 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 in the southeast portion of campus directly across from the Spokane River, Lake Arthur provides a serene spot to hammock, lie out on a blanket and relax. While

**SEE RESOURCES PAGE 5**

SEE OUTDOORS PAGE 5

Commentary

**Bowl and Pitcher offer trails around the scenic Spokane River.**

By CAE CABEIRO

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OUTDOORS

Continued from Page 1

The trail offers spectacular views of the surrounding landscape. The loop is designed for hikers, mountain bikers, and equestrians, providing an accessible and challenging route for all skill levels. The trail features various elevations and distances, making it a rewarding experience for outdoor enthusiasts. Whether you are looking for a quick jaunt in the woods or a more extended adventure, the Bowl and Pitcher Area offers something for everyone. Don’t forget to take a moment to enjoy the natural beauty and the serene atmosphere of the park. Whether you are a seasoned hiker or a beginner, the Bowl and Pitcher Area is a fantastic destination for outdoor enthusiasts.

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

Continued from Page 1

Aidan McGehee. “It’s a good place to do whatever you want. I love it. I go there whenever I need some outdoor time but don’t want to drive anywhere,” said a 23-year-old student. “Bowl and Pitcher is one of the most popular and scenic outdoor spots in Spokane. The 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. The trail is well-maintained and provides a serene, picturesque escape from the hustle and bustle of city life. The vibrant colors of the foliage here also provide a wonderful backdrop for scenic photography, making the trail an ideal spot for capturing panoramic views that the hiker in this time-park may never experience.

Tom and Pitcher is a great place for me because I love the mountains, which is perfect for hiking,” said another student. “I love going to Lake Arthur when I need some outdoor time but don’t want to drive anywhere for a hike,” said a 23-year-old student. “I love it. I go there whenever I need some outdoor time but don’t want to drive anywhere.”

In fact, this 65-acre area is perhaps one of the most underrated outdoor spaces in the city. 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.

Whether you are looking for a quick trip to the lake, a hike in the woods, or a peaceful walk in nature, the Maryhill Museum of Art offers something for everyone. The museum’s permanent collection features works by artists from around the world, providing a diverse and engaging experience for visitors of all ages. Whether you are interested in contemporary art, classical art, or the art of the ancient world, you are sure to find something that captures your imagination.

Visit spokanecity.org/tour-of-the-arboretum and its extensive collection of plant species, visit spokanecity.org/urbanforestry/programs/finch-arboretum and its conservation effort, visit the Washington Trails Association website for more information about the trails in this 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 for more information about the trails in this 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 for more information about the trails in this 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.

The Lincoln LGBTQ+ Resource Center offers support for those seeking information about gender, gender identity, gender expression, sexual orientation and several other identities, which makes the center a safe and inclusive space for all who seek community and belonging. The Center for Global Engagement, the Lincoln LGBTQ+ Resource Center and the Unity Center provide several offices where students tend to find community and belonging. The John J. Hemmingson Center is also home to UMED and the Counseling Services. The Counseling Services are helpful to many students of color on campus and provides several opportunities for those looking to be more involved in social justice and diversity leadership. UMED continues to be a storehouse 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 GU Title IX Coordinators located in the John J. Hemmingson Center or the Lincoln LGBTQ+ Resource Center. GU Title IX Coordinators are trained to provide support and aid in the resolution of bias incidents. 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 GU Title IX Coordinators located in the John J. Hemmingson Center or the Lincoln LGBTQ+ Resource Center. GU Title IX Coordinators are trained to provide support and aid in the resolution of bias incidents.

The 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. UMED continues to be a storehouse of support for many students of color on campus.

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clubs offer students community, fun

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

by madeline reed

You stand at the forefront of Bulldog Alley and to your right, before you, is a pillow, with the word "gu" embroidered on it. 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. This is as one 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 increases students in the fundamental concepts and practices of creating new enterprises in the private and public sectors," said Jennifer Scheerer, Hogan's director.

Hogan's classes and activities allow for students to gain firsthand knowledge and experience in the business world, as well as to develop a critical understanding of how entrepreneurship impacts the world around us.

Applications close Oct. 1 at 11:59 p.m. Questions can be directed to Jennifer Scheerer at scheerer@gonzaga.edu.

Big Bing Theory

The spirit of Bing Crosby lives through the Big Bing Theory (BBT) — each fall, GU's a cappella group hosts a recruitment period, which lasts eight-nine weeks after a initial interest form is submitted. The group anticipates another year of growth and excitement.

To join, students go through an audition process in the Big Bing Theory (BBT) — each fall, GU’s a cappella group hosts auditions for their a cappella student-run group, which is manned by members, ready and excited to give you the inside scoop.

More information is available by visiting the BBT's Facebook page, @bigbingtheorygu for details.

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

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Alpha Kappa Psi (AKPSI)

The second largest organization on campus — as well as one of the only coed professional business 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 180 chapters annually develop both career

and interpersonal skills through 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 launching pad for my future career and has been the reason for many of my success," said Brendan Boge, a GU alum from 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 final list. For more information on deadlines and the rushing process, check out their Instagram @alpakpsi.

Clubs offer students community, fun

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

By Madeline Reed

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

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By SOFIA BELTRAN

Learning to listen to the city buzz

As a warm welcome to our trans-

nscending college experience, it's im-

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a plethora of facilities and places to

introduce yourself. Odds are at least

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this time.

Zags have one thing in common

nerves, excitement or both, all

hundredth.

Aloysius Gonzaga Catholic

buildings and the beautiful St.

University's campus for the first

time as a student is a surreal

experience. Brick walkways wind with

of modern and traditional buildings and

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Church, the RFC. The Rudolf Fitness Center is

a priority at GU. Having meaningful

growth happen daily inside and out of

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Lessons from the editor-in-chief

BY SYDNEY FLUKER

Welcome home, new Zags:

Walking through Gonzaga University's campus is a surreal experience. Brick walkways wind with
trees and a mix of modern and traditional buildings and landscape. A Lynnwood Gonzaga Catholic
Church, the RFC. The Rudolf Fitness Center is

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A new Zags, allow me to present some

advice for our students.

If you find yourself dragging through
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communicates the true nature of the

COG. Circulus Omnium is the COG. Circulus Omnium is our student-consulting hall. Although its title is Latin, it

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COG. It often delivers, lunch and

big ideas. It is a place to

sing, be single, well loved and honestly discussed.

Here, you can find yourself on the

terms of safety, always walk and never leave your drunk friend alone.

Any one of these resources can help you settle into the new

campus experience. Keep these in mind.

As a freshman, if you have any questions — you won't

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Commentary by ANDERS SVENNINGSSEN

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

Students can loft their beds to allow for more storage and space to even hang a hammock. Fairy lights are an alternative to the standard lighting in most college dorms. These ‘optionals’ differ radically from ‘essentials’ or ‘optionals’ marketed through affiliate Amazon links. Just ‘optionals’ marketed through affiliate Amazon links. As my 18-year-old self, I don’t typically have previous experience using plants to help reduce stress or increase productivity (though the cognitive dissonance is productive).

A vase with some flowers, a house plant or even a micro-green windowsill garden are similar to how a dorm is — they can give vibrancy and joy to the greener. Students can loft their beds to allow for more storage and space to even hang a hammock. Students can loft their beds to allow for more storage and space to even hang a hammock.

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

Throughout Spokane, Manito Park hosts a variety of smaller venues, including parks, artists and will be featuring concerts by students because they can be close to Spokane, and it has been preferred by students to go to along with their favorite artists.

The Pavilion, located in this sector of Riverfront Park, is the main outdoor venue in the city where students can lay back in the grass and listen to music. The concept area has hosted a variety of artists including Phoebe Bridgers, and it will host the rising artist Noah Kahan in summer 2023.

Coffee & Tea Shops
Roasting 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 coffee, another downtown location, sells a variety of coffees and teas.

However, downtown and other neighborhoods, such as Kendall Yards and East Central, also offer popular food options, Spokane features a variety of local dinners for those looking for a tasty meal.

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 Lady of Tijuana, offer a variety of authentic cultural foods for students to explore and support nearby community businesses.

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.

Art and climbing gyms 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 a band and rope climbing walls for students to try. There are climbing clubs that sponsor events at 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.

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. Art and climbing gyms 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.

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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.
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-anticipated 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 he helped build and over 10 pounds heavier, Holmgren marked his homecoming with a strong performance, boosting both the Thunder’s offense and defense in their three matchups of the round-robin in Salt Lake City.

Holmgren showcased his offensive prowess, posting 15 points and nine rebounds, and demonstrating his defense abilities with four blocks. While Holmgren went scoreless in the first quarter, he made 3 of 3 shots to bring his tally to nine 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 our offense.”

Holmgren would play in Oklahoma City’s next game against the Memphis Grizzlies, where he made 31 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 Gonzaga University.

The Las Vegas native had a breakout 2022-23 season, averaging a career-high 15.2 points per game. He finished the year as the 10th overall pick in a draft-day trade with the Indiana Pacers.

Strawther drafted 29th

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

By ZACH WHITE

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

The Nugget 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 six games. His former teammate Drew Timme and Indiana teammate Trayce Jackson-Davis were both taken by the Nuggets in the first round.

Strawther is a consistent 3-and-D specialist who can contribute to a team’s offense and defense.

Strawther will open the floor up for the Nuggets’ elite-level passers, and Strawther will look to employ his lateral quickness to cut to the basket and receive passes from the two. Strawther will also be an effective back-up for Jamal Murray.

Strawther’s ability to score on catch-and-shoot 3-pointers and effective threat from deep range and off screens will play a significant role in Denver’s offense.

Strawther entered 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 the 3-point line.

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

Strawther’s selection represents another intriguing piece for Nuggets head coach Michael Malone’s well-oiled machine.

Strawther continues the legacy of former Zags in the NBA, as he represents the 18th NBA draft pick of former Zags in the NBA, as he represents the 18th NBA draft pick of former Zags in the NBA, as he continues the legacy of former Zags in the NBA, as he represents the 18th NBA draft pick of former Zags in the NBA.

Strawther is a consistent 3-and-D specialist who can contribute to a team’s offense and defense.

Strawther will now look ahead to his next challenge in the NBA.

Zach White is a sports editor

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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 McCarthey 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 McCarthey 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.