

The Gonzaga Bulletin

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Graphic by ETHAN GERMAIN



JANNA PRICE IG: @jannapricephotography

Members of Footbag Club meet from 4 p.m. – 6 p.m. on Monday, Thursday and Sunday.

Support groups focus on grief and gaming

By EMILY FROMAN

Gonzaga University's Health and Counseling Services will restart two therapy groups focused on grief and personal development this semester after pausing the programs during the height of the pandemic.

The first group is called Gaming for Personal Growth and Development, and will be led by Jen Lott, a mental health counselor at GU.

According to Lott, for six to eight weeks, there will be weekly group meetings from 3:30 p.m. - 5:30 p.m. that will involve the game Dungeons and Dragons and therapeutic aspects.

Lott said the location is yet to be determined and will depend on student interest and availability.

This semester, Lott has a master's-level intern who will also contribute to the group's leadership.

The first meeting starts with Session 0.

"It's a meeting that includes getting to know everybody, developing characters, deciding what kind of setting we want for the game," Lott said.

The following meetings will involve check-ins, gameplay and highlighting aspects of gameplay, according to Lott.

People who are interested in gaming are encouraged to attend, but no experience is needed to participate in the group, according to Lott.

"Somebody who wants to increase their skills in terms of social comfort, personal awareness, communication and collaboration [is welcome]," Lott said.

The idea for the group originated from Lott doing some initial reading into therapeutic gaming.

"I ended up going to Comic-Con and hearing some counselors from the West Side speak about their practice," Lott said. "They do gaming groups that have a therapeutic focus."

Benefits of this group include having fun, building relationships, learning from each other and taking social risks in a safe environment, Lott said.

"The thing that I get most excited about is the collaboration that happens," Lott said.

Hacking on the lawn

New Footbag Club offers inclusion and fun outside

By BROOKE BOWEN

Sack madness is sweeping campus — students are circling up, serving it out and kicking it around while the weather holds for the timeless activity of hacky sack.

The GU Footbag Club offers Zags an opportunity to play hacky sack and meet new people in a judgment-free zone, and it joins Gonzaga University's 150 other clubs to choose from.

Hacky sack is a game in which players juggle a footbag with their feet and travel across the field into the opponent's half and score a goal. At GU, students can more often be found kicking a hacky sack in a circle and trying out new tricks.

According to PJ Woodland, president of the GU Footbag Club, the club started last year because people were interested in playing hacky sack. Woodland said

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The cultural event was a collaboration between the Chinese Students Union, Vietnamese Student Association and Japan Club.

MAKOA DE ALMEIDA IG: @makoademeida

Newly formed cultural clubs host festival

Mid-Autumn Festival was one of the first cultural events of the school year

By BROOKE BOWEN

The Mid-Autumn Festival, sometimes referred to as the Moon Festival or Mooncake Festival, is a traditional Chinese celebration. This fall, Gonzaga University students created a celebration of heritage in recognition of this event.

“The Mid-Autumn Festival is quite a tradition and it comes through Asian people and Asian students,” said Edward Nguyen, Vietnamese Student Association events chair. “A few of our clubs all gathered around to create an event that stood out not only for Asian students but for all the school to come and join our culture.”

According to Xinxin Tong, president of Chinese Students Union, the Mid-Autumn Festival is based on traditional stories coming from Asia. The celebration takes place every year on a specific day because of these stories.

“This is the first time we have lots of communities together to celebrate a festival from Asia, so I am really looking forward to having people come join us and to learn about this culture,” Tong said.

The event was a collaboration by the Chinese Students Union, Vietnamese Student Association and Japanese Club. Each organization made food and hosted activities to express their culture.

“The activities we chose were all very common activities we did as kids,” said Lilia Pate, chair of Japan Club.

Tohma Sugimoto, treasurer of the Japan Club, hosted a Kendama station. According to Sugimoto, the Kendama is a popular Japanese toy that many kids grew up doing tricks with. “Ken” means handle, and “tama” means ball, and those parts are connected by a string. Tricks are done with variations of juggling the ball in the three cups.

Sugimoto also said that yakitori, chicken skewers and mochi ice cream, a rice cake made with glutinous rice and an ice cream filling, were food staples brought by the Japan Club for the festival.

“The events are all very diverse,” Pate said. “Even though we are all Asian countries, they are all different in their own ways.”

The Chinese Students Union hosted food items popular in China, including mooncakes, a round pastry with fillings ranging from lotus seed or red bean, and Osmanthus Oolong Tea, which is a fragrant green tea.

“First we have the mooncakes,” Tong said. “That is our big thing for the Mid-Autumn Festival and then we have Oolong tea. As you know, lots of Chinese people love tea, so we want to have more people try our traditional drink.”

The Chinese Students Union also host-

ed a calligraphy table. According to Tong, calligraphy is a traditional way of Chinese writing. It is made with a soft brush that is difficult to control and paper.

“We all worked together as a team to build and set up everything,” Nguyen said. “We all contribute in big or small parts every year.”

The Vietnamese Student Association served Vietnamese spring rolls and traditional boba milk tea. According to Nguyen, paper lantern crafting is an event the Vietnamese Student Association is excited to bring to GU.

“We will continue to do many things related to our culture,” Nguyen said. “If you want to learn more about the culture of the Asian people then come to our club and hear more about us.”

Brooke Bowen is a staff writer.

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The house is owned by Sue Perkins, who bought the house in 1977.

DYLAN SMITH IG: @d.smithphotos

A home of memories

Long-standing, private-owned house has resisted GU's campus growth

By GILLIAN MELENDEZ

In the middle of Gonzaga University's campus stands a house that has not yet been touched by the school. This house is on Boone Street and neighbors Burch apartments and the Della Strada Jesuit Community. With five cats and two dogs, retired Washington State University nursing professor Sue Perkins has been living in this house for 46 years.

Perkins has been married for 40 of those years to Norm Smith, who teaches electrical engineering over the summer at GU.

The house started as a family residence and then was sold to a married couple. Perkins and Smith were the next residents, making them the residents who have lived in the house the longest.

"It wasn't a part of the campus when we moved here," Perkins said. "My first husband was a law student, and we saw this little house and thought that it would be perfect since we were living in this miserable little basement apartment up on the South Hill."

The couple said the campus had started to build around the house and closed part of Boone Street between St. Aloysius Church and Hamilton Street. Smith said GU

approached them and wanted to close the street up to Division.

"There was an apartment building next to us that was privately owned at first, until Gonzaga had bought it and then pretty soon everything around us was Gonzaga housing," Perkins said.

With GU buying more properties around them, the couple knew they were going to be approached by the university. Smith said that when GU asked them about selling the house, his answer was straight to the point. "F No," Smith said.

After lots of negotiating, the couple settled with selling GU half of their street and made an agreement that when their daughter, who is in her 40s, dies, the college will have the first right of refusal on the property. Smith said the estate will have to settle with the college after he, Perkins, and their daughter are dead.

Perkins said a major part of refusing to leave their home is for very special and life-changing reasons. The house has a studio apartment in the basement where they host people while they go to school, who have mostly been nursing students from WSU and some from GU. They offer the studio out for free, as they said they understand some individuals may

have been through financial troubles or had family hardships. The couple said they have someone living there almost all of the time.

"It's been a home for a lot of people, and the fun part is that we've kept in contact with most of these people," Perkins said. "We just have one daughter but we have a lot of other folks that have stayed or that we've supported one way or another. They say this is home base for them ... There are others that come and have called us mom and dad, when were not mom and dad. I just wasn't ready to leave here, it's just home."

From the students they have hosted to the memories that have been made in their house, there is no special wage or offer that will tell them otherwise to leave their home, Perkins said.

They said the GU community has been great to them and that they love living on campus, especially since they get to spot different basketball players walking out from their front window.

"We will be here until we can't," Perkins said.

Gillian Melendez is a staff writer.

Editor's Note:

On Sept. 21, we published a headline that read "Mission Integration Splits." This is a misleading headline, and should have read "Office of Mission and Ministry Splits." The headline has been updated for the online edition.

D&D

Continued from Page 1

Lott learned how to run D&D in order to become the facilitator of the group.

The second group is called Grief and Loss Support Group, and will be facilitated mainly by Tara Hiller, a mental health counselor at GU. Hiller will also likely be joined by a master's student.

The group will meet weekly, but date, time and location of meetings will depend on student availability and is yet to be determined.

The purpose is to create supportive space for people who have experiences around grief and loss, according to Hiller.

"For the grief group, it generally will be considered more of a processing group, with peer support," Hiller said.

For Hiller, working with students helped to inspire the creation of this group. This helped her to recognize the need for a group like this on campus.

"For me, the interest came out of doing individual work with students at Gonzaga, who were experiencing or have experienced grief and loss," Hiller said. "Some of the isolation that they might feel on campus, it's hard to talk about that."

In this group, participants will be able to meet and offer support to each other during meetings, according to Hiller.

The content of the group may depend on the make-up of the group and what fits them best, and Hiller will create plans and approaches for each meeting based on the group.

"It's usually a mix of processing, some psychoeducation around grief and how that's processed and some activities to help students process in a different way," Hiller said.

Whether a loss has recently occurred or occurred sometime in the past, members of this group can all support each other, according to Hiller.

"Being able to build a sense of community with each other, and trust, and really having a place where it was safe to talk about some things," Hiller said. "I'm looking forward to being able to offer that [space] to our community."

Both of these groups are free to join. Interested students can sign up for either of these groups by calling or emailing Health and Counseling.

Emily Froman is a staff writer.

HACK

Continued from Page 1

that the club has continued because more people have seen the club meetings in action.

"It started during the end of the year so we did not get a whole lot of growth — it was maybe 40 people," Woodland said. "Once we came into this year with the club fair, we really grew a lot."

According to Woodland, right after the club fair there were 30 new members. Since then, the club has seen a steady number of people joining meetings. Members can bring their friends and people are welcome to join if they are interested.

"I want to have a presence at Gonzaga, whoever drifts into the club is welcome," Woodland said.

According to Woodland, meetings are every Monday, Thursday and Sunday from 4 p.m. — 6 p.m. The meetings are planned by the president of GU Footbag Club and members who want to play hacky sack outside of official club meetings.

"This year [meetings are] a lot more open," Woodland said. "We are out on the Foley Lawn all the time. We have set meetings that we go to every week."

According to Isaac Katcher, GU senior member of Footbag Club, the meetings are all about meeting new people rather than doing the coolest hacky sack tricks. He

encourages people of all experience levels to try out GU Footbag Club, whether an expert or beginner.

"It does not take a whole lot of athletic intensity, it is just kind of a chill thing," Katcher said. "I think all the juggling helps work out different parts of the brain and give other areas a rest."

Woodland said that the club fosters inclusion, welcoming anybody to join the club's ranks and play hacky sack together.

"There is no division, no exclusion, no judgment," Woodland said. "We all just enjoy doing it. Sometimes we will just have people get together on their own and play hacky sack."

The group is encouraged to hang out with one another and text in the GU Footbag messaging platform to invite others to play. Woodland planned a GU Footbag Club meeting involving a bike ride to People's Park to play hacky sack, and plans to arrange other off-campus outings.

"Our main philosophy is no judgment," Woodland said. "We want people to feel comfortable stretching their abilities and their comfort zone. We want people to feel welcome. Anytime we see somebody improve in their own way, even just getting two kicks in a row, we all get excited."

Brooke Bowen is a staff writer.



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The Foley Library display includes a variety Hispanic artifacts, literature and a "mystery date" with a cookbook.

ISABELLA STOUT IG: @isabellacarlin.photography

UMEC and Foley collaborate for Hispanic Heritage Month

By MARISSA CONTER

From listening to Hispanic artists to learning to make recipes at home, Foley Library and the Unity Multicultural Education Center have come together to provide resources in celebration of Hispanic Heritage Month.

Beginning on Sept. 15 and concluding on Oct. 15., the events were planned after the Foley Library reached out to UMEC to collaborate in order to offer programming to better educate Zags about Hispanic culture.

"This year, one of the goals was to be a little bit more purposeful in collaborating on our displays, our online resources, that sort of thing," said Brad Matthies, associate dean for library services. "I can create a display or a resource from my perspective, but it's not going to be the same as someone who's not only passionate about it, but also has that lived experience."

Matthies began creating a guide outlining some resources for Zags to celebrate the month, which consisted of a brief history of the month. Stephanie Garcia Avila, a junior and social justice peer educator at UMEC, added specific recommendations such as books by Hispanic authors, a cookbook and movies and music to listen to. She also recommended Zags check out her personal favorite restaurant in Spokane, Molé.

"I'm not from Spokane, I'm from the Bay Area," Garcia Avila said. "In my

community, we're literally all Hispanics. So, I can attest that the food is super good. I love that place so much; it makes me feel like I'm at home. That's really important, especially in Spokane, because I look around and people don't look like me. At that specific spot, it's where I can speak Spanish and I can interact with people who understand me, in a sense."

A display was also put together in the library in celebration of Hispanic Heritage Month. The display features a sign at the entrance of the library announcing Hispanic Heritage Month and includes a QR code that students can scan to view the guide.

On the left are several books ranging from genres such as fiction, memoirs, poetry and cookbooks from Hispanic authors.

Foley Library is also planning on organizing an event playing off of their "blind date with a book" event that occurs around Valentine's Day. Matthies said the library has ordered several cookbooks that focus on Hispanic recipes for "mystery date with a cookbook."

"Stephanie was going to pick out some college student budget-friendly recipes in the cookbooks that we ordered," Matthies said. "If students want to try making a Hispanic recipe, the books will be basically wrapped. It'll have some clues on it, but you don't really know what you're checking out until you unwrap it."

Matthies said that the library's

“

This is a long journey of understanding and being culturally aware. We shouldn't just celebrate it because it's a must, we should just continue celebrating beyond this month.

Stephanie Garcia Avila, Social Justice Peer Advocator

collaboration with UMEC is reflected in the American Library Association's code of ethics, and his role as a librarian aligns with social justice.

"The academic library is the great equalizer, all voices are welcome," Matthies said. "But also that component of being able to use our resources to lift up and draw awareness to underserved populations is pretty much core to being an academic librarian."

Garcia Avila said that cultural awareness is important regardless of background, which can be shown by supporting local businesses in the community.

"It's more than just a month," Garcia Avila said. "It's an ongoing thing like any

other history month. This is a long journey of understanding and being culturally aware. We shouldn't just celebrate it because it's a must, we should just continue celebrating beyond this month."

Zags can look out for future programming from the library with further celebrations of cultural months and other holidays, such as Native American Heritage Month, Veterans Day and Transgender Day of Remembrance. Matthies also said he encourages any group or cause to reach out to him to collaborate if they feel they have been missed or want to increase awareness.

Marissa Conter is a news editor. Follow her on X: @marissaconter.

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Elective classes at Gonzaga for breaching the mundane

As sure as death and taxes, it can be guaranteed that college students will seek out the easiest possible course scheduling options.

Why bother with advanced level math and physics when one can fill their schedule with seemingly menial electives and “easy-A” classes?

Gonzaga University students have a host of these class options at their disposal, though they are often buried in the last pages on the ZagWeb course selection options.

While these classes may appear as being merely a means to complete credit requirements, many of these classes offer students an opportunity to build community, learn new skills and branch out of their comfort zone.

Bowling classes are among those classes that offer enrolled students a way to build community.

This one-credit class offers beginner and advanced level courses, where students will spend a semester honing their skills on the bowling lanes. Taking place off-campus at the nearby North Bowl, the instructors are eager to teach Zags about the art of knocking down pins.

Throughout the semester, GU students will participate in bowling drills, compete against fellow bowlers and meet new friends in an outside setting.



By ZACH WHITE

With the class meeting only once a week, Zags in need of an extra credit or two might find beginner or advanced bowling courses an enticing prospect.

Keeping with an active mindset, there are a host of yoga and pilates elective courses offered to GU students.

For hardcore yogis, there is an offering for a studio yoga course, which takes place at a nearby studio called Spokane Yoga Shala. This offering is more tailored to the student, with those who enroll being able to build their course around their timeframes.

Another yoga course option would be the on-campus offering. This class seeks to promote individual fitness for total mind and body health. Taking place at

GU, this class is appropriate for all ages and fitness levels.

For Zags with tight muscles and sore joints, yoga courses offer a chance to relax while also receiving credit towards their degree.

As active members of the GU community, Zags can offer their life-saving services after finishing a one-credit CPR and First Aid certification.

Taking place over two courses on a single weekend, this CPR instruction course seeks to demonstrate how to respond to common injuries and health related concerns.

Students who finish the course will receive certification in American Heart Association HeartSaver CPR, AED and First Aid.

This course offering allows for Zags to receive an additional credit toward graduation, while also not requiring an entire semester worth of class attendance.

Further, those certified in CPR will become eligible for certain jobs. For Zags looking to save a life professionally, a CPR certification course offers them the ability to do so.

Another certification course offered at GU takes place underwater.

Zags looking to become scuba certified are in luck, as there is a one-credit scuba certification course offered.

Students looking to brave the waves and swim with the sharks will have the opportunity to become certified right on campus in the Rudolf Fitness Center.

Certainly a niche interest, the Zags who take this course will be able to earn their scuba certification, becoming safe and educated divers who respect and enjoy the underwater world.

While the divers explore the deep sea, the gym rats have a course offering on the nearby dry land of the RFC weight room.

Weight training is officially on the books at GU, a one-credit course that meets twice a week.

Zags of every fitness level and lifting experience are encouraged to join the class. With an early 8 a.m. start time, the early-rising fitness enthusiasts on campus can get their pump in while also getting their credits.

There are a host of ways for Zags to make up their required credits, with these being only a few of the many elective options. Rather than overloading themselves with another three-credit course, these courses give GU students a chance to learn new skills in an accommodating environment.

Zach White is a sports editor.

Wholesome versus offensive: Halloween costume do's and dont's

The weather is getting colder, the leaves are changing colors and it's finally October.

I'm not sure if this is a popular opinion among the Gonzaga University community, but Halloween is my favorite time of year. Unlike my friends, who hate the idea of Halloween and anything horror, I look forward to the one month I can force my friends to go to haunted houses and watch scary movies with it being acceptable.

As a kid, I would go all out with the face paint and costumes. I took this holiday seriously, and I still somewhat do. Although the cold weather is an obstacle to my many costume ideas I've had saved in my Pinterest boards since the beginning of the year, I still strive to be a Halloween try hard.

I love seeing people dressing up, but there are some costumes that will make me second guess the morals and character of people. Don't get me wrong, I love unique costumes, but there are some ideas that should have never left the Pinterest boards.

If you decide to dress as a Barbie for this year (or even Alan), I will love it regardless. Barbie is such a versatile costume because anyone can be Barbie. Whether you decide to dress in a pink cowgirl costume or the president of "Barbieland," I hope to see some Barbies and Kens out there greeting each other while walking the Logan Neighborhood.

I am expecting friend groups to take advantage of the array of characters they can choose from the "Super Mario Bros. Movie." I won't be surprised to see several friend groups dressed as the beloved characters this year, especially with the number of times I've had to hear my



By CAELA CABERTO

friends sing the "Peaches" song. Although a fairly classic costume each year, I hope to see people dress as their favorite Mario characters while racing on lime scooters in the middle of the night on Halloween.

Finally, I want to see Spider-Man costumes. Like the Barbie costumes, anyone can be Spider-Man, and if I see anyone creating their own "Spidersona" outfits and backstories, I'll give them Best Costume of the Year Award. I've seen so many cool Spider-Man costumes and "Spidersonas" on TikTok, so I hope some people decide to hop on that trend this year.

There are so many other great ideas I've heard from my friends and have seen online for Halloween costumes, but there are certainly terrible ones that should be considered inappropriate and offensive.

If you or your friend are considering dressing up as real-life serial killers, please consider changing your costume plans. It is not only disrespectful to the victims of those who were affected by these people, but it is also insensitive to the families of the victims who ask people to refrain from dressing up as real killers.

There are so many other fictional horror characters that wouldn't be insensitive to real-life victims and families that already have to endure reliving those memories with Netflix popularizing these stories.

On the topic of insensitivity, Halloween is not an excuse for cultural appropriation. No, you do not need to dress as a racist caricature or go to a "Hawaiian-themed" Halloween party. People's cultures are not your costumes, so before you go out and waste your money, do some research on cultural stereotypes and what is offensive to wear.

If it feels wrong to be dressing in a certain costume or as a certain person, then you are most likely right. Halloween is a holiday where people get to dress up and feel confident in whatever costume they decide to wear. Please don't ruin someone else's Halloween by being insensitive and ignorant.

Whether you want to be cute and wholesome or take this weekend as an opportunity to dress in a costume you wouldn't want your mom to see you in, just be respectful to people's cultures and identities.

Caela Caberto is a diversity editor.

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Sophomore year sweeps as the best months of college

The concept of there being a "best" year in college is completely circumstantial and unique to the individual student, but on paper, sophomore year is set up to be the most convenient and comfortable year of college.

The first year is difficult. There are a lot of "firsts" being experienced all at once. You often are living alone for the first time. Many first-years have never had to live with a roommate. On top of that, you are living and going to school in the same place. There is a lot of new being injected into your life, not to mention the never ending icebreakers you must do to network and develop relationships.

As a sophomore, you have a better idea of how everything works and you have an established place in the chaos of it all. Sophomores have a better understanding of how to navigate their classes and how those mesh with their extracurriculars, jobs and social life. There is still no expectation for them to have it all figured out, but they have a better idea of what they can handle and where they feel they belong on campus.

Sophomores also have a basic understanding of the inner-workings of the school. Registration could be intimidating and confusing to a first-year, but a second-year has the experience necessary to be confident in their ability to navigate their classes and degree evaluation.

Not only are they well-versed in the process of registration, they also reap the benefits of their credit status. As a sophomore, they have enough credits to not shuffle through the remaining



By SHEI MCLAUGHLIN

core classes no one wants, but they are still far enough from graduating to not have to stress which classes they get. Upperclassmen have much less wiggle room when it comes to getting classes to graduate on time.

Another perk to being a sophomore is the ability to get involved in ways you may have missed your first year. When upperclassmen come across an opportunity or cause they want to be a part of, there can be this lingering idea that they should have got involved in it earlier in college. If you missed an opportunity your first year, something about only being a second-year feels so forgiving.

There are also so many new opportunities that open up sophomore year. Once you become a second-year, you can apply for a lot of experiences that first-years are exempt from applying for. You can join clubs that are exclusive to certain grades — such as Setons. You can study abroad. You could even become a resident assistant. Sophomore year harbors the opportunity to better establish who you are and what you want as a college student.

When it comes to housing, second-year housing is significantly nicer than first-year housing. Sophomore housing is often apartment or suite style, so you don't have to share a communal bathroom and sometimes you even get a living room or kitchen. Sophomores often still have roommates, but they are usually someone you know and are comfortable with rather than someone you may have met on ZeeMee. It may be cheaper to live off campus as an upperclassman, but there is no doubt that it is more convenient to live on campus.

Most sophomores also have established majors and minors. The first year is pretty forgiving to people who are undeclared, but having a more stable idea of what you're studying and what you should be a part of is very comforting. On the contrary, sophomore year is kind of the last year where it is OK to not be totally confident in what you want out of college yet.

The best part of sophomore year overall is wherever you stand socially. This differs from person to person, but often people have established friend groups or at least familiar faces on campus to make it feel more like home. At the same time, there are still so many opportunities to meet new people and even befriend first-years and show them the law of the land.

Sophomore slump is real and being a college student is extremely demanding, but try to take advantage of all the opportunities that become available to you.

Shei McLaughlin is an arts and entertainment editor. Follow her on X: @sheimclaughlin.

Yarn shop Hook and Needle Nook creates a tight-knit community

Local knitting and craft store harbors a safe space for artists

By CLARINNE KIRK

Esther Wheeler was driving home from her weekly yarn group one night, mourning the closing of their favorite local yarn shop, when she had a realization: she could open the yarn shop her knitting group yearned for, a haven where crafters could learn and create together.

Five years after opening the doors of her knitting oasis, Hook and Needle Nook, Wheeler, the store's owner, sits in a circle knitting a stocking surrounded by customers and employees whom she now calls friends. While they talk and quickly move their knitting needles through vibrant wool stands, Wheeler said she is satisfied that her goal of creating a haven and community for fiber artists became a reality.

"Here, there's a warm local owner, and that warmth radiates out to everything," said Jan St. George, one of the customers in the knitting circle.

Before Wheeler was a Spokane small business owner, she was a biochemist and professor in Texas. However, after enduring the challenges of being a woman in STEM, she decided to search for a new vocation.

"I had to endure things that I hope other young women do not have to endure in science," Wheeler said. "When I was going through this, I was past the pioneer stage, but I was at that intermediate phase where you do have to worry about sexual harassment and being paid lower than the guys."

While Wheeler has left the field of science behind, she said she still utilizes her academic background which allows her to appreciate the chemistry of fiber spinning and art.

"How fiber works, it's all based on science," Wheeler said. "I can see the physics and chemistry in it, so I have an appreciation that other people might not have."

Wheeler said she not only uses her scientific knowledge to understand the science of fiber art but also to understand the benefits it can have on your mental health.

"Most people really relax when they're doing handwork," Wheeler said. "There have been



NICO LOPEZ IG: @nlopez_photography

The Hook and Needle Nook opened in 2018 and is located in the St. Cloud Building at 1508 N. Monroe St.



NICO LOPEZ IG: @nlopez_photography

Esther Wheeler is the owner of The Hook and Needle Nook.

whole studies in neurobiology about how positive the effects of [working with a craft] are on the neurosystem."

The positive effect crafting can have on one's mental health is part of what Wheeler describes as "healing hospitality," one of the core values of Hook and Needle Nook. This value highlights the healing power

knitting and crocheting have and works to foster a welcoming and hospitable space conducive to this healing.

The welcoming atmosphere of Hook and Needle Nook was what made the shop stand out to customer Katrina Shenoy.

"I've been a stay-at-home mom for about seven years now, which can be kind of lonely,"

Shenoy said. "I started coming in and they let me bring my son in with me and hang out. Sometimes when you go to public places, you get an eye roll when you bring kids, but they just make us feel welcome."

Not only has Hook and Needle Nook provided Shenoy and her son a place to spend time, it has also offered Shenoy a business opportunity. When Shenoy began dyeing her own yarns, Wheeler decided to support her business by selling them in the shop, along with the many other local yarn dyers her store features.

"Esther's giving me my first chance to be an entrepreneur," Shenoy said.

Another core value of Hook and Needle is grateful simplicity which according to Wheeler, honors the way a simple, ancient art form can produce gratitude.

"A lot of these crafts are centuries old, which gives you a way to connect with something earthy and something simple, and gratitude springs from that," Wheeler said.

The final core value of Hook and Needle is creative peacemaking.

"Creative peacemaking comes from the peace you get from

creating and making," Wheeler said. "People's blood pressure lowers, and some people even fall asleep."

These values coincide to fuel the Hook and Needle Nook's mission to teach people fiber crafts and allow them to experience the benefits these crafts provide, Wheeler said.

"I want to pass on the things that I know to others because I could see the goodness in these crafts," Wheeler said.

Hook and Needle Nook teaches a variety of fiber art classes, from spinning and using looms to knitting, felting and crocheting. The shop posts class lists on their website where interested crafters can view the course calendar and sign up for classes.

Wheeler's focus on teaching not only helps to share her passion with others but it has also proven to be an effective business plan.

"A lot of our customers are former students," Wheeler said. "When you teach someone how to do a craft, they come back. So we've done a good job of creating a loyal customer base just by teaching people how wonderful this stuff is."

While teaching is central to the Hook and Needle Nook's mission, Wheeler said the store's goal is also to foster community and provide a safe haven where anyone can come to learn, create and find solidarity in the peace fiber arts provide. One way Wheeler attempts to build this community is through knit-alongs, where individuals can come and knit the same garment together. In addition to more formal classes and knit-alongs, individuals are always encouraged to come and work on their craft in the store or ask for help from Wheeler and the other store employees.

"The community aspect is huge," Wheeler said. "We have groups that get together to craft a few times a week, and we help each other out. That communal feeling of crafting together is just wonderful."

Clarinne Kirk is a copy editor.

Fall Favorites: Best autumn activities in Spokane

The Lilac City has a lot of seasonal festivities to offer from pumpkin picking to cozy crafts

COMMENTARY

By RUBY GROSS

As the temperatures drop and the leaves follow suit, clinging to any residual summer excitement gets harder to sustain. But the transition to fall doesn't have to be a bore; here are some local favorites for entertaining yourself this season.

Green Bluff serves as the backdrop of many Zags' fall memories. A Washington classic since 1902, this collection of farms offers an abundance of ways to engage with the land and community. "U-pick" opportunities are open for apples, berries, lavender and more depending on the business.

Green Bluff Candy Co. and the Wildland Cooperative are examples of associated spots which offer specialty items like chocolates and even local art. Wagon rides around sprawling orchards evoke a sense of autumnal nostalgia even for those, like me, who didn't grow up with seasonal traditions. But beyond paid activities, to feel the joyful air of community among these farms, fostered for over a century, is in my opinion the most powerful persuasion to visit.

If local farms are too distant, do not feel disconnected.

During Nov. 11 and 12, Spokane Community College hosts the Spokane Fall Folk Festival, a cost-free opportunity to see local song and dance. The Great Pumpkinfest by Brick West Brewing Co. also dances on through Oct. 8; country music performances, line dancing and a petting zoo are some of their upcoming celebrations for those who like a western spin to their fall festivities.

For many of us, whether you



BULLETIN FILE PHOTO

Green Bluff is a collection of family-owned farms where you can pick a variety of produce most of the year.

guard an heirloom apple pie recipe or clutch a compulsory pumpkin spice latte, the season is defined by food and drink.

But if you don't yet have a routine stiff as a Douglas fir, consider trying some local bakeries. Birdie's Pie, located at 712 N. Monroe St., and Rockwood Bakery, located at 400 E. Fifth Ave., are regional favorites, with the lovely Lilac City near campus accepting Bulldog Bucks.

Enjoying the season can also be as simple as hiking through nearby green spaces. Centennial Trail is known to have beautiful

fall colors and run right next to campus. Furthermore, going west to Finch Arboretum could be a great opportunity to learn about our environment in addition to enjoying its beauty.

Or maybe autumn to you looks like cozy nights in with a little quiet something to do. Maybe you've been looking for a craft that goes where you do. I say, take up a fiber art this fall.

Hook & Needle Nook on North Monroe Street hosts knitting and weaving classes, with an abundance of beginner-specific opportunities. Whether you make yourself a fashionable

finished product or a subtly tangled sweater, I promise that whatever you weave will be impossible to look at with anything but love.

Finally, it's improper to celebrate the season without acknowledging Halloween (though it does feel like a season of its own). So, head to Garland Theater and watch a Halloween special with friends or carve up a jack-o'-lantern from a patch up north. Plenty of places close to campus are eager to support your costume planning; Spokane has three Spirit Halloween Stores and a Halloween Express, all

running along North Division Street.

This fall, Zags shouldn't feel guilty about enjoying themselves. Especially at this time of year, stressors kick in, those of which might make you count the minutes you "wasted" by relaxing.

Don't ever distance yourself from your city and community because you think you don't deserve it. Remember that this fall is your season to enjoy, and there are countless ways to do it.

Ruby Gross is a staff writer.



GU senior Jack Githens first pitched the idea for Table Topperz at an Ignite Northwest event in 2023.

MAX VOLLE IG: @vollephotography

Table talk with Table Topperz

GU student starts table decoration business geared toward college students

By SOPHIA MCKINSTRY

It all began at an Ignite Northwest Brainstorm and Brew event in early 2023, when Gonzaga University senior Jack Githens proposed the idea for what would become Table Topperz.

Githens, a business major and entrepreneurial leadership minor, started taking business classes in high school. He said creating things and ideas has always appealed to him.

"I had heard about this event through my internship that I was doing at the time with a small start-up company in Spokane, and I wanted to get involved in the community, especially the start-up community," Githens said. "I went there mostly looking to listen to ideas and just learn from the community and I ended up pitching that idea just to kind of get some feedback on it, and it was super well received from the audience."

The initial spark for what would eventually become Table Topperz came a few years before the Ignite Northwest event, an event where entrepreneurs can present and get feedback on business ideas. Githens was hanging out with some friends who were painting a folding table. He noticed it was a long

and difficult process and began to wonder if there was a better way to go about it.

"I kind of thought about it, put it on the back burner, and then that's when I kind of took it to an Ignite Northwest event," Githens said.

Table Topperz sells adhesive vinyl covers mainly for die tables, pong tables and corn hole tables.

Through the website, which officially launched at the end of August, a person can choose one of the templates available, adjust it to their liking or build their own using the colors and text provided. The order is then shipped in around two weeks.

Githens said the website is catered mainly to college students since they are the group the product is mainly marketed to.

"We wanted to create a website that was engaging to that audience, and ... I had a lot of input in what that looked like and, you know, the colors that we used, the videos, the templates, the language," Githens said. "It was all set up in a way to appeal to our generation."

Githens met his now-business partners, Connor Simpson and Andrew Hite, through the Ignite Northwest Event. Simpson works for Limelyte Technology Group and Hite is the owner of

Tribe Media Labs; both are local companies located in downtown Spokane.

"They were some of the most receptive to the idea and really wanted to come along and join Table Topperz," Githens said. "I wanted to build a good team that could actually launch the product and get it off the ground."

Over the summer, the team worked on logistical steps like finding a manufacturer, filling out paperwork and budgeting. Both Simpson and Hite said one of the best things about being involved has been the relationships that have formed and the mutual respect and understanding they have for one another.

"All of us are entrepreneurs at the core and just really enjoying seeing budding new businesses grow, and we all enjoy working with each other, so it's as much about the process as the end goal," Simpson said. "Having a process where you're working with people that you enjoy working with ... makes it a very enjoyable experience."

In the future, Table Topperz hopes to create products for tailgates, birthday parties and other table games, as well as reach out to more audiences. In terms of a long-term goal, Githens said he hopes to make Table Topperz a



MAX VOLLE IG: @vollephotography

Table Topperz sells vinyl covers for tables used in party games.

creative marketplace for graphic designers and artists to share their work with the community.

"There's all sorts of potential," Hite said. "[We would] just open it all up to any kinds of occasions ... but essentially in a really easy way, it's like anything ... we wanna have a table for everything."

Githens said Table Topperz just got licensing from GU to use the GU logo on products, so covers will be available on the website soon.

"When you start something like this, it's really easy to have these wild expectations of what's going to happen right away," Githens said. "I think that as this first month of ... running

has gone along, I've had to adjust my expectations for like what is reasonable and what is manageable. It's just doing the little things day in and day out to grow the business and engage customers."

To stay updated on Table Topperz, follow @tabletopperz on Instagram and Tik Tok, or check out their website.

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

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level 1 2 3 4

9						7		
			8	9				7
		1					9	
5	8			4				7
1	6						4	8
2				8				5
		6					3	
	5			3	4			
		3	9					5

Solution to Last Week's puzzle

10/29/23

8	4	7	6	2	1	5	3	9
2	5	9	7	3	8	1	6	4
6	3	1	4	5	9	2	8	7
4	2	8	9	1	5	6	7	3
5	7	3	8	6	4	9	2	1
9	1	6	2	7	3	8	4	5
7	8	5	3	9	6	4	1	2
1	6	2	5	4	7	3	9	8
3	9	4	1	8	2	7	5	6

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 Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17				
18				19				20			21									
22				23				24			25									
26					27				28	29				30						
31			32		33		34		35	36		37		38						
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50				51	52				53	54					55					
56							57				58			59						
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64				65		66			67	68	69				70	71	72			
			73	74					75				76		77					
78	79						80	81	82	83			84							
85									86				87							
88				89					90				91				92			
93									94				95	96		97	98			
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105	106	107						108		109				110		111		112		113
114				115						116	117	118				119				
120										121					122					123
124											125					126				127

RELATIVELY SPEAKING

By Kelly Richardson & Katie Hale

- ACROSS**
- 1 "The Name of the Game" pop quartet
 - 5 Driver's lic. info
 - 8 Nixed, at NASA
 - 12 Back teeth
 - 18 Adolescent
 - 19 Concessions purchase
 - 20 Very, informally
 - 21 Bright red liqueur
 - 22 Date night, or a midgame show starring Beyoncé instead of the coach's nephew's garage band?
 - 25 Stovetop piper
 - 26 Still going
 - 27 Cappuccino topping
 - 28 Prophetic sign
 - 30 Pliable wood
 - 31 English article
 - 32 "And so forth" abbr.
 - 34 Bohr played by Kenneth Branagh in "Oppenheimer"
 - 37 Word with bright or big
 - 39 Giving up a lazy Saturday to clean up a beach at sunrise, or waking up to pancakes instead of gruel?
 - 45 Busy mo. for a 102-Across
 - 47 Weep
 - 48 Brazilian berry
 - 49 Cancel
 - 50 Ease of movement
 - 53 Target
 - 55 Food stamp org.
 - 56 A chic gray bob and cat eye bifocals, or sleeping until noon and dancing

- 59 Classified
- 60 Ethically indifferent
- 61 Skip over
- 62 Fast Amtrak train
- 64 Took first place
- 65 Underground systems
- 67 Fluffy craft supply
- 70 Writing tip?
- 73 Adventure game console
- 75 Soy block
- 76 "I am enough," e.g.
- 78 Snouts
- 80 Cardstock instead of newsprint, or the work of a wordy student?
- 85 Feel (for)
- 86 Spanish diacritic
- 87 Meetings
- 88 Bite noisily
- 90 Operatic icon
- 91 Pub choice
- 92 Wolfed down
- 93 "The copy editor says this needs a capital letter," or a judge saying "Not enough evidence" in a bass-baritone?
- 99 Flit
- 100 Greek fabulist
- 101 Wallach of "The Holiday"
- 102 Tax prep pro
- 105 Scolding sound
- 108 Spring
- 110 2-Down, for one
- 112 Ready at a moment's notice
- 114 "Girl on Fire" singer Keys
- 116 God's rest on the seventh day, or forty winks on a bunk bed?
- 120 Sharp grabbers
- 121 Large barrel
- 122 Fish caught in pots
- 123 Hippocratic ___
- 124 Orbital extreme
- 125 18-wheeler

- DOWN**
- 1 Up, in baseball
 - 2 Canvas for many an arborglyph
 - 3 Midler of "Hocus Pocus"
 - 4 Against
 - 5 Play-__: Fun Factory clay
 - 6 Norwegian saint
 - 7 Balderdash
 - 8 Cappuccino topping, perhaps
 - 9 ___-Wan Kenobi
 - 10 Jewel
 - 11 Cookie used to make Halloween bat-shaped treats
 - 12 Manage with whatever's available
 - 13 1968 to now, in professional tennis
 - 14 "___ the games begin!"
 - 15 Highbrow
 - 16 Part
 - 17 Whole lot
 - 19 Heraklion's island
 - 23 Eternally
 - 24 Event where pies win ribbons
 - 29 "La Bohème" heroine
 - 33 Prickly plants
 - 35 Like fertile soil
 - 36 Bolsa Chica State Beach's locale, informally
 - 38 Single-season bloom
 - 39 Actress Pam
 - 40 Take a shot at
 - 41 Promposal goal
 - 42 Appliance that performs under pressure?
 - 43 In the buff
 - 44 Happy
 - 45 Dollar alternative
 - 46 Give 'em the old razzle-

- dazzle, say
- 50 Weak spot
- 51 Many Oscar contenders
- 52 Not as well
- 53 Sale caveat
- 54 Hirsute cousin
- 57 Punk offshoot
- 58 Drain
- 59 Plots again
- 63 PR focus
- 66 Ending at, casually
- 67 Bioré target
- 68 Frequently, poetically
- 69 Oaty breakfast mix
- 71 Oscar nominee Dunne
- 72 Xylophone parts
- 74 Abounded (with)
- 75 Journalist Koppel
- 77 Water nymph
- 78 Salt formula
- 79 Nueve preceder
- 81 Singer Redding
- 82 "Love your skin" body brand
- 83 Woody area
- 84 Actress Witherspoon
- 89 Nutty confection
- 90 ___ mining
- 91 Current units
- 94 Fold
- 95 Thin strips of land
- 96 Irked
- 97 Loses speed
- 98 German article
- 102 Gondola waterway
- 103 Tectonic ___
- 104 First Greek letter
- 105 "Toodles"
- 106 Thwack
- 107 2.2 lbs., roughly
- 109 Univ. conferrals
- 111 Sport sword
- 113 Trim, as a photo
- 115 Horologist's piece
- 117 Wrath
- 118 Orbit, e.g.
- 119 Fútbol cheer



Courtesy of @thegooseband on X

Goose is a band that rose to fame over the pandemic and has musical style influences across many genres.

Goose brings flock of fans to Spokane Pavillion

REVIEW
By MICHAEL BEIRNE

On Saturday, the Connecticut jam band Goose lit up the Spokane Riverfront Pavilion. With two eclectic sets, there was something for every kind of Goose fan.

Just before 7 p.m., to a crowd of fans and a packed lawn, Goose took the stage and brought the pavilion to life with a whirling cover of Wes Montgomery's "Switchin'," which they quickly followed with a cover of Great Blue's "Butterflies."

Goose is often praised for the masterful way they carry themselves, and this opening is a prime example. Covers show the band's inspiration and range to new fans while giving older

fans not just a different look at Goose's live jamming but leaves a hankering for the soon-to-come originals.

While Spokane is quite a distance from Connecticut, Goose played like they were right at home. A wide crowd of swaying and dancing fans hung on every groove — until the intermission.

After playing hard for about an hour, Goose left the stage under the guise of a "five-minute break." When they returned to the stage about a half hour later, most fans did not even seem to care. With another Great Blue cover, this time of "Pancakes," Goose came back and let the audience know not just that they had earned that extended break, but that they were better because

of it. The second set jolted the crowd awake before guiding them back into the groove.

For a band that rose to fame largely over the pandemic, their showmanship is reminiscent of legacy jam bands but with sharp attention to keeping focused. Very much like an actual goose, Goose's sense of direction and their commitment to finding resolution and arrival is ostensibly natural.

For a jam band particularly, shows like this are a flight path to find direction and commitment. Goose already came with it.

As a band that crucially involves bright and starry stage lighting, the Spokane Pavilion was a perfect venue. Goose's syncopation with soaking blues, warm greens and pitch darkness

enabled the audience to spend the whole concert as part of that syncopation, while also working to make the pavilion respond to the music. With clean shredding and clean execution, Goose rocked the pavilion like they owned it.

Between the end of the second set and the encore, bassist Trevor Weekz brought out some of his own writing, just for Spokane. Coming out of "The Empress Organos," Weekz introduced his writing as "Spokane-word," which he did pronounce correctly. Goose is a band so focused on the blend of music, yet in moments like this they demonstrate the capacity for a humane appeal of great jam forerunners.

Goose ended the night with

"Butter Rum," an up-and-off beat, softly electric finish.

Following the release of their first studio album "Dripfield" in June 2022, Spokane was just one stop on Goose's tour circuit. After rounding out the west coast, Goose will head to Paris for the beginning show of its first-ever European tour.

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

Doja Cat trades pink persona for 'Scarlett' spirit

Doja Cat's newest album features hard-hitting rap over pop hits

REVIEW
By MARISSA CONTER

Upon the release of her fourth studio album, Doja Cat is on a mission to "Paint The Town Red," even if reinvention comes with the cost of her fan base.

This album arrives in a storm of controversy for the rapper. Earlier this year, Doja Cat posted on X, formerly known as Twitter, that her records "Hot Pink" and "Planet Her" were "cash-grabs." She made fun of her fans for "falling for it" and announced her new album would be a complete departure from the sound of her previous releases. As these were the albums that gained her recognition from, most of her fans felt insulted by her claims.

Doja Cat's recent attitude toward her fans is a sharp contrast from her previous image as an artist who's usually very interactive with her fan base, as most of her popularity is owed to her pop songs taking off on social media apps such as TikTok due to their catchy nature and lighthearted feel that lent itself to several viral dances.

Dubbed "Scarlet," Doja Cat abandons the pink imagery present in her previous albums and instead opts for deep, scarlet red. This darker color sets the overall tone of this album as more serious and rawer. While "Planet Her" was packed with features from big names, collaborations are noticeably absent on this album.

The album opens with "Paint The Town Red," one of the lead singles released prior to the album. The first lyric of the song, "bitch, I said what I said," might as well be the poster slogan not just for this song, but the whole album. Doja Cat makes it clear to her listeners that she is unapologetic about the critical

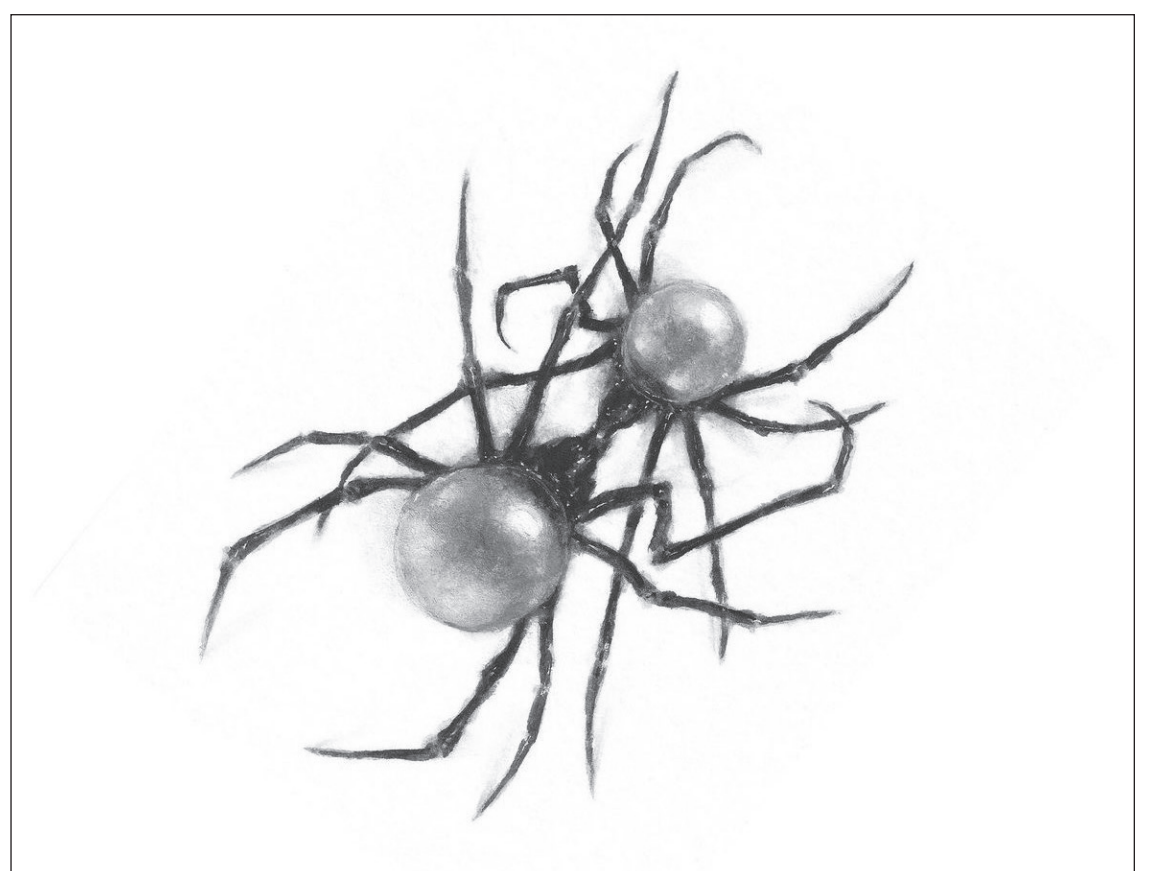
statements she has made about her fans and her own musical releases.

The first half of "Scarlet" is packed with rap-heavy songs full of angst. Upon initially listening to them, I felt like I was listening to a rant that a friend would give on FaceTime. "Demons," the second track on the album, is an entirely rap song that is in your face with its overt aggression. Having been called a Satanist in the past, Doja Cat fully leans into the absurdity of the accusations, even going as far as to dress up as a demonic creature for the song's music video.

"Agora Hills" serves as the turning point in this album, as the tone considerably softens in the following songs. Although not a single, Doja Cat dropped a music video for the song on the day of the album's release, which features a surprising amount of pink, a complete turnaround from the blood and gore of the previous videos.

This sudden shift is explained by the subject matter of these songs: love. In "Agora Hills," Doja Cat gushes about her current relationship, as the song's dreamy quality conveys the thrills of a newfound love. This relationship, much like the rest of Doja Cat's life, is not safe from public scrutiny, as J. Cyrus, her significant other, has faced multiple sexual misconduct allegations. She repeats "I wanna show you off" like a mantra, reiterating that the public no longer dictate her actions.

This song stood out to me in comparison to the rest of the track list. There is an addictive quality to this song, much like the addictiveness Doja Cat seems to be experiencing in her new relationship. The angry, tough image she portrays in the previous tracks is replaced with touching vulnerability.



Courtesy of Kemosabe-RCA

From anger to vulnerability, Doja Cat's latest album showcases a range of tones.

The album closes with "Attention" and "Balut," which are the first and final singles she dropped prior to the album's release. I was surprised to see that "Attention" was practically at the end of the album, as it seemed like the natural opening track due to its lyrics reading like an open letter to her fans, in which she criticizes celebrity and fan culture. Balut is a fertilized duck embryo that is boiled and eaten from the shell. The song title implies the overall message of this record: this is Doja Cat's rebirth.

As a fan of Doja Cat, I was worried her antagonistic posts would detract from this release. I found it disheartening to hear

that she thought of her previous music as unoriginal, since I've always thought her distinct voice and magnetic stage presence set her apart. After listening to "Scarlet," I can appreciate Doja Cat for the artist she clearly is. This album feels really personal and it's intriguing to see this different side of her (musically).

While these songs may not be the feel-good music that I've come to expect from her, the album has grown on me since the first listen. I'm curious to see if she'll continue this style of music in her next record or find a new one altogether. Doja Cat has proven she is unpredictable and unafraid of experimentation and to me, that's what makes her

compelling to watch and listen to.

Favorite Songs: "Agora Hills," "97," "Can't Wait," "Paint The Town Red"

Rating: 7/10

Marissa Conter is a news editor. Follow her on X @marissaconter

Gonzaga hosts wide range of intramurals to open fall semester

By CAM MCCANN

With Gonzaga University reporting almost 3,000 students participating annually, one could say that intramural sports are vital to the campus culture.

GU's intramural program, ranked the 17th-best by The Princeton Review, is introducing numerous changes in the upcoming season. Among the most notable adjustments is the addition of basketball to the fall slate.

While registration for basketball ends at midnight on Oct. 9, other activities like the Freshman Games are approaching the conclusion of their season. The Freshman Games added an extra sport and week of play this year.

The Intramural Sports Program also expanded the Pickleball Tournament after 200 teams participated in the sport last year.

"Basketball is so popular so we brought that back, along with pickleball," said Assistant Director and Intramurals Coordinator Rhian Thomas. "There will be a change from one to two pickleball tournaments, as well as a change in the Freshman Games. This year's Freshman Games are three weeks and have three different sports."

The rest of the fall slate includes softball, flag football, volleyball, spike ball and a Fall Family Weekend Cornhole Tournament.

Intramural participation at GU has historically been high, with last year's program featuring 194 basketball teams, over 100 softball teams and 130 volleyball teams.

For most of the sports offered by GU, there are different leagues to match students with their desired level of competition. The



BULLETIN FILE PHOTO

The fall slate includes the Freshman Games, pickleball, basketball and more.

only exceptions are cornhole, spikeball and the Freshman Games, which don't have multiple skill-based divisions.

The least competitive league is Boone, which is designed for players with little to no experience. It's important to note that club athletes are prohibited from entering this division.

"Boone is about getting experience, it's no pressure, just having fun," Thomas said.

The second-highest league is Sharp and the top level is Sinto, where students are expected to understand the sport and engage in competitive play.

"I think it's a great opportunity for everyone's friends to get together and get out and be active. Spokane this time of the year is so nice, it's the perfect way to

spend time," said junior Sterling Patton, a club basketball player who participates in intramural basketball, flag football and softball.

Harry Mannering, also a junior, has enjoyed the social aspect of intramurals.

"It's the competition, like if someone hits a nuke in softball, all of a sudden it's like 'oh my gosh, I just met this guy' and now boom, you have something in common," Mannering said. "You have something to talk about and then you wind up as buddies for the rest of college."

When it comes to scheduling games, the Intramural Sports Program tries to work around students' busy schedules.

"We do time preferences for intramurals and try to put games away from busy days

GU SPORTS

Thursday, Oct. 5

- Men's tennis at ITA North Regionals, Seattle, Washington, all day
- Volleyball vs. Pepperdine, 6 p.m.

Saturday, Oct. 7

- Baseball vs. Oregon State, Bend, Oregon, noon (exhibition)
- Men's basketball at Kraziness in the Kennel, 3 p.m.
- Women's soccer vs. San Francisco, 6 p.m.
- Men's soccer at San Francisco, San Francisco, California, 7 p.m.

Monday, Oct. 9

- Men's golf at Oregon State Invitational, Corvallis, Oregon, all day

Home games in bold

when students are in school," Thomas said. "Sunday is a big day usually, we really cater to students with the way we do those types of things."

The Rudolf Fitness Center will host a new set of intramurals in the spring semester, which has previously included inertube basketball, ping pong, tennis and golf.

Cam McCann is a staff writer.

Men's basketball readies for Kraziness in the Kennel

By CAROLINE SLACK

Fans of the Gonzaga University men's basketball team will have their first glimpse at the 2023-24 squad at the annual Kraziness in the Kennel event on Saturday.

The tipoff to the season will take place during Fall Family Weekend, allowing students and their families to witness the action together.

The Kennel will open its doors at 2 p.m. on Saturday, with competitions scheduled to begin an hour later.

The event will consist of team introductions, a dunk contest, a 3-point contest, a skills competition and to wrap things up, the traditional blue vs. white scrimmage.

In the scrimmage, coached by the assistant coaches, players will split up into two teams and face off against each other in two abbreviated halves.

Kraziness will be the first chance for fans to watch

incoming transfers Ryan Nembhard (Creighton), Steele Venters (Eastern Washington), Graham Ike (Wyoming) and top freshman prospect Dusty Stromer.

Additional players making their Kraziness debuts include international players Luka Krajnovic, Pavle Stošić and Jun Seok Yeo.

Returning players Ben Gregg, Anton Watson, Nolan Hickman, Colby Brooks and Braden Huff will make appearances at this year's event.

Huff's anticipated return to the court comes after a redshirt year in which he did not appear in any regular-season games.

While there is much anticipated action on the court, the event's highlight will be the student section, with first-year students having their first opportunity to sit in the Kennel and participate in the action.

Also in the stands will be Nikolas Khamenia, GU's top

2025 wing recruit. The program will host him and his family on campus this weekend for an official visit.

"The visit ... is bring[ing] my whole family to Kraziness in the Kennel for an official visit," Khamenia said in an interview with Max Mendel for Inside the Kennel. "I'm a family guy and I know my family is going to want what's best for me ... My main things are going where I can develop and a place where I can go and be appreciated for how I play."

At Kraziness, the Zag fanbase has an opportunity to show Khamenia how GU fans appreciate their players.

In addition to the basketball activities, there will be performances by both the GU Dance Team and Bomb Squad, along with the Student Half Court Shot, which allows the winner to have all their textbook fees covered for the spring semester.

Caroline Slack is a staff writer.

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GU runner Jessica Frydenlund finds success in her first year

By CLARINNE KIRK

In 2020, while most people were cooped up inside watching Tiger King and baking sourdough, Jessica Frydenlund was lacing up her running shoes and racking up the miles.

"During [COVID-19], when other people stopped running, I thought, 'I don't have anything better to do, so I should just run,'" Frydenlund said.

As Frydenlund started to take running more seriously, she saw running in college as a realistic opportunity.

"I started realizing that I could actually go further in running my junior year because I started to win races and run faster," Frydenlund said. "That's when I realized, I can actually go further, this is serious now."

Frydenlund is a freshman on Gonzaga University's women's cross country and track teams. She has had a successful start to her college career, winning an individual title at her first collegiate race at the Clash of the Inland Northwest meet on Sept. 1 with a 4k time of 13:48.4. Following this performance, Frydenlund was named WCC Women's Runner of the Week.

Frydenlund also experienced success during her time at Anacortes High School in Anacortes, Washington. In 2021, Frydenlund won the Class 2A State Cross Country Championships, and in 2023, she won two championships at the Track and Field 2A State Championships in the mile and 2-mile races. Adding to her list of accomplishments, Frydenlund placed second in the 2k Steeplechase at the 2023 Nike Outdoor Nationals.

"I trained really hard for [state] and was really nervous," Frydenlund said. "It was just nice to see my hard work pay off and know that I can do that because I really didn't think I could."

Despite her extensive success in high school, running in college is a new challenge, according to Frydenlund.

"[Running in college] is just a whole different thing because you're running more and the workouts are harder," Frydenlund said. "Now, I have people to run with and work out with that are all around the same level, which is another big difference."

While this transition can be jarring, Frydenlund has transitioned well, according to McKenna Hansen, assistant coach of GU women's cross country and track and field teams.

"Jessica is a very talented high school athlete, and she is transitioning really well to college running," Hansen said. "For a lot of high school athletes, it's hard to go from being the absolute best to running with a



JANNA PRICE IG: @jannapricephotography

Frydenlund was named WCC Women's Runner of the Week after helping GU win the Clash of the Inland Northwest.

“

I couldn't do this without the team ... You need a lot of encouragement sometimes, and this team is really great at providing that.

Jessica Frydenlund, GU freshman runner

good group of girls, some of whom are better than you, but she's done really well coming into the group and being part of the team."

Part of Frydenlund's success during this transition has come from having the right mindset, Hansen said.

"It's really important to have a really positive mindset because running is really hard," Frydenlund said. "It's also really important to be confident and trust yourself and your training ... if you're not confident, you're not going to run as fast as you want to run."

Frydenlund said the support she has received from her teammates and their ability to work cohesively is another contributor to her early success.

"I couldn't do this without the team," Frydenlund said. "If you're alone, it's really hard to run just because there's so much on your mind. You need a lot of encouragement sometimes, and this team is really great at providing that."

It was this sense of community and the supportive, holistic nature of GU's running program that Frydenlund said led her to choose GU in the first place.

"When I went on my official visit, everyone was so welcoming, and I love the coach because he focuses on each athlete individually," Frydenlund said. "You're not just a number; he makes sure that you're doing well, mentally and physically."

The supportive nature of the team has not only led to the success of Frydenlund

but also to the success of the greater team, Frydenlund said. So far this season, the women's cross country team took team titles at the Clash of the Inland Northwest and the Waves Invite and placed second at the Cougar Classic.

"The team has been working really well together and putting in a really good effort," Frydenlund said. "That's what makes us so good, we all want to do better, together."

While the team's ability to work together has been integral to their success, Frydenlund has also played a crucial role, according to Hansen.

"We have a better team than we've had in the past years, and a large portion of that is due to Jessica," Hansen said. "She's a talented runner who works really hard, has big goals and has a lot of the traits any coach would want in an athlete."

Hansen attributes Frydenlund's talents to her strengths in both speed-work and endurance, making her a well-rounded and powerful force.

"She has a lot of strength and endurance and is able to do a lot of miles and stay healthy," Hansen said. "But, she also has the speed component."

Frydenlund said she enjoys running not solely because of the success she has had, but because of the community she has received as a result.

"[Running together] definitely brings us closer," Frydenlund said. "We're all going through the same thing, so we all know how each other is feeling. We're all doing it together."

Besides building connections, running has also benefited Frydenlund's mental health, helping to alleviate the stress of transitioning to college life.

"If I'm having a bad day or am stressed about school, I'll go on a run and it just makes you feel so much better; you can just reset," Frydenlund said. "It definitely clears your head and makes you feel better overall."

While Frydenlund has big goals for her future, including potentially going to nationals and running professionally after GU, she said her ultimate goal is to grow as a person during her time at GU.

"Coming out of GU, I hope to become a better person and learn more about others and myself," Frydenlund said.

Whatever Frydenlund hopes to achieve during her time here, Hansen said her future looks bright.

"She's starting off at a very high level, and I think she has the upward potential to do a lot more," Hansen said.

Clarinne Kirk is a copy editor.



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Gonzaga women's basketball braces for 'tough' nonconference schedule

By JACK TALBOTT

The schedule has been finalized for the Gonzaga University women's basketball team, setting the stage for the Bulldogs' run at a fourth straight NCAA Tournament appearance.

The program released its 2023-24 slate on Sept. 19, with the announcement coming from head coach Lisa Fortier, who is entering her 10th year at the helm.

The Bulldogs' nonconference schedule is set to feature several notable matchups, including a home game against Stanford, a No. 1 seed in last season's NCAA Tournament.

"We have a really tough nonconference schedule," Fortier said in a press release last month. "I think it's a good thing to get set early and be tested. The further we can be along in the process, the better off we're going to be."

Fans can see the first four quarters of the season in Spokane with an exhibition game against Warner Pacific on Nov. 2. Then, the Zags officially open the season in Missoula against Montana on Nov. 6.

Staying in the Inland Northwest, the Zags battle against a Washington State side coming off a Pac-12 Tournament victory last March. The Cougars returned seven players to the Palouse and will host the 31st matchup between the two schools on Nov. 9.

The Zags then have a three-game home spell facing off against Toledo on Nov. 12, North Florida on the 15th and Wyoming on the 18th.

Over the Thanksgiving weekend, the Zags head to Katy, Texas to play in the Van Chancellor Classic against Alabama, Liberty and Louisville. Each



The Zags are vying for their fourth straight NCAA Tournament.

team tallied at least 20 wins last season, with Louisville looking most dangerous following its Elite Eight campaign. It will mark the third consecutive meeting between the Cardinals and Zags after meeting in March two years prior and last November, where the Zags upset the No. 6 Cardinals in The Bahamas.

The Zags return to the region with a trip to Cheney to face Eastern Washington on Nov. 29 before hosting Stanford on Dec. 3. This will be the 14th matchup with Stanford in 14 years, with the Zags successful on two occasions against the Cardinal since 2009.

The schedule marches on with road

games against Cal and Rice on Dec. 7 and Dec. 9. Then, after a 12-day rest, the Zags return home with a matchup against a tricky South Dakota State squad who returned nine players from last season's Summit League championship winning team.

Rounding out the nonconference schedule are matchups between two strong southwestern schools: Arizona and New Mexico. The Zags take on the Wildcats of Arizona in the Jerry Colangelo Classic in the heart of Phoenix on Dec. 20. It will mark the first ever meeting between the two programs.

"I feel like there are not enough tournaments and recognition on the West Coast, so we want these tournaments with marquee games," said Adia Barnes, Arizona's head coach in a press release. "For us, it's a big game against Gonzaga, and people are going to see some really good basketball."

The final home game against non-WCC competition will be against New Mexico and will take place on Dec. 22. This is only the second time the two programs have ever met, their previous meeting taking place in 2004.

Then onto the conference schedule the Zags will go, traveling to last season's WCC Tournament champs, Portland on Jan. 4.

However, before any games tip-off this season, the Zags will host its annual FanFest on Oct. 14 at 3 p.m., where the Kennel can reacquaint themselves with the 18-time regular season WCC Champions.

Jack Talbott is a copy editor.

Stošić and ArauzMoore round out men's basketball roster

COMMENTARY

By ZACH WHITE

The Gonzaga University men's basketball team recently made a pair of late additions to their roster.

The Zags welcomed freshmen Joaquim ArauzMoore and Pavle Stošić to the program.

A 6-foot-1 guard hailing from Novato, California, ArauzMoore joined the team as a preferred walk-on. The Bay Area local was named First Team All-MCAL in 2022, playing for the Branson School in Ross, California.

ArauzMoore received a scholarship offer from Cal State Maritime, but instead opted to attend GU and play under head coach Mark Few.

His style of play includes a high-level basketball IQ and a wide range of skills

that help him excel on both ends of the court.

While ArauzMoore might not see much of the court during his first year as a Zag, his presence on the squad signals the program's efforts to build for the future.

"I think it'll be hard in the beginning. But I think eventually, you know, with development he'll eventually earn a role," said Julius Von Hanzlik, who coached ArauzMoore at Southern California Academy. "He'll definitely be a candidate for [a scholarship]."

Stošić represents another piece that could impact the team for years to come.

The 19-year-old, 6-foot-8 power forward last played for Huesca in Spain, where he averaged 3.4 points and 3.3 rebounds per game.

GU's frontcourt depth may limit Stošić's opportunities as a freshman, but he will gain valuable experience playing behind Anton Watson, Graham Ike and Ben Gregg.

Stošić will have four years of college eligibility upon joining the team.

He joins GU as a scholarship player, bringing the program's total to 11, with one additional scholarship remaining to give out.

Stošić explained his decision to become a Zag in an article by European sports website MaxBet Sport.

Stošić was quoted in Serbian, but Google's translation service interpreted his statement as such: "I was pleasantly surprised by Gonzaga's offer, I did not think that I would change in the middle of this summer. A good opportunity

opened up for me to finish my studies and improve in basketball at one of the strongest colleges. I hope that as a 'freshman' I will get the opportunity to show what I know."

Stošić and ArauzMoore will likely be on the outside of the Zags' rotation in their first season at GU.

As players who have been offered scholarships and played at the professional level, their probable low involvement speaks to the quality of GU's roster.

Doubtless, Stošić and ArauzMoore are quality depth pieces that brighten the future of the program.

Zach White is a sports editor.



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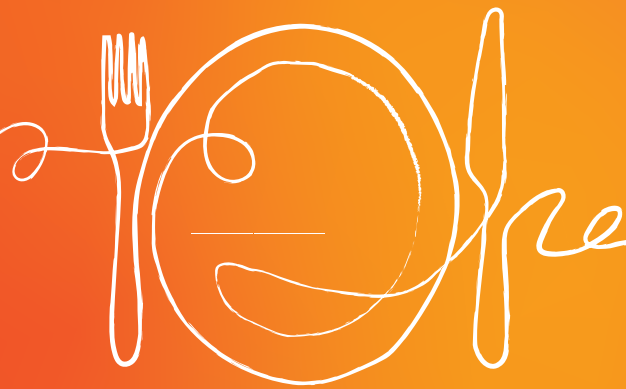
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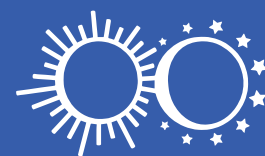
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