

# The Gonzaga Bulletin

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Sophomore Caroline Slack served as a student orientation leader this summer.

COURTESY OF NEW STUDENT AND FAMILY PROGRAMS

## Staggered orientation part of new process

### First-year students were welcomed throughout the summer in five two-day orientation sessions

By ANDERS SVENNINGSEN

This summer, Gonzaga University welcomed the class of 2027 with a new orientation process after examining student feedback.

Instead of the traditional move-in weekend combined with orientation small-group sessions, informational meetings and welcoming festivities, first-year students were invited to register for one of five smaller sessions, each lasting two days throughout July. The change comes from an effort by New Student and Family Programs to improve the orientation experience while incorporating student feedback.

"Since we started doing assessment of orientation, probably in the last 10 to 15 years, the most consistent feedback we've received is that there's simply too much happening in those three or four days prior to folks coming to campus," said Nicola Mannetter, director of New Student and Family Programs. "We've even gotten feedback from self-identified extroverted folks who feel completely burnt out by the end of it all."

Information, processes and important resources

provided to students within that time frame were more likely to slip through the cracks, according to Mannetter. She said switching to staggered summer sessions affords the dual benefits of connection to crucial information and an increasing sense of belonging on the part of incoming students.

"There's a lot of good feedback from students themselves in terms of being able to meet people before they start, same with faculty and staff seeing engagement with programming during the school year," Mannetter said. "We're able to be a lot more intentional with programming during a summer orientation and create these opportunities."

Administrators received a positive response from participating students after a small pilot program in July 2022. In a survey taken by orientation organizers, when asked if there is at least one person at GU you can go to with questions or for support, 93% responded yes, as opposed to a 60-70% average garnered in surveys taken within the previous model.

Though implementing this new system has not been without challenges, entreatings students to attend on-

campus activities during the summer has prompted novel questions surrounding registration and scheduling. According to Mannetter, students who are unable to attend one of the five sessions in July participate in a sixth session on Aug. 23-25 which is similar to previous orientation arrangements.

"We have a sixth session the week before school starts, instead of moving into Coughlin for the group session with peers, students will be in their actual residence hall," said Kendall Adams, a third-year orientation group leader. "We do pretty similar programming and pretty similar schedules, it's just right before that move-in weekend."

With an incoming class nearing 1,200 students, a new logistical obstacle appeared for leaders to provide multiple sessions while remaining flexible to provide the optimal time frame for the experience. Organizers eventually settled on a two-night format with students checking in for a first night followed by a full day of activities, another night on campus and then a half-day proceeded by checkout.

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## Gonzaga's juicy secrets

### Project will map nearby GU fruit trees

By NOAH APPRILL-SOKOL

For almost 20 years, Emily Banick has spent a majority of her time on Gonzaga University's campus in a kitchen.

The staff member for GU's Center for Community Engagement and program manager for Campus Kitchen has spent her career cooking meals from leftover food from campus dining, combatting both the issues of food insecurity and food waste in Spokane.

Now, Banick said she hopes to expand her efforts beyond her all-too-familiar stovetop and cutting board, planning to collaborate with other university partners on a campuswide project to map out and collect the natural produce hidden across campus.

Banick said developing this resource map would allow students to be able to find and harvest the fresh fruits and vegetables growing around campus which would normally go to waste when they fall off the trees.

"Food waste creates harmful greenhouse gases that have a big negative impact on the environment," Banick said. "And it seems to me, if there are folks that are going without food, we need to be doing a better job of utilizing existing resources."

The idea for the resource map, according to Banick, came to her after seeing plums on the ground, which fell from a tree near Robinson House. She said she had never noticed the tree before but realized the plant would be a healthy resource for students looking for fruit.

Banick said she contacted Tomson Spink, director of maintenance and grounds, in addition to Jim Simon, director

of sustainability, who both approved of the idea and offered their support for the mapping of the fruit trees on campus.

"I think it's a much needed resource, especially as we think and take action around meeting our students' basic needs through the food pantry," Simon said. "If folks on campus or our community need access to food right away, they don't need building access. And there's in-season raspberries, grapes, plums, things like that. That's great, that's important, because it means those folks can get nourished if they didn't have food already."

Simon and Banick said they see this project as being an additional opportunity for students to access fresh produce. They said this effort would complement other university initiatives, including the two campus gardens and community food pantries, where students can find food.

Simon and Banick also said this would be an opportunity for the GU community to learn more about the physical environment of the campus, forming a stronger connection with the local ecosystem, which they said is valuable.

"Farm to table is typically in my view or my experience used when talking about local farmers or producers growing and producing food or protein and then instead of it going through going far away to be processed and packaged and sold, it has a shorter journey to either a local restaurant, a local table," Simon said. "I think this even condenses that distance even more. If you can pick something from a tree or a vine, on campus, or even in your community,

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PHOTO COURTESY OF KELSEY SOLBERG

Members from neighborhood council participated in leadership training activities.

## Neighborhood academy graduates second class

By NOAH APPRILL-SOKOL

A class of Spokane neighborhood residents graduated earlier this summer from a five-month leadership course designed to help train more engaged and effective community organizers in city neighborhoods.

The educational program, called the Spokane Neighborhood Leadership Academy, was started last year by a partnership between Gonzaga University's School of Leadership and the city of Spokane to give professional development opportunities to neighborhood council members.

This year, the program doubled its membership, which also included two GU staff members, Tiffany Picotte and Janean Schmidt, who both accepted leadership

roles in their neighborhood councils while in the leadership academy.

"I think it's a good model, and I think it's an important partnership to continue forward," said Kelsey Solberg, co-facilitator for the program. "Gonzaga plays a big role in Spokane and can offer a lot to the city and vice versa. I think there's a lot of opportunity to strengthen that partnership and allow it to evolve and expand."

The class, according to Solberg, is co-taught and focused on topics including interpersonal communication, conflict resolution, governmental policies and inclusion work. Guest speakers gave presentations at the beginning of each class, followed by group discussion.

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## FRUITS

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that journey, that trip that food takes is even shorter. And that's a good thing for the planet and for that sense of community."

Banick said around 40% of food is wasted in the U.S., an issue she has tried to combat in her work at Campus Kitchen when she recovers leftover food. She said hopes this project will also limit the amount of wasted food, with students taking the fruits from these trees before they fall off or rot.

"I don't think we're ever gonna completely eliminate waste," Banick said. "I would like it to be a zero waste campus. But I think I'm teaching our students about conserving and using what we have is important. Teaching them about that, those are lifelong lessons that I think could have a powerful impact on the environment. It's those little choices you make every single day that add up to big, big changes that can be positive for the environment."

While the project is still developing, Banick said she believes in the potential for the project to expand to map all of the plants around campus. She said she hopes this will be a learning opportunity that will eliminate waste, provide greater access to food and forge a stronger connection to the environment.

Noah Appril-Sokol is a news editor. Follow him on X: @noah\_sokol03.



Emily Banick came up with the idea after walking by the plum tree near Robinson House.

COURTESY OF NOAH APRILL-SOKOL

“

**Gonzaga plays a big role in Spokane and can offer a lot to the city and vice versa. I think there's a lot of opportunity to strengthen that partnership and allow it to evolve and expand.**

*Kelsey Solberg, co-facilitator for the class*

## SPOKANE

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However, Solberg said much of the learning came from the collaboration in the classroom and that participants' curiosity deepened conversations on community issues.

Picotte and Solberg said this was because of the diversity in perspectives with participants coming from 15 different neighborhoods.

"[The participants are] all stepping in as people who signed up for the program for a reason," Solberg said. "I think they all came in with this general commitment to want to improve their neighborhoods, and so they were also welcoming of other ideas outside of their own that might contribute to that."

Picotte said dialogue in the classroom gave her perspectives on leadership and neighborhoods and that she found some of the conversations, especially on inclusion, challenging and meaningful.

"We had a diversity of life experiences and then we had a lot of folks that came from different professions," Picotte said. "We had engineers in the room. We had folks from nonprofits. We had, obviously, everybody was engaged to some degree or wanted to be in their council ... They all brought in their different perspective."

While Solberg said she did not know if the program would continue next year, she said she hopes the

leadership academy will have an impact in creating more effective neighborhood councils and bolstering a greater neighborhood and city pride.

"We think about Spokane as our community or like a friends circle or whatever," Solberg said. "But I think that we've sort of lost touch of what it means to be in a neighborhood. And so, I also hope that people begin to maybe identify more with their neighborhood or take more pride in their neighborhood and also see it as one neighborhood in the broader city."

Picotte and Schmidt said they see the impact of the program as giving community members the skills and confidence to care about neighborhoods and to work to make them better. Both of them said this program helped them feel more equipped for their roles on their neighborhood councils.

"It's hard to find people who are willing to step forward and take on this role in their neighborhood," Schmidt said. "If they are not used to dealing with government, then it can seem overwhelming because it really is a small layer of government. It deals with interpersonal relationships with conflict resolution. It deals with making sure people feel like they have been heard. The SNLA is giving people the skills and the confidence to take this on."

Noah Appril-Sokol is a news editor. Follow him on X: @noah\_sokol03.

## WELCOME

Continued from Page 1

"We do ask the question: Was the orientation too long or too short?" Mannerter said. "And the majority of students so far have been indicating a two-night stay was just right. But the focus has been on how can we adjust to make long informational sessions more active or possibly shorter. We're still juggling with the timing and length in order to provide the best experience possible."

Yet, as students are liberated from the move-in weekend model of previous years, there's been a focus on intimate programming that is more intentional to foster meaningful connections, according to Mannerter.

"There's trivia, paint'n'sip, volleyball, with lots of time to socialize and connect with classmates on the second day," Adams said. "Small group after dark' has been a favorite of students, as it's a chunk of time they have for questions that really dig into the college experience with their small group leader without adults present for that session."

Mannerter said activities like small group after dark are an opportunity for sharing and bonding. Small group leaders are prepared in advance to direct students toward the necessary resources for a constructive lifestyle, but also to be honest about what the university culture, social scene and upcoming experiences might entail.

Students have been highly receptive to this format, according to Adams, as they've been given proper space and time without the pressures of move-in weekend to absorb information, formulate their own questions and develop bonds long before the stress of move-in.

As New Student and Family Programs moves its most constructive orientation experience forward, it is making the first steps onto GU distinct and comprehensive.

"For students that said they had a person they could go to for support, the vast majority would say that is their orientation leader," Mannerter said. "It's wonderful and really unique to be able to provide an orientation that is meaningful and introduces students to campus in such a positive way."

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

Welcome, Class of 2027!

Thank you for reading your very first copy of The Gonzaga Bulletin, your #1 place for up-to-date, factual campus news! You can find The Bulletin on blue newsstands throughout GU's campus, including every door at Hemmingson Center. It is printed 21 times throughout the year and updated daily online. You can find us at [www.gonzagabulletin.com](http://www.gonzagabulletin.com) and on social media.

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The Student Media Office offers four other publications, in addition to The Bulletin. All publications are 100% student run, written, and edited.

Spires Yearbook is printed annually and distributed in the spring during the last 3 weeks of school. It is a collection of all things Zags – you or someone you know is likely to be in it! Spires is on sale NOW for the early-bird price of \$20. Get it before the price goes up!

We also print three journals of varying topics – keep an eye out for more information on these if you're interested in having your work published!

Student Media also houses several support staffs, including advertising sales, graphic design promotions, and photography.

If you're interested in the work we do, check out page 7 to see all our open positions and how to apply to work with us!

Lastly, come see us at ZagFest to meet some of our student leaders and editors. We can't wait to meet you and see everything the class of 2027 brings to GU!

GO ZAGS!

Joanne Shiosaki, Assistant Director of Student Media  
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# Letter to the Editor: Welcome to a special time, in a truly unique place

It is my pleasure to welcome you to Gonzaga University and to share a few words of advice and encouragement with you.

If you fully engage, this will be a truly transformational experience for you. At GU, you will be supported by a caring and supportive community that desires to cultivate a strong sense of belonging for every single student. Throughout your time at GU, we want to hear about your experiences. Share the good as well as the not-so-good — we are constantly striving to improve the quality of all aspects of a GU education and your input is important.

If you only remember one thing that I am saying to you in this message, I hope it will be that we believe in you and want you to believe in yourself. Each of you has an important story to write during your time at GU. We want each one of you to thrive and flourish in mind, body, heart and spirit, so get involved and stay connected with other students, faculty and staff. In addition to academic courses, there are many student clubs, service experiences, leadership programs, speakers and workshops, research opportunities, intramural sports and athletic events to engage with.

Please ask for help along the way if you need it. None of us make it on our own without help. We all have good days and bad days. We all make mistakes and face disappointments. The most important thing to do after making a mistake is to remind yourself that failure is just about learning, and that overcoming failure is necessary if you are to reach your potential. Learning to pick yourself up and keep going is an



BY KENT PORTERFIELD

important part of every success story, so try to think of failure as an opportunity to grow — not as an endpoint, but as a new beginning.

While you are learning more about yourself, remember to also elevate the voices of others as well, and to learn about their views and experiences. In African cultures there is a philosophy called Ubuntu — “I am because we are.” This is a way of saying that we find our own humanity in the humanity of others. In your first year at GU, you are moving from the familiar (the world you know) to the unfamiliar (a world you don’t know).

Exposure to cultures, identities and ideas different from your own may cause feelings of confusion, uncertainty and even apprehension.

A GU education is designed to challenge you, move you beyond your comfort zone and help you build new knowledge and skills that you will need to succeed in a diverse and complex world. Learn to listen more than you talk, accept and value differences, seek common ground and shared values and care for the dignity of all people.

As a Jesuit, Catholic University with strong humanistic values, GU wants you to grow in all aspects of your life, including your spirituality. Your faith and/or spirituality can be a guide for your life, so I encourage you to consider participating in one of the retreats, or in small group activities, faith services or spiritual care sessions offered by the Office of Mission and Ministry. These are excellent opportunities to make new friends, explore aspects of your faith and/or spirituality and build community.

There is so much more to share but let me end by saying once more — welcome to GU. I am so glad you are joining this community. I am confident your presence and unique gifts will make GU an even better learning community. I look forward to seeing you on campus this fall.

Zag Up and best wishes for a great first year.

*Kent Porterfield is the Vice Provost of Student Affairs at Gonzaga University.*

## Scholarships and basketball aren't the only reason to Zag Up

Being a senior in high school the year COVID-19 made its appearance made for interesting college decision factors.

With no in-person visits or overnights, I couldn't get a taste for the university life that my different options had to offer.

I had only toured three universities, one of which I hated, one I couldn't afford and the other which wait-listed me.

Some of my friends picked universities closest to home, while others went as far as possible. Some of my friends postponed their decision entirely, electing to work for a year or enroll in community college, but my parents encouraged me to risk it.

So, how did I pick Gonzaga University?

Touring GU wasn't an option, with pandemic travel restrictions operating in full swing, I did the online tour tens of times, both alone and with my parents, agonizing over campus details and trying to imagine what life on campus would be like in real life.

Without ever having been to Washington state at all, I simply guessed I would like living in the city of Spokane based on the few things I knew about it — there are actual seasons, it's decently sized without being too big of a city and there's a river that looked pretty online.

Then, I got into the university that had originally wait-listed me. I loved it there, as it was close to home but far enough that my parents couldn't just drop in.



BY SYDNEY FLUKER

But something about GU was weighing on my mind. I decided to sign up for Gonzaga Experience Live to learn more, which wasn't live but was done via Zoom.

What I discovered was completely different from the University of California school I had been considering. For one, the average class size is 21 students, compared to a lecture hall of over 200. As someone who thrives on individual connection with other students and the professor, I knew I would be better able to learn in a tighter-knit classroom environment.

Furthermore, I had questions — a lot

of them. Unlike other universities, GU's administration immediately connected me with a professor, who reached out asking for my number to call. I spoke with this professor for two hours and she helped me weigh the pros and cons of GU. I left the conversation feeling cared for and valued for what I had to offer, and her insight helped me feel closer to making my decision.

At the end of the day, as with many other GU students, my decision was based on the most important factor for my family: financial aid. I had already received substantial scholarships to attend the university, but when my mom lost her job in light of the pandemic, GU stepped up. I had reached out explaining my situation and how I may need to postpone a year to save up, and about an hour later I received an email with an updated financial aid package with no proof needed. That urgency solidified my decision to attend GU.

I won't lie, GU isn't all roses, but I'm not here to air dirty laundry. Through all the ups and downs of university life, GU has connected me with a community that has supported me through it all.

I have been able to explore my identity as a queer Jewish person through cultural clubs and programs sponsored by the Unity Multicultural Education Center and the Lincoln LGBTQ+ Center. Cultural club events and festivals have allowed me to learn more about others in my

community beyond the classroom.

When I arrived, I felt comfortable making mistakes here and still do. I have made countless errors in class and even in the most embarrassing of times, my professors have given me the encouragement and the confidence to move past and try again.

The size of the campus allowed me to try things without having to outright commit to them. I joined The Gonzaga Bulletin on a whim, wanting to try something new, and found a love for journalism I didn't know I had. I learned how to play chess through Chess Club and improved my roller-skating abilities (just barely) through the Womxn's Skate Club. I even joined the American Society of Civil Engineers to help the club with their Concrete Canoe project despite lacking a STEM background, and they welcomed me onto their team with open arms.

Above all, I have made some incredible friends here across friend groups, majors and interests that have made me the person I am today.

It's these different connections that have kept me at GU and have made me a Zag for life.

The financial aid definitely helped, though.

*Sydney Fluker is the editor-in-chief. Follow them on X: @sydneymfluker.*

## The Gonzaga Bulletin

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## Listen up, first-years — it's all going to work out

Being a college student is best described as being in a constant cycle of free trials. No matter how put together or prepared some peers may seem, it is safe to say college students are just figuring things out.

Navigating things such as academics, extracurricular activities, a social life, a job or two and sneaking in some sleep is the norm for most college students. While this transitional period in life can feel foreboding and overwhelming, there are methods to managing it all.

A big part of the college experience is networking. This can be making friends, establishing study groups or even connecting and collaborating with professors. In building a reputation for oneself, I recommend viewing these interactions through the free trial lens.

Making new friends comes easily to some people, but not to everyone. It is OK to take your time in finding your people, and I recommend allowing yourself that time and space to find those who actually serve you. The first friend group you establish isn't likely to be the tried-and-true group you keep, and that is OK.

While the first month or so will be constant icebreakers, there seemingly never comes a point in college where you no longer have to introduce yourself. While icebreakers can be surface-level and repetitive, I recommend allowing it to become a way for you to learn more about yourself as well. Do you actually know why you chose your major? What would your perfect day actually look like? Now is the time to find out.

Allowing yourself to learn more about your own interests and values is also a great way to align yourself with some of the clubs that Gonzaga University has to offer. Joining clubs and going to cultural events is a great way to network, learn more about your peers, and most importantly find your own community.

In picking a smaller school such as GU, there is a preemptive establishment of community on campus. My friends and I have a saying that you are “only one Zag away” from being connected to everyone on campus. Use this to your advantage and get to know all kinds of people.

Another perk to the smaller school status is that GU's class sizes are smaller. This makes for an excellent opportunity to actually work with your professors. Go to your professor's office hours or talk to them after class; if you are unsure of your major — which is absolutely normal — you should learn about your professors' work or other classes they offer.



BY SHEI MCLAUGHLIN

Finally, on the networking side of things, allow me to be the first to tell you to create a LinkedIn account. Connect with your peers, professors and even with guest speakers you have in class. LinkedIn is supposed to be your online resume and it will be very useful to stay connected with a like-minded community.

The campus may be small, but it has a lot to offer. When making yourself familiar with the campus, try to determine where you feel you can be more productive in studying or where you can see yourself and your friends hanging out. While the John J. Hemmingson Center is great for a coffee date, have you been in the Herak Center before?

There are myriad clubs available to students. While it will be tempting to join every club that aligns with your interests and values, try not to overcommit yourself before you have a chance to develop a routine. Take at least your first semester to feel out your classes and social life before getting too involved elsewhere.

There are a lot of emotions that come with moving away from home and everything you previously knew. Give yourself space and time to build a routine and to harbor friendship. There are systems and spaces in place to help you find a sense of belonging.

Don't overcommit yourself and take time in finding your people and your place. Utilize this era of free trials and take advantage of all the opportunities college has to offer.

*Shei McLaughlin is an A&E editor. Follow her on X: @\_sheimclaughlin.*



The Spokane Arena has hosted many iconic artists, such as Paul McCartney (pictured above).

BULLETIN FILE PHOTO

# Keeping the music alive with local venues

COMMENTARY  
By SYDNEY FLUKER

As a music lover, live shows are everything to me. Coming from the San Francisco Bay Area, I was anxious about moving to Spokane out of fear the city's music scene would be too sleepy for me.

Thankfully, I could not have been more wrong.

Spokane is a city full of musical talent. From acoustic artists at breweries to punk bands at bars, there is always a show happening somewhere. Sure, you don't get the biggest names here, but Seattle is only four hours away for when the times get desperate. Plus, who doesn't love a road trip every now and then?

For those music lovers worried about finding the scene in a new city, here is a list of four music venues Spokane has to offer (in no particular order).

### Knitting Factory

By far the most well known, Knitting Factory attracts artists big and small to its stage. The vibe here is totally dependent on who shows up — I have seen Rich Homie Quan perform to a maximum of 40 people, and I have also seen Aminé pack the place to the brim. Both environments have their pros and cons, but overall, the Knitting Factory is a reliable venue to check when craving a live performance.

Though it is technically walkable from campus, I would recommend driving or catching a ride if possible for convenience.

Check out the website for more information. The venue is located at 919 W. Sprague Ave.

### Spokane Arena

As with most big cities, the arena is where the big names come to play. Paul McCartney, Snoop Dogg, Foo Fighters, Macklemore, Tool, Eric Church, Smashing Pumpkins and more have all entertained the city from the comfort of the arena's stage.

Parking can be a nightmare, but the arena is walking distance from the university. I recommend walking if possible, or asking a friend to pick up

and drop off if accessibility is an issue.

Check out the website for more information. The venue is located at 720 W. Mallon Ave.

### Spokane Pavilion

Though only active in the summer through late September, the Pavilion is a great place to see a show. Situated under the Pavilion's iconic lights, artists like Phoebe Bridgers, Father John Misty, Rebelution, Pixies and Modest Mouse have spent nights rocking the city out in one of its most notable locations.

With its location right next to downtown Spokane, the Pavilion is also easily walkable from GU's campus, making it a great spot for students to check out when it's open. Plus, there's plenty of lawn seating for when the general admission pit gets too overwhelming.

Check out the website for more information. The venue is located at 574 N. Howard St.

### The Big Dipper

Situated in a rather neglected part of Downtown Spokane, The Big Dipper holds it down as one of the few independent venues in the area. From blues rock and jazz to hardcore metal, shows at The Big Dipper never disappoint.

As for the venue itself, The Big Dipper has something for everyone — a couch on the main floor to relax and watch the show from, a small upstairs with tables and couches to relax, a dance floor for dancing or moshing, a full bar with free water and multiple bathrooms scattered with graffiti that are miraculously clean. This venue is especially perfect for a more mixed group, where some want to be in the heat of the pit and others want to stay as far away as possible.

Definitely drive or catch a ride to this venue — it's a little far from campus to walk, especially at night. The venue is located at 171 S. Washington St.

Follow @thebigdipperspokane on Instagram for show flyers and ticket information.

*Sydney Fluker is the editor-in-chief. Follow them on X: @sydneymluker.*



BULLETIN FILE PHOTO

Cordae performing at the Knitting Factory for GU students for the Spring Concert.



BULLETIN FILE PHOTO

The Spokane Pavilion located in Riverfront Park, noticeable from most of Spokane.



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# Inclusive eats in the Lilac City

## Spokane boasts an array of vegetarian, vegan and gluten-free dining options near GU

By SOPHIA MCKINSTRY

Food options for those with dietary restrictions can sometimes be hard to come by, especially when moving to a new city and not knowing where to look.

However, Spokane offers a variety of restaurants and bakeries that specifically cater to those who are vegetarian, vegan or gluten-free.

### Boots Bakery & Lounge

With a menu consisting entirely of vegan and gluten-free options, this spot is a 13-minute walk from campus.

The owner, Alison Collins, started eating plant-based foods years ago. After working as a bartender and creating a vegan cake for the desert menu, her baking journey began to take off.

"I have a really great time and get a lot of pleasure out of making food for people," Collins said. "It's basically like ... I'm entertaining people all the time."

Boots Bakery and Lounge opened in 2012 and was open regularly, including throughout the pandemic, until the end of this year when they were asked to vacate the spot and closed for about six months. The bakery recently reopened in Saranac Commons, an open space downtown shared by a few vendors.

The menu contains an assortment of options, from entrées like stuffed peppers and corn fritters to salads, drinks and more. They also have breakfast foods like cupcakes, cinnamon rolls and waffles.

"On any given day, we run about 25 different options," Collins said.

Boots also serves seasonal dishes, which allows them to experiment with ingredients and results in little food waste.

"One of the benefits of not having a set menu is that we can make whatever we feel like," Collins said. "We have some locals farmers who we get produce from ... [and] I very much like to just say 'you choose' and then they bring whatever and we get to make something creative with it, so that keeps it fun."

Boots is open Monday through Saturday from 7 a.m. to 7 p.m. as well as on Sunday from 7 a.m. to 5 p.m.

### Student Recommendations

Gonzaga University junior Rachel Muhr was diagnosed with celiac disease when she was 14, and has learned to ask the right questions in order to find food options that work for her.

Celiac disease is an autoimmune disorder where the body cannot process gluten and the consumption of gluten can lead to harmful side effects.

"Growing up with my mom, who was

gluten-free before I was, I kind of knew all of the rules before I was diagnosed," Muhr said. "I think knowing what questions to ask and what processes you need to go through to make sure that you're okay is really important."

Muhr had two recommendations for places that have made it easy for her to find foods that she can eat, one of those being Clark's Fork for breakfast and lunch.

"Julie, the owner, is ... really good about making sure that you know exactly what you're getting and what steps need to be taken," Muhr said.

Located at 1028 N. Hamilton St., Clark's Fork is across the street from Madonna Residence Hall and accepts Bulldog Bucks. Muhr said she recommends one of the breakfast combos that comes with potatoes, eggs and various other options.

Another spot Muhr recommended was The Onion Bar and Grill, which has two locations, one in the downtown Spokane area and another a 13-minute drive from campus.

For those who have dietary restrictions, coming to college is a new experience and Muhr said stress is a common occurrence. However, sticking up for yourself is important.

"You're still going to have a good time at college," Muhr said. "It can be scary, but just keep asking questions and enjoy life, enjoy food. Don't be afraid."

Sophia McKinstry is a diversity editor. Follow her on X: @sophvmckinstry.



The previous entrance to Boots Bakery before the business switched locations.



Boots' menu features both breakfast and lunch options for those with dietary restrictions.

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# GU men's soccer welcomes 16 new athletes to its roster

By HENRY KRUEGER

Change doesn't happen overnight.

In his first two seasons at the helm, Gonzaga University men's soccer head coach Aaron Lewis has worked to establish a winning culture at a program that hasn't finished a season above .500 since 2013.

The effort is clear, but the desired results have yet to materialize. The Zags went 7-10 during Lewis' inaugural 2021 season, before going 4-11-3 in 2022.

"It's been a great challenge," Lewis said. "It's been difficult, only because we've played good opponents, but I've been excited to see the progress that I think we've made on the field."

As Lewis looks to reverse the Bulldogs' fortunes, he has placed a considerable emphasis on recruiting players with the right skills and mindset to thrive in his system. He's put together nationally-ranked recruiting classes in back-to-back seasons.

Lewis has welcomed 16 newcomers to this year's club, including 11 freshmen and five transfers. These new additions make up half of GU's 32-player roster.

"This year, we've had a chance to really kind of make our mark as a staff," Lewis said. "I think, at this point this fall, we've got a group that we have brought in from a different perspective and will add a little bit more to what we're trying to do."

GU's group of incoming freshmen is headlined by Drew Pedersen and Ian Silva. Pedersen is an elite goal-

scoring forward from Lake Oswego, Oregon, while Silva is a versatile offensive threat from St. Cloud, Florida.

"Both of those guys we anticipate making their mark impact early in their careers," Lewis said. "Pedersen is a forward and Silva can play anywhere on the field."

While this is the youngest squad of his head coaching tenure, Lewis also brought in veteran experience and leadership with the addition of Wessel Sprangers. The 6-foot-5 goalkeeper is a graduate transfer from Amsterdam, Netherlands.

Sprangers was a substitute for Willem II in the Eredivisie, the highest professional level of competition in The Netherlands.

"Wessel is going to be a guy that can come in and help shape our culture," Lewis said.

Amid the influx of new talent, the Bulldogs still retained several key contributors from last season, such as senior midfielder/defender Devin Slingsby. The Beaverton, Oregon, native has started 26 of the 31 games he's appeared in over the past two seasons.

This summer, Slingsby played in the USL League Two for FC Tucson, which posted a 7-1-4 record and placed third in the Southwest Division. He spent the previous offseason in Southern California helping the VC Fusion win the national championship.

"He's had another good summer," Lewis said about Slingsby. "He's a guy who can lead both on and off the field."

Another returning senior is Cam Bain, a fifth-year

forward who's coming back from an ACL injury. Like Slingsby, Bain brings valuable experience and leadership to the Zags.

"His work rate to return to the field and his ability to sort of organize the guys has been really impressive," Lewis said.

GU recently announced its schedule for this upcoming season, which consists of two exhibitions followed by 18 regular-season games. The Zags will host nine opponents, beginning with their preseason opener against Warner Pacific on Aug. 16 at 7 p.m.

Washington is the most prominent of GU's nonconference matchups, with the Huskies ranked sixth in the United Soccer Coaches' preseason poll on Aug. 1. The game takes place on Oct. 14 at Lugar Field.

The Zags will endure another challenging year in the West Coast Conference, slated to play road contests against No. 13 Portland and reigning league champion San Diego. The Zags had a 0-4-3 record in league matches last season.

"The WCC is so competitive," Lewis said. "It's very good from top to bottom. There are no easy games. Everybody will be difficult, especially San Diego and Portland."

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

## Few joins Team USA as assistant coach

By ZACH WHITE

Gonzaga Men's Basketball Head Coach Mark Few has begun his role as assistant coach for Team USA.

Few has joined an elite coaching staff that includes USA head coach and Golden State Warriors head coach Steve Kerr, Miami Heat head coach Erik Spoelstra and Los Angeles Clippers head coach Tyrone Lue.

"I feel this is as high of an honor as you can get when you're coaching," Few said in February. "To represent your country and to be able to do it with the greatest players and coaches in the world is truly special. I've worked with USA Basketball all these years; they are an incredible group of people, and I'm so grateful for this opportunity. Being a part of USA Basketball is something I've really enjoyed doing. It's been a great professional development piece for me, and I am very excited for this."

Few's previous experience of coaching in the Team USA setup includes roles as an assistant coach at the 2018 USA National Team mini camp and as assistant coach for the 2019 and 2021 USA Men's Select



COURTESY OF TEAM USA

Few was named to the coaching staff for the 2023 FIBA World Cup and the 2024 Olympics.

Teams. In February, it was announced that Few was named to the coaching staff for the 2023 FIBA World Cup and the 2024 Olympics.

To prepare for the 2023 World Cup, Team USA announced the USA Basketball Showcase. In this showcase, Team USA will play a series of exhibition games against international teams.

The team began its summer slate in Las Vegas on Aug. 7 with a 177-74 win over Puerto Rico.

Following this game, Team USA will depart the country and head to Malaga, Spain, to take on Slovenia on Aug. 12 and Spain on Aug. 13.

The final series will take place in Abu Dhabi, UAE, as the team faces Greece on Aug. 18 and Germany on Aug. 20.

The 2023 FIBA World Cup will take place in the Philippines, with Few and Team USA set to begin against New Zealand on Aug. 26. Following the opening game, the team will take on Greece on Aug. 28 before the final group stage game against Jordan on Aug. 30.

Team USA will look to rebound after a disappointing finish in the 2019 World Cup that saw the team finish outside the top four teams for the first time since 2002.

*Zach White is a sports editor.*

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Tacoma-native Troy Johnston is one of several Zag alumni to potentially get a big-league promotion.

## Zag alum swings for major league spot

Troy Johnston has been raking for a Triple-A team in the Miami Marlins system

By HENRY KREUGER

The list of Gonzaga University alumni in Major League Baseball continues to grow, with plenty more on the cusp of being called up.

The next former Zag to receive a big league promotion could be Troy Johnston, who's been raking for the Triple-A Jacksonville Jumbo Shrimp in the Miami Marlins system. Since moving up the ranks from Double-A Pensacola in late July, Johnston has homered twice and drove in eight runs while batting .400 in his first 12 games for the Jumbo Shrimp.

It's a turnaround from Johnston's first stint in Triple-A. He was named team MVP in Pensacola last year, but batted .151 in the final six weeks in Jacksonville.

Johnston has handled Triple-A pitching much better this season, solidifying himself as a promising piece of the organization's future. The 26-year-old first baseman and corner outfielder is Miami's 22nd-ranked prospect, according to MLB.com.

A .288 hitter in four minor-league seasons, Johnston has a smooth left-handed stroke that generates contact to all parts of the field. A scouting report from MLB Pipeline called Johnston "one of the better pure hitters in the [Marlins] system."

Johnston, a 17th-round draft pick in 2019, leads Miami's farmhands in several offensive categories, including the .585 slugging percentage and 91 RBIs he's registered this season. He's also tied for second in home runs with 20 home runs and third in on-base plus slugging at .989.

The Tacoma-native is graded as having well-below-average speed, but he's been significantly more productive on the basepaths this season. Johnston has swiped 16 bags in 2023 after entering the year with 11 career steals.

It's unclear what position Johnston will play at the big league level. His arm strength and range are limited for an outfielder, but he's developed into an "average defender at first base," according to MLB Pipeline.

Miami recently acquired first baseman Josh Bell in a trade with the Cleveland Guardians, hoping the struggling slugger can regain his power after posting 12 home runs this season. However, Johnston might get a chance if Bell can't produce, especially since the Marlins are a half-game out of the wild card race.

Johnston is one of several former Zags seemingly close to a big-league promotion. Shortstop Ernie Yake, who was drafted out of GU in the 10th round in 2021, is batting .286 with two home runs and five RBIs in 11 games with the Triple-A St. Paul Saints of the Minnesota Twins

organization.

Yake has made Triple-A appearances in each of his three seasons. If he continues to progress as a hitter, his defensive versatility will help him secure a spot in Minnesota's lineup.

Another GU alum who is vying for a call-up is Yake's former teammate, Brett Harris, a seventh-round pick in 2021. Harris has posted a .250 batting average with three stolen bases in 15 games with the Triple-A Las Vegas Aviators, an affiliate of the Oakland Athletics.

While none of Harris' physical tools are extraordinary, he brings a mature approach to the batter's box and has good bat-to-ball skills. He's also a premier defender at third base.

Other former Zags in the minor leagues include pitchers Gabriel Hughes (Colorado Rockies), Brody Jessee (Cincinnati Reds), William Kempner (San Francisco Giants), Trystan Vrieling (New York Yankees), Nick Trogrlic-Iverson (Milwaukee Brewers), Nico Zeglin (St. Louis Cardinals), Owen Wild (Tampa Bay Rays) and third baseman Brian Kalmer (Chicago Cubs).

Henry Kreuger is a sports editor. Follow him on X: @henrykreuger.



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