

The Gonzaga Bulletin

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After joining GU in 2020, Caño has stepped down from dean of the College of Arts and Sciences.

COURTESY OF CAS

Caño steps down as dean

By NOAH APPRILL-SOKOL

It was July of 2020 — the height of the COVID-19 pandemic — when Annmarie Caño came to Gonzaga University to become the new dean for the College of Arts and Sciences.

In-person classes had quickly been cancelled, faculty and students were self-isolating in their homes and the novice dean had just moved across the country, bringing her family with her, to lead a college a thousand miles away from an educational institution she had worked at for almost two decades.

But, amid the pandemic uncertainty, Caño turned to her trusty mug and coffee roasts to break the tension, hosting virtual coffee hours with different groups of faculty and staff throughout the college.

“She wasn’t just dean for faculty, she wasn’t just dean for students,” said Jonathan Rossing, associate dean for the college. “It was like, we’re a community here, so let’s stay connected to these different constituents and let’s hear the different needs of all of those folks.”

While Caño’s three-year tenure

was marked by diversity initiatives, new faculty trainings and college growth, her leadership has been defined by her push for a cultural change through the constant inclusion of faculty, staff and students into her work and vision as dean of the college.

Now, with the end of summer, Caño hopes this commitment to an enduring culture of belonging and inclusion will continue beyond her leadership, announcing her decision to step down from her dean role in the college to pursue a semester of research.

“I see my role as a leader as the facilitator, or the person who can remove the boundaries, or bring certain people together who have fantastic ideas and something even better,” Caño said. “All of the work that we’ve done over the three years with inclusion, the awesome faculty we’ve been able to hire, changing some of our policies to be more inclusive and not leave anybody out from being able to advance and progress, all of those are highlights

SEE CAÑO PAGE 2

A new 'leaf': GU to offer cannabis health care education

By SYDNEY FLUKER

This fall marks Gonzaga University’s inaugural cohort of its cannabis health care and compliance certificate programs in partnership with cannabis education provider Green Flower.

GU is offering two certificate programs directed at serving different areas of the commercial cannabis industry: the Cannabis Health Care & Medicine Certificate and the Cannabis Compliance & Risk Management Certificate.

The Cannabis Health Care & Medicine Certificate is directed toward health care and retail professionals interested in providing information and advice regarding the medical properties of cannabis. The curriculum covers cannabis history and practice across industries, the endocannabinoid system and medicinal properties and applying cannabis medicine in clinical practice.

The Cannabis Compliance & Risk Management

Certificate is directed toward business owners, managers and those who work on the business side of the cannabis industry. The curriculum covers cannabis history and practice across industries, cannabis risk management framework and risk assessment in the commercial cannabis industry.

Both certificates run for six months and are taught asynchronously by Green Flower. Graduates of the programs receive a recognized certificate from GU, a digital credential and access to the Green Flower Institute Employer Network. Graduates are also eligible to take the Association of Certified Commercial Cannabis Experts industry standards exam.

The idea came about two years ago, when Rachelle Strawther, director for the Center for Lifelong Learning, heard about a similar program being run by the University of San Diego.

“San Diego being a Catholic university like us, that

intrigues me and so we spent a lot of time talking about that ... what especially intrigued me was that my counterpart there had said that Green Flower was one of the best organizations they had worked with as an educational provider,” Strawther said. “They were so impressive, their curriculum was of such a high quality, they just are so good with student services. There were so many accolades for Green Flower that it prompted me to look into this.”

There are three other Catholic universities that are partnering with Green Flower to run similar programs, which helped ease some of Strawther’s initial hesitancy. Strawther said that helped her realize that just because that helped her realize that just because GU is a Catholic institution doesn’t mean it cannot enter the space.

“I have to say that I think I was at first hesitant to even consider the possibility of offering cannabis education

SEE WEED PAGE 3

Whitehead research awarded \$350,000 grant

The work was headed by GU philosophy professor Brian Henning

By MARY CLAIRE PHELPS

The world of philosophy has been a way throughout history for people to discover fundamental truths and relationships with the world.

Gonzaga University’s philosophy department has been an active participant in this work, and it recently received a three-year, \$350,000 grant for research on the philosopher Alfred North Whitehead. The grant came from the National Endowment for the Humanities and was awarded on Aug. 15.

Whitehead was a philosopher in the 20th century, known for his work in the sciences and mathematics. In 1924, Whitehead came to the U.S. from England to join the philosophy department at Harvard University after shifting his career focus to philosophy from mathematics. In the next 13 years, Whitehead had many published books and thousands of pages of his work.

“I founded the Critical Edition of Whitehead because he is among the most important philosophers of the 20th century, but no one had been successful in creating a critical edition of his published and unpublished works,” said Brian Henning, executive director of the Critical Edition and professor of philosophy at GU.

The Whitehead Research Project is dedicated to researching the texts, life and philosophy of Whitehead. The project entails verifying and transcribing Whitehead’s works that either have already been published or never published at all.

In order to receive this grant, applicants have to prepare a detailed submission of their work and why they should receive funding to continue it. The package is peer reviewed and the NEH makes recommendations for funding. The National Council on the Humanities looks over the recommendations, and then the chairman makes the funding decisions.

“The Critical Edition’s first two volumes have already substantively changed and

enlarged our understanding of Whitehead’s philosophy, and this grant assures that (the) project will be able to continue its work,” Henning said.

With the grant, the project will progress forward with its plans of double verification, critical editing and publication of The Harvard Lectures of Alfred North Whitehead, 1927-1929. The project will also include the initial transcription and publications of handwritten lecture notes from 1935-1937, his books “Science and the Modern World,” “Religion in the Making” and “Symbolism” as well as his letters for a volume of his correspondence.

Henning, Joseph Petek, director of research and publication, and a few graduate students will be working to create the Critical Edition. Since Henning is also a professor at GU and founder of the Center for Climate, Society and the Environment, Petek will be the one solely working on the Critical Edition. According to Petek, both he and Henning share the editorial work for the blogs, books and work products. Petek creates protocols when it comes to handling, processing and uploading documents. He also creates protocols for the transcription of handwritten materials and the editorial process while always consulting with Henning.

“These volumes will contain articles that haven’t been republished since they first appeared more than 100 years ago and others that have never been published at all,” Petek said.

The Whitehead Research Project is giving people the opportunity to have access to a philosopher and his works, unpublished or published. According to Petek, there are copious amounts of items to go through and the NEH grant will allow GU to continue the work and create a way for people to read unpublished work from over 100 years ago.

Petek said receiving a competitive national grant like the NEH is a fantastic

SEE GRANT PAGE 2



ISABELLA STOUT IG: @ISABELLACARIN.PHOTOGRAPHY

The Office of Sustainability uses 'xeriscaping' to remove lawn matter and promote biodiversity.

More than 'just dirt'

Office of Sustainability to reduce GU's environmental footprint

By JACKSON HUDGINS

The Office of Sustainability continues to work to reduce Gonzaga University’s campus’s environmental impact, and this summer, the office started with its own front yard.

Over the summer, the Office of Sustainability, led by Director Jim Simon, worked with groups of students from its Student Sustainability Leadership Program to xeriscape the front lawn of their campus office. The leadership program seeks to bring a cohort of students together each spring to collaborate on projects aimed at increasing sustainability on campus, and the xeriscape project was born from that collaboration.

Xeriscaping is the process of removing a traditional turf grass lawn and replacing it with plants and soils that are less impactful to the environment. Turf grass lawns are water-intensive and require

more fertilizer and pesticides than other plants; thus, replacing the full lawn with native vegetation that is drought-resistant reduces the environmental impact of an area. Reduction in water use is one of the reasons that xeriscaping is popular in dry regions.

According to Simon, the impetus for the project comes from the ecological changes that have occurred in recent years, as well as changes to regulations regarding environmental impact. Simon also emphasized the need to maintain biodiversity when choosing plant species.

“We know that more and more, the water levels in our community are variable or changing,” Simon said. “Water is not as accessible. The city of Spokane has also come up with regulations for watering lawns. And so we’re trying to be responsive to that, using less water, and also being

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Reittinger brings experience to GSBA helm

By SYDNEY FLUKER

Being the president of the Gonzaga Student Body Association was never a part of Griffin Reittinger's college plan. When Reittinger (he/they) arrived at Gonzaga University in the spring of his first year, COVID-19 precautions were operating at the highest extent. His peers in Coughlin Hall had established friend groups from being there for the first semester, months that Reittinger spent doing school remotely from his home in Dyersville, Iowa, while working full time as a floor supervisor at McDonald's to get by.

Reittinger said he felt like an outsider sometimes at GU from being a first generation college student, queer and low-income from a small Midwestern town. Reittinger's dad died when he was eight, leaving his mom a single mother of one. Reittinger said that as a first generation student, his family doesn't have the ability to advise him on the college experience, but they are able to support him emotionally.

"My mom sacrificed a lot to make me go to school," Reittinger said. "She worked two to three jobs all throughout my childhood to make sure I was able to get an education unlike what she experiences. My grandma was my rock. She was always present when my mom wasn't, and really filled that caring, compassionate side of my life ... They constantly pushed me, allowing me to end up at a place like Gonzaga."

He planned on transferring out of GU that summer, but decided to give it one more year.

Reittinger joined GSBA on a whim his sophomore year after hearing about an open position on staff as the senator for the School of Business Administration. When he won the position by four votes, he said he decided to give it his all.

"Everything has its ups and downs, but [GSBA] was the only place I felt valued on campus, where I felt like I had a community finally," Reittinger said. "So I stayed at GU."

Junior year, Reittinger stepped into the role of attorney general. Attorney general works closely with the senate, and Reittinger said he spent the year largely recording meeting notes and running a committee on internal governance.

After almost a year of that position, Reittinger was ready to move on.

"I intended to quit after last year, because I wanted to try other things," Reittinger said. "I felt like I reached my peak, that I got



DYLAN SMITH IG: d.smithphotos

Reittinger hopes to improve campus accessibility and offer free menstrual products.

what I could from GSBA."

Reittinger said it was the other people in GSBA who convinced him to stay and run for a higher role. Though he said he was initially hesitant to the idea, he eventually decided to throw his hat into the presidential race.

"It wasn't up to me [to run] eventually because if other people wanted me to do it, they saw something in me that I didn't," Reittinger said. "So I trusted in the process and I went through the whole election and now here I am."

Now having served in the position for a couple of months, Reittinger is excited to move into the school year and said he has high hopes for the year.

One thing Reittinger wants to focus on is the perception of student government on campus.

"We don't want GSBA to be an ivory tower, we just do things for ourselves type of deal," Reittinger said. "We're already meeting other clubs and stuff to collaborate throughout the year."

For Reittinger, this includes meeting more regularly with the Resident Hall Association and making it an active priority

of his to actively attend their meetings.

"I'm going to make it a priority of mine to try to go to active meetings because I feel like it's like my job to know what other people are doing on campus," Reittinger said.

Reittinger described his leadership style as collaborative, and said he enjoys working with other people.

"I am a driver, I'm pretty results oriented," Reittinger said. "Overall, I try to embody one of my pillars we ran on which was stewardship. I don't like to be a leader that's like domineering necessarily. I just like to serve other people."

Reittinger said that because of this, he wants to work closely with students and their groups to help them accomplish their goals. He said he hopes to serve as a resource for students to help progress their ideas into realities.

"I feel like my staff or the students in general on campus are the ones who have really great ideas, I'm just a good organizer for their things and a good asset for people," Reittinger said. "I just want to help people and accompany them on their journey instead imposing my will on other people

because my job at the end of the day is to represent other people, not to make it the Griffin Show."

Peyton Blanco is GSBA chief of staff and this is his first year working for the association.

"Griffin is pragmatic," Blanco said. "He's hardworking ... He came in with his set ideals and goals for how he wants to make Gonzaga a better place and from day one of being elected, he's put that into his work."

Blanco said Reittinger has been an incredible resource for connecting GSBA staff to administration and advocating for student needs over the summer. Blanco said one of Reittinger's greatest strengths is being the calming and pragmatic voice in the room, and that he and his staff have appreciated his leadership and poise in these work-related conversations.

Other goals of Reittinger's include increasing accessibility on campus, offering free menstrual products on campus and continuing past GSBA president Miguel Acosta Loza's work on divestment. He hopes to collaborate with the university more on issues like the sophomore village, improving the registration process, sustainability and other campus issues to give students more voice in the process.

"Higher academia is like a big train," Reittinger said. "It takes a long time to turn and sometimes it's longer than a year, but I want to give it an honest try at the very least."

Outside of GSBA, Reittinger is studying accounting and business administration with a concentration in law and public policy. After graduation, he hopes to get his masters in either tax or accounting and acquire his Certified Public Accountant license. He has also considered going into the legal field to work in policy.

In his free time, Reittinger likes listening to music and going on hikes and walks. He enjoys taking care of his many plants and painting, which he said he is not good at but wants to practice more to improve on. He said he dreams of retiring and owning a mill and flower shop.

Reittinger said he wants students to know they can reach out to him or anyone on GSBA staff because they genuinely want to be a resource for people.

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



COURTESY OF STANFORD ENCYCLOPEDIA OF PHILOSOPHY

Alfred Whitehead published major philosophy works on the sciences throughout his career.

GRANT

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accomplishment for not only the Whitehead Research Project but for philosophy. Petek said that sometimes, philosophy is seen as an "ivory tower" and can be hard to understand why it's relevant in our lives, but that philosophy is where we can find the foundations of how

our universe works.

"To do philosophy is to avoid getting stuck in a rut and avoid falling into all sorts of harmful and self-destructive habits and activities ... We hope that this interest and awareness will continue," Petek said.

Mary Claire Phelps is a staff writer.

LAWN

Continued from Page 1

more attentive to planting species that are meant to grow here instead of bringing in invasive plants that just look good."

The project also serves as a method to increase biodiversity on campus. Along with other projects, such as planting more trees, the introduction of new native plants to the area serves as a method to provide more abundant spaces for various wildlife.

"One thing I want to add is that our plants are supposed to attract more pollinators too," said Lauren Lee, a member of the sustainable leadership program. "Certain plants provide flowers for hummingbirds and bees, which adds to the level of biodiversity."

While xeriscaping is currently only confined to the areas around the Office of Sustainability, the ultimate goal is to extend the principles of the project to the rest of the campus.

Simon said that GU outdoor spaces are mostly grass and adjusting the landscape to accommodate the changes in water levels is a challenge that he and the rest of the staff are looking to tackle.

"We're definitely thinking about how we can have a landscape that is consistent with our values around caring for the planet and use less resources like water," Simon said. "We're about to embark on a project to hopefully certify our campus as salmon-safe and hopefully identify strategies to shift our landscape into areas that are less-grass intensive, which means less water."

Simon said the xeriscape project is one of many sustainability projects that the Office of Sustainability takes on in order to meet the goal of sustainable practices on campus, and is a continuation of their commitment to making the campus environment better for both students and the community.

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

CAÑO

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for me."

One of Caño's cultural legacies, according to Rossing, was her intentionality on creating a healthy community culture throughout the college, working with each department to foster strong boundaries, communication and mentorship.

Caño said it was this focus on healthy community culture, specifically her beliefs in community boundaries, which allowed her to remain resilient as a leader through both the difficulties of the pandemic and

the harsh criticism she would receive for her bold initiatives.

She said she saw the impacts of this intentionality to healthy community culture spread throughout the college with departments embodying the need for community agreements, boundary setting and self-care.

Still, beyond changing the culture of the college, Caño said she also desired to change the expectation for her role, forming strong relationships with students during her time as dean through meeting with students regularly, especially when they had concerns about diversity issues on campus.

Caño was the faculty advisor for GU's Association of Latin American Students,

and she worked with a student to publish a piece in the Gonzaga Bulletin on diversity initiatives on campus. She also aided in the raising of funds for the Society for Advancement of Chicanos/Hispanics & Native Americans in Science.

"You can still see this thing is bigger than me," Caño said. "I'm here to carry on that work. I'm hoping that people got a glimpse of what that could look like. I'm stepping down from this leadership role, but there are groups of faculty and staff and students in the college who don't need me. They're going to continue that work, and I hope that they are continuing to be supported."

Although Caño's introduction to the GU community was through a Zoom

screen or a coffee date, masked and sitting six feet apart, Caño said she has fallen in love with the GU and its culture. She said she is excited to return to the classroom setting after the semester of research to engage with students.

Caño will be replaced by an interim dean, Matthew Bahr. A candidate is hoped to be hired by June or July.

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

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ACLS focus on mental health initiatives

By CAE CABERTO

Asians for Collective Liberation in Spokane will focus on building a community of wellbeing, safety and belonging for Asians and Asian Americans.

Gonzaga University senior and College Connect Coordinator Aaliyah Maniego Lewis said she wishes she was more aware of organizations like ACLS that are in Spokane. Maniego Lewis said she understands the importance of recognizing how we were raised and how it can affect the ways we deal with conflict.

"Our focus is to bring programming related to mental health," Maniego Lewis said. "We're hoping to bring things like healing circles, programming that talks about allyship, as well as introducing religion with mental health."

Her position focuses mainly on working with GU students, as well as high school students from the Spokane Public Schools. Maniego Lewis, along with her partner Mayssa Peunemany, are working on a mentorship between Spokane district high schools and GU students to build a bridge of connection between GU and the Spokane community. Maniego Lewis said that this mentorship is one of the many opportunities for someone to get involved in the ACLS community.

"They're like little families, which was inspired by BRIDGE, where we have upperclassmen be mentors for underclassmen, and they're like little families," Maniego Lewis said. "The focus of that is for someone to be able to get more involved."

Maniego Lewis said she wants these small family-like structured groups to help students create more intimate relationships while being able to openly talk about mental health and intergenerational trauma.

"I feel like it's so important for us as people of color to acknowledge or understand how the social structures placed on Asian Americans really do have an impact," Maniego Lewis said. "Recognizing that yeah, we're Asian American, but we differ in so many ways, but we're all fighting the same systematic racism that's placed on us."

Maniego Lewis said that the reason she applied at ACLS was for the intentional work the organization does toward collective liberation for Asian and Asian American people. Maniego Lewis said her position at ACLS gives her the opportunity to sit with herself and not only work toward breaking the colonial mindset that many Asian and Asian American people are taught, but also working toward breaking that mindset within herself and her identity.

"For the Gonzaga community, I feel like in the last year, as a student of color on campus, our community as a whole was very much hit with situations that we didn't know how to navigate or use conflict resolution," Maniego Lewis said. "But when you step out and you reflect, I feel there's this opportunity for our community to recognize how all of our identities and how we grow up and like all of the systematic



COURTESY OF ACLS

From left to right: Mayssa Peunemany, Aaliyah Maniego Lewis and Kira Bifone are GU students working for ACLS.

pressures really play a part in how we navigate the system."

Maniego Lewis said that being able to have dialogue with one another and see how people perceive things differently is crucial in the work of collective liberation, as people are learning from one another and growing as a community. Connecting the GU Asian and Asian American community to the Spokane community and offering resources that are outside of campus while providing specific support within the GU community through meetings and events is what Maniego Lewis believes the community needs.

Although Maniego Lewis' position focuses mainly on high schoolers and college students, ACLS also has programs being set up for youth in the Spokane community. GU sophomore Kira Bifone is ACLS's youth program coordinator for this year.

Bifone's youth program is catered toward Asian and Pacific Islander students from kindergarten through 12th grade.

"I've built a couple youth programs before, but this one's unlike any other that I've done before," Bifone said. "It's very culturally focused, and I think that's something really unique and it's challenging me in ways that I wasn't anticipating."

Like Maniego Lewis, Bifone did not know ACLS existed until her sociology professor suggested she apply for the position.

"I was really looking for a community in Spokane, of Asian people and people of color that I could connect with, and it seems like a great place to do it," Bifone said.

Bifone hopes that kids and people of historically

marginalized identities know that there are resources and a community in Spokane that they can reach out to.

"I think it's really cool," Bifone said. "I've loved working there. I think we're going to have a really awesome year and it's going to be great for community building, and I'm really excited to meet other people through it."

Although ACLS is a name specific for Asian and Asian American people, Maniego Lewis said the programming is open to anyone.

"I really want to emphasize that while ACLS has a specific focus for Asian and Asian American students, we want to make it known that it is open for everybody that wants to be a part of the conversation that we're going to have," Maniego Lewis said. "This is for everybody that's willing to learn and wanting to grow, wanting to dive deeper into these tough conversations that we can't have at a dinner table or on a daily basis."

More information about ACLS can be found on its website at aclspokane.org or on its Instagram @acls_college_connect.

Cae Caberto is a diversity editor.

WEED

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certificates," Strawther said. "However, when we started doing more research and looking at the lack of education that's available in the cannabis industry, we realized that there is a gap and the gap could be filled by Gonzaga."

Daniel Kalef, chief growth officer at Green Flower, is familiar with that hesitancy.

"The school deserves a lot of credit for being so forward thinking and understanding that this is going to help people," Kalef said. "It wasn't easy for them to say yes, and we genuinely appreciate the partnership and I know it's going to continue to grow pretty significantly."

Green Flower has 24 active university partners across the country, and GU is its first partner in Washington state. Kalef said it blows him away that there is such a lack of training around cannabis in one of the first states to legalize recreational marijuana usage.

Green Flower manages the programs' instruction and materials and works closely with industry professionals to ensure the content is up to date. Strawther said Green Flower's frequent course updates are a large part of why GU trusts it to deliver quality education.

"Our role in this is education, it's not advocacy," Strawther said. "We want to make that very clear. We are not trying to increase people's usage of marijuana and cannabis. That's not our goal. Our goal is to make sure that professionals in this space have the information that they need

to be able to guide people and businesses effectively."

GU's program was approved to begin in April, and its first cohort will begin on Monday. The certificate programs are open to anyone 18 and older and do not count toward academic credit.

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

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Thrifting in Spokane means finding the heat, without it rising

As Macklemore once said, "One man's trash, that's another man's come-up." If you're ready to pop some tags with only \$20 in your pocket, look no further than the thrift stores of Spokane.

I've heard chatter both online and right here at Gonzaga University in which people cautiously reproach the practice of thrifting. Some say it's dirty, others say it is a practice that needs to be reserved for low-income communities, while some find the experience downright exhausting.

While it's never wrong to be weary, the truth is that thrifting is one of the most environmentally conscious ways to shop. Once you know what to look for, thrifted clothes can become lifelong staples in your wardrobe. From vintage, to designer, to reworked, you name it — it's somewhere in a thrift store.

During my time in college, I have become somewhat of a regular at two thrift stores in the area, the first being Global Neighborhood and the second being the Value Village west of campus that was recently demolished.

Global Neighborhood, located right next to GU at 919 E. Trent Ave., offers employment to refugees and holds some of the best thrift and vintage finds in the city. Since first visiting this spot over a year ago, I have been more times than I can count on both hands. They have a sprawling section of regular thrifted clothes for cheap prices in addition to a



By KAELYN NEW

vintage section where I have been able to locate brands like Gunne Sax, Sharif 1827 and Harley Davidson. Every time I go, I end up leaving with some fashion staples and statement pieces that I absolutely adore.

While the Value Village near campus was torn down to make space for a parking garage, there is another Value Village located not too far away at 1704 W. Wellesley Ave. Value Village has, by far, some of the cheapest prices I have found in the area. While it takes more time to comb through its general selection to find something worthy, I think the price tag makes the experience worth it. I have found Dr. Martens boots, Converse, Victoria's Secret and the list goes on.

Closer to campus, I have additionally

ventured to The Arc, located at 808 N. Ruby St., and various Goodwill stores around the area. The Arc, I've found, has a decent-sized selection of furniture and décor that are perfect for redecorating your room or making your dorm a bit more homely. I have also found the seasonal Halloween selection of clothes and decorations very impressive. On the other hand, Goodwill is consistently a trusty stop for closet essentials such as tank tops, turtlenecks and so on.

A major benefit of thrifting is that each and every piece of clothing you find is unique. While others may don the newest Urban Outfitters seasonal drop, you can find peace in knowing that you won't bump into someone at Jack and Dan's or College Hall wearing the exact same outfit.

With fast fashion brands at the forefront of modern style movements and social media, it is important to remember that these brands — Zara, Shein, H&M and more — do not use sustainable production or labor practices. In addition, these brands adhere to a fast-paced style cycle in which designs are generated to go out of season almost immediately by the time they go on sale. This creates a harmful cycle of consuming and discarding with each coming fad.

This isn't a pressing issue when it comes to thrifting. Many pieces that you find are going to withstand the exhausting cycle of coming and going trends, and the

clothes will last much longer than the fast fashion carbon tops that fray in the dryer.

As for thrift shops, limited supply is not an issue. According to the Environmental Protection Agency, 84% of donated clothing ends up in landfills and incinerators. You don't have to worry about purchasing something that someone else needs because the items exist in boundless abundance.

Global capitalism and endless style cycles have created a massive problem with environmental pollution and carbon emissions. There are clothes quite literally drifting through oceans and lying in piles in low-income nations, and while there is not an entirely 100% sustainable way to obtain clothing, thrifting is one of the best options.

Each time I arrive home from thrifting, I wash the clothes thoroughly before wearing them. There's truly nothing to worry about when it comes to germs and stains so long as you are taking proper precautions.

While it is true that it is a time commitment, I have found thrift shopping to be one of the most rewarding activities to do here in Spokane.

So go pop some tags if you're up for it.

Kaelyn New is the managing editor. Follow her on X: @kaelyn_new.

The mugshot: Capturing an important scene in history

As the saying goes, you've made your bed, now lie in it.

Former President Donald Trump is about to do a whole lot of lying given his four pending criminal cases in connection with attempts to overturn the 2020 presidential election, hoarding classified documents and paying hush money to an adult film actress.

Trump turned himself in on Aug. 24 and was booked on felony charges in connection with efforts to overturn the 2020 presidential election results in the state, according to NBC News. This marks the fourth time the former president has been arrested since April. Trump's four indictments this year are the first for a president or former president.

In New York, Trump faces 34 felony counts in connection with hush money payments to Stormy Daniels. In Florida, he faces 40 felony counts for keeping classified documents and impeding efforts to retrieve them. In Washington D.C., the former president faces four felony counts for his effort to overturn the



By KAELYN NEW

presidential election.

Meanwhile, Trump has made several claims on his social media platform, Truth Social, claiming that Fani Willis, the district attorney of Fulton County, is a "Radical Left, Lowlife." He additionally exaggerated the crime rate in Atlanta.

It's not the first time that Trump has spewed false information or provided fodder to conspiracy. In March, Trump took to Truth Social to call for protest given his imminent and upcoming arrest for the hush money case.

"IT'S TIME!!!" he said. "WE JUST CAN'T ALLOW THIS ANYMORE. THEY'RE KILLING OUR NATION AS WE SIT BACK & WATCH. WE MUST SAVE AMERICA! PROTEST, PROTEST, PROTEST!!!"

Despite his tenure as a politician, albeit brief, Trump has amassed what can only be recognized as a cult following drenched in conspiracy and misinformation. This is a fire that Trump has only added to with his vocal calls to action.

Most prominently, Trump has fueled, if not founded, the QAnon conspiracy in which followers believe a widespread range of claims from the illegitimacy of COVID-19 to far-fetched tales of Antifa (antifascist) infiltration. Of course, a cornerstone of this conspiracy is that the election in 2020 was stolen.

But QAnon doesn't exist only within dark internet forums and Facebook groups; it has become an issue offline. Followers participated in the Jan. 6 Capitol riot in 2021. Many other believers, according to the New York Times, have been arrested and charged with violent crimes such as kidnapping, assassination plots and the murder of a mafia boss in New York in 2019.

These conspiracies have only fed far-right violent extremist movements. Just days ago, a neo-Nazi group protested outside of Disney World wearing all red and

flying several swastika flags.

Words have real-world implications, and this is a fact that Trump is either too ignorant to reckon with or one that he fully knows and endorses, meaning he embraces the modern downfall of Western democracy.

In August, CNN reported that 70% of Republicans believe that Joe Biden's win in 2020 was illegitimate. 139 of 221 House Republicans voted to overturn the election, while 8 Republicans in the Senate did.

With far-right movements becoming increasingly more present and extremist, one would think that former President Trump would recognize that his words hold power. Despite independent fact checkers validating the election results, Trump continues to uphold misinformation.

What's even more damning is that, when asked whether they would support Trump despite a conviction at the Republican debate on Aug. 23, 6 out of 8 of the candidates raised their hands.

With seemingly no way to help conspiracists shake their beliefs, it is only likely that these movements — and the conspiracies themselves — will begin to grow and elaborate.

If Trump is convicted, there is no doubt he will still hold overwhelming favor in the 2024 presidential race. This begs the question: to what extent do we

value justice as a cornerstone of this nation? If we cannot trust independent fact checkers and political experts, do we just blindly follow the businessman with no prior political experience pre-2016?

The QAnon conspiracy group and other groups of its caliber have helped to completely undermine the pillars of democracy that this country was founded upon, with Trump right at the forefront.

With the upcoming presidential election in 2024 and increasing economic turmoil, the unfortunate truth is that Trump does stand a chance of reelection to office. If that happens, it's near inevitable that far-right extremist groups will grow bolder and conspiracies will continue to spread, both in numbers and magnitude.

I urge every Trump supporter, each and every conspiracy theorist and election denier, to ask themselves: If I am supporting the same man that racist and white supremacist groups, such as the Ku Klux Klan, proudly uphold, am I on the right side of history?

There is a right answer. Facts don't lie and history won't forget. It's time to wake up.

Kaelyn New is the managing editor. Follow her on X: @kaelyn_new.

Don't be afraid: Navigating the student-professor dynamic

When someone goes to college, their impression of the higher-education institution is often informed by whimsical stories from movies and TV with professors who care deeply about their students and classes that will provide lifelong lessons.

While this is a potential reality for some, for others it could not be further from the truth. The reality is that depending on your academic year and your major, your relationship with professors and the classes they teach can be a far cry from what the media and the college admissions office will tell you.

The professor-student relationship is essential for academic development. In the ideal of education, the professor provides a guiding hand through the knowledge they have to enable their students to process that information in a way that works for them. This process is disrupted, however, when either the student or professor fails to live up to their end of the academic bargain.

One of the clearest examples of where this relationship struggles to function is at the first-year level. As someone who is currently taking a first-year level class as a senior, I am much more acutely aware of the differences in teaching that appear at that level — the class is perfectly structured, with a printed syllabus and a course schedule consisting of tests and busy work.



By JACKSON HUDGINS

For a first-year just entering the college environment, this can create a barrier to forming any sort of relationship with the professor. Many of the assignments are tedious and the pace of classes is slow enough that many students feel that help is unnecessary until it is too late. Without feeling that asking for help is something that is both important and beneficial, many students view their professors the same way they do their textbooks — simply a tome of knowledge they are meant to sift through on their own.

In addition to year, majors play a very significant role in how a student's relationship with their professors develops. As a former engineering major, I find myself being more aware of how different the teaching of course materials are between many STEM majors compared to the liberal arts. While not exclusive to the STEM majors, the abrasive model of teaching

is more common there — in my experience, anyway — than in other majors. Often a significant portion of the professors in these majors take some sort of joy in being a difficult or abrasive teacher. These are the sorts of classes where C grades are considered good, because an A is often out of reach, or an F is a real possibility.

These classes are often where the professor and student relationship are at their lowest. The emphasis placed upon the superior knowledge of the professor can be demoralizing to any student who is not able to keep the pace and questions are therefore treated as pointless interruptions.

When the professor and student relationship deteriorates, there is little room for a student to actually retain any knowledge or achieve any real educational results. Social connection on the professor-student level is similar to that of employer and employee and is essential in the workplace. Ignoring or even actively stifling it stunts the eventual growth of the graduate.

While Gonzaga University is much better than many institutions in attempting to balance assessing educational ability and fostering growth, there is always work to be done in how we treat the relationship between student and professor.

Jackson Hudgins is a staff writer. Follow him on X: @judge_hudge63.

The Gonzaga Bulletin

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Rethink Waste: Students promote waste reduction on campus

Gonzaga Environmental Organization builds community around environmental awareness

By ALEXANDER PREVOST

As the leaves change color and students get settled into campus life, one such way to help build healthy routines on campus is to practice waste reduction. Rethink Waste provides avenues for students to learn about and incorporate sustainability into their everyday life — ranging from informational lectures, to waste audits, to instructional signs around Gonzaga University.

Rethink Waste exists as one of six subcommittees under the student-run Gonzaga Environmental Organization. The club meets weekly and seeks to build a community under a shared passion for care of the environment. Students can participate in the various action projects or subcommittees to help foster a more sustainable, eco-friendly campus.

“Rethink Waste is one of our longest running, biggest subcommittees,” said GEO President Andie Rosenwald. “Their primary goal is to decrease landfill waste on campus, and part of that is through education because on campus, a lot of our products are recyclable, compostable, but the rules are different everywhere — how you recycle. People come from all across the country, all across the world, and so one of the big initiatives is teaching people how to properly dispose of their waste.”

Rethink Waste partners with the Office of Sustainability to give biweekly waste workshops, teaching about how to properly dispose of waste and answering commonly asked questions about waste reduction.

Rethink Waste also holds seasonal events. For example, during Halloween, they previously held a pumpkin smashing event that incorporated lessons around composting and food waste.

One of the signature events, hosted every year, is the Sustainable Period event, dedicated to providing a space for students to learn about the intersections of menstrual health and sustainability.

“[Sustainable Period] is probably my favorite event that we’ve put on for the past few years, and I helped spearhead the whole thing with Andie and graduated seniors Kaylee Marie and Emmy Wagner,” said GEO Vice President Sophie O’Shei. “It’s a combination of reducing the taboo about talking about menstruation, and then talking about things we’re really passionate about in terms of waste reduction.”

The last Sustainable Period event was held during Love Your Body Week in February of this year. Rethink Waste has previously invited guest lecturers, including OBGYNs, to answer questions

about menstrual health and sustainable period products.

“We partner with the Green Fund, which is part of the Gonzaga Student Body Association and also small businesses to get reusable products like cups and underwear for people who have periods,” Rosenwald said. “We’ve brought professors and representatives from different brands. Sociologists have come to educate about all kinds of things including period waste, period poverty, how to use products properly and everyone can take home products for free.”

In addition to educational events, Rethink Waste also holds monthly to bimonthly waste audits. These surveys are designed to check in on how well GU is participating in waste diversion and sustainability. Committee members sort through waste bins and dumpsters around campus and sort out trash properly. From this, they calculate a diversion rate, which Rosenwald said is how much waste correctly went to recycling and compost and what is missing.

The results from these audits are posted to Rethink Waste’s Instagram.

“It’s really helpful for tracking our progress and understanding where those education gaps are,” Rosenwald said.

The subcommittee also partners with the Office of Sustainability to participate in intercollegiate sustainability events. From January to March of this year, GU competed in Race to Zero against other campuses across the United States and Canada.

Rethink Waste centers environmental justice as a core principle of their work, according to its page on GU’s website. The major health risks around waste excess often fall on marginalized communities around the world. In a 2019 study put out by Tearfund, 400,000 to 1 million people die every year due to diseases from mismanaged waste.

“A lot of the burden of waste production falls on marginalized communities when it’s the wealthy people living in first world countries who are producing the majority of that waste,” O’Shei said. “As a social justice-oriented university, I think it’s really important for us to understand how anything we’re passionate about can also be seen as a social justice issue.”

O’Shei said she believes that our individual contributions can help be a part of solutions in climate justice and waste reduction. In terms of finding places to start, Rosenwald recommends GU community members check out waste signage across campus and attend GEO meetings.



BULLETIN FILE PHOTO

Rethink Waste hosts lectures, audits and events to educate about waste reduction.



DYLAN SMITH IG: @D.SMITHPHOTOS

Rethink Waste meets in College Hall 245 every Thursday at 5 p.m.

“We all, just by living in a society and being consumers, we all create a massive impact on the world around us, and that damages other people around the world because we don’t see our trash, but it certainly goes somewhere, right?” Rosenwald said.

Students can get involved in Rethink Waste’s initiatives through GEO, which meets in College Hall 245 every Tuesday at 5 p.m. For more information on events and meetings, GEO and Rethink Waste can

be found on Instagram at @gonzagaeco and @rethinkwastegonzaga. Further info can also be found at the university’s sustainability page.

Alexander Prevost is a staff writer. Follow them on X: @alexanderprvst.

Granola guide: How to fit the PNW lifestyle

COMMENTARY
By SYDNEY FLUKER

The Pacific Northwest is known worldwide for its many famous features — the Space Needle, Olympic National Forest, Tillamook Ice Cream and being home to where the “Twilight” franchise was based, just to name a few.

But if the Pacific Northwest is known for anything, it’s the granola lifestyle.

Oxford Learner’s Dictionary defines the adjective as “eating healthy food, supporting the protection of the environment and having liberal views.” Though Oxford notes that it is typically used negatively in the political sphere, you will hear the term used throughout your time in the PNW in a largely positive or teasing manner.

In some spheres, calling someone granola likely means they frequently participate in one or more of the following activities: being outdoors, hiking, rock climbing, skiing or snowboarding, biking, white water rafting, identifying local flora and fauna, mycology, indoor plant raising, gardening, homesteading, etc.

To be fair, the granola lifestyle encompasses all of the above that the PNW is known for (though maybe not the Space Needle). Therefore, it makes sense that such a nature-focused lifestyle thrives in this environment.

A byproduct of this lifestyle is the granola girl style — a sort of hippie-lite way of dressing, looking the eco-conscious part.

The granola girl aesthetic is one commonly seen in the PNW. Local brands like The Great PNW and Cutesie Print Shop take this in stride and incorporate it into their brand by including local flora and fauna or using earthy colors.

For those looking to add some crunch into their wardrobe, stock up on fleeces,



BULLETIN FILE PHOTO

Sandals, fleeces, beanies and boots are essential pieces to have for a true granola wardrobe.

beanies and clothing in earth tones. Colorful jewelry and bandanas also help with accessorizing.

Fleeces are phenomenal year round, but especially come in handy during winter. Patagonia uses recycled materials to make their fleece pullovers and offers many colors and styles. Check out Patagonia’s WornWear site or ThredUp for resale fleeces that may be available slightly used at a more affordable price.

Boots are essential for Spokane winters, and a good pair looks and feels great anywhere from Downtown Spokane to the mountain. For those looking to splurge, Blundstone is a reliable company that makes sturdy and comfortable boots made for the wear and tear of an adventurous

life.

On the other side of the creek, sandals are a must-have for the spring and summer seasons. Birkenstocks are great for all purposes, but Chacos and Tevas tend to be better suited for outdoor activities.

Aside from fashion, a large part of the granola life revolves around environmentalism. Though it can be a facade one uses to justify the hippie look, most granola folks in the PNW make active efforts to help the environment.

Reusable water bottles are an essential for anyone looking to incorporate some easy eco-conscious actions into their day. Nalgene and Hydroflask have been unofficially deemed granola by society’s opinion, but

Contigo is also a great option. Style and price doesn’t matter here, just make sure to actually use the bottle instead of letting it collect dust on the top shelf. Pro-tip: stickers are an easy way to customize your bottle to minimize the risk of accidentally swapping with someone.

For those without COG access, a cute lunch box with reusable containers can make packing your own lunch more exciting. Not only does packing your own food save money in the long run, but it also cuts down on waste by using the food you have and avoiding the waste that comes with takeout.

Reusable straws and utensils are easy to incorporate into daily life to avoid plastic waste. Though they are easily

found at local grocery stores like Huckleberry’s and Main Market Co-Op, keep an eye out for environmental groups on campus that are giving them out for free.

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



NICO LOPEZ IG: @NLOPEZ_PHOTOGRAPHY

Bowl and Pitcher is an accessible hiking trail near campus with views of the mountains and the Spokane River.

Off campus, on the beaten path: Best of the outdoors for GU students

By MICHAEL BEIRNE

Now that students have returned to Gonzaga University's campus for the fall semester, the inevitable question has returned — what is there to do away from it?

There are plenty of great spots outdoors and off campus across Spokane and the surrounding area, although finding the best choice can often be difficult. Gonzaga Outdoors Trip leaders Kyra Cronin and Charlie Toppin have some recommendations for those looking to enjoy some green space.

For shorter trips, the clear favorite of GU students is Riverside State Park, specifically Bowl and Pitcher Overlook.

"People really like Bowl and Pitcher," Cronin said. "It's a pretty easy hike with really nice views. They have some more accessible trails, so that's pretty fun too. If you're going by yourself, there is a day use fee for state parks pass. But if you come with GU Outdoors, those costs are all

covered with your fee."

With views of the river and trails to follow just 15 minutes away from campus, Riverside has a variety of hiking and sights for anyone eager to explore on an afternoon of canceled class.

"[Riverside is] a classic," Toppin said. "There's a lot of beginner trails if that's what you want. If you want to do a longer hike like that, you can go there too. You can park and you can walk to the Bowl and Pitcher in like three minutes. You can go up and down the trail as far as you want, and it's all pretty flat."

Toppin said that Minnehaha Park is near campus and includes beginner hiking as well as steeper hikes, mountain biking and rock climbing. It boasts a 100-year history of ghost appearances for Zags in search of an extra boost on trail runs.

For a more unknown and underrated spot, Cronin said she recommends Iller Creek inside the Dishman Hills Natural Area in the Spokane Valley, about 20 minutes away from campus. With

mountain biking, rock climbing and trails more elevated than Riverside, Cronin said the hidden gem is perfect for students looking for something quieter and more challenging.

For Zags looking for a day trip to catch some fall colors, Cronin recommends Evan's Landing on Lake Pend Oreille in Northern Idaho.

"It has great views of the lake," Cronin said. "It's downhill on the way and there's a nice beach, then you have to do the trek uphill on the way back. It's especially nice as fall starts to come around, there are some really pretty fall colors out there."

For Zags looking to enjoy the remaining days of warm weather before the gloom of Spokane winter returns, there is always Coeur d'Alene, Idaho.

"I think Coeur d'Alene is a classic, that's another good one for a while," Toppin said. "It's still warm now, and there's a lot of hiking over there. There's a really cool spot called Mineral Ridge, it has waves and swimming."

South of Coeur d'Alene, Cronin suggests Heyburn State Park, which features the Trail of the Coeur d'Alenes, a 71-mile paved path for recreational use. This highly accessible trail is perfect for enjoying some of Idaho's beauty away from the resorts and hotels, Cronin said.

For more information, recommendations and gear rentals, the Gonzaga Outdoors staff is able to help from their new location on the corner of Pearl Street and Sharp Avenue. From Spokane Valley to northern Idaho, GU students have plenty of options for enjoying the outdoors however they please, at any difficulty or distance.

Michael Beirne is a staff writer. Follow him on X: @mtbeirne.

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level 1 2 3 4

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Solution to This Week's puzzle 9/24/23

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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit sudoku.org.uk

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Los Angeles Times Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

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- TICK TOCK**
By Rebecca Goldstein
- ACROSS**
1 West Coast wine region
5 "It me"
10 Mythical beast
14 Flower with hips
18 Tandoor, e.g.
19 Skateboard trick
20 Mouth-y?
21 Stack next to a boombox
22 Screen time?
25 Narrowly avoid
26 Tapped container
27 Small sip
28 Departure spot
29 Knock-
30 Smidge
31 Not pizzicato
33 Ilhan of Congress
34 Die dot
35 "Empire" actress Long
37 Aches and pains
39 Like 33-Across
41 Face time?
45 Food with a Peruvian holiday
48 Line of sight?
49 Green gamers
50 "I reject your offer"
52 "Pronto!"
53 Inflicts on
55 Deceive verbally
56 Cycle
57 Documentary filmmaker Erin Lee
58 Singer Del Rey
61 Direct or instant things
63 Genius Bar devices
64 Flex time?
67 Like a used fireplace
68 Not great
70 "The Show Goes On" rapper
- 71 Fiasco
72 Kick out of a seat
73 PC gaming hardware company
73 Nash of "Never Have I Ever"
75 Nursery furniture
78 By way of
79 Pampering place for a boxer
80 Former planet
81 Vanilla extract ams.
85 Sports injury
87 Fun time?
90 Crossed, as a stream
92 Home to Pha That Luang
93 "Totes"
94 Comm. from some interpreters
95 Glasses, in a pinch
97 Genesis garden
99 ER drips
100 Advil competitor
102 Made a long story short?
104 Dashboard readout
106 Badenov's partner in cartoon crime
108 Acknowledge silently
109 Party time?
113 Test result
114 Lead-in to some bad news
115 Dog to beware
116 Calle Festival: annual event in Miami's Little Havana
117 Taylor-Joy of "The Menu"
118 Noun suffix
119 Technical deets
120 Inert gas
- DOWN**
1 Noodle
2 "Abbott Elementary" principal
3 Goopy, nutty dessert
4 Talus locale
5 Meal on an expense report
6 Plant with a hedgehog variety
7 Mollusk with a banana variety
8 Diarist Anaïs
9 "Ideas worth spreading" lectures
10 Utters delight
11 "Barbie" director Gerwig
12 Track figures
13 Wapiti
14 Stuffed pasta
15 Set time?
16 Casper competitor
17 To be, in Bogotá
21 East Asian principle
23 Davis of "A League of Their Own"
24 Cord cutters' lack
28 Grapefruit kin
29 Korean coupes
30 Toy derived from the Chinese
32 South American herbal brew
34 Gritty's team, on scoreboards
36 Fussles
38 Light therapy box
40 Map abbr.
42 Works with black boxes
43 Zinger
44 Luau dish
46 Cornball
47 Some lambs
51 Trucker's truck
54 Estimate qualifier
56 Angela of "Black Panther":
57 Tee time?
59 Everyone in the South?
60 Campus near NoHo
62 "Better Call"
63 Noted work?
64 Front of house position
65 Some cover crops
66 Dodgeball setting
68 Coffee, colloquially
69 Tended to some knots
71 Sneaker inserts
74 PC core
76 Piña colada need
77 Somewhat
79 Apiece
80 Book after Psalms
82 Frozen Hawaiian treat
83 Model
84 Sarah Sherman's show, for short
86 Open-faced taco
88 Subarctic biome
89 Insurance company with a spokesgoose
91 Thermometer unit
95 Game whose outdoor version can be five feet tall
96 Bedazzle, say
98 Hammer targets
101 Pop star John
103 Summer on the Riviera
105 Strike callers
106 Fancy function
107 Smart
109 Destroy in esports
110 Sharp bark
111 "Well, well, well!"
112 Toulouse turnaround

Behind veteran leadership, women's cross country races into new season

By EMILY FROMAN

The Gonzaga University women's cross country team looks forward to its season ahead, already celebrating a win at its first meet after a summer of training.

"I'd say it's been as good a start to a season as we've had," said sixth-year head coach Jack Stewart.

Throughout Stewart's tenure at GU, he has coached multiple All-West regional performers, most recently Rosina Machu in 2022.

The women's program has also been honored under Stewart's tenure by the U.S. Track and Field and Cross Country Coaches Association as one of the top five programs in the West Region.

Last season, the Zags placed fourth in the West Coast Conference Championships and seventh at the NCAA Regional Championships.

According to Machu, a sophomore on the cross country team, several teammates are just coming back from injuries.

"A couple of the girls have been injured a lot, so just their willingness to do whatever it takes to get healthy shows how much this means to them," Machu said.

Machu's honors include being named to both the NCAA XC All-West Region team and the First Team All-WCC in 2022.

Machu was also one of three Zags recently selected for the 2023 WCC Women's Cross Country Preseason Team, along with teammates Alicia Anderson and Sadie Tuckwood.

Anderson and Tuckwood are returning seniors, with experience and accomplishments of their own under their belts.

"We have some fourth-year seniors, fifth-year seniors, juniors to really kind of set the example of what we're about," Stewart said. "There's a lot of maturity in that group."

Behind veteran leadership, players have enjoyed competing in a positive



COURTESY OF GONZAGA ATHLETICS

The GU women's cross country team claimed seven of the top 10 spots at the Clash of the Inland Northwest in Cheney, Wash.

and energetic atmosphere, according to Machu.

"At practice it shows how excited everyone is for the new season, how much we are there to support each other," Machu said.

The Zags dominated their first meet of the season Friday morning at the Clash of the Inland Northwest in Cheney.

GU finished first in the 4K race, earning 16 points en route to its win at the event in the last four years. The Bulldogs swept all of the individual and team titles at the competition, despite competing without Machu, who missed the race for a school-related conflict.

"The team did incredible and it was

awesome to see them dominate," Machu said. "I was able to watch the live results and cheer them on from home."

The meet marked the collegiate debut of freshman Jessica Frydenlund, who finished the 4K with a team-best time of 13:48.4, with her time also placing her 10th in program history.

Second place went to Anderson, a two-time NCAA Qualifier, who finished the race with a time of 14:04.0.

Junior Alexi Fogo and senior Brittney Hansen secured the next two spots with their times of 14:15.5 and 14:15.9.

Additionally, runners Anna Grabowski, Jorun Downing and Anna Lanigan placed in sixth, eighth and

10th place, respectively. Their finishes ensured a total of seven Zags placing in the top 10 spots at the Clash of the Inland Northwest.

"I think we've gotten back to what makes us the program that we are, focusing on the things that we really care about," Stewart said. "I'd say it's been as good of a start to a season that we've had."

The team's next meet will be the Waves Invite at Pepperdine University in Malibu, California, on Saturday.

Emily Froman is a staff writer.

Women's soccer sweeps home tournament and weekly West Coast Conference awards

By ZACH WHITE

The 24th-ranked Gonzaga University women's soccer team wrapped up a successful weekend, sweeping both its tournament opponents and the weekly West Coast Conference awards.

The Zags recorded two shutouts this weekend, with 3-0 victories over both Oklahoma and Utah Tech.

Junior goalkeeper Lauren Towne was in goal for both of the Zags' clean sheets, playing the full 90 minutes in both matches. Towne made five saves against Oklahoma and kept out an additional three shots against Utah Tech.

Her performances earned her a spot in the WCC weekly awards, with Towne being awarded University Credit Union WCC Defensive Player of the Week.

Senior forward Kate Doyle was also recognized for her performances over the weekend, as she earned University Credit Union WCC Offensive Player of the Week honors.

Doyle scored early goals in both matches, while also assisting sophomore forward Giana Riley against Utah Tech. Doyle now leads the WCC in scoring with seven goals so far on the season.

Riley and Marissa Garcia also find themselves among the conference's top scorers, with six and four goals, respectively.

With goals from Doyle, Riley and Garcia propelling a potent offense and stability at the back from Towne, the No. 24 Zags are making noise on both a conference and national level.

GU will visit Cal Poly on Thursday and Texas on Sunday.

Zach White is a sports editor.



MYERS GORREL IG: @myersgphoto

Doyle is tied for fourth in the country with seven goals after six games.

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COURTESY OF GONZAGA ATHLETICS

Smith, center, earned a first-place finish of 18:32.7 in the 6K race to lead GU to its seventh straight win at the Clash of the Inland Northwest.

Wil Smith ready to lead men's cross country in 2023

By HENRY KRUEGER

This is not Wil Smith's first year as a captain on the Gonzaga University men's cross country team, but he admits the responsibilities are greater this time around.

Smith, a redshirt junior, is the only returning captain from last season's squad, which graduated its three other designated leaders in James Mwaura, Yacine Guermali and Cullen McEachern last spring.

The departures leave Smith as GU's most seasoned leader, an uncommon situation for a non-senior to find themselves in. However, multiple seasons spent watching and learning from older teammates has Smith feeling confident about his elevated status on the team.

"I had three years to learn from them, and now that they're gone, I feel prepared to kind of take over as a leader," Smith said. "Those guys helped me step into this role."

Despite handling more duties in the locker room, Smith's rank among the Bulldogs' top runners remains unchanged from last season. The Spokane local set program records in the 8K and 10K races, while helping GU place second at the West Regionals and 13th at the NCAA Championships in

2022.

Smith earned his third consecutive West Coast Conference Preseason Team selection in last month's league poll, getting the nod alongside teammates Riley Moore and Kyle Radosevich. The poll picked GU to finish second in the conference behind Portland.

"We have a really powerful top three with Wil, Riley and Kyle," said GU head coach Pat Tyson, the reigning WCC Coach of the Year. "Those three guys are veterans who will help lead our program."

The Bulldogs started the season on a high note after sweeping the individual and team titles at the Clash of the Inland Northwest last Friday in Cheney. Smith secured a first-place finish of 18:32.7 in the 6K race to lead GU to its seventh straight win at the annual competition.

Nine Zags placed in the top 10 of the race, including redshirt sophomore Bryce Cerkowniak, who ran the exact same time as Smith. Cerkowniak crossed the finish line just after Smith, while GU managed to claim the top six spots, with a 1.3-second gap between first and sixth place.

"We did a really good job of staying together," Smith said. "My legs felt really good, so we were able to give a lot of attention to making sure our fourth, fifth

and sixth runners were staying attached."

Within GU's top finishers was third-place recipient Evan Bates, a redshirt junior with valuable experience, such as his 42nd-place finish in the 8K at the 2022 WCC Championships.

Right behind Bates at No. 4 was Drew Kolodge, who transferred to GU after two seasons at Michigan Tech. Kolodge, a redshirt junior, was a D-II XC All-American in 2022 after placing 28th at the NCAA Cross Country Championships on Dec. 2.

"He's somebody we're really excited about and he couldn't have made himself a part of the team any better," Smith said of Kolodge. "He's super hyped to be a Zag and he's totally bought into our program."

The Bulldogs will remain in Eastern Washington for the Cougar Classic in Colfax, Washington, on Friday, before taking their first major road trip to Minneapolis, Minnesota, for the Roy Griak Invitational on Sept. 22.

GU will not return to Washington state until the Whitman Invitational in Walla Walla on Sept. 30.

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

GU SPORTS

Thursday, Sept. 7

- Men's soccer vs. Cal State Fullerton, 6 p.m.
- Women's soccer at Cal Poly, San Luis Obispo, California, 7 p.m.

Friday, Sept. 8

- Volleyball vs. Utah Valley at Idaho State Tournament, Pocatello, Idaho, 4 p.m.

Saturday, Sept. 9

- Cross country at Waves Invite (Women only), Malibu, California, 10 a.m.
- Volleyball vs. Idaho State at Idaho State Tournament, Pocatello, Idaho, noon

Sunday, Sept. 10

- Men's golf at Gene Miranda Falcon Invitational at Eisenhower GC, Colorado Springs, Colorado, all day

Monday, Sept. 11

- Men's golf at Gene Miranda Falcon Invitational at Eisenhower GC, Colorado Springs, Colorado, all day
- Women's soccer vs. Texas, Austin, Texas, noon
- Men's soccer vs. Seattle, 1 p.m.

Tuesday, Sept. 12

- Men's golf at Gene Miranda Falcon Invitational at Eisenhower GC, Colorado Springs, Colorado, all day

Home games in bold



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