By ANDREAS SVENINGSSON

This summer, Gonzaga University welcomed the students, faculty and staff back for 2023 with a new orientation process after examining student feedback.

Instead of the traditional move-in weekened 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 Student and Family Programs to improve the orientation experience while incorporating student feedback.

“Since we started doing assessment of orientations probably in the last 10 to 15 years, the most consistent feedback we’ve received is that having too many people in one small space being overwhelmed, it’s stressful,” said Nicola Mannetter, director of New Student and Family Programs. “It’s even gotten feedback from self-identified extroverted folks who feel overwhelmed 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. The said switching to staggered sessions allows them to provide 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 being engaged with programming during the school year,” Mannetter said. “We’re able to do a lot more intentional programming during a summer orientation and create those opportunities.”

Administrators received a positive response from participating students after a pilot program in July 2022. A survey taken by orientation sessions included questions on the quality of orientation. While 79% of respondents dropped out of the survey, of those who responded, 93% responded yes, as opposed to a 69-70% range garnered in surveys taken within the previous model.

“Though implementing this new system has not been without challenges, eliminating students to attend on-campus activities during the summer has prompted novel questions surrounding registration and scheduling. According to Mannetter, students are able to connect with peers for the first time after a full day of activities, another night on campus and then a half-day proceed by check-in.

By NOAH APPRILL-SOKOL

For almost 20 years, Emily Banick has spent her time on GU’s Campus Kitchen, which focuses on using food, we need to be doing a better job of growing around campus which 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 tree.

“Trees waste creates harmful greenhouse gases that have a big negative impact on the environment,” Banick said. “And not only is it, if we are trying to do that ago without food, we need to be doing a better job of trying to grow our own food.”

The idea for the resource map, according to Banick, stemmed from seeing that there was a need on the ground, which fell from a tree near Robinson Hall. She said she never noticed the tree before but realized the plant would be a healthy resource for students looking for fruit.

Banick said she hopes to expand her efforts beyond her all-too-familiar campus kitchen. “We’re even getting feedback from self-identified introverted folks who feel completely burnt out by the end of it all.”

members from neighborhood council participated in leadership training activities.

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 entities in our neighborhood.

The educational program, called the Neighborhood Leadership Academy, was started last year by a partnership between Gonzaga University’s School of Leadership and the city of Spokane. The program was designed to help teach new residents more engaged and effective community entities in our neighborhood.

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At the end of the day, I think that’s great, that’s important, because it means those fruits can be gathered if students didn’t know about food.”

Simon and Banick also said this would be an additional opportunity for students to access fresh produce. They said this effort would complement other university initiatives, including the two-campuses and community food projects, which were invited to and offered their support for the mapping of the fruit trees on campus.

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**FRUITS**

Continued from Page 2

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Being a senior in high school the year COVID-19 made its appearance made for interesting college decision-making for sure. Many went to virtual school the whole time, which I did, and many went to school in-person both online and in-person. I had to decide how to approach the very different environments I was presented with, whether online or in-person, and the other which were listed. I knew I was going to major in education and wanted to have good days and bad days. We all make mistakes and have good days and bad days. We all make mistakes. None of us make it on our own without help. We all make mistakes, and I was no different. I had to make sure that if I was going to pick an education program, I was going to be a good fit, and that I could have a job after I graduated.

I was used to it being close to home but far enough away that I could get a taste for the university life. I could have a different experience compared to a lecture hall of over 200. As it was close to home but far enough away that I could make mistakes and still not destroy my parents’ bank accounts. I had to make sure that I was going to pick an education program, I was going to have a job after I graduated, and I was going to have good days and bad days. We all make mistakes and have good days and bad days. We all make mistakes. None of us make it on our own without help. We all make mistakes, and I was no different. I had to make sure that if I was going to pick an education program, I was going to be a good fit, and that I could have a job after I graduated.

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Keeping the music alive with local venues

COMMENTARY
By SYDNEY FLUKER

A music lover, live shows are everything to me. Coming from the San Francisco Bay Area, I was afraid 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 venue is located at 171 S. Washington St. and is a part of Downtown Spokane. Situated in a rather neglected part of the city, 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 taking a ride if possible for convenience.

The venue itself is clean. This venue 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 bars nearby for those who get the urge for a drink after a show.

Spokane Arena
As with most big cities, 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 in Riverfront Park, under the Pavilion’s iconic lights, artists from all walks of music brave the elements to thrill the crowd.

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 bars nearby for those who get the urge for a drink after a show.

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 punk, shows at The Big Dipper never disappoint.

For the venue itself, The Big Dipper is pretty small — catch the main floor to relax and watch the show from a small spot surrounded by tables and couches to relax. A full bar with free water and multiple bathrooms scattered with graffiti that are miraculously clean. This venue is especially perfect for a more intimate 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 great spot to relax and watch the show 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. Feedback them on Twitter @sydneymfluker.
Inclusive eats in the Lilac City

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

By SOPHIA MCKINSTRY

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

By HENRY KRUEGER

Gonzaga Men's Basketball Head Coach Mark Few has named his 2023-24 roster, which includes 16 returning athletes and 10 newcomers. The team is looking to improve upon its 2022 record and continue its upward trajectory.

The team is led by senior forward Drew Timme, who was named to the Preseason All-West Coast Conference team. Timme averaged 18.2 points and 8.3 rebounds per game last season.

Other notable returnees include senior guard Jalen Suggs and junior guard Andrew Nembhard. Suggs averaged 16.3 points and 5.8 assists per game last season, while Nembhard contributed 10.0 points and 4.0 rebounds per game.

The 2023-24 roster also features several newcomers, including freshman forward Jermaine Whitlock, who averaged 13.9 points and 8.4 rebounds per game at Notre Dame last season.

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 for the 2023 FIBA World Cup and the 2024 Olympics.

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

Few joins the team to provide valuable experience and leadership, having spent over a decade coaching at the college level. As an assistant coach for Team USA, Few will work closely withHead Coach Erik Spoelstra.

Team USA announced its schedule for the 2023 FIBA World Cup and the 2024 Olympics, which includes exhibition games and international tournaments. The team is looking to build upon its success from the 2022 Olympic Games, where it reached the final.

The team began its summer slate in Las Vegas on Aug. 5 with a 117-76 win over Puerto Rico. Following this game, Team USA will play against Mexico on Aug. 18 and Germany on Aug. 20.

The final schedule will feature games against Argentina on Aug. 16 in Miami, against Australia on Aug. 19, and against France on Aug. 21.

The team will end its summer slate in Las Vegas on Aug. 28 before the final group stage game against Greece on Aug. 29.

For more information, visit TeamUSA.org.
Troy Johnston has been raking for a Triple-A team in the Miami 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 Troy Johnston is one of several Zag alumni to potentially get a big-league promotion.