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New bins for the win

Gonzaga is finding ways to go green with new waste receptacles around campus

By AUDREY MEASER

A new debut to Gonzaga's campus was kickstarted last week. The Office of Sustainability in coordination with AmeriCorps and Plant and Construction Services has brought new waste bins and signage to campus in an effort to make GU more sustainable and environmentally friendly.

The collaborative project was originally started last school year, in the spring 2019, but unfortunately with COVID-19 cutting the semester short, the project had to be put on hold. Kathryn Graham, the higher education waste reduction coordinator, worked with the Office of Sustainability to get the project off the ground and running as soon as the fall semester began.

Last week Graham worked alongside student volunteers to assemble and label bins, so in the next few weeks they would be ready to be placed around campus.

"It's been super inspiring knowing there are students who care so much about reducing waste and improving our overall footprint on campus," Graham said via email. "It makes my job more fulfilling knowing I can be a resource and instrument for them to reach their own personal waste goals and projects."



CHIANA MCINELLY IG: @picsbychiana

SEE WASTE BINS PAGE 2 GU students participate in assembling the new waste bins that will be placed around campus.

GU contact tracers hot on trail of COVID-19 spread

By JULIETTE CAREY

A phone buzzes and an unknown number with a Spokane area code blinks across the screen. A student mindlessly answers the call and is told that they have tested positive for COVID-19 and that they need to prepare to go into isolation. There are many steps behind the curtain which lead up to this moment in time, and contact tracers are at the center of the action.

When hiring contact tracers, Gonzaga University searched for people with public health expertise.

Bethany Hickey, a contact tracer for Gonzaga, was uniquely qualified for the job specifically due to her work on Benton-Franklin Health District's COVID-19 response at the community level, as a member of the command staff for its emergency operation center in Tri-Cities, Washington. Prior to working for GU, she worked as the assessment and grant

coordinator for her local public health agency Benton-Franklin Health District for three years.

Another contact tracer, Anastacia Lee, finished her master's in public health earlier this year. Previously, she worked at Providence Sacred Heart Medical Center for four years.

Contact tracing for a university is unique because of the focus on a smaller subset of the population. For local public health agencies, contact tracers are focused

on a larger scope on the community level and have to do it with less resources. Because state and federal funding for public health has been slashed over the last decade, at Hickey's previous job, they had to use many volunteer contact tracers.

Once the GU contact tracers were onboarded, they all took the Johns Hopkins contact tracing training to make sure that they were all starting off with the

SEE TRACER PAGE 3



PHOTO COURTESY OF ZACK BERLAT, GONZAGA UNIVERSITY PHOTO SERVICES

Gonzaga University Wine Institute partners with wineries around the Pacific Northwest, like Napa Valley, to develop courses for its certification program.

It's wine time

GU creates certification for students who want to learn about the business and legal areas of the industry

By LINDSEY WILSON

The Washington wine industry has an \$8.4 billion economic impact, according to the Washington State Wine Corp. There are over 60,000 acres of grapes, 17.7 million cases produced a year and over 400 grape growers in the state, making it the second highest producer of wine in the country.

Gonzaga University, situated within this wine hub, has announced the creation of a new certificate for those working within the industry. The certificate in the legal and business aspects of wine provides an extra level of certification to those workers with the intent of moving up at their respective wineries.

GU School of Law is the first school in the nation to offer a program such as this one, said Sarah Guzman,

director of alumni engagement and strategic initiative at GU School of Law.

"The wine industry is actually one of the most heavily regulated industries in the country," said Jessica Kiser, director of the Gonzaga Wine Institute. "When you're working in the wine industry, you're going to come into contact with a lot of state and federal regulations."

The wine industry takes a lot of pride in what they are producing, and they protect that through laws put in place to honor the integrity of the practice. For example, every bottle of wine has to get its label approved, and every inch of the label is inspected. This takes into account how to display the alcohol content and where the grapes were grown versus where the wine was bottled.

"A lot of these tiny details can cause a winery to actually have to send their label in for approval, and then keep tweaking it until they get more experienced in the process," Kiser said.

The certification, based all through online lectures, is intended for wine professionals who have been in the field for five or more years. Although it is sponsored through the GU School of Law, a law degree is not required to participate. There are 16 courses involved in the certification, which include filmed lectures and reading assignments, that participants can finish at their own pace.

"We're hoping to break down some of those barriers with these

SEE WINE PAGE 3

Woman's soccer GPA rewarded

By AUDREY MEASER

The award is a prestigious honor that many teams strive for each year, but for the GU women's soccer team it's their mentality going into each season, and the self-discipline within the team that's gotten them here year in and year out.

The Gonzaga women's soccer team made history this year by winning the Team Academic Award from the United Soccer Coaches Association for its 12th straight season. The award is given to teams with a grade-point average of 3.0 or above. Head Coach Christopher Watkins' team earned a GPA of 3.47 this last season, putting them well above the threshold for the award.

"Their expectations for each other are what drive the success in the classroom," Watkins said via phone call. "The culture within the department is what perpetuates this level and this standard."

The team's academic advisor Emma Moon, who's been with the women's soccer team since its first Team Academic Award, is a key player the team's success and accountability in and out of the classroom. The team's academic support staff set the bar high from the beginning, and each year the team rises to the occasion.

Senior defender Jordan Thompson credits the women who came before her and the academic support staff who are with the team every step of the way.

"When I came into the program 3.5 years ago it was expected that academics were one of our main priorities," Thompson said via email. "This has been a tradition of this program since long before then."

Thompson said she sees this award as recognition for the team's diligence not only in the classroom, but as teammates on the field as well. This historic win for GU shows just how committed these women are to upholding this level of academic excellence.

"There is definitely an expectation for us to keep this standard going," Thompson said. "I think it brings us together as a team towards a clear goal. We have a very clear vision and goal on the field, but we also have this vision and clear goal off the field as well."

The team's razor-sharp focus on and off the field are a testament to their tireless efforts to uphold and represent GU's values in the best way possible.

"The players know this level is expected of them and they're driven to uphold the standard," said Watkins. "Expectations are awesome, they can self-police each other."

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Volleyball player proves herself in the lab and on the court

New club empowers girls in Spokane

By TESS PICKAR

In the midst of the COVID-19 pandemic, Gonzaga students collaborated to help out their fellow female students.

That's how GU Students Empowering Women (SEW) came to be. This is the club's first semester, and it is entirely student-run.

SEW is made up of three committees, the outreach committee, the mentorship committee and the events committee. Senior Kathleen Frein is the chair of the mentorship committee while senior Jax Viteznik is the chair of the outreach committee.

As chair of the mentorship committee, Frein's main job is organizing and matching students who are interested in being mentors to young girls in the Spokane community as well as coming up with the lessons and material to mentor these young girls on. She is also responsible with setting up campus mentor training programs.

What is so unique about Frein's role is that she wanted to take on a position of leadership because of her own experiences and her passion to give back to the community.

"It's really important because adolescence is such a scary and confusing time for girls," she said. "It's a crucial time both physically and emotionally."

Growing up, Frein wanted to have an older sister, but didn't have that, so her motivation is to give growing girls that positive, older female figure who can help with the trying times of youth. She wants the members of SEW to not only be the confidants of young girls in the Spokane community, but the guiding force for them through adolescence for positive growth and good relationships.

Frein said that the club is something



PHOTO COURTESY OF STUDENTS EMPOWERING WOMEN

SEW hopes to partner with CCE in the future and create a girls mentorship program in which it would focus on a different theme a week such as self-esteem.

that she could have greatly benefitted from as a young girl, so this encouraged her to assume a leadership role. This way she can contribute and also be a positive role model for young girls in the community.

As chair of the outreach committee, Viteznik's main job is finding organizations and other partners within the Spokane community and coordinating events such as fundraisers with them.

"These three committees allow for a little bit for everyone. If being a mentor isn't a student's thing, then they can do outreach to schools or volunteer at events," Frein said.

SEW prides themselves with being inclusive. Anyone can join, and students are encouraged to put their ideas out there.

The three committees are supposed to overlap in their goal to uplift women both in the Spokane community and on campus.

SEW is a club that is dedicated to gender equality, making sure that it is present not only in the classroom but in the curriculum through the recognition of

feminine worth in theology.

"Women are often overlooked in the topic of theology," Frein said. Currently, GU does offer some feminist theory classes, but another one of SEW's goals is to increase the number of classes offered as well as help revamp some of the core classes to include more feminist theory and female recognition.

With these goals, SEW strives to help carry out GU's mission of social justice.

COVID-19 has greatly impacted the club because it limits the number of events they can do. It also causes the club to think of some alternatives to face-to-face interactions.

Virtual seminars and on-campus donation drives for local women's shelters are events that SEW plans on carrying out in the future.

Once COVID-19 is less of a threat and face-to-face events can occur once again, SEW wants to partner with the Center for Community Engagement (CCE) and do a mentorship program within local elementary schools, GU students being

the mentor and elementary students being the mentee.

Right now, CCE has a program called the Connections where they have a set circle of elementary schools that they work with. They have their own mentorship program where they send students to schools each week and do after-school activities.

SEW's goal is to do something similar and have their own branch of mentorship with young girls. It would focus on a different theme each week such as self-esteem or body acceptance, but there would also be fun activities as well as a career day dedicated to honoring women such as those in the world of science and technology.

So far, SEW has had an overwhelming amount of interest, especially from underclassmen. It has had two big club meetings so far held over Zoom, with more coming in the near future.

SEW also has a potential upcoming event in October. It plans on organizing a fundraising drive for domestic violence awareness month where students can donate money or send items to a donation mailbox that will be set up in the mail room.

In accordance with this event, SEW is planning on adding another social media committee to not only spread awareness of the club, but of the upcoming fundraiser and its cause.

In order to stay up to date with SEW and its upcoming events, students are encouraged to check out their Instagram, @gonzagasew, and sign up for the club's email list.

Tess Pickar is a staff writer.

WASTE BINS

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About 11 people participated on the day of assembly, along with Tomson Spink, grounds manager for Plant Services, and Jim Simon, director of sustainability at GU, who were in charge of constructing and labeling bins prior to student arrival.

"Because the majority of the volunteers were involved in some realm of sustainability on campus, there was a collective energy and motivation towards the greater purpose of the bins, despite the slightly tedious process of putting them together," Graham said.

Graham has worked alongside Spink, as well as Edin Jusic, custodial manager for Plant Services, and Greg McGuire, the operations manager of the John J. Hemmingson Center. Their job has been to create a layout for placement of bins on campus, as well as set a goal date for the roll-out of the bins, which has been set for Oct. 24.

"This date is when we are aiming to have everything planned and set in place to get the bins into most of the major academic buildings on campus, such as Hemmingson, College Hall, Foley Library, Jepson, Herak and Hughes," Graham said.

After the bins are put into place around campus, a marketing team will work on advertising the new bins to Zags on campus. The long-term plan is to repeat this process of purchasing, placing and advertising the bins until there are enough to be consistently placed around campus.

"This process is going to be happening throughout the semester and year and will be reliant upon all the moving parts, as well as student participation, to construct and place bins as they come in," Graham said.

With a project as widespread and intensive as this one, all hands on deck are needed. While it may be a lot of manual labor and planning upfront, the new project will have tangible impacts on GU's carbon footprint.

"The hope is that through these bins, the marketing campaign and other education, we will see actual differences in the amount of waste we produce on campus, our contamination and how much waste we can divert from landfills with regular waste audits and proper composting and recycling patterns," Graham said.

GU senior Mikaela Schlesinger is the president of the Gonzaga Environmental Organization, GEO, and is one of Rethink Waste's committee leaders. She and some members of GEO were student volunteers who helped assemble the new waste organizational system on campus last week.

GEO is the largest student run environmental club on campus and they work with GU and students on various projects and events throughout the year. They are also heavily involved in the greater Spokane community. With



CHIANA MCINNELLY IG: picsoychiana

The process of purchasing, placing and labeling these bins, like Jim Simon, the director of the Office of Sustainability is doing, will occur until there are enough to use on campus.

GEO being as large a club as it is, it is broken into five sub committees, one of them being the "Rethink Waste" committee co-run by Schlesinger.

"I have high hopes for this project," Schlesinger said via email. "One of the greatest problems with waste management is the confusion on what goes where, as it's very different for each municipality. The goal of this project is to decrease confusion by having very clear waste signage of common items found on campus, and where to put them."

Schlesinger said the club's goals go hand in hand with the new waste system goals of creating a greener environment on campus, getting students involved in the process and getting the word out about ways to actively help make your community more environmentally friendly.

"I hope that more people educate themselves on [climate] issues and continue to push for more sustainable system changes as well as realize how their carbon

footprint affects others," Schlesinger said.

Much like Schlesinger and GEO, Graham urges all Zags to use this project as a jumping off point for getting involved in the bettering of GU's waste system, and for using these new tools given to them to make campus a healthier place for all who call it home.

"No one can be a perfect consumer, especially in the world we live in, and oftentimes people don't have the privilege to make those 'conscious' decisions," Graham said. "However, the best thing you can do is educate yourself, your peers and your family, and that is exactly what we are hoping to do."

Audrey Measer is the opinion editor. Follow her on Twitter @audrey_measer.

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Falling into new traditions

Fall Family Weekend was a packed weekend of friends and family now it is a two month-long virtual series

By ETHAN MCREYNOLDS

Fall Family Weekend has been a staple event at Gonzaga University for years, but like so many other events this year, COVID-19 put it at risk of cancellation.

The weekend has been a key event for the GU community and provides families an opportunity to come to campus and participate in a slew of events all weekend.

Fall Family Engagement, as it has been renamed, will be a series of virtual events and programming throughout all of October and November starting on Oct. 9. It brings families together and shows them what it means to be a Zag through two months of virtual activities.

“We decided to try to coordinate any virtual events that would be happening throughout the fall and do an entire series of events throughout October and November instead of trying to consolidate everything into one weekend,” said Jim Fawcett, the program coordinator for Parent and Family Relations.

The events will differ in subjects ranging from an LGBTQ+ inclusive prayer service led by Mission and Ministry, to a 60x60 Dance Festival organized by the Gonzaga Theatre and Dance Department. Fall Family Engagement will provide something for everyone’s taste with the plethora of activities and programs scheduled on their website.

This format is much different than that of previous years, but the goal of engaging parents with the GU community remains the same.

“In the past, Fall Family Weekend has not just been about families coming to campus, but a campuswide celebration of what being a Zag is,” Fawcett said.

COVID-19 provided many challenges for this event, none more pressing than allowing parents and families

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In the past, Fall Family Weekend has not just been about families coming to campus, but a campuswide celebration of what being a Zag is.

Jim Fawcett, Parent and Family Relations program coordinator

the ability to connect with the GU community.

The Parent and Family Relations team took these obstacles in stride and organized an event that enables families to get in touch with campus life.

“I don’t think canceling was ever an option,” said Serena Hua, event coordinator for Parent and Family Relations. “We felt that Family Weekend was very important to our Zag community because it gives our families and community a chance to connect with the student body and staff and faculty.”

There is not another event at GU quite like Fall Family Weekend, Fawcett said.

GU’s other noteworthy events such as New Student Orientation and graduation are geared toward the freshman and senior classes respectively. Fall Family Weekend is the only occasion involves students and

families from all classes and is geared toward the entire university.

Fall Family Weekend at GU is a unique way for families to see the GU community and campus in action, but the event also serves as a way for students to reconnect with their families as the first six weeks away from home start to build up.

Hua said a question the Parent and Family Relations team grappled with while planning the event was how to relieve some of the homesickness feel, especially first-year students.

Fall Family Weekend has always been incredibly impactful for first-year students as they attempt to transition to the college lifestyle without seeing their families every day.

For this year’s Fall Family Engagement, Parent and Family Relations is also partnering with Negative Split to put on a virtual race for the Zag community. This virtual marathon will take place from Oct. 10 to Oct. 31 and all proceeds from the event will go towards Zagathon to benefit Miracle Kids at Sacred Heart Children’s Hospital in Spokane.

This is the first virtual run GU has put on and is just one example of the unique events students and families will find over the next two months.

The event’s website (www.gonzagaffe.com) will be constantly updated as more events are planned and has all Zoom links and registration information provided on the site.

“Our main goal every year is to give families a snapshot of what it is to be a Zag,” Fawcett said.

Ethan McReynolds is a contributor.

TRACERS

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same background education on how to do the job.

“Contact tracing is exactly what it sounds like,” Lee said. “You are finding a positive case, and then connecting all of their contacts to that case.”

The job of a contact tracer is essentially to notify, interview and advise people who have been identified as a positive case or close contacts to a positive case.

A close contact is defined as someone who spends 15 minutes or longer within six feet of distance from an individual who tests positive specifically for COVID-19.

Contact tracers have a multitude of pressing duties. Once they are notified of a positive or probable case in the GU community, they make sure that they are taken care of, isolating away from anyone else and reducing exposure, and then reach out to all of their close contacts instructing them on how to quarantine and ensuring they have a safe space to so.

“COVID doesn’t abide by an 8 to 5 Monday through Friday schedule, so in this line of work, timing is really important, Hickey said. “When you get that positive, you need to move to get them moved as quickly as possible to limit the spread.”

As a result, their team has had some late nights which is especially hard when you have a family, like Hickey.

A typical day as a contact tracer for GU has many moving parts. It begins at 8 a.m. when the hotline opens up and their daily team check-in begins. The core group they work with is made up of four contact tracers, their supervisor Taylor Jordan, the COVID-19 coordinator for the university, and her supervisor Kristiana Holmes, the director of Health & Counseling Services.

It varies who reports positive cases to contact tracers. They receive calls either directly or through the hotline from the lab, InCyte Diagnostics, that processes GU’s COVID-19 tests, the athletics department or through Dr. Trevor McCrory, a physician from Health and Counseling Services.

Each contact tracer has a caseload of students. Every day, they touch base about positive cases which need to be assigned out, and then start their case management pieces. This includes answering any emails or hotline calls that are coming in, and doing daily check-ins for people who are in isolation.

The contact tracing team takes the bulk of calls from parents and guardians who are worried about their student, explaining the reasoning behind the different directives without giving any sort of private medical information to people who are not the student.

Contact tracers call and check in with their assigned students either daily or every other day depending on if they’re in quarantine or isolation. Part of the check-in



Anastacia Lee

process includes entering notes into their tracking system’s accounts for isolating and quarantining students.

They are also responsible for monitoring a queue of accounts that are flagged from The ZagCheck Self-Screening App.

The general hours for our team are 8 a.m. to 4:30 p.m. Monday through Friday. However, there is always a contact tracer on call until 9 p.m. every weekday and on weekends from 9 a.m. to 9 p.m. They rotate the days they are on call.

Balance is key in order to stay afloat in this fast-paced job.

“You do kind of have to wear many hats in this type of role, but I think the biggest skill I’ve used in this job that served me well is just the ability to multitask,” Hickey said. “It is important to be able to talk with the student and get the information we need, but also be reassuring and comforting to that student. At the same time, we are getting their move started by emailing the resident director on call.”

Lee relies on a holistic approach when it comes to her job.

“It’s not just our team at the university that’s working to support these students. We have Housing and Residence Life, the Center for Cura Personalis, everyone at Health and Counseling Services, Plant Services, it’s literally everyone at Gonzaga doing their part to make sure that students can stay here and stay on campus in a safe and supported environment,” Lee said.

The contact tracing team collaborates with residence directors in Housing and Residence Life for daily logistical moves.

For on-campus students, the residence director on call is contacted, and due to the heightened volume of calls related to COVID-19, there is now a secondary residence director on call.

After a student gets a call from a contact tracer that they are positive or a close contact, they are contacted by a residence director who gives them the logistics for moving. Throughout the day, contact tracers send residence directors lists of who they have to move and where they need to move to. To keep track of where a student



Sierra Pancoast

is moving, residence directors enter a new booking into their reservation system and will check them out of their original room, and then send that information to the contact tracing team.

Residence directors transport students in vans or golf carts from their original dorm and move them to a different residence hall depending on their symptoms. During this process, they are clad in robust personal protective equipment including masks, shield and a plexiglass divider between the front and the back of the golf cart.

Residence directors help answer needs such as making sure dietary restrictions are noted, students having the correct textbooks and basic supplies in their rooms.

Sierra Pancoast, the residence director for northeast block, said it is important for students to be empathetic toward others because everyone experiences symptoms in a different way and it may not be similar to what one might be personally experiencing.

Resources are still offered to off-campus students.

“The benefits of a lot of people who live off campus are that they’re in households that can be easily divided and in some instances they have roommates who can go out and grocery shop for them if the entire household has not been quarantined,” Lee said.

There has been little pushback from students when they are instructed to isolate or quarantine. In order to return to campus this year, students were asked to take a pledge, stating that they understood the reopening plan and would abide by the public health measures that were set forth.

“Making sure that students are aware of the trickle down effects of their actions has been really useful,” Lee said.

In addition to making sure the quarantine and isolation protocols are followed, contact tracers are constantly serving as an emotional support for students, as they endure the often taxing experience of isolation.

“It’s important to give students some



Bethany Hickey

different coping skills for being able to get through the time and trying to reframe it and ask what sort of things they want to get out of this,” Pancoast said.

Helping students set goals for their time in isolation such as self reflection, being academically productive or FaceTiming people, has been beneficial in preventing them from seeing it as a miserable experience and guiding them to see opportunity in it.

“No one wants to go into isolation or quarantine,” Hickey said. “But I think just being empathetic and explaining the reasoning why, has gone a long way to helping students feel like they can be part of the solution. That helps alleviate some of the stress they’re having from to move into a facility.”

For students, keeping an open dialogue with their contact tracer is crucial.

“I always tell my students to reach out, if there is literally anything that they need that could be supportive for them,” Lee said. “Our job is to contact trace and to make sure that we’re keeping the spread down, but we are so committed to making sure that anyone who goes through isolation or quarantine feels supported.”

After the pandemic is over, it’s hard to say if universities and agencies are going to see more of a need to have a contact tracing team in place to prevent something like this from happening in the future.

The day-to-day scramble that comes with this job is challenging, but the rewarding aspects often surpass the times of stress.

“My whole life I knew I wanted a job where I felt like I was making a difference in my community,” Hickey said. “I feel like the work I’m doing is helping people, and that’s the most rewarding part to me.”

Juliette Carey is a staff writer. Follow her on Twitter: @jujcray.



Photo courtesy of Gonzaga Photo Services

Classes for this new program include Wine Labeling and Wine Tasting 101.

WINE

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introductory courses,” Kiser said.

Some examples of classes participants take include Wine Labeling, Wine Tasting 101 and Cost Accounting/Grape Commitments/Barrels.

Another unique aspect of this certification are the immersion events held multiple times a year. Students are required to attend at least one event, which can be held at multiple different wineries in Washington state.

The first event will be held at Chateau Ste. Michelle in Woodinville, Washington, outside of Seattle. The original date for the event, Nov. 14, has been rescheduled to March 27 due to concerns over COVID-19.

“The hope is that we can return to Florence actually, maybe next summer,” Kiser said.

Florence, much like Washington, has a flourishing wine culture that would be a great learning tool for those who join the program.

There are also hopes to expand this program in the future as well.

“We hope to continue to be innovative and integrated within the Gonzaga community with our partnership with the School of Business and School of Leadership Studies,” said Sarah Guzman, director of Alumni Engagement and Strategic Initiatives, who helped with the creation of this project for a number of months.

Lindsey Wilson is a staff writer. Follow her on Twitter: @lindseywilson1.

Quarantine chronicles: Inside look at COVID-19 isolation

As COVID-19 rages on throughout communities worldwide, people across the globe have had to adjust to a brand-new vocabulary. Terms such as “contact tracing” and “nano-particles” have been added to our daily dialogues. Perhaps the most ominous, especially for younger generations, such as us Zags, is “quarantine.”

Gonzaga students who are placed into quarantine seemingly vanish into thin air. They are ushered off with their belongings in a golf cart — only to return weeks later, integrating right back into normal life.

After my positive test results hit, I knew I’d soon catch a glimpse of what occurs after this process of “vanishing.”

I get the unique pleasure of pulling back the curtain, allowing a peek into the black box that is the specter of quarantine. As intimidating as the idea of “quarantine” may seem, my experience with a positive test result and subsequent isolation was unusual, but never rising to the intense reputation it carries in society.

It’s difficult to imagine having COVID-19. Throughout this year I was suspicious, just like many others, that perhaps the brief cold I suffered in March was COVID-19 and I had already fallen victim to a mild symptom case. My misconception proved false, when I was awoken to a Tuesday morning phone call from GU Health Services.

It was a surreal moment to be sure, but the feeling faded quickly as I was brought back to reality by thoughts of classes, Zoom meetings and deadlines. I collected myself and then of course, called my parents.

The situation proved relatively simple, I was to be moved from Chardin (isolation for students who were exposed) to Roncalli Hall, the confirmed positive case dorm.

Staying in a hall where everyone was positive changed living circumstances dramatically. We were allowed



By ANDERS SVENNINGSEN

outside of our rooms so long as we never left the building. In addition to this we were not required to wear masks; I found myself shaking hands with people for the first time in months.

Meeting the people in Roncalli Hall was a highlight; I engaged with new faces — many of whom I would never have had the chance to interact with otherwise.

This new living arrangement was a stark contrast to the four days I spent at Chardin wherein I was not allowed outside my room for any reason, at any time.

Each day at Roncalli between the hours of 10 a.m. to noon we were asked to stay in our room as staff swept the building to clean common areas and deliver food. After those two hours we were free to move about, occupying common areas or perhaps walking the stairs to get some exercise.

The only time spent outside in quarantine was for food pickup. In Chardin, this consisted of a knock on the door, waiting about five minutes to be sure staff had cleared the area, and grabbing the food left in the doorway. Roncalli Hall saw a more creative workaround to mitigate risk of getting COVID-19 from those inside; staff placed meals in locked

mini fridges along the outside wall, calling students to inform them when food was ready for pickup.

Food services were incredibly considerate, at any time we were able to voice dietary restraints and modify what we received with a phone call or email. Despite this ingenuity and fluidity of the food system, actual meal quality was lacking. This is in part due to constraints of the microwave and fridge, which were all we were provided in our rooms, as well as the sheer number of specific students’ individual food needs being taken into account.

Generally, I’ll eat what’s provided, as it’s the polite and Midwestern thing to do. However, I have to defy my Midwestern mannerisms in this situation to air grievances with the food distributed. It wasn’t very good.

Often breakfast included eggs, which are one of the most hopeless foods to reheate. Lunch and dinner fared slightly better, but never really exceeded any (already low) expectations. Common dinner cuisine included a few ounces of protein such as chicken breast or pork chop served over rice, perhaps with an unknown sauce and limp vegetables soaked with oil.

Besides main meals we also received rations of snacks which usually included a bag of chips, a couple granola bars and a fruit item. However, the staple of quarantine food delivery were the drinks. Each new day yielded approximately two Gatorades, an apple or orange juice and one or two bottles of water. As far as drinks go, we were consistently delivered a great deal more than most students drank, so I returned with a large paper bag filled up with Gatorades as a quasi-reward for my quarantine “sentence.”

I imagine the last thing GU dining services thought they would have to do is provide food for those in extended-

stay quarantine. I appreciate all the hard work that staff at GU has put into keeping students healthy and ensuring the safety of the quarantine process. The food is partly a reflection of the current crummy circumstances, and in my opinion, not necessarily a reflection of the work put in by the amazing staff here at GU.

Other than the unfortunate food situation, quarantine life proved similar to regular dorm life.

Time inched along slowly during certain portions of quarantine and flew by in others. Zoom meetings, assignments and online classes kept us busy, and of course on the weekends we gathered for some friendly competition in pingpong, pool and card games. Catching the Lakers game on the TV downstairs or listening to someone play the piano in the upstairs commons added bright spots of normalcy to our unusual stay in Roncalli.

Overall, my personal experience with quarantine wasn’t completely negative. During my time, I got to know other students who would likely say the same thing. It was 14 days, but it wasn’t our whole lives.

Checking in with family, resources from GU, social media and of course Netflix gave us opportunities to “escape.” At the end of the day I’m incredibly thankful my symptoms were mild, as many people are not nearly as fortunate. I hope that through my experience in quarantine you might be able to gain a better understanding of what it’s like to go through this process at GU and challenge the stigma against the difficulties of quarantine.

Anders Svenningsen is a staff writer.

Say sayonara to spring break Zags

COVID-19 strikes Gonzaga University again as it has been announced spring break for the 2021 spring semester is canceled and it makes no sense.

Spring break is a perfect time during the semester to give students a moment to relax from the everlasting pressure of classes. It has become a staple of helping the mental health of students.

When I first heard that GU was canceling spring break, I thought it was a joke. It seems so ridiculous that the school would completely remove a full week off from classes. This doesn’t mention the fact that to replace the break, they gave us one extra reading day for the semester in March.

For a university that aims to develop its students as a whole,



By KADEN BROOKHOUSE

not taking into account the importance of having a break and time to prepare oneself for the final stretch of the semester is simply not on par with its own values.

I’m not alone in my feelings about this. The same day that they

made the announcement there was already a petition to give us back our break. The petition wasn’t even started by a current student, but a graduate who clearly understands more about the mental health of students than the school administration.

What may be even more frustrating than losing the time off for spring break is that there are so many ways the school could have gone about this that would be significantly better.

Obviously, I can see that there are valid reasons to cancel a nine-day break in the middle of a pandemic so to limit the ability for students to travel and then potentially spread the virus. This just becomes unconvincing when looking at fall semester still having Thanksgiving break.

Thanksgiving break is a perfect example of what GU could do instead of completely canceling the week off from classes. Give students the break and if they decide to travel elsewhere then they aren’t allowed to come back to campus.

This is a perfect compromise. Students are given the much needed break from classes, people can travel off-campus if they want to, and people who want to stay on campus still have that option at the expense of their ability to travel.

They could even allow people to travel and come back with the requirement they provide a negative test before they are allowed to return to their dorms, and if they test positive, they have to quarantine.

The school hasn’t shown that they are willing to test as many people as they need to in order to keep up to date on their numbers and safety.

Another option would be to give us the week off but restrict travel. I would gladly take the week off even if I couldn’t go home and visit with people.

Realistically, it makes no sense that the school is so cautious around letting people leave for breaks mid semester but is completely open to students coming to campus after summer

or winter break.

There is a lack of consistency in the school’s decision making and it feels GU isn’t considering how the students are going to be impacted enough.

At first glance there may be a silver lining in that with the cancellation of spring break, they pushed back the start to the semester creating a week longer winter break. This is until you realize it was already a shorter winter break to begin with.

So just when you think maybe something good could come from losing the week off, it is ripped away as it is merely giving us something that is standard in other years.

The school has clearly made a choice that is hard for students to support. Students have to shift their hope to the school changing their mind or at the very least, doing better in the future.

Kaden Brookhouse is a contributor.

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How to Zag: Midterm madness

As a first-year student at Gonzaga, you’ve likely never experienced the dreaded midterm. The mid-October test season seems to creep up on us each year, and if this is your first go around you might be wondering how to even begin preparing.

Midterms during a pandemic are even more of a daunting idea. While this new wrench in the year is new for all Zags, there are still some tips and tricks that can help you conquer this test season from a seasoned midterm taker.

Whether this is your first semester or your last, here are some tips to help you walk into that classroom (or Zoom meeting) feeling sure of yourself and ready to tackle the tests.

Make a schedule

It’s always overwhelming at first hearing how many projects you have due and tests you have to prepare for all in the same week, but with a detailed and organized schedule it will be much easier. You can plan out when to study and work on projects, to ensure you have everything done on time.

Plan the entire week hour by hour, penciling in studying, breaks, meetings and tests for optimal success.

Office hours

If you are a student at GU, you have definitely been told to utilize office hours. It truly cannot be stressed enough how important and helpful this tool is. Most office hours are now



By CARSYN KNISS

over Zoom, making it much easier to find time to ask important questions about your classes.

Along with this, you should never be afraid to send an email to your professor. They’ll be happy to know you are engaged and are putting in an effort to do well.

Best study spots

The John J. Hemmingson Center

The Gonzaga Student Center is always a great choice for a study spot. Whether you want a quiet study room to yourself or a more active study area with music, Hemmingson offers a spot for all kinds of studious Zags. It’s important to change your scenery while studying and working for so many hours, and this is building is perfect for just that.

Rosauer communal area

This small cozy GU building may be the perfect spot for you to begin your study session. seem Few people do their work here, so it’s always quiet. There are TV’s to connect to and comfy booths to sit in, making it the ideal location for

a study group spot.

Classrooms

With COVID-19 this might be the trickiest area to access because some classrooms stay locked. But, if you’re able to find an open classroom in College Hall, Jepson or even Hughes, use it to your advantage. You can connect to the projectors, spread your notes out on the tables, and use the entire whiteboard to ensure a successful study session.

Other general tips

Sleep and eat

It may seem like college is full of all-nighters and caffeine, but the key to a successful midterm week is to get a good night sleep, wake up early and have a healthy breakfast. This will help your mind and body work to the best of its abilities for any tests and presentations you might have.

Breathe

Midterms can seem overwhelmingly stressful and sometimes impossible but, trust me, you will get through it. You have peers, professors and friends who are here to help you succeed.

“The biggest thing is to try and focus on the big picture of the class... [this] can help with studying when you’re not sure where to start,” said junior Gina Svab.

Remember to take deep breathes, take breaks, ask questions and know that you are capable.

Carsyn Kniss is a contributor.

Add some fall spices to the mix

Commentary by SARAH VAN LIEW

October is here and we are finally in the season where the trees on campus turn vibrant colors and the weather turns cool. Fall is the perfect time to try out new recipes and treats as well as explore Spokane to find the best fall foods while the weather is sunny, beautiful and crisp.

Here are five recipes for fall weather that will keep you cozy while curled up on the couch and warm while outside enjoying the crisp fall weather:

Apple Cinnamon Crepes

Crepes are a fun treat that are delicious year-round. This treat can be spiced up with fall toppings for a perfect fall breakfast or dessert.

Ingredients:

- ½ cup water
- ½ cup milk
- 1 cup flour
- 2 tsp sugar
- 1 tsp vanilla
- 2 eggs

Simply combine the ingredients together in a mixing bowl and stir. Next, pour about ¼ cup of the batter into a large pan and tilt the pan around until the batter is covering the entire pan. When the first side is cooked, flip the crepe, remove from the pan and add toppings. Top with softened apples and cinnamon for a perfect fall treat.

German Apple Pancake

The German Apple Pancake is a delicious breakfast or treat that you can easily make in your house, apartment or dorm kitchen.

Ingredients:

- Pancake:
- 3 large eggs
- 1 cup milk
- ¾ cup flour
- ½ tsp salt
- ⅙ tsp nutmeg
- 3 tbs butter

- Topping:
- 2 apples, sliced and peeled
- 3 tbs butter
- 2 tbs sugar

First, preheat a cast iron skillet in the oven at 425 degrees. Then, blend the eggs, milk, flour, salt and nutmeg in a blender until smooth. Carefully remove the skillet from the oven and add butter, then place it back in the oven until the butter is boiling. Remove the pan and pour the blended batter into it. Bake for 20 minutes at 425 degrees.

While your pancake is in the oven, stir apples, butter, and sugar in a skillet on medium heat until the apples are tender. When your pancake is done, pour the topping mixture into the pancake and enjoy.

Pumpkin Spice Latte

The pumpkin spice latte is one of the first things that many of us think of when thinking of fall foods and drinks, and

although the pumpkin spice latte is most popular at Starbucks, this fall you can save your bulldog bucks and make it on your own.

Ingredients:

- 2 cups milk
- 2 tbs pumpkin puree
- 1-3 tbs sugar
- 1 tbs vanilla extract
- ½ tsp pumpkin pie spice
- ½ cup hot coffee

Stir the milk, pumpkin puree and sugar in a saucepan on medium heat until hot. Remove the saucepan from the stove and stir in the vanilla, pumpkin pie spice and coffee.

You can add whipped cream and more pumpkin pie spice on top. Drink to wake you up in the morning before class or while you are studying.

Pumpkin Chocolate Chip Bread

This bread is a wonderful treat that you can have for breakfast or as a late night snack during the fall months. It is a classic fall treat that can be made with the chocolate chips or with cranberries for a healthier option.

Ingredients:

- 1 ⅓ cup flour
- 1 cup sugar
- 1 tbs cinnamon
- 1 tsp baking soda
- Pinch of nutmeg
- 1 cup pumpkin puree
- ½ cup butter
- 2 eggs
- 1 cup chocolate chips

Stir the flour, cinnamon, baking soda, sugar, salt and nutmeg all together, and stir the pumpkin, butter and eggs in another bowl before adding the chocolate chips or cranberries.

Next pour the two mixtures together into one bowl, then pour into a pan and bake at 350 degrees for one hour and you have finished your pumpkin bread.

Apple Cinnamon and Peanut Butter Energy Bites

Energy bites are a perfect snack to eat between classes or as part of your breakfast, and are healthy and easy to make. There are many ways to make energy bites, but here are two ways that you will be sure to love this fall.

Apple Cinnamon Energy Bites

Ingredients:

- 2 cups oats
- ¼ cup flax seed or chia seed
- ¾ tsp cinnamon
- ½ cup almond butter
- ¼ cup honey
- 1 tsp vanilla
- 1 cup chopped apple

Peanut Butter Energy Bites

Ingredients:

- 2 cups oats
- 1 cup peanut butter
- ½ cup honey
- ½ cup chia seed
- Chocolate chips or cranberries

All that you need to do for this recipe



PHOTO COURTESY OF SARAH VAN LIEW

Not only are apple crepes a delicious fall treat, but they can be enjoyed year-round as breakfast or dessert.

is combine all of the ingredients together into a large bowl, stir and then place the bowl in the fridge for 30 minutes. Next, scoop out small sections and roll into balls, and they are ready to eat.

Best Places to go in Spokane for Fall Treats

If you are lacking kitchen supplies or don't have the time to try out some of these fall recipes, there are many places throughout Spokane that you can go for some fun fall treats or comfort food.

One of the best places to go this fall is Green Bluff, where you can pick your own fruit and pumpkins that you can either use in your recipes or simply enjoy. Green Bluff also has several fall baked goods to try such as huckleberry pie, apple cider and pumpkin donuts. You can try these foods while you appreciate the beautiful fall weather and walk throughout the

orchards.

Another wonderful place to find fall foods and treats is Hello Sugar, where they serve seasonal mini donuts and coffee. They serve pumpkin lattes, caramel apple ciders as well as fall flavored donuts at several different locations.

Arctos Coffee is a favorite coffee shop of many Gonzaga students, and is one of the best places to go for some fall flavored coffee. Along with their classic lattes and coffees that are served year round, they now have a "pumpkin pie," "autumn glow" and "sweater weather" coffee for you to try this fall.

Fall is the perfect time to try out these wonderful Spokane businesses, as well as a perfect time to test out your new recipes as you enjoy the beautiful fall months.

Sarah Van Liew is a staff writer. Follow her on Twitter @sarah_vanliew.

Universal Crossword

Edited by David Steinberg October 18, 2020

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11 impossible

12 Foreign matter

12 Come into view menacingly

13 Like an old carrot

18 Detective's need

22 Chop off City abbr.

24 Popular succulent "onto"

25 Secret place?

26 Strand at a ski lodge, say

27 Eye, for one

28 Major blood carrier

29 Key thing for a hotel guest to know

30 "Come again?"

31 Dressed to the

32 Bird known for its vision

34 ___ your bets

37 "Perhaps I was wrong"

39 Opposite of gloomy

42 Plopped down

45 Dir. hidden in "Johannesburg"

46 Fling or sling

48 Really takes off

49 Popular succulent

50 State where "Field of Dreams" is set

51 Alberta tribe

52 College in New Rochelle

53 ...

54 Big bothers

57 Affirmative vote

58 Cooking meas.

59 Colorado native

PREVIOUS PUZZLE ANSWER

MAST MAJAM SNIP
OSLO TERSE ZONE
AHOY UNTIL ADDS
NEWBORN BABY OUT
CORNER OUNCE
BYLAW NUTBUTTER
BEATEN TRIBE
CAP LIL ICE NAP
ALCOA STPETE
NELLIEBLY CRAMP
EVITA FATHER
SEA NAVALBATTLE
TRIP CELIA AEON
ELSA REFER PROB
DYED ERAS EMMY

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10/18

You Are What You Eat by Paul Coulter

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 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65

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Student Planner 2020-2021

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UNIVERSAL Sudoku Puzzle

	1			8	5	4		
		4	2	7				
7							8	
	6		5			8		
3				4				9
		5			1		3	
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DIFFICULTY RATING: ★★★★★

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7	4	8	3	9	5	6	9	1
2	8	5	4	9	1	3	6	7
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N	E	W	B	O	R	N	B	A	B	I		O	U
					C	O	R	N	E		O	U	N
					B	Y	L	A	W		N	U	T
					B	E	A	T	E	N		T	R
					C	A	P		L	I	L		I
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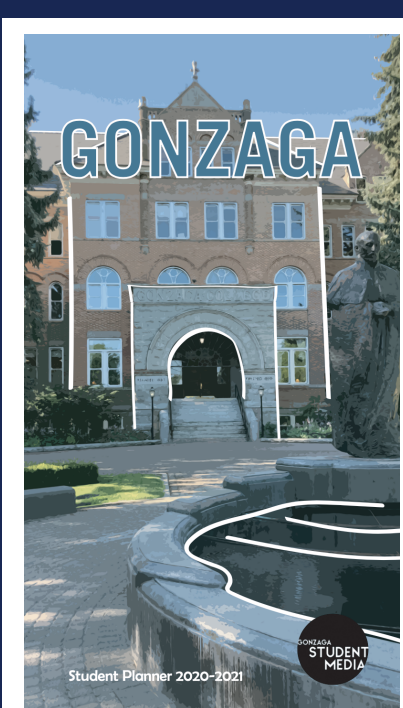
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5	2	7	6	1	8	9	4	3
9	3	2	1	6	8	5	7	4
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3	7	4	5	8	6	9	1	2

GU dance partners with PNW Ballet

By ASHER ALI

Monday, Oct. 5 was a big day for the Gonzaga dance program. It was the first night of rehearsal in preparation for the second annual “Dance Presents!” performance, an event involving a professional touring dance company that collaborates with GU in putting on a multi-faceted dance event.

This year’s performance features Pacific Northwest Ballet (PNB). One of the company’s principal dancers, Kyle Davis was to begin his virtual residency with an ensemble of 12 GU ballet dancers that night as he was going to send his work to them for the first time. But before they could get him up on screen in the GU dance studio to introduce themselves to him, the campus Wi-Fi shutdown.

“We had everything set up so he could be big on the projection screen but we couldn’t get on it because the internet was down; I was sweating and everyone was stressed out because this was our first big moment with him,” GU Dance Director Suzanne Ostersmith said. “I figured out a way to get the dancers set up on smaller devices around the room, so they had to start by trying to see what he was doing on these tiny devices, and that was when I realized it was going to work.”

Just as how the dancers had to adapt ad hocly in that moment, the entire dance program has had to reconfigure everything about their preconceived expectations for what a dance performance would look like this semester in order to prepare for this collaboration.

Davis represents PNB, one of the top 10 ballet companies in the United States according to Dance Data Project, so for GU to get the opportunity to collaborate with such a prestigious group took an inordinate amount of networking on behalf of Ostersmith and the rest of the university’s dance faculty.

After hosting PNB’s Spring ensemble tryouts in the Myrtle Woldson Performing Arts Center (MWPAC) in January, Ostersmith worked on setting up some form of a partnership opportunity with the company for the coming school year, and was originally able to schedule Davis and a few other company dancers to come and work alongside GU ballet performers to choreograph a piece in person.

“The building of the performing art center has really set off the school’s dance program because now we have opportunities for outside, professional companies to perform in a space that’s more open to the public,” said Kalleigh Wagner, a senior dance minor who’s a member of this performance’s 12 dancer ensemble. “It’s exposing not just Gonzaga, but Spokane to the dance scene which I think is really cool because it’s putting this place on the map as a place to go watch dance.”

When COVID-19 restrictions took effect, the arrangements for Davis’ residency and the “Dance Presents!” performance had to be altered.

The new modified format resulted in a one week virtual residency where Davis would be the sole member from the PNB company to be working with GU dancers over Zoom throughout the week to teach them the piece that he had choreographed. The “Dance Presents!” performance on Nov. 14 is now going to be livestreamed for an audience who will get to attend a virtual lecture taught by Davis from his home in Western Washington. And then get the chance to see the GU ballet ensemble perform their entire piece on stage at the MWPAC.

Aspiring students who wished to be a part of this performance auditioned for a role in early September, and the 12 dancers who were selected by Davis himself had been drilling technique with professor Pamela Erickson every Friday and Saturday leading up to Davis’ residency.

During Davis’ virtual residency with the ballet ensemble



SOPHIE CROSBY IG: @SOPHIE_CROSBY

According to the Dance Data Project, PNW Ballet is a top 10 ballet company in the United States.

last week, he set the entire piece out for the ensemble; a 17 minute performance resplendent with bounds, leaps, jumps and spins set to “Variations on a Theme by Tchaikovsky, Op.35a,” composed by Anton Arensky, played by Camerata Tchaikovsky. To learn such an extensive piece with professional-level technique associated with it is a substantial challenge for any collegiate dancer, and to do so over Zoom adds an extra layer of adversity to make this undertaking all the more precarious.

“For college students, they’ll typically do a three to four minute dance piece for a spring number, sometimes longer like eight maybe nine minutes — this is 17 minutes long, so that’s a big deal,” Ostersmith said. “At the first rehearsal I was watching, the level of complexity Kyle was teaching them via Zoom was really up there and I was a little bit nervous for the dance students, and they just went for it.”

Being 280 miles away from a choreographer who is instructing them on a new elaborate piece of art isn’t the only restrictive component that the dance program will have to deal with throughout the course of this entire process.

They’ve been practicing and are required to perform together in 10-foot bubble spaces to maintain social distance, posing peculiar circumstances in an artistic medium that is often reliant on expressing itself through the way that performers intimately interact with one another. A restriction like that would empirically obstruct

many of the movements and the general sense of flow that is common to ballet, but Davis has managed to work around those compliances by frequently incorporating solos, duos and trios in complex arrangements throughout the piece to keep it illustrative and adherent to the guidelines.

“Dance is about movement and taking up space so we’re used to travelling and leaping, but when dancers are confined to ten-foot by ten-foot that can really limit the imagination,” Ostersmith said. “With a professional like Davis, these restrictions have actually expanded his imagination because the way he takes ten feet and creates this three-dimensional, rich movement using different directions and shifting through space has really been impressive to behold.”

An additional demarcation for this performance is a requirement that all performers must wear masks while performing in both rehearsals or during the show. For such an exertive task like ballet, masks are far from conducive to the performance of the dancers, but this has forced them to adapt by means of re-concentrating their energy and aiming their breath to a particular area of the body.

“What I found with wearing a mask while exerting myself is that breathing in is easy but it takes more energy to breathe out, so I feel hotter and like I get more fatigued quicker,” Wagner said. “Dance is all about how you breathe and control your breath, so it is a good reminder to moderate your breathing and then put your attention to other places and feel your breath from there.”

For the performance on Nov. 14, the costume design team designated for this show have even been tasked with creating ornate masks to complement the performance’s aesthetic.

Something that the production team can’t circumvent even with their collective purview of knowledge is the lack of Davis’ physical presence during both rehearsals and the livestreamed performance.

After his one week residency where he dedicated every day to instructing and demonstrating the work that he has choreographed to the dancers, the dancers and faculty have become familiarized with the composition of the performance, and from here on out will be practicing the steps and procedures of the piece by themselves throughout the week with Davis scheduled to take them through group instruction for two hours every Saturday until the performance date.

“It’ll take a lot of trust because what he’ll be seeing on Zoom will be very different from what people are seeing live versus what’s being live streamed,” Wagner said. “I think that knowing your choreography is even more important because if you mess up and he’s not there, then you won’t know what to adjust.”

With all that the dance program has already navigated through so far, it’s hard to imagine that any new problems going forward could stultify the program’s efforts to put on their livestreamed “Dance Presents!” event with PNB Nov. 14. Because much like ballet itself, this entire process for the GU dance program has been about how they stay composed in uncomfortable situations, and so far the team has been able to hold their posture impeccably.

Asher Ali is a sports editor. Follow him on Twitter: @asher_ali3.

GU dining showdown: COG vs. Cataldo

Commentary by VINNY SAGLIMBENI

Let me start off by saying both Cataldo and the COG are great options for on-campus students to eat a meal. They are also great options for off-campus students who want to change up their dietary routine of grocery shopping and tempting deals at Dominos. However, I would argue that Cataldo is a better food option than the COG, and here is why.

The main reason Cataldo is the better food option compared to the COG is the consistency of the food students eat. You always know what you are going to get at Cataldo, with the options of a hamburger, cheeseburger, chicken caesar wrap, grilled chicken and last but not least, the coveted popcorn chicken. The quality of the food only increases the popularity of Cataldo, and to complement the entrees, the side options of salad, macaroni and cheese and french fries make it even better.

Yes, the COG may have the overall best food option available, but the consistency of knowing what you are going to eat every time pushes Cataldo

ahead of the COG. Knowing what you’re going to get before you eat it allows for people to plan their meals better later in the week, and Cataldo provides that opportunity for students. You could also argue that the COG may not have the least favorable option as well.

Furthermore, the Cataldo serving sizes rule supreme to the COG serving sizes. Yes, you can go back and get multiple plates of food at the COG, but the serving sizes at Cataldo make it so that you don’t have to go back and swipe your ZagCard again. Knowing people going to get a healthy serving every time leaves people with an increased feeling of satisfaction.

Again, both options are great food options for GU students, but if I’m picking one over the other, I’m choosing Cataldo.

Vinny Saglimbeni is a sports editor. Follow him on Twitter: @vinnysaglimbeni.

Commentary by LUKE MODUGNO

I’m going to be as clear as possible: I love Cataldo. Offering a considerably different menu and general concept than the COG, the second dining hall on campus is something that everyone appreciates. Arguably, the holy trinity at Cataldo (popcorn chicken, mac and cheese and french fries) is one of the best meals a Zag can get on campus. But, as all Zags also know, it gets old, very, very quickly. On the other hand, the COG’s rotating menu and themed-nights give GU students a diverse palette and plenty of options to choose from.

With a menu that doesn’t rotate at all, going to Cataldo everyday is simply not enjoyable or sustainable. After about two meals at Cataldo, the limited menu starts to restrain how creative students can get with their order at the dining hall. Additionally, Cataldo is simply out of the way for most students living on campus. Other than Kennedy, the walk to Cataldo is a hike, compared to the prime location of Hemmingson, the home of the COG. Furthermore, Cataldo does not even offer breakfast, further limiting the dining options available there.

The COG has too many aspects that go under-appreciated. At breakfast, the omelette bar offers students a hearty and fully-customizable breakfast that suits a wide variety of preferences. Along with Spikes

offering dishes like pancakes, eggs and bacon and Zagriculture offering yogurt, oatmeal and fresh fruit, breakfast at the COG is elite. Not to mention the make-your-own waffle bar on the weekends.

For lunch, the COG offers great sandwiches daily, along with a rotating menu that keeps COG-lovers on their feet. Other than Daily Bread, every station at the COG constantly changes their lunch selection. For example, today Spikes is offering a beef-mushroom blend cheeseburger with fries, and tomorrow it is offering a crispy tempura cod sandwich.

The COG also offers more healthy options to students. With the plant-based, sustainable meals offered at Zagriculture and the allergy-safe Simple Servings, eating on a diet is easy at the COG while it is nearly impossible at Cataldo.

Furthermore, late-night COG on the weekends is a great way to connect with friends and have an accessible way to get some late-night snacks.

From the rotating menu and diversity of options, to the quality food and location on campus, the COG is simply the superior dining option at GU.

Luke Modugno is a arts & entertainment editor. Follow him on Twitter: @lmodugno5.

Keeping up with the politicians

Vital pieces of media to help keep Zags informed during election season

Commentary by ALEXANDER PREVOST

With Nov. 3 less than a month away, Americans need to vote now more than ever. However, there is so much at stake that it’s hard to know where to start with educating one’s self on key issues — both on the ballots and on candidate’s platforms.

The advent of technology has allowed individuals to have endless knowledge at their fingertips. News articles are always a good way to stay in the know, but there are also plenty of entertaining, yet informative alternatives to your average New York Times op-ed.

Podcasts are a fun, easy way to keep updated on what’s happening within the United States. Zags can enjoy quick bites of the most important news with “NPR News Now” or longer segments with “The Daily” by the New York Times.

For left-leaning political podcasts, look no further than “Pod Save America” — a talk show hosted by former Obama Administration Aides Jon Lovett,

Jon Favreau, Tommy Vietor and Dan Pfeiffer. Zags interested in right-leaning commentary should consider podcasts like “The Ben Shapiro Show.”

There are also a plethora of books to read to help you stay informed. With regards to the candidates, former Vice President Joe Biden, Sen. Kamala Harris (D-CA) and President Donald Trump have all published books detailing their political ideals and bits of their pre-political life.

“The Truths We Hold: An American Journey” chronicles Harris’ life in Oakland and her days as California’s attorney general before she became a senator.

“Promises to Keep” is about Biden’s response to the adversities he faced, such as losing his wife and daughter in a car crash back in 1972 and how that’s shaped his politics.

“Crippled America: How To Make America Great Again” is President Trump’s pre-election book detailing his hot takes

on America and how he thinks it could be improved.

In addition, Zags can read books like “Color of Law” (racism) and “Alt-America: The Rise of the Radical Right in the Age of Trump (radicalism)” to help them understand importance of social issues that affect and are affected by the election.

Movies are also very effective ways to help understand political issues. “On the Basis of Sex” is a biopic featuring Felicity Jones and Armie Hammer depicting the life of Ruth Bader Ginsburg and her contribution to gender equality.

“Moonlight” is another personal favorite. The 2016 Academy Award winning film beautifully depicts an intersection of LGBTQ+ life, poverty and racial issues. It’s thoughtful and rich with little moments that make you think.

Documentaries offer rich insight as well. The 2016 Netflix original “The 13th” delves deep into the history of mass incarceration within the United States — beginning with the Nixon Administration

and working its way up to the present. This film doesn’t shy away from harsh, real imagery and it does an excellent job at showing the flaws in our justice system.

“This Changes Everything” is a riveting critique of our current economic system and how the effects of climate change could be disastrous to numerous communities and the larger populous around the world.

“The Armor of Light” delves into the unlikely relationship between a conservative minister and the mother of a school shooting victim and their quest to advocate against the use of guns within the U.S.

As election season ramps up, it’s important that voters are on top of the issues that impact themselves, their loved ones and the nation as a whole. There are plenty of resources out there for Zags to engage with, learn from and better prepare themselves before they cast their ballots.

Alexander Prevost is a staff writer. Follow him on Twitter: @alexanderprvst.

The molecular set

Julia Talarico is on a mission to complete her biochemistry major while donning the libero jersey for GU

By RILEY UTLEY

In volleyball, the libero jersey is not something one just gets. It takes years of hard work and practice to get to this top defensive position.

The same is true for biochemistry majors. They have to spend two years in challenging weed out classes to prove that they belong in their major.

Julia Talarico has proven herself in both these areas as a senior biochemistry major and libero on the Gonzaga volleyball team.

However, it hasn't been an easy road to get to where she is now. Talarico has had to earn her way up to the top.

"The first year was a figure it out year for both of us," said Diane Nelson, the head coach of the volleyball team. "From me to her it was about who are you. And from her to the program it was about how does she fit into this program."

"Freshmen tend to have a challenging first year and I'd say she did. She had to learn a ton. I could tell a lot of it had to do with her confidence. We really spent that freshman summer and sophomore year teaching her how to talk to herself positively and evaluate her day to day work in a way that is process oriented not outcome oriented. She started to develop those skills that allowed her to be freer and freer every day."

Talarico found her passion for volleyball at a young age and that passion only grew once she got to GU.

She began playing volleyball when she was 10 in her hometown Chandler, Arizona and began playing club volleyball at 11.

GU was a perfect fit for Talarico both academically and athletically.

"I got a phone meeting with Gonzaga, with Diane actually who was an assistant coach at the time, and they said they wanted to get a better look at me and invited me to go to their camp where all the other recruits are too," Talarico said.

She went on to say that at the time she wasn't sure if she'd make the team because there were eight other people up for the open positions.

"She came to campus on a visit, and I remember it very clearly, she wanted to see a match and that was kind of the last piece in that being the right fit for her," Nelson said. "I remember after that match she came up to me and I was thinking she was going to say 'This isn't the right place to me.' But, she came up to me and said 'I think I really want to be a Zag.'"

Over the last few years Talarico has grown immensely. She went from not seeing very much court time her freshman



PHOTO BY SOPHIE CROSBY IG: @sophie_crosby

The defensive specialist Talarico averaged 3.28 digs per set last season and finished four matchups with at least 20 digs.

year to being one of the most important players on the court.

"Junior year I think for Julia was the turning point for her," Nelson said. "We needed a change on the court and each opportunity she got she became more impactful on the court, she started to become the reason the game would change."

Talarico sees putting on the libero jersey as one of the highlights of her college career.

"When I first put on the libero jersey it was right in the middle of a game, so I was excited," Talarico said. "It's something you are not going to get just by showing up."

Her major is the same way. Advancing within the biochemistry major is not easy, but Talarico's passion for science has only grown stronger over the past three years.

"Ever since I was in elementary school, I've always loved the idea of science," Talarico said. "Knowing that you can manipulate molecules and that they're basically everywhere we live — they're in our bodies, in our world in our air — thinking about how these little molecules control our everyday life is really interesting to me."

Finding the balance between volleyball

and biochemistry has been a challenge but one that Talarico was ready and willing to take on.

"With biochemistry it has nothing to do with athletics or working out," Talarico said. "I think I had to start from scratch in learning about the major."

"I think it's kind of cool that I'm the only athlete and I can make so many relationships with normal students. Some students didn't even know I was an athlete until a year or two in. They ask how I balance that and volleyball and I just say, 'I don't know I don't really have a choice; I just do it,'" said Talarico.

Over the past two semesters she has had the opportunity to be a teacher's assistant for organic chemistry. She is also working on research and her thesis on top of playing volleyball.

"Knowing that I can still have science be a part of my life while also still playing volleyball showed my professors that I'm not just going through the motions with science I really want to apply myself and make it work with both things being a student and an athlete," Talarico said.

Nelson said Talarico is really good at balancing school and volleyball. The work Talarico puts in on court and in the

classroom is clear. She wouldn't have the libero jersey if it wasn't.

"She earned the jersey," Nelson said. "She rose to the top of that crew. She felt like it was her turn but she still had to separate herself. We had five defensive specialists in our gym last year and she had to become number one in order to get the jersey."

Talarico is ready to take on an even bigger role this year as the libero and is excited to lead the team and help her teammates develop like she has over the past three years.

"I really couldn't be where I am today without everyone in the volleyball community — especially my coaches and teammates," Talarico said. "They have pushed me so much to be the player I am today. Sure, we all have accomplishments and I have my personal accomplishments, but I couldn't have done that without them pushing me every single day in practice. It's definitely been a team effort to get to where I am today."

Riley Utley is the editor-in-chief. Follow her on Twitter: @rileyutley.



The team embraces after a 4-0 home victory over Seattle University in 2019.

PHOTO BY LILY KANESHIDGE IG: @aka.lily

AWARD

Continued from Page 1

With a year as up in the air as this one, the team's goal of upholding academic excellence helps them narrow their focus and stay grounded and find the calm within the chaos.

"With so many unknowns this year, being able to focus our energy into academics throughout last spring semester and now into this semester was really reassuring," Thompson said "It gave us a sense of normalcy when everything was far from it."

The team is looking forward to working hard on and off the pitch, and training is in full swing for their season, which starts on Feb. 3.

COVID-19 restrictions have brought new challenges the team has had to overcome, as they can't have more than five girls on the field at a time, and no contact is allowed. While Watkins is frustrated with how these regulations interfere with practice, he's confident in the team's ability to adapt to these new requirements and stay just as focused and competitive as in any other year.

Thompson sees these new challenges as just another opportunity for growth, both on the pitch and in the classroom. The team's goals of winning the West Coast Conference championship and making it to the NCAA tournament remain the same as in any other year.

"Our team is working super hard right now both academically and on the field," Thompson said. "We are super excited for the upcoming season and we can't wait to get back to competing."

Audrey Measer is an opinion editor. Folow her on Twitter: @audrey_measer.

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The Journeyman

Former Zag hooper Eric McClellan continues to shine overseas

By MATTHEW DOBNER

The road to pro basketball requires wholehearted commitment to the journey—one that fully immerses the mind, body and soul. For former Gonzaga Men's Basketball star Eric McClellan, the pro basketball odyssey has taken him from his backyard of Austin, Texas, to some of the farthest reaches of the globe.

Back in Texas, McClellan was a high school star, leading Austin High School to a 29-4 record his senior year. His first destination on his journey was Tulsa University, where he averaged 8.5 points as a freshman. He transferred to Vanderbilt University, where he continued to perfect his craft, but his dismissal from school forced his third transfer in four years.

As a junior transfer to GU in 2014-15, the odds were stacked against him. He played behind three senior guards and was unable to play first semester due to the transfer from Vanderbilt. On top of that, he broke his foot right before he became eligible to play.

"I was kinda down for not contributing as much," McClellan said. "I wanted to earn those guy's respect. I had to prove to those guys that they could trust me."

Another college basketball player might've folded under the pressure. McClellan, on the other hand, welcomed his role and took the adversity in stride. The GU team led by players such as Kevin Pangos, Gary Bell Jr. and Przemek Karnowski welcomed Eric with open arms.

"They embraced me, man," McClellan said. "Like family. I only knew those guys for two years, and those guys are my best friends."

Regarding McClellan's ability to overcome his obstacles, Gonzaga assistant coach Brian Michaelson had no doubt he would do as such.

"It gets back to his personality, energy and encouragement never wavered," Michaelson said.

The commitment and resolve McClellan showed throughout his junior year set him up for a memorable senior season. With the departure of Pangos and Bell, McClellan became one of the veteran leaders of the Zag's backcourt.

Saint Mary's and GU were tied at the end of regular season play in the WCC, but Saint Mary's held the tiebreaker and earned the conference's automatic bid to the NCAA Tournament. This left the Zags on the outside looking in, needing to win the WCC Tournament in Las Vegas to keep the 18-year-long March Madness streak alive for the Zags.

McClellan took the opportunity to ball out. In the first tournament game against the University of Portland, he led the team with 26 points, 4 boards and 4 assists. He put up 15 on 3-5 shooting from downtown to help the Zags sneak pack BYU and into the championship game. In the WCC championship, against a Saint Mary's team

who had beaten the Zags twice that season, McClellan led the team with 20 points and helped secure the Zags a bid in the NCAA tournament.

That GU team would end up making a surprise run to the Sweet 16, where they lost a close game to Syracuse to end their run. Once the run ended, his time at GU was up.

His experience in Spokane, however, has etched a permanent mark on McClellan's soul. He's returned to Spokane every summer to train during the offseason and to spend time with the community he's grown to love.

"It's like a family there, man," McClellan said.

This summer McClellan played pickup games against former teammates such as Bell and Silas Melson to current Zags like the 'Tricky Trio,' Dominick Harris, Julian Strawther and Jalen Suggs.

Spending time with the coaching staff is a gift for McClellan, too.

"Coach Few, Donnie [Daniels], B-Mike [Brian Michaelson]. All those guys are my mentors," McClellan said.

For now, though, McClellan remains committed to the basketball journey that has taken him from Austin to Spokane and now to Europe.

With the dramatic change in scenery, McClellan had his struggles adjusting to pro basketball life abroad. His rookie year, he tried to cook a pizza in his apartment, but when he pulled it out the pizza had been burnt to a crisp. But with no other options for dinner, he ate his crunchy pizza.

McClellan's basketball odyssey has taken from the states to countries like Belgium, Germany and Greece. It had also led him to have chance encounters with onetime GU teammates on the same basketball journey.

Jeremy Jones recalled how he crossed paths with McClellan when his team, the Kapfenberg Bulls, needed to fill a roster spot once a guard was injured. Jones was about to text his coach McClellan's name when he got a message from his coach asking if Jones could tell him anything about a guy named Eric McClellan. Three weeks later, McClellan signed with the team.

This season, McClellan is back with Kapfenberg in the Austrian Basketball Superliga. COVID-19 has changed lives across the globe, but McClellan is grounded to the hoop life. He's living in Kapfenberg with his girlfriend (whom he met at GU) and continues to study the art of basketball.

"I go to sleep thinking about basketball, wake up thinking about it," McClellan said. "Even on those days when my body is dead tired, or I'm frustrated, or in pain. I'm doing what I love to do."

Matthew Dobner is a staff writer.



Former Gonzaga men's basketball player Eric McClellan was a Zag from 2014-2016.



Eric McClellan (No. 23) currently plays basketball overseas in Lithuania.

Jordan Thompson: Leading by example

Gonzaga women's soccer co-captain looks to inspire her team one more time

By SARAH VAN LIEW

Jordan Thompson, senior co-captain of the Gonzaga women's soccer team is not only incredibly athletic and talented, but is a skilled soccer player as well as a leader and inspiration for her teammates and coaches.

Along with soccer, Thompson has competed in volleyball, basketball and track and even broke multiple school records in a single meet for track and field in high school.

However, soccer has always been her love and her focus. Thompson said she has been playing soccer since she was four or five years old and has always loved it. She even won the state championship her freshman year of high school and scored in the championship game.

"I loved everything soccer was about," Thompson said. "I chose to play at the collegiate level because I had so much love for the game. I wanted to continue to play competitively at the highest level I could."

Thompson said that GU felt like home ever since she stepped foot on campus. She loved the academics and class sizes, and was drawn to the coaches, support staff and girls that were on the soccer team.

It didn't take long for Jordan to begin making a name for herself here at GU. Chris Watkins, head coach of the GU women's soccer team, said that during Thompson's first practice with the team as a freshman she won the fitness test. He stated that if there was anyone who did not know Thompson's name before that, they knew it after.

To kick off her collegiate soccer career, Thompson started and played in all 19 games, recording the highest shot on goal percentage of the whole team and earning herself All-WCC Freshman team honors. She also earned a position of co-captain for the 2018 season and has continued to lead the team as a co-captain every season since.

Watkins said that his favorite memory of Thompson was during her first game for GU, which showed what kind of player and person she was going to be for the team in the coming years.

Watkins explained that in Thompson's first game for GU in a scrimmage against



Senior defender Jordan Thompson looks to lead the Zags to a WCC title this season.

Boise State University, she was knocked out for a few seconds after going for a head ball and colliding with another teammate. After only a few minutes on the sideline, she was anxious to get back in, and in their next match she did not hesitate when in the same situation.

"She knew her role and has been just as committed ever since," Watkins said

Thompson said that being able to train in such a competitive environment here at GU has greatly impacted her as a soccer

player. She stated that the way everyone on her team, from freshman to seniors work so hard every day makes it impossible not to continually get better.

Thompson said she is motivated every year by the possible opportunity to be able to compete for a WCC championship and make it to the NCAA tournament. However, Thompson's key motivation for working so hard on the field every day is her teammates.

"The biggest impact on me has been

being surrounded by some of the best people I have ever met," Thompson said. "My teammates are my best friends and they have made me into the player and the person that I am today."

Thompson stated that it is almost impossible to pick a favorite memory from her time at GU. One of her best memories was her sophomore year when the Zags beat Portland for the first time in school history on senior night.

"Being able to see our hard work pay off that night and for the seniors to go off on such a great note was unmatched," Thompson said.

She said she loves game nights since being able to play with her best friends under the lights of Luger field is the best feeling in the world.

Thompson continues to impact her team as a senior this year. Of course this year looks different because of COVID-19, but Thompson continues to work hard along with the rest of her teammates, practicing in many creative ways this fall.

Thompson has recently applied to law school. Watkins said that his advice to Thompson would be to run for president, because she could do that just as well as she leads the soccer team.

"Jordan is committed to being her best. She puts in the time and focused effort to improve her weaknesses every minute, every day," Watkins said.

Watkins also said Thompson knows exactly who she is and has the confidence to be exactly who she is: thoughtful, driven and focused.

Thompson encourages her teammates to enjoy the time they get on the field and as part of a team, and to give it everything they have.

"I think you hear it every year, but you don't realize it until it's your last chance to play but it goes by so fast," Thompson said. "Remember to have fun, and on the hardest days, remember how much this sport has done for you, and all the people and opportunities it has brought into your life."

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