# The Gonzaga Bulletin

#### A student publication of Gonzaga University

**OCTOBER 22, 2020** 

www.gonzagabulletin.com

**VOL. 132 ISSUE 10** 



The 12 Kennel Board members each utilize their unique positions within the club to improve its model.

# Welcome to the Kennel Board

### Each member of this year's Kennel Board is bringing innovative takes to the Kennel Club experience

#### By ALLIE NOLAND

passion for school spirit, a love of community, a hunger for sport, Gonzaga Kennel Club provides Zags with a feeling of pride and energy every game day. Whether that be attending basketball games in the legendary Kennel or watching a soccer game underneath the bright lights on a back-to-school fall night, Kennel Club is there to hype students up and give GU student athletes the support they need to pull off the big W.

'The Kennel Club is a community

said Kennel Club Brand uniter," Representative, Crissy Lubke, in an email. "Whether you like sports or not, the Kennel Club is a great exemplifier of what it means to have pride in your school. We rally behind our student-athletes, but we also rally around each other."

This year's 2020-21 Kennel Club Board is stacked with a lineup of creative, electric GU students who are pumped for a spirited year.

Serving as president on the Kennel Club Board, Clare Martin, said in an email that the board is meeting weekly over Zoom to brainstorm ways to promote Zag spirit around campus despite the pandemic. She also said that she is more than excited for Zag Nation to start cheering on the athletes again, even if it isn't in person.

'Though we may not have sports to cheer on yet, our board members are uncovering ways to bring Zags together, planning events through Kennel Crew, engaging in the Spokane community through Kennel Cares, coming together for COVID-friendly Social Club events and finding twists on existing traditions," said Danielle Petretti, Kennel Club vice

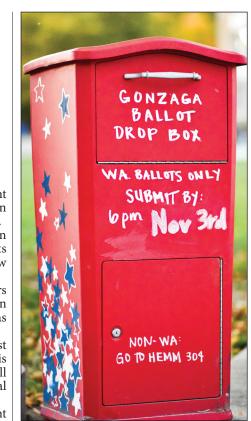
president, in an email.

Petretti oversees class representatives, communicates with the athletics department, and supports the board and club alongside the president, chief of staff and treasurer however she can.

Macy Ryan is chief of staff this year, and she is in charge of overseeing administrative tasks, including setting up and organizing meetings, updating the other board members, supervisors and the athletics department on things that are in the works.

#### **SEE KENNEL PAGE 7**

GU to enhance international program



### Election 101 What to know to be a conscientious voter

#### **BV ALEXANDER PREVOST**

With the election almost a week away, the pressure to vote, to participate in our democracy, is coming to a head due to the

Gonzaga. "It's probably the most consequential presidential election since 1860, and that was when Abraham Lincoln was elected just before the Civil War."

This widespread sense of

#### By KAYLA FRIEDRICH

Gonzaga University has partnered with Shorelight Education in efforts to enhance their international education program and increase admission of international students.

Shorelight Education is a recruitment service based in Boston that focuses on recruiting international students and giving them a positive experience studying in a new country.

GU has been working diligently the past couple of years to increase the attendance of international students on campus by making things as smooth as possible, socially as well as fiscally.

In an email to the GU community on Oct. 7, Provost and Senior Vice President Deena González said that this partnership is meant to create a "Global Gonzaga" that will allow GU to be diversified and bring in more multicultural perspectives.

Julie McCulloh, associate provost for enrollment management, was in charge of leading the decision making process for which program would be a better fit for the goals GU is trying to achieve as far as international student

**SEE GU GLOBAL PAGE 2** 

CHIANA MCINELLY IG: @picsbychiana This ballot box located by the John J. Hemmingson Center was designed to give students from in-state an easy, reliable place to drop their ballots.

perceived importance of this coming race.

Many voters, Zags included, have already cast their ballots via mail. According to a report from Oct. 10, Forbes staff writer Tommy Beer reported that over 9 million Americans have voted in the 30 states that have made their voting data available.

The nature of the election of 2020 is unlike anything we've seen. Amid a global pandemic, two candidates are duking it out. Former Vice President Joe Biden and California Sen. Kamala Harris comprise of the Democratic ticket; President Donald Trump and Vice President Mike Pence make up the Republican ticket.

"It's about the future of this nation," said Joseph Gardner, a political science professor at efficacy has resonated with not only older voters, but younger voters like students at GU.

Generation Z is the fastest growing voter population in the United States. According to the Pew Research Center this generation makes up one-in-ten of the eligible voters during this election.

Though many individuals are voting early and/or by mail, some are still on the fence or in need of review of the candidates and their respective policies.

Trump has had a rollercoaster of a first term. He's an a rightwing newcomer to politics who made his name in reality television who's placed policy priority on jobs, national security and immigration.

#### **SEE VOTING PAGE 2**

### Associated Press hires students to collect election data

#### **By LILLIAN PIEL**

Exercising your right to vote is an essential part of democracy, and this presidential election, Gonzaga students have the unique opportunity to not only engage in democracy by voting, but by aiding in election tabulation

collecting the voting data for the election. The Associated Press (AP), located on the fifth floor of the Lincoln building in downtown Spokane, has been partnering with GU since 2006 to do data collection for elections.

For this year's presidential election, AP needs 500 people to sign up to work the election, which will include doing training sessions beforehand and participating in election tabulation on Tuesday, Nov. 3. Tabulation will run for about eight hours, and students do not need to be on campus or in Spokane to participate.

There is no better way to engage in democracy than to be deeply engaged in the election process," said Susan English, chair of the integrated media department who is also in charge of coordinating with AP.

Students who choose to get involved in data collection on election night will be paid \$16 per hour to help AP gather statistical data. Students will be working remotely this year due to COVID-19, and they will call precincts to get election results and file the data into the AP's database for it to sort.

Some students will also be made into captains, and their role will be to help other students gather the data, answer questions and help with computer issues, English said.

Students interested in signing up for election data collection can email kcruz@ap.org

For Dana Bloch, the director of the AP Data Center in Spokane, election tabulation is a great way to see how the election process works.

"Specifically with elections, it's really revealing to see how the sausage is made," Bloch said. "You hear in the news and from leaders about the trustworthiness of elections and tabulation, and whether you should vote by mail or vote at the polls and whether it's fake news or fake ballots and things like that, but when you work on the side of counting ballots, I think you see that the process is pretty extraordinary."

Bloch said that normally for election data collection, everyone participating would be at the AP Data Center in downtown Spokane, but it will be much quieter this year since everything will be done online.

"It won't sound like a telethon," Bloch said of this year's election tabulation.

English also attests to the exciting environment during election nights at the AP Data Center. She said that many faculty members participate as well, and it reminds her of being in the newsroom.

"It takes a lot of manpower, a lot of womanpower to do this," English said. "Presidential elections are huge, and none are bigger than this."

Lily Peterman, a junior public relations major who has participated in data collection with AP before, said that data collection is a way you can make a lot of money doing a simple task.

She said she recommends participating in election

tabulation because it is a great way to learn more about what happens after you vote.

"It's a great learning opportunity to understand what happens after you cast your vote and how your vote gets translated to bigger statistics," Peterman said. "I feel like a lot of people are more aware of the cosmetic election process and the debates, the advertisements, the campaigning, but not a lot of people are aware of the actual voting process and what work needs to go into counting those votes."

In addition to learning about the complexities of the voting process, Peterman said she appreciated meeting new people, being in the office environment at the AP Data Center and bonding and problem solving with the people she worked with.

You meet a lot of people and establish a community outside of Gonzaga, which I think is really valuable especially for after college and setting up a foundation for work," Peterman said.

Bloch said that participating in election tabulation would be a beneficial experience for students because it can help you understand all the different pieces that go into elections.

"There's really a ton that goes into that and it's really interesting how that happens," Bloch said. "And I think that when you're part of it, it changes your outlook on elections, probably forever."

Lillian Piel is a staff writer. Follow her on Twitter: @Lil\_Piel.

Racing ready: Rowers are finding

SPORTS

#### INDEX

#### **OPINION**

Sports.....7-8

A violation of freedom: The legalization of gay marriage and what happens if that goes away

PAGE 4

#### A&E

Boo-la-la: All Halloween activities safe to do during COVID-19

PAGE 6

new ways to practice under COVID-19 guidelines

PAGE 7

# **The School of Education conducts survey that tracks student motivation levels during the pandemic**

#### By LUKE KENNEALLY

f you suddenly started or stopped exercising over the last six months, you may not be alone.

Gonzaga graduate student Gabriella Zinc and professor Karen Rickel are working in tandem researching students' motivation and physical activity during the pandemic.

Using a survey format, the two researchers are hoping to gather information that could inform physical education programming, the training and classes provided for physical education teachers and provide valuable information on the health of college students and the GU community as a whole.

The two of them hope that the research will provide some insight into what motivates us. The two directly point to the possibility of this insight being used to tweak educational practices for kinesiology students.

That will help us teach our teachers how to reach for that motivation," Rickel said, the department chair of sport and physical education as well as the director of GU's masters' program in sports administration, on potential uses for results.

The survey, which already has over 150 results in three weeks contains questions centering around themes of social, mental, personal and other motivators for exercise. Zinc and Rickel sent out their survey to the GU community over Morning Mail, and it is still open for GU community members to participate in.

Zinc and Rickel are expecting their research to show an increase in activity among participants during the pandemic, citing their own experiences as well as anecdotal accounts of sold-out bike shops and articles being written about a new wave of outdoor activity. However, implications of their findings could be much more widespread than the availability of cycling equipment.

Motivation and physical activity have long been a interest of Rickel's as she previously has done an extremely similar study using the same methods. The difference with this research though in addition to minor changes in questioning, is that prior to response, most individuals have been staying in their homes due to COVID-19.

In addition to curriculum and programming, Zinc and Rickel often cite physical activity as an indicator of larger health trends, both physical and otherwise.

'It's about what is impacting our wellness," Rickel said. "How are you taking care of yourself? To me that very much matters. Whether that's your physical wellness, your mental wellness, your social wellness. So, if we're addressing that and zooming in on how people are coping, how they're getting through this pandemic, I find that incredibly important."

The interest in mental health and overall health of the GU community appears to be a focal point of the importance of this research.



Future teachers conducted a survey of GU students that focuses on the social, mental and personal motivation for exercising during the pandemic.

"A lot of people rely on activity to cope with difficulties in their life," Zinc said. "So, if they lack motivation to use these positive coping mechanisms, then are there other factors in their life that are not being taken care of as well? It's an overall mental health thing."

Zinc, who is in her third year of getting her master's degree in clinical mental health, started working with Rickel after the pair found a shared interest in the sociology of sports. The two researchers knew they wanted to work together, but weren't certain of what they wanted to study before the pandemic.

We just really thought 'gosh this is so on point for something that really interests both of us," Rickel said. Both Zinc and Rickel had personal experiences with

fluctuations in motivation and physical activity during the pandemic. Zinc took up bicycling and accomplished a 100-mile bike ride recently, while Rickel began to walk with her friends, a shift from before when she would only walk alone.

"This is the community that we've chosen to be in, you want the healthiest people," Rickel said. "Whatever that means whether its physical or emotional. How can we meet the current needs of our student population? They've chosen our community. So, I think it's important to protect our community.

The survey can be found at https://gonzaga.az1. qualtrics.com/jfe/form/SV\_25HKDYGnxtKbZ5z

Luke Kenneally is a staff writer. Follow huim on Twitter: @lone\_trombone.

### **OTING**

#### Continued from Page 1

Trump advocates for anti-abortion policy and frequently defends conservative's ideals.

Biden contrasts Trump in being a left-leaning moderate who spent decades and the Senate. Some policies that encompass his platform include: combating climate change, globalism also have an opportunity to vote on a couple of measures on the ballot. One such measure includes Referendum 90 which determines whether Washington public schools will provide comprehensive sex education.

Spokane is also incorporated part of the state's 5th Congressional District. Zags also have the opportunity to vote for their congressional representative Republican incumbent Cathy

McMorris Rodgers or Democratic challenger Dave Wilson.

### **GU GLOBAL**

*Continued from Page 1* engagement.

Gonzaga seeks a student body that is diverse in perspective and experience, and able to engage globally," González said. "Having Shorelight Education's assistance in recruiting internationally will allow us to bring more international students to Gonzaga, and open up opportunities for harder to recruit international students this year compared to the past. "A number of students didn't come back

because of the pandemic, but I feel that those who did come back chose to do so because they loved the support that the Gonzaga community offers," Menard said.

GU isn't the only university that has been having a hard time keeping numbers up in this area. There has been a big struggle for many universities when it comes to recruiting international students these days and it's turned into a bit of a competition.

and pro-choice policy.

COVID-19 The candidates' responses will be one of the cornerstones of this election. Trump does not support a nationwide mask mandate, Biden does. Biden does not want to withdraw from the World Health Organization, Trump does. Both support federal action to expand testing, fast-tracking a safe vaccine and reopening schools.

As it currently stands, Biden leads the election. According to FiveThirtyEight, Biden is currently forecast to win, with current polling showing him leading by a 10.6% margin over President Trump.

"[This election] is our chance to take our democracy back, or to maybe take the most important step towards democracy we've ever had," said Laura Brunell, a political science professor at GU. "You could interpret the last 250 years of America's development as not moving smoothly, not fast enough, but in the direction of incorporating more and more people, and I want that to continue."

Being an election year, the presidential election isn't the only race occurring. Within the state of Washington, the gubernatorial race is well underway. Incumbent governor and former Democratic presidential candidate Jay Inslee is being challenged by Republican nominee Loren Culp.

Registered Washington voters

There are no Senate races occurring in the state of Washington this year.

Students not registered to vote instate have until Oct. 26 to register to vote via mail or online. Those who miss the deadline can register to vote and can go in-person on Nov. 3 and register at the polls, provided they bring the valid documentation.

Zags in need have a plethora of information at their disposal.

'The League of Women Voters for whatever state you live in is a fount [of information]. They have information on every race, every ballot initiative, so you can get informed that way," Brunell said. "The voter guide that they send out in the state of Washington is produced by our secretary of state. If you just visit the secretary of state for whatever state you're a voter in, same thing, they have resources for you - judges races, the things that most people don't know are even happening?

"If you want to think about it more broadly, you can turn to more reputable news sources such as the New York Times or the Washington Post," Gardner said.

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

international careers and experiences.

The global aspect of the GU experience is very important to students and administration because of the positive reputation GU has had for many years.

This is in line with the GU Mission Statement due to the promise that it makes to contribute to the development of students in multiple ways.

"Partnering with Shorelight Education is part of an overall picture to help Gonzaga enhance our international initiatives," McCulloh said. "Over the next few years, Gonzaga is working on an Academic Strategic Plan and a Campus Internationalization Plan, both of which will examine Gonzaga's commitment to international work."

This will help the Center for Global Engagement (CGE) give international students the smoothest transition possible, ideally making it easier for them to check off all of their boxes when they decide that GU is a good place for them to pursue their education.

Richard Menard, senior international officer and the director at CGE, sees this as a positive contribution to GU's undergraduate and graduate student bodies.

'In the years from about 2010 to 2012, the international program was doing really well, but the last couple of years it has been dissipating," Menard said.

Typically, GU hosts students from 115 countries including Saudi Arabia, Brazil, Australia and Ethiopia, but things have begun to change.

The coronavirus, among other factors, is a substantial reason as to why it has been

Menard said that many governments have changed their scholarships for students who pursue education in the United States and there has been a lot of work on behalf of the staff to make the legal side of things easier.

With the help of Shorelight Education, GU's reputation as a culturally diverse campus will only begin to grow.

We're really excited about this opportunity that will allow Gonzaga to be more of a global campus," Menard said. "Gonzaga really values the lens that international students bring into the academic side of things."

There are many resources on campus that will contribute to the quality of the experience for students coming from abroad.

The email from González said that the English Language Center is highly effective and will be an important part in this process of growing the global community and providing students with assistance in the transition to their academic journey in the United States.

There will be international students entering GU's academic curriculum in the spring semester either here in Spokane or virtually, courtesy of Shorelight's online education program American Collegiate Live.

Kayla Friedrich is a staff writer. Follow her on Twitter @friedrich\_kayla.



Aloha Island Grill encourages everyone to exercise their Civic Responsibility in this upcoming election!





Stressed and confused this election season? **Facts** Opinions **Credibility Reliable Evaluate** Information **Claims Worldview** Transparency

Foley Library provides the resources that can help

Subscription access to the New York Times Wall Street Journal, and Spokesman Review

https://www.gonzaga.edu/foley-library/research/newspapers

300+ Databases with full-text articles, streaming documentaries, and

# peer-reviewed journals

### Political Science Research Subject Guide https://researchguides.gonzaga.edu/politicalscience



Librarians to help you navigate our resources, your research, and the world of information

www.foley.gonzaga.edu

FB.COM/GONZAGABULLETIN OCTOBER 22, 2020

**OPINION Y**@gonzagabulletin

# Dear Samuel Alito and Clarence Thomas, What freedom?

et's take a moment to flashback to 2015: the year "The Hunger Games" movies ended, the year where you could not avoid the song "Happy" by Pharrell Williams and the year same-sex marriage was finally legalized within the United States.

Obergefell v. Hodges (2015) was monumental. By backing gay marriage through the 14th Amendment's equal protection clause, LGBTQ individuals' marriage rights were constitutionally protected - meaning government could not prohibit a marriage license and legal benefits to same-sex couples.

The people cheered. Men, women and those that lyeth betwixt in queer relationships exchanged their vows. The fight for queer equality had finally broken ground.

Flash-forward to Oct. 5, the beginning of the new Supreme Court term. Conservative Associate Justices Clarence Thomas and Samuel Alito came forward in a statement urging that Obergefell must be overturned.

Their justification? The ruling violates, "religious freedom."

I'd like to posit a not-so revolutionary argument: the dignity of other people matters more than a single religious tenant.

The beauty of the 14th Amendment is that it can and has been used to advance the rights of marginalized groups against all odds. This follows in suit with one of



By ALEXANDER PREVOST

the core values of our legal system: equal justice under law.

Should Obergefell be overturned, the responsibility of protecting same-sex marriage will return to the states, and several of them will put bans on it (read: Bible Belt states).

The danger lies in inconsistency.

Let's say Obergefell is overturned, and Minnesota immediately passes an act that legalizes same-sex marriage within the state. Sure, queer people might have marriage rights protected then, but who's to say that the political litmus won't shift in the following years and banning same-sex marriage won't become popular?

Because it's not guaranteed in every state, same-sex marriage can never be guaranteed - period. That's why having uniform precedents at the federal level are

so crucial.

Think about Brown v. Board of Education (1954). Because the Supreme Court deemed segregated schools as unconstitutional, all states had an obligation to desegregate public schools and ensure equal education to people of color, even if it meant going against people's views.

Of course, we have to acknowledge that de-facto segregation still exists, and communities of color are still routinely screwed over, but judicial precedent matters.

It sets a constitutional and cultural standard.

And all this because Obergefell v. Hodges, "violates religious freedom."

To that, I have to ask Justice Thomas and Justice Alito a simple question: What freedom?

The freedom to discriminate?

The freedom to refuse individuals legal help, adoption services, wedding venues and health care?

The freedom to allow for conversion therapy — which, need I remind you, makes individuals nearly 10 times more likely to attempt suicide post-therapy, according to a study conducted by San Francisco State University, within the United States?

Let it be known that this is not about "religious freedom." If religious freedom really mattered within the United States,

we'd be treating Muslims, atheists and any other non-Christian peoples significantly better.

No, this is about protecting the status quo.

This is about protecting the pastor who clutches a cross in one hand and proclaims the gays are going to hell.

This is about validating the Karens who go after same-sex couples in public and say, "Excuse me, can you not do that in public? Not in front of my children. You'll give them ideas."

This is about defending the parent who hits their queer child with a Bible to "beat the devil out of them."

Samuel Alito and Clarence Thomas play a huge role in the Supreme Court's current, right-wing revolution by placing ideology over country. By declaring a war on gay marriage, they've made it personal.

I believe marriage is beautiful. Beyond the legal benefits, it can teach us so much about ourselves, about self-sacrifice and about loyalty. And maybe I am naive for saying that, but it's a future for myself that I believe in.

And the thought of losing that future breaks my heart.

Alexander Prevost is a staff writer. Follow him on Twitter at @Alexanderprvst.

### Letter to the Editor: Sustainability is about all of us

This letter is a response to the article, "Tackling Climate Change," published on Oct. 8 in The Gonzaga Bulletin. I would like to begin by thanking The Bulletin for writing an article that expresses the urgency of the climate situation.

The article provides direct quotes from a recorded interview with me; however, the quotes provided do not have enough context to fully reflect what I expressed in the recorded interview and present as out of alignment with the Jesuit commitment of pursuing social justice, caring for the poor and vulnerable and caring for the planet, which are values I personally hold myself to.

In the original article, the following quote was used:

"These carbon emissions that are released by the rich and the wealthy, those effects fall on the poor and the vulnerable, and those people — the poor and the vulnerable — those are the people who are doing nothing. They're not releasing that many carbon emissions. They're not affecting the global carbon footprint, and yet they are having to carry the burden the most. That is very

about, and we need to talk about that more."

This quote has the potential to be misinterpreted, suggesting that lower-income communities do nothing to combat climate change. This misreading was not the message I intended to convey, so I will provide some context and clarification.

Climate change does not affect everyone in this world equally. Your skin color, your income level, your location, your religious preferences - all of these can decide how much you will suffer from the effects of climate change. People of color and low-income populations are the most vulnerable when it comes to extreme changes in our climate.

Lower-income and more diverse communities are far more likely to burn down, be flooded, have unhealthy water quality, experience air pollution — the list goes on. The injustice of this premise is that these vulnerable communities typically have a small carbon footprint when compared to wealthier, less diverse communities or populations.



By MADISON DOUGHERTY

speck compared to the gigantic footprint of corporations around the globe. And yet, the burden of climate change falls most heavily upon the vulnerable.

Wealthier communities have the resources and infrastructure to adapt to changes in the climate, while lower-income communities do not have those same advantages.

The quote mentioned above was meant to explain this, but did not provide enough

This does not accurately reflect my thoughts on this topic.

There are many ways for all of us to get involved with sustainability and help combat the adverse effects of climate change. However, this battle cannot be fought alone with metal straws, reusable bottles and shopping local.

Of course, these are all good things to do and greatly decrease vour own environmental footprint. But what we need, together as a society, is a deeper commitment to sustainability, one that reassesses our relationship with the planet. As Duane Elgin, a well-known ecological and spiritual author, frames it: we can either drive this planet to ecological ruin, a future that includes genocide, warfare, starvation, epidemics and collapses of societies; or we can consciously choose to confront the reality of our unsustainable, materialistic, and consumerist society.

interpreted in a way that I did not intend. To anyone reading this, my thoughts on sustainability and climate change have been written here with more clarity.

If sustainability is something that you are interested in or curious about, I recommend you consider joining Gonzaga's Sustainability Leadership Programs for students and employees. These programs align with GU's humanistic mission.

They were created with the goal of enriching GU's community with sustainabilityminded individuals who prepared to advocate are sustainability initiatives for and benefit the campus. The applications for these programs are due by Nov. 20.

Please email me, doughertym@gonzaga.edu for application details. I encourage everyone (faculty, staff and students) of all majors and backgrounds to consider applying. You do not need to be an environmental scientist or sustainability expert to join; the problems of sustainability and climate change involve all of us and requires all of us to solve them. Everybody must start somewhere, and this is a great place to start.

The carbon footprint of these wrong. It's disgusting to think vulnerable communities is a mere

information for the concept to be communicated properly.

The original article also used the following quote:

The first step in combatting climate change and being truly sustainable is not something you can do by actions...It's something you have to do within yourself."

This quote could again be misinterpreted, as it may suggest that doing actions to help combat climate change is not enough.

This is a task that requires looking deep into the human psyche, re-evaluating how we define our relationship to nature as a whole. This is why I believe the first step we should all take in this journey does not necessarily include actions, but more reflection. Again, these ideas were not properly communicated in the quote used in the original article.

To conclude, it is possible my words could have been

Madison Dougherty is the Sustainability Leadership *Programs Coordinator.* 

The Gonzaga Bulletin Editor-in-Chief **Riley Utley** Managing Editor **Spencer Brown** News Editors Melina Benjamin **Hannah Hislop** Thea Skokan Arts & Entertainment Editors Luke Modugno **Natalie Rieth** Sports Editors Asher Ali Vinny Saglimbeni **Opinion Editor Audrey Measer Chiana McInelly** Photo Editor John Kafentzis Advisers **Nick Deshais** 

Technical Adviser Assistant Director, Student Media Program Coordinator

#### LETTERS POLICY

Brett Hendricks

Joanne Shiosaki

Kayla Cartelli

The Gonzaga Bulletin welcomes all letters to the editor. Letters should be typed and no more than 800 words. The Gonzaga Bulletin reserves all rights to edit letters. Please include your name and a telephone number for confirmation purposes only. All written correspondence will be considered fit for printing unless otherwise requested. Email letters to bulletin@zagmail. gonzaga.edu with "OPINION" in the subject header. The deadline for letter submission is 4 p.m., Tuesday.

The Gonzaga Bulletin is a weekly student publication serving the Gonzaga community. Weekly circulation is 3,000. Opinions expressed in the pages of The Gonzaga Bulletin represent the views of their respective authors and not necessarily those of the faculty, student body or administration of Gonzaga University. Please direct all queries to bulletin@zagmail. gonzaga.edu

or 509-313-6826. Contact Info:

Email: bulletin@zagmail.gonzaga.edu Office phone: 509-313-6826 Advertising: 509-313-6839 or adoffice@gonzaga.edu www.gonzagabulletin.com

### An ode to pumpkin spice

As the holidays grow closer, so do the array of treats that come with each season.

Autumn means food made with pumpkin, apple, cinnamon and chai, and winter means food flavored with peppermint, pralines, gingerbread and eggnog, to name a few. Everyone has their own go-to or favorite that they like to enjoy during these chilly seasons.

Working at a grocery store had its perks because when Sept. 1 approached, new, fall-themed products started showing up on the shelves. Apple cider and pumpkin spice coffee and giant bags of candy made their appearance.

One of the best things I found was pumpkin cheesecake caramel corn. It's definitely a unique fall find, and my only complaint is that I didn't buy more than one bag when I had the chance. Another unique find is pumpkin spice and maple flavor whipped cream. I can't say I tried it, but it was definitely a popular item, and it's something I haven't seen anywhere else.

Something I also found at my Midwest grocery store was cookie butter flavored coffee creamer. It's delicious and I thought it was a fun substitute to the pumpkin spice or peppermint alternatives.

In addition to grocery stores stocking their shelves with pumpkin and apple flavored goodies, places such as Starbucks and Dunkin Donuts are joining in.

Right now, Dunkin Donuts is selling apple cider and pumpkin donuts as well as a variety of pumpkin flavored coffee such as lattes, cold brew, and regular coffee. Not only this, but Dunkin Donuts is advertising their chai lattes even more. This is not only my go-to order and personal favorite, but it is a drink that someone can get hot or iced and enjoy all year round, not just in the fall.

What I especially love is apple cider. There's nothing better than going to an apple orchard or pumpkin patch for a few hours and having a cup of piping hot apple cider to stave off the cold. The best apple cider is the kind that's made fresh at an apple orchard rather than the bottled stuff that grocery stores sell this time of year.

More autumn treats that we can enjoy yearround are apple pie and pumpkin pie. Apple pie is indeed an all-American dessert that's not only



**By TESS PICKAR** 

good as dessert on Fourth of July, but is also good as dessert on Thanksgiving and Christmas, and at any family gathering. Baked goods are definitely a staple here in the Midwest, and either type of pie is always welcome at a get-together.

Caramel apples are another autumn treat that can be appreciated all year round. Whether it is whole apples being drenched in homemade caramel or apple slices being dipped in a bowl of caramel, it's a snack that can be eaten any time, regardless of the season.

Some of my favorite treats to make at home are pumpkin bread, pumpkin muffins and pumpkin pancakes, especially with pecans or chocolate chips added to the mix.

Another bonus that comes with the fall season is that those with a notorious sweet tooth can buy large, combination bags of candy without real reason because Halloween is justification enough. The variety of candy is endless, but some of my favorites are Sour Patch Kids, Kit Kats and Reese's peanut butter cups.

Because these flavors are more of an acquired taste it makes more sense for these to only be enjoyed during the winter months rather than all year round. Fall flavors, on the other hand, are welcome to stick around.

Tess Pickar is a staff writer.

5

# **Get thrifty: The best bang for** your buck at Spokane's top thrift shops

Commentary by ANDERS SVENNINGSEN

autumn descends upon Spokane, changing leaves and dropping temperatures call for a collective shift in clothing to combat chilly circumstances.

For many, this means breaking out flannel, jackets, or even a mute color scarf to blend in with the fall scenery. However, if you're like me and reside in the "fashion challenged" realm of the population, then building a fall outfit can be a difficult endeavor.

In addition to overall style demands, shopping on a college budget can be a significant challenge. Wallets and purses are often pushed to their limits just to purchase one or two pieces of brandname clothing.

Luckily, a solution exists to all these problems, in the bright yet often neglected corner of the second-hand shopping industry: thrift stores.

Thrift stores are an affordable and exciting alternative to brand-name shopping, with more possibilities for impacting your community. The Spokane area around GU is brimming with thrift stores, each with distinct possibilities for fall fashion.

After visiting a few on my own time, I compiled a list of stores around GU more than worth your consideration for your fall purchases.

#### **Global Neighborhood** 919 E Trent Ave.

Perhaps the most conveniently located thrift store on this list, Global Neighborhood is a vibrant store with myriad of used items, but also hidden gems. A quick five-minute walk from campus brings you to a store with great possibilities for a thrifting trip.

Each week, staff rotate through a "colored tag sale" which significantly reduces the price of items on sale, yellow tags could represent 50% or even 75% off depending on that week's rotation.

We sort through donations and rack them by sizes, everything up through name brand," said Khalil Omar, a Global Neighborhood staff member. "We have discounts on name brands — Adidas, Nike and Banana Republic."

With discount options on everything from name brand clothing to secondhand rack items, Global Neighborhood is a veritable treasure trove for GU students to browse this season.

#### **Union Gospel Mission** 301 W Boone Ave. #2313

Just like Global Neighborhood, Union Gospel Mission also rotates tag sales, but with an added bonus for GU students. Saturday brings a unique



The Arc is located down the street from campus and offers a student discount for any student that brings their ID.



Each week, Global Neighborhood has a colored tag sale, offering up to 75% off certain items

can receive an additional 20% off on all merchandise.

Combining the Saturday student discount with already low prices makes adding to a fall wardrobe a painless process, especially where the wallet is concerned.

As well as clothes, UGM carries a great deal of books and even some incredibly cheap school supplies for those looking to stock up for mid-terms or finals.

With an organized sales floor and a robust clothing collection, UGM is a great choice for a fall shopping trip. Since it is one part of the Union Gospel Mission programs, all purchases support a wonderful community organization.

#### The Salvation Army Thrift Store 2020 N Division St.

The smallest store on the list, rift Store also happens lvation Army Th

possibilities for a budget-minded thrifting spree.

Although not as large as UGM or The Arc, what the Salvation Army Thrift Store lacks in size, it makes up for in opportunity. A solid selection of clothes — at the cheapest prices I had seen — provide ample material for some seasonal clothing changes.

Many people who frequent thrift stores also engage in upcycling or taking secondhand clothes and creating something new from them.

"Clothes can be so expensive, upcycling is a great way to help with expense," said Jaden Kruse, a freshman Human Physiology major. "I bought my mom a shirt at a thrift store and since we couldn't return it after I ended up making it into a nice skirt."

The Salvation Army Thrift Store is the perfect store to work on your ng skills incorporating a upcyc tew

for the season.

#### **Goodwill Industries** 1707 W Augusta Ave.

The farthest store off campus in the list, Goodwill Industries comes with its own set of unique benefits despite this particular challenge.

Fall may be dictating fashion right now, but colder months lurk just around the corner. While carrying a vast expanse of lighter wear, Goodwill Industries also boasts the largest selection of cheap winter wear on this list.

Forward thinking can save both time, money and energy this winter as Goodwill Industries has a large number of coats, boots and hats all at an immensely discounted price.

A very welcome unexpected benefit to Goodwill Industries is also the winter sports options. They carry a surprising amount of used ski boots, helmets and secondhand skis to be purchased thoroughly marked down.

If the drive, walk or bike isn't an issue then Goodwill Industries certainly represents a great choice for GU students looking to get ahead of the weather when making clothing purchases.

#### The Arc 808 N Ruby St.

The location of this store is certainly enough to make it a prime near-campus choice. A Halloween-twist to the thrifting experience and price deductions store-wide take The Arc to another level this fall.

Completely decorated for maximum Halloween "spookiness," The Arc has an atmosphere that is true to the season, with merchandise to fit. A full rack of discount costumes provides thrifty students the perfect chance to acquire the scariest costume at a scary-cheap price.

Fall spirit at The Arc extends far beyond clothing, with fall-themed decorations and houseware offered to make living spaces vibrant. Much like UGM or Global Neighborhood The Arc issues tag sales that cut prices on a wide variety of this merchandise as well.

No matter which thrift store you decide to shop at this fall, you're making a difference in our community by buying secondhand and giving back to those in need. Even if you don't feel the need to buy anything, sometimes just visiting and browsing can be an entirely positive experience.

Sometimes you find something you never thought you'd need, but is actually really cool," said Finn Pettit, a freshman at GU (and my thrifting partner-in-crime). "And once you find something like that, it just makes you glad you came."

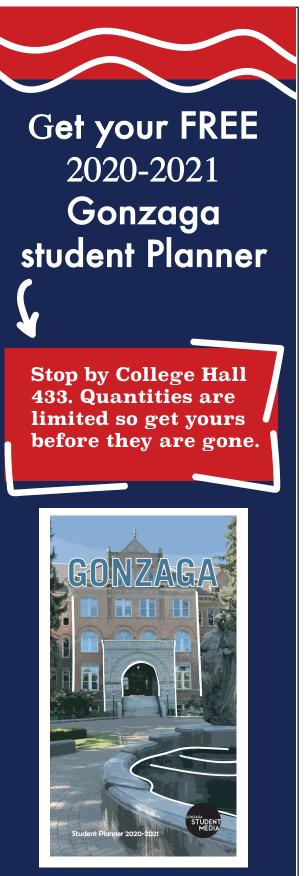
student deal where college students

to be the most unique; brimming with upcycled looks into the fashion line-up

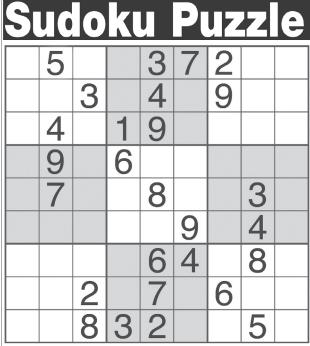
Anders Svenningsen is a staff writer.

#### Universal Crossword

					Univ	ersa	al C	ros	SWO	rd					
			Edit	ted i	by Dav	id Ste	einbe	erg C	ctobe	r 25,	202	0			
1 9 14 15 16 17 19 20 21 22 23 25	ROSS Mall un Flow's Take p Buenoon Solving Persor Solving Puzzle an ax ""Ever thrug's pover th place!" letters Soorg f Pub pi perhap Poutry purché (PONC anagra Hamle (PONC anagra Hamle Trusu includd	tidal tite lace ss this ss with y- all ve ks with for on t, y- all ve ks with for on t, t, all ss xs xs xs xs xs xs xs xs xs	h 7) e	47 51 52 53 54 55 59 60 62 63 64 5 66	("Suck band) What g	al of s. sland t) nadic led , gefore "old n snov tarrec r's mme e b b b b b b b b b b b b b	s ? W d t	10 E 11 I 12 22 1 13 E 13 E 13 E 22 1 24 I 22 2 28 I 29 I 29 I 29 I 30 ( 31 I 5 2 29 I 33 2 33 2 33 2 33 2 33 2 33 2 33 2 33	Martini partner vermou 'Don't pother D and an oxy	I skinn rizer 	or ls ls s s	40 43 46 48 50 53 54 56 57 58 59 60	pay "Dir Blu Ma Foa drirr" Gaal Chai Chai Chai Chai Chai Chai Chai Chai	rativ /che tto" chco chco any ristr dwi tala enter y ark co ly F iilia a chell ut it chell ut it chell ut it chell tala chell ut it chell tala tala tala tala tal tala tala ta	eck ooks o dud ' mas ' hos n n ' hos ' hos ' hos ' hos ' n ' Joa ' f the 'lane' s out!' s out!' out!' out!'
	Form (5 to 8)	040			dust? Like a				noleci						
33	Mandy or Den	,			in relat a sund	ion to		P.	REVIC			E E	_	_	/ER
	The "p in mpc	"			WN Wood (	cutter	s	ΑU	RA	D	ΕA	RE	R	ſ	иο
	Classic	C		2	Greetir from K	ng		R A B U	SI	ES	S N T	AK	С	L	PO JM
	Hughe poem			3	Face-te		e		RE		ΡO	A I R C	υ		R I N
36 37		oetica rds	a"		Litter problei	n?		R O G R			A R R	M E			T     N
	may b			5	FICA fu	undsi	it	ΑT		A D	DS	IN		HI	EE
	spotte	d		6	Hole fo	or a									
41	on the Sch. w	m /hose		7	shoela Big nai	ce me in		NA	N N U N	YG BE		T S	H S U	E :	s s
41	on the Sch. w masco Brutus	m /hose ot is		7 8	shoela Big nai speake Land v	ce me in ers ehicle	e	N A A I L O	N N U N M E B	YG BE E	0 A N T T U	T S C R A	H 6 U 0 R 4 L	E : E R F (	S S I D O O
42	on the Sch. w mascc Brutus Bucke Liver s	m vhose ot is ye preac		7 8	shoela Big nai speake Land v whose is a wa	ce me in ers ehicle name ter	e	N A	N N U N E B E R	Y G E E N A O Y T E	0 A N T T U S T P E	T C C C E F E S	H 3 U 0 R 4 L 8	E E R F U L	S S I D D O N T A S
42	on the Sch. w mascc Brutus Bucke	m hose it is ye preac n a		7 8	shoela Big nai speake Land v whose	ce me in ers ehicle name ter	e	N A A I L O O W	N N U N M E B E	Y G B E N A O Y T E	0 A N T T U S T P E	T S C C R A E F E S	H C C C C C C C C C C C C C C C C C C C	E E R F U L	S S I D D O N T A S
42	on the Sch. w mascc Brutus Bucke Liver s Stuff ir sticky	m hose it is ye preac n a	ł	7 8	shoela Big nai speake Land v whose is a wa vehicle backw	ce me in ehicle name ter ard	9	N A A I L O O W E A	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E E N A O Y T E ) Andre www.	O A N T T U S T P E ews M upuzz	T S C C R A E F E S	H C C C C C C C C C C C C C C C C C C C	E E R F U L	S S I D D O N T A S
42 44	on the Sch. w mascc Brutus Bucke Liver s Stuff ir sticky	m hose it is ye preac n a	ł	7 8	shoela Big nai speake Land v whose is a wa vehicle	ce me in ehicle name ter ard	9	N A A I L O O W E A	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E E N A O Y T E ) Andre www.	O A N T T U S T P E ews M upuzz	T S C C R A E F E S	H S U R A L R S H Uni	E E R F U L	S S I D D O N T A S
42 44 10/2	on the Sch. w mascc Brutus Bucke Liver s Stuff ir sticky	m vhose ye preac n a pit	i (	7 8 Cha	shoela Big nai speake Land v whose is a wa vehicle backw	ce me in ers ehicle name ter ard of N	9	N A A I L O O W E A <b>C</b> by	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E N A O Y T E O Andre www.	O A N T S T P E wws M upuzz	T C C C C R A E F S C Mee les.co	H S U R A L R S H Uni	E R F U U I Vvers	S S I D O O N T A S al
42 44 <i>10/2</i>	on the Sch. w mascc Brutus Bucke Liver s Stuff ir sticky	m vhose ye preac n a pit	i (	7 8 Cha	shoela Big nai speake Land v whose is a wa vehicle backw	ce me in ers ehicle name ter ard of N	9	N A A I L O O W E A <b>C</b> by	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E N A O Y T E O Andre www.	O A N T S T P E wws M upuzz	T C C C C R A E F S C Mee les.co	H S U R A L R S H Uni	E R F U U I Vvers	S S I D O O N T A S al
<b>42</b> <b>10</b> /2 1	on the Sch. w mascc Brutus Bucke Liver s Stuff ir sticky	m vhose ye preac n a pit	i (	7 8 Cha	shoela Big nai speake Land v whose is a wa vehicle backw	ce me in ers ehicle name ter ard of N	9	N A A I L O O W E A <b>C</b> by	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E N A O Y T E Andre www.	O A N T S T P E wws M upuzz	T C C C C R A E F S C Mee les.co	H S U R A L R S H Uni	E R F U U I Vvers	S S I D O O N T A S al
<b>12</b> <b>14</b> 10/2 1 14	on the Sch. w mascc Brutus Bucke Liver s Stuff ir sticky	m vhose ye preac n a pit	i (	7 8 Cha	shoela Big nar speake Land v whose is a wa vehicle backw	ce me in ers ehicle name ter ard of N	9	N A A I L O O W E A <b>C</b> by	N   N     U   N     M   E     B   I     E   I     R   I     © 2020	Y G B E N A O Y T E Andre www.	O A N T S T P E wws M upuzz	T C C C C R A E F S C Mee les.co	H S U R A L R S H Uni	E R F U I L	S S I D O O N T A S al
<b>12</b> <b>10</b> /2 1 14 17 20	on the Sch. w mascc Brutus Bucke Liver s Stuff in Sticky	m vhose ye preac n a pit	4	7 8 Cha 5	shoela Big nar speake Land v whose is a wa vehicle backw	ce me in ers ehicle name ter ard of N	Aat 7	N A A I L O O W E A <b>C</b> by	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E N A O Y T E Andre www.	O A N T S T P E wws M upuzz	T C C C C R A E F S C Mee les.co	H S U R L R L C D R L L T D D R L L D D R L L D D D R L L D D D D D D D D D D D D D	E R F U I L	S S S I D O O O O O O O O O O O O O O O O O O
<b>42</b> <b>10</b> /2 1 14 17 20 26	on the Sch. w mascc Brutus Bucke Liver s Stuff ir sticky	m hose ye preac n a pit	4	7 8 Cha 5	shoela Big nar speake Land v whose is a wa vehicle backw	ce me in ers ehicle name ter ard of N	Aat 7 29	N       A         A       I         L       O         O       W         E       A	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E N A O Y T E Andre www.	0 A N T U S T P E ewws M upuzz	T C C C C R A E F S C Mee les.co	H S U R L R L C D R L L T D D R L L D D R L L D D D R L L D D D D D D D D D D D D D	E R F ( U I L , vers	S S I D O O N T A S al
<b>12</b> <b>10</b> /2 1 1 14 17 20 26 33	on the Sch. w mascc Brutus Bucke Liver s Stuff in Sticky	m hose ye preac n a pit	4	7 8 5 24	shoela Big na speake Land v whose is a wa vehicle backw ange 18 18 21	ce me in arrs ehicle ter ard of N	Aat 7	N       A         A       I         L       O         O       W         E       A	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E E N A O Y T E 0 Andree www.	O A N T S T P E wws M upuzz		1	E R F ( U I L , vers	S S S I D O O O O O O O O O O O O O O O O O O
<b>12</b> <b>10</b> /2 1 1 14 17 20 26 33 36	on the Sch. w mascc Brutus Bucke Liver s Stuff in Sticky	m hose ye preac n a pit	4	7 8 Cha 5	shoela Big na Speake Land v whose is a wavehicle backw ange 18 21 21 38	ce me in ers ehicle name ter ard of N	Aat 7 29	N       A         A       I         L       O         O       W         E       A	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E N A O Y T E 0 Andre www. 9 16 19 19 16 19	0 A N T T U S T P E E wws Mu upuzz	T C C C C R A E F S C Mee les.co	1	E R F ( U I L , vers	S S S I D O O O O O O O O O O O O O O O O O O
<b>12</b> <b>10</b> /2 1 1 14 17 20 26 33 36 42	on the Sch. w mascc Brutus Bucke Liver s Stuff in Sticky	m hose ye preac n a pit	4	7 8 5 24 24 37	shoela Big na speake Land v whose is a wa vehicle backw ange 18 18 21	ce me in arrs ehicle ter ard of N	Aat 7 29	N       A         A       I         L       O         W       E         O       W         E       A         B       B         B       B         300       B	N       N         N       N         M       E         E       R         ©       2020	Y G B E E N A O Y T E 0 Andree www.	0 A N T U S T P E ewws M upuzz		1	E R F ( U I L , vers	S S S I D O O O O O O O O O O O O O O O O O O
<b>12</b> <b>10</b> /2 1 1 14 17 20 26 33 36	on the Sch. w mascc Brutus Bucke Liver s Stuff in Sticky	m those tris 'ye preacon prit 'second tris 'second tris 'second tris 'second triangle triangl	4	7 8 5 24	shoela Big na Speake Land v whose is a wavehicle backw ange 18 21 21 38	ce me in arrs ehicle ter ard of N	Aat 7 29	N       A       I         L       O       O         E       D       W         E       A       A         I       L       O       W         E       A       A         I       O       W       E         A       I       I       O         V       E       A	N       N         U       N         M       E         B       Image: Comparison of the second se	Y G B E N A O Y T E 0 Andre www. 9 16 19 19 16 19	0 A N T T U S T P E E wws Mu upuzz		1	E R F ( U I L , vers	S S S I D O O O O O O O O O O O O O O O O O O
<b>12</b> 10/2 1 14 17 20 26 33 36 42	on the Sch. w mascc Brutus Bucke Liver s Stuff in Sticky	m hose ye preac n a pit	4	7 8 5 24 24 37	shoela Big na Speake Land v whose is a wavehicle backw ange 18 21 21 38	ce me in arrs ehicle ter ard of N	29 34	N       A         A       I         L       O         W       E         O       W         E       A         B       B         B       B         300       B	N       N         N       N         M       E         E       R         ©       2020	Y G B E N A O Y T E 0 Andre www. 9 16 19 19 16 19	0 A N T T U S T P E E wws Mu upuzz		1	E R F ( U I L , vers	S S S I D O O O O O O O O O O O O O O O O O O
<b>12</b> 10/2 1 14 17 20 26 33 36 42	on the Sch. w mascc Brutus Bucke Liver s Stuff in Sticky	m those tris 'ye preacon prit 'second tris 'second tris 'second tris 'second triangle triangl	4	7 8 5 24 24 37	shoela Big na Speake Land v whose is a wavehicle backw ange 18 21 21 38	ce me in arrs ehicle ter ard of N	Aat 7 29	N       A       I         L       O       O         E       D       W         E       A       A         I       L       O       W         E       A       A         I       O       W       E         A       I       I       O         V       E       A	N       N         N       N         M       E         E       R         ©       2020	Y G B E N A O Y T E 0 Andre www. 9 16 19 19 16 19	0 A N T T U S T P E E wws Mu upuzz		H     A     D     R     I	E R F ( U I L , vers	S S S I D O O O O O O O O O O O O O O O O O O
<b>12</b> 10/2 1 14 17 20 26 33 36 42	o'n the Sch. w mascc mascc mas	m those tis 'ye preacon pit 's' 'ye pit 's' 's' 'ye pit 's' 's' 's' 's' 's' 's' 's' 's' 's' 's	4	7 8 5 24 24 37	shoela Big na Speake Land v whose is a wavehicle backw ange 18 21 21 38	ce me in arrs ehicle ter ard of N	29 34	N       A       I         L       O       O         E       D       W         E       A       A         I       L       O       W         E       A       A         I       O       W       E         A       I       I       O         V       E       A	N       N         N       N         M       E         E       R         ©       2020	Y G B E N A O Y T E 0 Andre www. 9 16 19 19 16 19	0 A N T T U S T P E E Wwws M L E T T U S T F P E S T T O S T T O S T T O S S T T O S S T S S T S S T S S T S S T S S T S S T S S T S		H     A     D     R     I	E 3 E 0 I 12 31	S       S         I       D         D       O         N       T         A       S         al       13         32       32         I       I
<b>42</b> 10/2 1 14 17 20 26 33 36 42 47	o'n the Sch. w mascc mascc mas	m those tis 'ye preacon pit 's' 'ye pit 's' 's' 'ye pit 's' 's' 's' 's' 's' 's' 's' 's' 's' 's	4	7 8 5 24 24 37	shoela Big na Speake Land v whose is a wavehicle backw ange 18 21 21 38	ce me in pro- entropy of N of N 15 15	29 34	N       A       I         L       O       O         E       D       W         E       A       A         I       L       O       W         E       A       A         I       O       W       E         A       I       I       O         V       E       A	N       N         N       N         M       E         E       R         ©       2020	Y G B E N A O Y T E 0 Andre www. Coul. 9 16 19 40 45	0 A N T T U S T P E E Wwws M L E T T U S T F P E S T T O S T T O S T T O S S T T O S S T S S T S S T S S T S S T S S T S S T S S T S		H     A     D     R     I	E 3 E 0 I 12 31	S       S         I       D         D       O         N       T         A       S         al       13         32       32         I       I







DIFFICULTY RATING:  $\star \star \star \star \star$ 

Complete the grid so every row, column and 3 x 3 box contains every digit from 1 to 9 inclusively.

Today's puzzle solution										
L	G	<b>7</b>	F	2	3	8	9	6		
З	6	9	8	L	G	2	F	<b>7</b>		
2	8	F	4	9	6	Z	З	G		
9	7	8	6	F	Z	9	2	3		
6	3	G	2		7	F	L	9		
F	2	L	3	9	9	7	6	8		
8	Z	3	9	6	F	9	7	2		
G	F	6	9	7		3	8	L		
<b>7</b>	9	2	L	3	8	6	S	ŀ		

October 22, 2020



Pumpkin muffins are an easy fall-flavored snack to take on-the-go.



Warm up to a delicious, hearty bowl of chili this fall season.

PHOTO COURTESY OF HANNAH HISLOP

## Soul-warming fall meals

#### Commentary by HANNAH HISLOP

@GonzagaBulletin

The feeling of fall is in the air with cold and bitter days ahead and the sun saying goodbye earlier as time goes on. As the cold days become more frequent, so do the need for warm meals. Here are some of the easiest warm meals to make for fall and you can even share with roommates.

#### Chili

A staple in any college students' kitchen, it is affordable and easy. Chili is a warm meal that you can make from scratch in a matter of a couple of hours, or from a can in minutes. It is a fast way to get a full, warm meal, especially when paired with grilled cheese. Throwing chili on the stove after a cold Spokane day is the perfect warm meal.

#### Shepherd's Pie

While some may not know what this meal is, I am a firm believer that it is one of the best warm meals. It takes about one hour to make and you have leftovers for the next week or can share with roommates. Shepherd's Pie is a combination of peas, carrots, corn, ground beef, mashed potatoes and cheese on top. After combining all of these into a large pan, pop in the oven and you have a meal that is healthy, affordable and warm.

#### Soups

There are lots of soups that you can buy at any store, but my favorites are chicken noodle soup and tomato basil. These meals are easy to make on the stove or to heat up in the microwave for a couple of minutes. Soup is another meal that can pair well with a warm sandwich or panini, like grilled cheese.

If you are looking for a graband-go type of soup, I suggest looking at Christ Kitchen. They sell all the ingredients you would need for making a variety of different soups and it comes pre-packaged. You can check out their website for online pick-up @christkitchen.org.

#### Pumpkin... Anything

There is something to be said about a fall warm meal having pumpkin in it. Pumpkin bread is a falls' version of banana bread. The seasonal bread adds a little twist that tastes like fall when you bite into it. If pumpkin bread seems like a daunting task, making muffins is also a great grab-and-go food! Grabbing a slice of pumpkin bread or muffins, while running out the door in the morning, is the perfect warm, fall breakfast on the go.

#### Drinks

Everyone has their favorite warm drink, but you can't go wrong with any warm drink during the fall. There are many warm drinks that can fuel the soul on a cold Spokane day and apple cider, hot coffee and hot chocolate. Making these drinks at home too is a great way to save money and time for students running out the door and on a budget.

#### Did someone say dessert?

Fall brings some of the bestbaked goods. A warm go-to is a pie. Making a homemade pie with roommates is a great way to bond and have a yummy afternoon treat! Another easy dessert is warm cookies. There is no better graband-go dessert than a cookie. They will not only make the house smell good, but paired with some ice cream, and you are set.

Hannah Hislop is a news editor. Follow her on Twitter: @hannahvhislop.

### Avoiding a 'Spooky Season' campus shutdown

#### Commentary by RED KWENDA

At any time of the year, hanging out with friends can be a fun, rejuvenating experience. Now that we have officially entered the "Spooky Season" of October, I'd like to provide some tips on how to fully enjoy this season in a fun, COVID-19 safe way.

The first way to enjoy the Spooky Season is through Halloween-themed dress up parties. Even though trickor-treating will look very different this year, we can always count on the costume and party stores to be open at this could prove to be a bit tricky. However, if we restrict the number of people we come into contact with to just our close contacts (as regulated by the CDC), we should be able to conduct trick-or-treating in a safe manner.

And yes, wearing a mask is absolutely mandatory during any activity that day. Even though you might be wearing a mask as part of your costume, wear another one underneath, as the costumes' masks aren't made for containing viral aerosols.

We'd also want to be careful about the distribution of candy on that day. To help prevent the spread of COVID-19, candy should only be given to or taken from those whom you eat with, or from those whom you would otherwise call close contacts. No mass floor parties, or even dorm-wide parties could occur without a great risk of COVID-19 transmission. Again, it's recommended that you only stop at doors of people with whom you come into close contact on a regular basis. Of course, we can always improve on the experiences of trick-or-treating and dressing up in our favorite costumes. If you're wondering how, the answer is simple: do all of this while starting a scary movie marathon! by packed common rooms, a great idea would be to watch your film of choice over a Zoom call with your friends. That way, you could be connected with your friends, eat whatever you want and you could even take off your mask (as long as you were inside away from other people). This option would also serve to include those Zags who aren't on campus this semester.

While some might not find the idea of watching a movie on someone else's shared screen for an hour and a half, I know from experience that watching videos over Zoom works fine. Shortly before school started, a few friends and I watched the first few episodes of the original "Ben Ten." As long as you have a stable connection, you should be good to go. If you take anything away from these tips today, know that COVID-19 doesn't have to be a death sentence for your usual fun Halloween activities. Just make sure that you and your friends are having fun in a way that keeps everyone safe! We don't want this spooky day to be the thing that shuts down campus.

WWW.GONZAGABULLETIN.COM

time of year.

I always look forward to seeing what cool costumes people either make or buy every Halloween. From the traditional ghosts and skeletons to favorite superheroes, I always have fun guessing who someone has dressed up as.

This doesn't have to be just a student-led thing, either. Even though most of our classes are on Zoom, teachers and professors are always welcome to join in on the spooky festivities. My personal favorite has to be when my Seventh Grade English teacher dressed up as Flow from the Progressive commercials.

Another idea for the Halloween season would be trickor-treating within dorms.

Because of the presence of COVID-19 on campus, this

In order to avoid the risk of transmission brought on

Red Kwenda is a staff writer. Follow him on Twitter @RedKwendawriter.

## The Butchers beautiful honesty: 'Burden of Proof' album review

#### Commentary by ALEXANDER PREVOST

When I heard the opening line of this project, I knew I was in for something special.

Rap and hip-hop are not usually genres of music I seek out. Maybe it's because so much of today's radio waves are polluted with this nouveau-trap production that can be found in just about every big name artist — ranging from stars like Ariana Grande to "stars" like Justin Bieber.

I can confidently say that Griselda Records star Benny the Butcher's new project "Burden Of Proof" is the first purely rap album I've listened to (excluding "IGOR" by Tyler, The Creator because that is a genre-bending masterpiece).

Going in, I didn't know what to expect. And then Benny The Butcher blew me away.

What makes this project stand out is that it doesn't shy away from honesty. Benny's verses are liquid poetry — raw and real. He doesn't shy away from chronicling the darker sides of his experience both as a person of color and someone who lived in underfunded communities. He transports listeners to the streets of Buffalo, New York with his vivid lyricism.

It's not just the words he speaks. It's the emotion that goes into every single verse. Benny makes you feel everything you're supposed to feel with each song. When The Butcher is enraged, you feel rage too. When The Butcher mourns, you feel mournful too. When he celebrates, you clap along.

Something "Burden of Proof" also masters is production. Steering clear



PHOTO COURTESY OF BENNY THE BUTCHER'S FACEBOOK PAGE

"Burden of Proof", Benny the Butcher's second studio album was released on Oct. 16.

of the current trap trend, this project's production leans towards the organic sound of '90s rap icons like Tupac and The Notorious B.I.G. — drums, strings and a piano. Additionally, there are a few verbal interludes scattered throughout the

album. These bits of dialogue add splashes of gold onto Benny's portrait of Buffalo, New York.

It's refreshing, it's enticing, it's cohesive.

Three outstanding tracks off of the album are Famous, New Streets and Over

The Limit.

"Famous" chronicles his feelings of imposter syndrome and the disingenuous nature of fame.

"New Streets" calls into question the current trend in rap to shy away from the harsher realities of the lives of rappers.

In a Genius annotation Benny explains, "These rappers get on these songs and they talk about a thousand kilos and they don't got no prison stories. That's not realistic. In the real world, prison is on the other side."

the real world, prison is on the other side." "Over The Line" is the best track. Collaborating with Lil Wayne and Big Sean, each rapper offers their reasons why they rap on their respective verses. Highlighted by an anxious, adrenaline pumping instrumental, this track sums up the album's soaring message of resilience.

The only hindrance of this album is that there is a lack of stripped back, slow tempoed songs. If Benny had taken a song to rap over a lone piano, this album would be near-perfect.

"Burden of Proof" is hands down one of the best projects to be released in 2020. Among the modern deluge of trap flops, Benny The Butcher's new album is a breath of fresh air, grounding it's listeners in harsh realities and undeniable truths. A masterclass in rap.

Favorite Tracks: Famous New Streets Over the Limit (feat. Lil Wayne & Big Sean)

Rating: 9/10

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

FB.COM/GONZAGABULLETIN

7

# **Rowing into the swing of things**

Structure of their sport puts GU men's and women's crew teams in unique training situation

#### By LINDSEY WILSON

n March, virtually all sports in the U.S. and around the world came to a halt. This meant no practices, games or matches until COVID-19 was contained enough to begin again.

Nearly nine months later, some restrictions have been lifted, but not all. Gonzaga's men's and women's rowing teams have had a very different look to the beginning of this season than previous ones.

When word got out that the season was coming to a halt, the men's rowing team was training in Bellingham, Washington, during spring break.

"We packed up and loaded the bus and that's when I got the call," Dan Gehn, GU's men's rowing head coach said. "We were done after that."

Both teams began practices again the first week of classes, of course, looking much different than in years prior.

Due to the non-COVID-19 compliant nature of the sport of rowing, getting out on the water to row is unobtainable to most members of the team. Some changes had to be made in order to get at least a few people out on the water.

<sup>a</sup> The problem with rowing is it's considered high risk because when you're out on the water you've got eight guys that are about 5 feet apart each, but you don't move anywhere," Gehn said.

GU's rowing teams had to get creative when it came to practicing for the 2020-2021 season. While some members of the women's team are able to practice on the water, because they live in the same house together, the men's team is not able to do the same.

"On the water, we are only allowing athletes that live together to row in the same boat due to distancing concerns," Andrew Derrick, GU's women's head rowing coach said in an email. "To accomplish this,



Due to the close proximity of athletes while training in boats, the rowing teams are currently prohibited from practicing in the water.

we are rowing a lot of small single-anddouble-person boats this fall which has its challenges and advantages."

Since there has been an increased demand for smaller rowing boats, GU is borrowing numerous boats and equipment to get more athletes out of the water. Some boats are even double the age of the rowers on the team.

"The athletes are so grateful to be together and training that I have not heard one complaint about rowing a boat from the late '70s / early '80s!" Derrick said.

To support social distancing, both teams have set up dozens of ergometers across the McCarthey Athletic Center basketball floor, since the rowing room is too small to be compliant with health regulations. The ergs are placed about 17 feet apart, to maintain social distancing guidelines. Due to the large space the teams are able to utilize, up to 40 rowers can be practicing at once.

"It's been different, not totally different, but just more removing the rowing aspect of it," Gehn said.

Along with rowing on the rowing machines four days a week, the rowers are able to get outside a couple of days to participate in workouts such as running and body circuits. Social distancing and mask wearing is still required of the athletes during these workouts.

"Because of this creating a competitive environment and atmosphere is more challenging, but the athletes are doing a good job of adapting," Derrick said.

While the plans for the rest of the season are up in the air at the moment, both men's and women's rowing teams are

hopeful for a stage 3 opening, which may allow for the use of some larger and more traditional boats for the teams to go out and practice on the water.

"The biggest thing is that we want to be on the water in some form or fashion, even if it meant wearing masks in the bigger boats," Gehn said. "So, we could at least do some of the rowing and some of the drill work you could do."

Both coaches mentioned how both teams have taken all of the obstacles with much grace and understanding for the time being.

"This has certainly been a good exercise in learning not to take the little things for granted," Derrick said.

Lindsey Wilson is a staff writer. Follow her on Twitter: @lindseyrwilson1.



#### Kennel Club represents who GU students are at the core: we work hard, we are kind, we support our friends, we support our community and we are always positive.

Scott McLellan, Kennel Club sophomore representative and Kennel Crew coordinator

#### passes.

"

"Events are a vital piece of The Kennel Club experience and COVID-19 has definitely presented some challenges in that realm," Lubke said. "However, the Kennel Club Board has been hard at work making sure those events are still taking place in some capacity." Petretti said that the Kennel Crew is working on hosting COVID-friendly Social Club events to bring together upperclassmen and planning more events for the remainder of the semester and into the spring. Lubke's passion for Kennel Club and working with the board comes from the ultimate support system it brings. There is nothing that shows community better than 'Zombie Nation' when you are jumping in unison with 1,200 of your closest friends," Lubke said. "The Kennel Club is something that brings people together." Despite the slow release of the game schedule that the COVID-19 pandemic has caused, it has brought time for reflection and evaluation of faults in the past. 'Working with DICE, UMEC and other services on campus, we've come up with a plan moving forward to create a more inclusive club," Lubke said. "On the inside, we are having constant conversations surrounding topics of race, diversity, equity, inclusion and how to better support the students of Gonzaga." Kennel Club is the biggest club on GU's campus, and it is still recruiting members. The Memberships Coordinator, Blake Fry, is in charge of membership packages and

organizing distribution of memberships.

"We tried to bring a lot more value this year in our memberships package by putting together a great pack for our members," Fry said. "Throughout the year as well we are "Kennel Club represents who GU students are at the core: we work hard, we are kind, we support our friends, we support our community and we are always positive," McLellan said, in an email.

Sam O'Connor serves as the freshman representative, where he communicates with the freshman Zags every week via email and social media.

"Despite being brand new to Kennel Club, I can already feel the family environment created by the other member of executive board," O'Connor said, in an email. "Even barely knowing them I feel connected to them like they are lifelong friends. The reason I love it is the same as the reason I joined, the community."

As the graphic designer for Kennel Club, Adam Mazurek works with all board members and class representatives to deliver social media content. He designs the merchandise that Kennel Club gives out to members and building promotional designs. Emily Schwartz and Jason Siegle are the 2020-21 Kennel Club sports representatives. According to the duo, their position's responsibility is to promote and plan events around both fall and spring sports. This year, Siegle and Schwartz have adapted into event planners and "minutemen" for wherever help is needed. According to Schwartz, the two will be more involved in the sports side of things this Spring semester. As of now, they continue to brainstorm and make connections. Bella Ghirardo serves as the Vegas Coordinator and Zagnation representative. Her responsibilities include planning the Vegas trip for 21+ Zags during the WCC tournament and organizing Zagnation, which spreads Kennel merchandise to alumni and family.



Kennel Club President Clare Martin.

### KENNEL

Continued from Page 1

The 2020-21 Kennel Club Treasurer is Austin Versteeg. He oversees the Kennel Club's budget and investments while working to minimize financial risk for the club. Versteeg said in an email that he is looking forward to the Kennel Cares event this Saturday.

Kennel Čares, a sub-division of Kennel Club, is holding an event coming up this weekend where they will be working alongside a GU grad, and current GU graduate student, Rick Clark.

Clark runs an organization in Spokane called "Giving BackPacks" that works to collect and distribute supplies to people experiencing homelessness.

Kyle Thiede, the Kennel Cares Coordinator, has been working hard and planning this event. The Kennel Club will join Clark for a distribution of bus passes, COVID-19 supplies and backpacks stocked with necessary items, Saturday from noon to 3 p.m.

According to Thiede, they will be handing out over \$10,000 worth of bus going to do whatever we can to bring more and more value to this club."

Fry also focuses on working with vendors to find products for membership, pricing out items, sorting inventory and adding other perks throughout the year for all Kennel Club members.

Class representatives are the main point of contact for each class and are responsible for communicating necessary information for upcoming events.

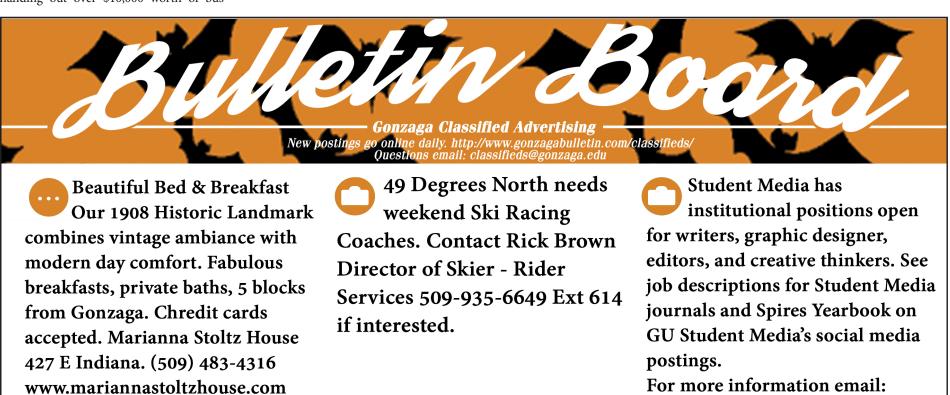
This year's senior representative is Abby McKee, who also doubles as the Social Club coordinator, as such she plans events for students who are 21 and over. McKee said that even though they are working through challenges, the class representatives are working hard to brainstorm ways that each class can get involved in school spirit.

Daniel Kireopoulos is the junior representative. He is also the Tent City coordinator, where he plans tenting events for students all over GU's campus.

"One Kennel experience that had a large impact on me was doing Kennel Crew my freshman year and seeing how close all the board members were and how inclusive they were of all of us freshman," Kireopoulos said in an email.

Sophomore representative, Scott McLellan, doubles as the Kennel Crew Coordinator. McLellan operates Kennel Crew, an open club to all students at GU. "I'm excited to see how creative we can get in planning things while still following COVID guidelines of course," Ghirardo said, in an email.

Allie Noland is a staff writer. Follow her on Twitter: @allie\_noland.



For more information email: eulring@zagmail.gonzaga.edu by 10/26.





Gonzaga seniors Joe Stewart (left) and Dawson MacKay partake in a game of beer dye.



#### **By VINNY SAGLIMBENI**

Which every college semester comes friends getting together and having a good time. That good time often progresses to eventually drinking alcohol responsibly with your friends. From the progression of meeting your new college friends for the first time to moving in with your friends sophomore year to going to bars for the first time when turning 21, the drinking environment of college challenges young college students to make responsible decisions while also having fun.

As drinking games are a main focal point for interactions with alcohol, some of the more popular drinking games include rage cage and beer pong. These two drinking games are staples to the drinking game environment, but the newer drinking game of beer dye that has risen over the past few years has taken over college campuses across the country.

Created in 2015 by CEO of the Instagram account @dyeislife and founder of beer dye, Tanner Guisness at the University of Colorado Boulder, this outdoor drinking game isn't as simple as it sounds. Athleticism and hand-eye coordination are key aspects of having any sort of success with this game, as the difficulty of this game is evident for beginners.

"It's the most fun drinking game there is, but it is also the most social if you are playing with a small group of people," Gonzaga alumnus Malcolm Tomes said. "I think it's also a good way to still be outside Like many sports, the main objective of the game is to score more points than the other team. The game is normally played to 11 points, and it is played on a 4-footby-8-inch plywood table. Four pint glasses are put on each corner of the table and are filled with beer. Two Bicycle branded dice are used, and a line is put in the middle of the table to denote either side of the table.

To gain a point in the game, one must throw the die in the air at a certain height established by the group, typically around 8 feet above the top of the table. One must also make sure the die reaches the other side of the table, and a point is awarded to the offensive team if the dice hits the other side of the table and hits the ground.

The defending team can stop the offensive team by catching the die before it hits the ground. You are only allowed to use one hand for defense, which is one of the main difficulties when playing beer dye.

"Once one die is thrown and either caught or dropped and the defending team is ready, the next die is tossed," said the Dyeislife website. "When die is tossed too low and it only takes one person from the defending team to call height, which generally speaking is a pretty obvious call."

There are also other rules that vary from table to table. However, rules like Tinks and Sinks, which reward extra points if the die hits the cup then the ground or goes directly into the cup itself, tend to remain consistent with each game of beer die.

FIFAs is the main rule that changes from table to table. FIFA's are used when the dice doesn't hit the table and the



Beer dye is a popular drinking game among college students.

defending team uses a body part other than arms to keep the die in the air, and if their teammate catches it, a point is awarded to the defending team. Rules vary with how many times you can FIFA in a game and the progression of touches with each FIFA.

Senior Dawson MacKay said beer die is one of if not the most skillful drinking game there is.

"You have to be able to throw a die and hit it on the table, catch a die coming off the table and then people use their feet a lot too to kick the die." MacKay said.

lot too to kick the die," MacKay said. The popularity of this drinking game came with the Instagram account @dyeislife. Since the game's creation, the game has invited all people to enjoy one of the increasingly popular drinking games in the country. An account called @chicks. who.toss was created to showcase women who have been playing the game.

Tomes was an @dyeislife representative

for GU, and multiple beer dye tournaments have been held across the country, one of which was held in Spokane for GU students to participate in. Typically, awards are cash and merchandise.

Both Tomes and MacKay said beer dye is one of the more inclusive drinking games to play, They both said they have created strong relationships with new people because of beer dye. From creating a fun and cool table with your friends to competing with each other for glory, the main purpose of beer dye is to have fun.

"Have fun and go get a group of friends and all decide on a table you all enjoy," Tomes said. "It's all about having fun. You want it to be a competitive game, but don't make it so competitive that you aren't having fun. It should always be about having a good time."

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

#### By NATALIE RIETH

Hoopfest's Toyota Shootoff has been refined to follow COVID-19 guidelines with a new format that will narrow contestants through a raffle in order to have a safe, socially distant shootoff this November.

The Toyota Shootoff is an annual Hoopfest fundraiser that has been held for over 20 years. Participants of a variety of ages compete in a multiple-round halfcourt basketball shootoff for the chance to win a new 2020 Toyota Camry. In past years, event participants would pay \$10 for two shots in the shootoff event.

The event typically has over 2,000 participants, all over the fundraiser's age requirement of 18 years old.

Connor Walsh, Hoopfest program and events director, said that the most prevalent age range within the participant demographic is 18-40 years old. College students also make up a significant portion of the participants. Raffle tickets are \$5 for one or \$150 for 50. On Nov. 11, Hoopfest's Facebook page @spokanehoopfest will have a live drawing to determine the 10 final participants. These participants will meet the Hoopfest team at the U.S Pavillion in Riverfront Park for the shootoff on Nov. 14.

Beyond the structural transformation of the event to a raffle form, the Hoopfest team has also altered the winning shot itself.

"Instead of shooting a half-court shot in which we could have certainly done, we are going to be shooting from what is called the elevated experience inside the pavillion," Walsh said.

Although restructuring the event was in no way ideal, this opportunity has allowed for a new element of participant inclusivity.

"I thought it would be fun to have this unique shot, and no one has ever shot it before," Walsh said. "It actually makes it a lot more inclusive shot or more inclusive opportunity because you don't have to have the strength that you need to shoot a half-court shot."

Walsh said this new, refined shot is comparable to a free-throw shot. Being that participants be will close to 40 feet in the air when shooting in the Pavilion, gravity will take a significant role in the outcome of the shot.

Although the current circumstances regarding COVID-19 strike great challenges to large gathering events and fundraisers such as the Toyota Shootoff, the Hoopfest team has taken the challenge with creativity and optimism.

"We are grateful that the Inland Northwest Toyota Dealers allowed us to keep the 2020 Camry and get creative with the raffle," said Morgan Marum, Hoopfest director of corporate and media relations in an email. "Connor did some incredible work researching ways to navigate this season and we are proud of what we landed on. As a nonprofit we have worked around the clock to sustain our organization." A raffle ticket can be purchased by visiting the Hoopfest website spokanehoopfest.net to complete the Toyota Shootoff downloadable raffle form. Once printed, the form can be either hand delivered or mailed to the Hoopfest office in downtown Spokane. If mail is the desired method of returning forms, mailing information is provided in the Hoopfest website.

Ticket sales are open until Nov. 10, the day of the Facebook raffle livestream.

"We hope the community gets behind us and purchases tickets so that Hoopfest 2021 and all of our other basketball programing can be a success," Marum said.

Follow Hoopfest on Facebook and Instagram @spokanehoopfest for Toyota Shootoff raffle updates.

Natalie Rieth is an arts & entertainment editor. Follow her on Twitter: @natalie\_rieth.

STUDEN1 MEDIA

## Student Media Journals

Are now accepting submissions!

Reflection Journal of Art & Literature Charter Journal of Scholarship & Opinion Our Voices Journal of Culture & Diversity

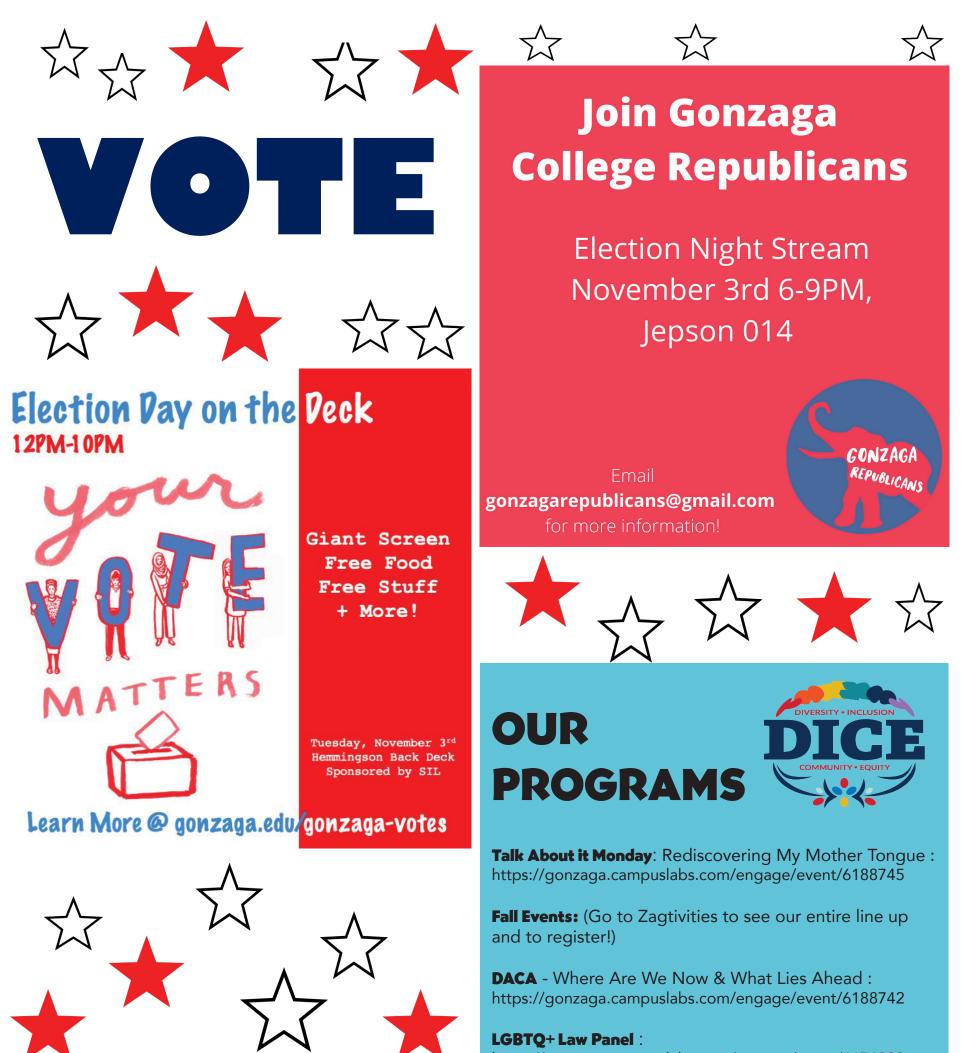
Submission Deadline11/13 www.gonzaga.edu/smsubmit Questions? Email elovchik@zagmail.gonzaga.edu



# The Student Media Office is Hiring!

Are you an interested writer, graphic designer, editor, or creative thinker? Be sure to read about the journals and Spires positions on GU Student Media's social media postings.

For more information, feel free to contact eulring@zagmail.gonzaga.edu by 10/26.



 $\sim$ 

https://gonzaga.campuslabs.com/engage/event/6176299

GU



For helping you plan the rest of your professional or post-graduate future

# CAREER & PROFESSIONAL DEVELOPMENT

is here for you.

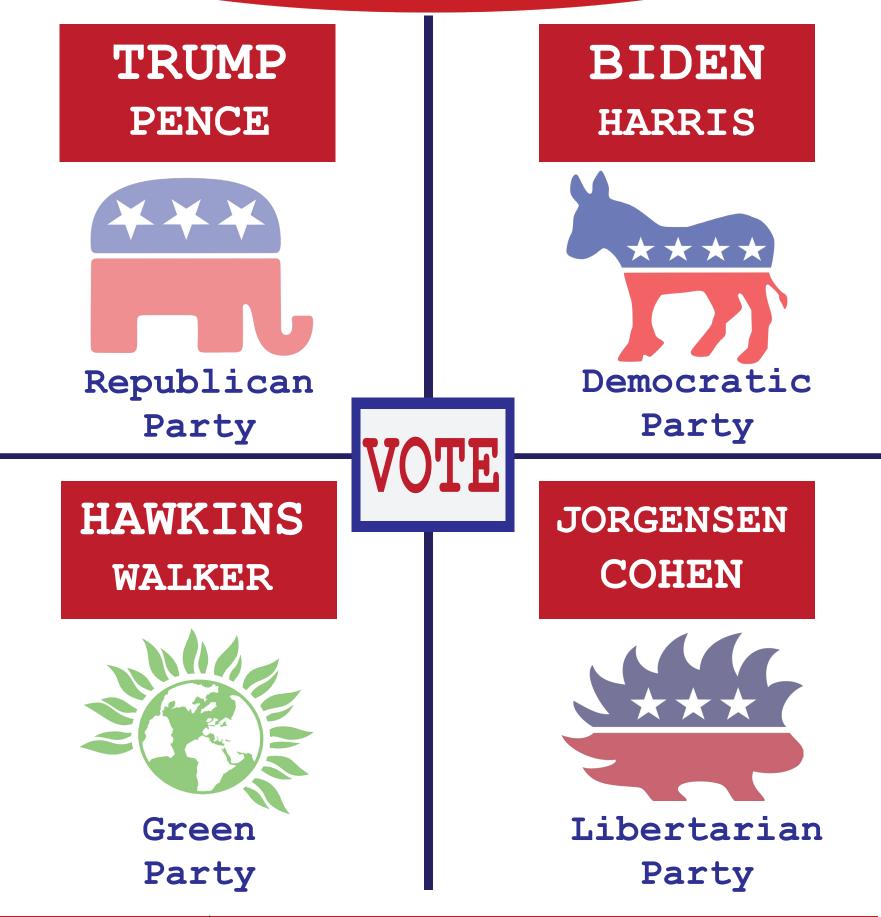
careers@gonzaga.edu (509) 313-4234 Main Floor of Crosby







# Presidential Candidates:





### October 26th:

Deadline to register

to vote in WA and CO!

For more information check your election office website

### Helpful Resources:

vote.org ("everything you need to know")

Ballotready.org
("every candidate
 explained")