

# The Gonzaga Bulletin

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# GET OUTSIDE



# Climbing to the top

Gonzaga juniors reach new heights after climbing Mount Adams

By TOMMY CONNOLY

Summitting a mountain is incredibly hard. There are no ifs, ands or buts about it. This struggle is what makes climbing so worth it. The satisfaction of reaching the summit you have worked so hard for is impossible to recreate.

“The feeling you get once you have summited is a feeling like no other,” said Paal Bredal, a junior at Gonzaga. “I think my advice to anyone that is thinking about climbing is that you just have to send it.”

Bredal is one of many GU students who enjoy climbing and mountaineering in and around the greater Spokane area and the Pacific Northwest.

Over the summer, Bredal and another GU student, Amara Gamache, had the opportunity to hike and summit Mount Adams. Mount Adams is in Eastern Washington, nestled into the Cascades. The mountain is a potentially active stratovolcano that has not erupted in over 1,000 years and has the second-highest elevation in the state behind Mount Rainier.

What makes Mount Adams a great first mountain to climb is the nontechnical nature that the mountain entails.

“You only need the basics, tent, good shoes, warm clothes and if you have this equipment, anyone can go up Mount Adams,” said Kevin Smith, a GU student who has climbed Mount Adams multiple times, and is an avid climber in his free time.

The nontechnical nature of Mount Adams makes it very appealing to first-time climbers, or for people who are looking to get their feet wet in climbing without shooting up a big rock face first.

Bredal and Gamache arrived at the base of Mount Adams around midday when they were planning to summit Mount Adams. This was Gamache’s first experience with extensive climbing that would require gear and preparation.

“I set a goal for myself this summer that I wanted to climb a mountain, so I called up Paal and he was all in for it,” Gamache said.

The two of them started on their ascension to the summit a little after noon and hiked up the first portion of the mountain before reaching Lunch Counter.

“Lunch Counter is basically a big flat area right before the steepest part of Mount Adams, and there were probably about 50 tents up there,” Bredal said.

It took Gamache and Bredal four to six hours to reach their stopping point for the day.

Waking up at 3 a.m. the next day, Gamache and Bredal made their ascension toward the summit of Mount Adams. This first part of the climb would prove to be fast and easy, according to Bredal.

“The ice was really hard and packed down, which made it very fast and quick to climb,” Bredal said.

Once the pair had made it past the first



Juniors Paal Bredal (left) and Amara Gamache pose at the top of Mount Adams in Trout Lake, Washington.

steep section, they only had about a mile to go before they reached the summit.

“Once you get to the top of the mountain, you just feel so accomplished,” Gamache said. “I feel there is not a lot of things where you can concretely be like I did my best and I’m at the top because of it.”

After the long morning of climbing and scampering around through ice, rock and snow, Gamache and Bredal stood on top of Mount Adams as the second group to the summit that day.

“Being the second group to summit was pretty cool, but this meant that the snow would be really hard still, and it would be tough to glissade down the mountain,” Bredal said.

Glissading is a technique invented by climbers to help descend from a mountain easily. Climbers will slide down the mountain on their butt and use their ice ax to help them slow down. Glissading, however, has to be done when the snow and ice have melted and become less packed down. This would prove to be troublesome for Gamache and Bredal.

“We tried to glissade on the way down, and it just hurt like hell,” Gamache said.

Glissading takes a lot of practice, and when the ice is hard it can cut and bruise climber’s legs. After the glissading left Gamache and Bredal with bruises, the two decided to walk down the rest of the way, which added much more time than what was expected for the descent.

Mount Adams is a great starting place for people like Gamache who are looking to get into climbing and want a good place to start. Once climbers become more experienced, they will move onto more technical mountains such as Mount Hood, and eventually culminating in the summiting of Mount Rainier.

Kevin Smith has summited Mount Rainier twice successfully.

“It can be a grueling process, it is always cold and windy, but the satisfaction that you get reaching the top is immeasurable,” Smith said.

Mount Rainier is much different from Mount Adams and requires extensive training, equipment and preparedness.

The climb starts with climbing to a spot called Paradise, which is about 4,000-5,000 feet up. The next day, climbers will go to Muir Camp and climb along the edge of the Muir snowfield.

“You’re carrying a 50-pound backpack, and it can be grueling. It takes anywhere between three and six hours depending on how good of shape you are in the cross the steep field of snow,” Smith said.

After reaching Muir Camp, climbers have two routes to reach the summit, the two-and three-day routes. Smith has summited both routes, and this is the section of climbing Mount Rainier that separates it from climbing Mount Adams.

“You get up to 11,000 feet and you are strapped up with an ice ax and harnesses

and ropes and you are technically climbing in 300-foot crevasses of ice,” Smith said.

These crevasses would normally scare off would-be climbers, but Smith lives for this moment of the climb.

Mount Rainier is one of only three mountains in the world that use ladders to get to the summit. Smith said crossing these ladders can be intimidating, but it is also the most fun part of the climb.

“They just tell you to keep walking and don’t look down,” Smith said. “I have had some sketchy moments on ladders, but the intensity of the climb is what makes it fun, it is like no other climb”

Once climbers reach the summit, they are met by the 60-degree volcanic rim of Mount Rainier to warm them up. This is a pleasant surprise for climbers who summit Rainier through the blistering winds and 10 to 20-degree temperatures year-round.

“Know your limits, but don’t be afraid to send it,” Smith said. “No one will look bad at you for trying something that most people could not imagine doing.”

The mountains in and around Washington state and the Pacific Northwest allow for an abundance of climbing and hiking opportunities. Take the opportunity to get outside and try something new, it just might be you that climbs Mount Adams next.

Tommy Connoly is a contributor.

## Top fall sports for Gonzaga students to play this year

By ZACH WALLS

While the summer’s heat finally fades away and the early warning signs of a true Spokane winter graced campus Friday, autumn eases the Lilac City into the expected short and cold days which accompany the semester’s end. It may not quite be time to pack the Subaru and head up to Schweitzer, but Spokane’s gorgeous autumn offers Zags ample opportunity to get outside and play some great sports before the ground freezes over.

Traditionally, autumn offers sports fans with a fantastic viewing slate. The NFL is in full swing, baseball wraps up with the World Series — appropriately coined the Fall Classic — and the Zags’ basketball squads begin their preparations for the long season ahead. In this crazy COVID-19 sports calendar, golf fans eagerly await a crisp November Masters at Augusta National. Yet, the season

also allows Gonzaga students to play sports in addition to watching them.

**Golf:** Spokane’s famous golf scene keeps its doors open for just a tad bit longer, with the municipal courses slated to close in early November. Students hoping to squeeze another round or two in before the season ends should look no further than the college budget-friendly \$20 twilight rounds at Esmerelda Golf Course and Downriver Golf Course. Both located within a 10-minute drive of campus, the courses provide a great challenge for golfers of any skill level.

**Disc Golf:** For those trying to break par without breaking the bank, disc golf offers a great opportunity to get out in the beautiful pockets of Spokane County. At a very rudimentary level, players need only one disc, usually running \$10-15, and most courses are free. Spokane boasts over a dozen disc golf courses, with some of the favorites

among students being High Bridge Disc Gold Course, Downriver Golf Course and Beacon Disc Golf Course. Resembling a hike more than a traditional golf course, disc golf offers an enjoyable, COVID-compliant experience.

“Even if you’re having a bad day, you’re still walking around in nature,” said Emmet Rice, a senior at GU. “It’s a great way to get out with friends in a socially-distanced way.”

**Basketball:** While GU’s teams prep for the upcoming season, hoopers of the GU community will find the weather tolerable enough to get some games in. Even with the Rudolf Fitness Center’s fieldhouse courts remaining closed to pick-up hoops, Mission Park contains the closest public black top. Plus, the courts at Peaceful Valley, Chief Garry and Thornton Murphy parks recently got face-lifts from local artists, offering students a playing surface as gorgeous as their footwork.

**Baseball/Catch:** Full-fledged baseball or whiffle ball might not satisfy COVID-19 guidelines, but for lovers of the national pastime a simple game of catch offers a great opportunity to get outside and be active. With Mulligan Field, Foley or Herak Lawn and Mission Park providing ample space for this low-stress activity, students need not travel far to warm up the arm.

**Spikeball:** A fan-favorite pastime on college campuses across the country, Spikeball offers a great way to be active outside. Popular spots to set up a net around campus include Mulligan, Foley Field and the Coughlin Lawns. A new Spikeball set costs \$59.99 on Amazon, and the sport is a quick learn for players of all talent levels.

“You don’t have to be a specific athlete to play,” said Jack O’Neil, a GU alumnus. “It’s a very welcoming game that you can tone up or tone down to your group’s needs.”

**Football:** With the NFL and

around half of college football playing each weekend, tossing the pigskin around is a great halftime activity. Similar to the above catch blurb, there are a multitude of open areas on GU’s campus to run some routes.

**Soccer/Hacky Sack:** If the football you prefer is of the international variety, Mulligan’s recent reopening means open nets on campus. While full pickup games may not be the best idea, ripping some shots at goal with a friend or two is a great way to relieve some stress and pretend you’re suiting up for Liverpool in the Merseyside Derby.

For those looking for a great way to engage the feet without a net, a simple hacky sack circle is a nice, casual way to be active outside.

Zach Walls is a staff writer. Follow him on Twitter: @ZachWallsTV.



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# How to stay fit outside the gym

Commentary By  
SARAH VAN LIEW

Exercising outside is a great option for anyone trying to get fitter, stronger and stay in shape this year. Working out in the outdoors has many benefits, and there are several options for getting in a great workout outside while the weather is still beautiful this fall.

Here are five ways that you can work out outside here in Spokane or at home:

**Yoga**  
Yoga is a great option for working out outside. Yoga improves your flexibility, balance, coordination, as well as tones your muscles and increases strength. Doing yoga outdoors can be even more motivational than performing yoga indoors. Getting up early when the air is still cool is a great time to do yoga outside. You will get a daily dose of Vitamin D while relaxing your muscles for the day and getting inspired to have a motivational day. There are many yoga videos online that you can follow along with, and Gonzaga's Rudolf Fitness Center even hosts virtual Zoom yoga sessions throughout the week.

**HIIT**  
HIIT, or High Intensity Interval Training is a workout containing short, intense work followed by a short period of rest. This type of workout is a great way to exercise outside because although you can use weights, you typically need minimal equipment. You can complete exercises such as burpees, mountain climbers, jump squats, crunches or tuck jumps. Here is an example of a HIIT workout that you can complete outside:  
Complete each exercise for 20



SOPHIE CROSBY IG: SOPHIE\_CROSBY

- Yoga is a great option for working out outside as it improves flexibility, balance, coordination, and tones your muscles.**
- :20 Mt. Climbers
  - :10 Rest
  - :20 Burpees
  - :10 Rest
  - :20 Jump Squats
  - :10 Rest
  - :20 Tuck Jumps
  - :10 Rest
- Running**  
Running may be the first thing that you think of when you consider exercising outdoors. There are many beautiful running trails near Spokane and running is a great way to stay in shape and get outside. There are several ways that you can get in a running workout outside this fall. You can simply find a trail and run for several miles to complete some aerobic cardio.
- Aerobic running happens when you run for a long period of time at a maintainable pace. You can also complete anaerobic running, in which you run in quick bursts at an intense speed then rest and repeat. Finding a local track, running sprints on Mulligan Field or a trail nearby would all be ways to complete anaerobic running. Another great way to run outside is to go for a long run and pick a certain distance at which you will stop to do some bodyweight exercises. For example, you can run for half a mile then do 10 burpees, 20 pushups and 15 jump squats, repeating several times. Running outside in the crisp fall weather is a great way to stay active this fall and can be a fun and refreshing addition to your workout routine.
- Resistance Training**  
Resistance training is described as working out your muscles against external resistance, and is another wonderful way to workout outside. Although resistance training is typically completed with weights at a gym, you can actually do this type of workout outside with your bodyweight, mini-bands or your own weights. Resistance training is a great way to increase your muscle strength and your overall fitness levels,

- and training in this way outside is a wonderful way to change up your routine. It is also a great way to exercise in a motivational environment with fresh air and a cool breeze.
- Here is a resistance training workout that you can do outside this fall:
- Complete the number of reps for each exercise then do the paired exercise until the end of the minute. Repeat at the top of each minute for six minutes.
- 6:00
  - 15 push-ups / hold a plank
  - 6:00
  - 20 banded or weighted squats / hold a wall sit
  - 6:00
  - 12 tricep dips on a bench / banded bicycles

**Hiking**  
Hiking is an amazing way to get exercise outdoors and is a way to exercise while enjoying a beautiful view. There are many hiking trails in Spokane and Gonzaga Outdoors even offers hikes that you can do with your friends and fellow Zags. Hiking gets your heart rate up, lowers stress levels, improves your mood and has many other health benefits. Fall is a great time to go hiking here in Spokane because the weather is still warm enough to comfortably be outside but cool enough that you won't be too hot during your hike. Hiking is great for your fitness and allows you to see the beauty of Spokane or your local area while getting a great workout in.

Sarah Van Liew is a staff writer. Follow her on Twitter: @sarah\_vanliew.

## Settling the debate: The top three mountains to ski or snowboard at this season

Commentary By HUNTER HAUSER

Winter is coming up, and winter's best sports of Skiing and Snowboarding are coming back.

Spokane has a plethora of places nearby to enjoy this winter season, and Gonzaga students can recommend the best spots to hit the slopes this season.

The best spots to get some fresh powder this season are Lookout Pass, Mount Spokane, and the king of them all, Schweitzer.

Lookout Pass just recently announced it is having a \$99 season pass sale this year for college students making the skiing season much more affordable. This is important because season passes can go upward of \$400.

East from GU, Lookout Pass is an hour and a half away. The drive is not far and is right off Interstate 90. The spot and the price make it look even more enticing.

Lookout has trails that range from green to double black diamond and provide a quick drop in for some good fun.

One thing about Lookout Pass that is important is that due to it being in a mountain pass not on a mountain there are not as many runs, but for the price and location Lookout Pass offers a solid choice for any GU student this winter.

The next spot that is perfect for GU student is Mount Spokane.

Mount Spokane is an hour away, north of campus. The drive is beautiful and the mountain is very close, allowing for easy access to some awesome skiing and snowboarding.

The mountain offers a ton of black diamond and double black diamond runs to challenge any GU student, but Mount Spokane also offers many greens and blues near the base of the mountain.

This is perfect for new and intermediate riders to get some good practice in and have some fun as well.

The mountain is beautiful and spacious offering pretty sights and amazing terrain.

Offering the whole mountain with runs on both the front and back side of the mountain, Mount Spokane has it all.

Mount Spokane may be awesome during the daytime, but the gem of the mountain is the nighttime skiing and

snowboarding.

The nighttime skiing/snowboarding is a one of a kind experience, and definitely should be had this season and every season to come.

Each year Mount Spokane offers discount college nights as well as students can get price of admission for astronomically low prices.

The night skiing/snowboarding experience is awesome, and it comes at a great price that doesn't bruise the pockets.

One thing to note though is that only a portion of the runs are lit up at night, offering only a section of the mountain.

Finally, the holy grail of ski and snowboard spots near GU, Schweitzer.

The best part about Schweitzer is that the GU Ski and Snowboard club offers a discounted season pass for the mountain each season and also offer a shuttle bus starting spring semester.

This is super convenient as Schweitzer is located an hour and 45 minutes away in Idaho.

Schweitzer offers a gorgeous view from any point on the mountain and the runs are just spectacular.

"Nothing beats a powder day at Schweitzer" said Jared Alano-Grey, a current GU student.

Each run is a new journey and the mountain flows extremely well, creating an amazing ski/snowboard experience.

There are so many runs for people of all skills levels, offering lots of diversity. Each run is amazing and transports you to a snow-covered world.

"I grew up ski racing and I always felt like Schweitzer was a great mountain to challenge my skills, but also be able to relax and enjoy each turn" said Jaxie Frey, co-president of the Alpine Ski Team.

"I think part of what makes it so great is that it allows for a group of friends or family of all different levels of skiing to be able to go up to the mountain and enjoy the day no matter how experienced they are because of how versatile the mountain terrain is," Frey said.

Schweitzer is the No. 1 pick of GU students each season and provides experiences and memories that cannot be made like any other mountain.

The accessibility of the mountain through GU



BULLETIN FILE PHOTO

**Lookout Pass recently announced a season pass sale for students, making the pass only \$99 for a limited time.**

outdoors, the amazing powder, fun trails and great atmosphere, create a combination for success where Schweitzer is the top pick for lots of GU students.

"Schweitzer will always be my favorite" said Frey and this reigns true for all students planning to hit the slopes this year at GU.

Hunter Hauser is a staff writer.

Hungry after a long adventure? Stop by Zips on your way home!

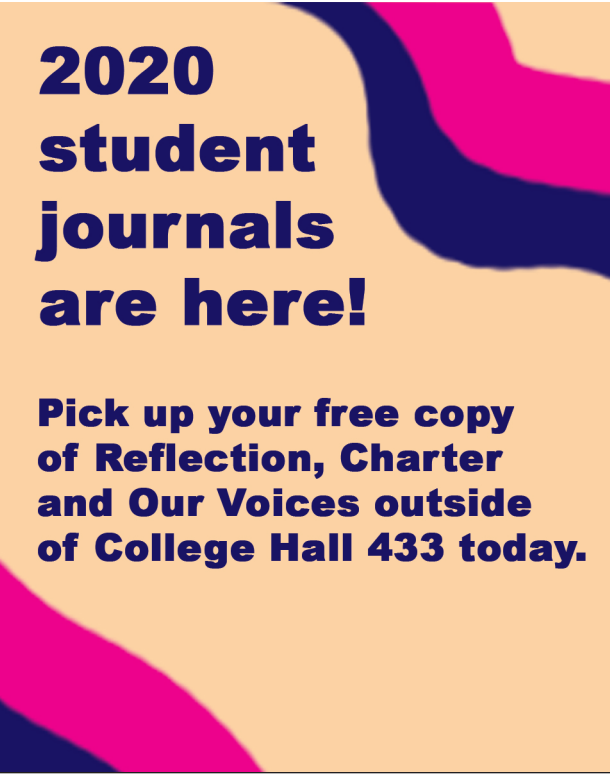




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# Reel in the relaxation

Spokane’s plethora of fishing spots offers any GU student the chance to get into the catch and release game.

By COLE FORSMAN

Is the midterms hangover still putting you in a slump? Is sitting at a desk for hours staring at textbooks becoming monotonous? In need of an inexpensive yet relaxing break from all the stress? Well, a pole and some worms are all that’s needed for a Gonzaga University student to have a good time.

“Fishing is a great way to get outside, exercise and remove your mind from a lot of daily stresses,” Seth Frings, a senior at GU that has experience fishing in the Spokane area said.

But with 76 different lakes located within an hour of the city, choosing the location for the best cast can be a difficult choice to make. Not to mention, there’s a lot of factors to consider before hitting the road; accessibility, types of fish, required gear and weather conditions are just a few factors that impact an experience on the water. Some places are more suitable for bass fishing off a dock, while others tend to have an abundance of trout or steelhead that can be snagged while fly fishing.

Luckily, there’s plenty of Zags who are veteran fishermen and willing to share their insights on when and where to cast a line.

For those who may not have a mode of transportation, or simply do not wish to travel far, the Spokane River near GU’s campus has proven to be a viable spot for trout fishing, specifically rainbow and brown. These fish range from 8 inches to a foot in length and can be pesky catches for any fisherman, which makes bait selection very important.

“Trout are much pickier and harder to fool than bass,” Frings said. “As juveniles, they even see in the ultraviolet spectrum.”

To determine his lure, Frings likes to survey the surrounding ecosystem for potential insects that may entice a big trout.

“It’s always a good idea to get familiar with the trout’s current diet before you tie on a fly,” Frings said.

Before strolling down to the river, students are also advised to check local regulations regarding which regions are open to public fishing. This applies to other lakes as well, but due to the river’s size and popularity, the accessibility varies. Fishers must also have a valid fishing



CODY BUCKLEY IG: @cpb\_photo

Senior Grant Tebb goes fly fishing in the Spokane River near Bowl and Pitcher State Park.

license, which they can purchase on the Washington Department of Fish and Wildlife website.

If casting ashore doesn’t do the trick, Frings suggests that more experienced fisherman, also referred to as “anglers,” may enjoy fly fishing in the river. This activity involves more technique and nuance, making it a difficult task for anyone to master. Cooper Osborn, a sophomore at GU and Spokane native, expressed that while challenging, fly fishing in the Spokane River is well worth it.

“Like any skill or trade, it takes time and practice, but you can absolutely pick it up,” Osborn said. “The river is definitely the best for fly fishing.”

Osborn, who learned the skill through YouTube videos, noted that the depth of the river in certain areas near campus make fly fishing difficult. However, students don’t have to travel far to find shallower water.

“If you go towards the west, you can find some nice spots on the lower Spokane [River],” Osborn said.

There’s also a heightened sense of involvement when it comes to fly fishing; rather than just waiting patiently for a bite, anglers are more engaged when choosing the right fly and moving to new spots more frequently. This process is why senior Grant Tebbbs prefers this style of fishing whenever he goes to the Spokane River.

“Other fishing is more cast and

wait then repeat, where fly fishing you constantly move up or down the river,” Tebbbs said. “And the process of picking the right fly has a bit more style to it.”

Beyond the river, there are numerous lakes in the Spokane area that house a wide variety of fish, from smallmouth bass to the rare tiger musky. Most of these locations have access to public docks and beaches, allowing for easy casting that anyone can enjoy effortlessly. Of these lakes, Newman Lake has been acclaimed by multiple Zags as the best one.

“For largemouth bass fishing, the best spot around here is easily Newman Lake,” Osborn said. “While you might not catch the most fish there, you’ll absolutely catch the biggest.”

According to Osborn, there are only two lakes in the Spokane region where muskies can be found, one of which is Newman lake. While they are rare to catch, snagging one isn’t completely out of the realm of possibility.

“They’re elusive fish and are commonly referred to as the fish of 10,000 casts,” Osborn said. “But with some skill and a whole bunch of luck, you can find them there.”

The other lake Osborn alluded to is Silver Lake, which is just over a 20-minute drive from the GU campus. Carp are most commonly found here as well, along with crappie, largemouth bass and trout in the springtime. While shoreline access is limited, there is a public boat launch with a dock.

Elioka Lake, Liberty Lake and Lake Spokane are other notable fisheries that Zag fisherman have enjoyed.

And when in doubt, local bait and fly shops are always great resources when it comes to fishing in Spokane.

“The biggest benefit of that is you can ask what flies are working and setup we should use as well,” senior Caleb Cramer said. “Those guys are the pros and they spend far more time on the water.”

So don’t add more stress in deciding how and when to fish; just get out there and cast.

Cole Forsman is a staff writer. Follow him on Twitter: @CGForsman.

## Pack up and head out

Commentary by SYDNEY FLUKER

The most overwhelming part of any trip is always the packing beforehand. Whether it is due to a new experience or an unfamiliar area, the concept of packing is usually enough to make me rethink my trip altogether. Spokane and the surrounding areas are filled with hiking and backpacking opportunities galore and it’s important for hikers of all levels to know the essentials of packing.

First things first: water.

“Always bring more water than you think you will need,” said junior Peter Jonas, a trip leader for GU Outdoors.

Whether that is through water bottles or having a method to get water, like a portable water filter, having enough water is crucial for an enjoyable hike.

“You have to stay hydrated, especially when you are going up in elevation,” said GU freshman Kelly Coyne.

A quality backpack is important too. Look for a backpack that fits your torso length and sits comfortably on your back and shoulders. A good backpack has padding on the back panel, on the shoulder straps and on the hip belt strap. A well-ventilated back panel will help control a sweaty back on hot days.

Backpacks can get expensive but are worth the investment when you find the right one. REI and Ramblervan are two shops in Spokane that are highly suggested for backpacking gear.

Clothing can make or break a hike. Try to avoid cotton fabrics, as it holds onto water and will keep your clothing wet. Make sure your pants are comfortable, yet sturdy. Temperatures can vary in the mountains.

“I always have either a rain jacket or a fleece layer,” Jonas said.

Sturdy shoes are a camping must have. Your footwear should provide support for rough terrain and traction on wet and dry.

Snacks are also necessary to fuel your hike. Lightweight foods like nuts, trail mix, jerky, granola and fruits are nice to keep on hand.

“I love LaraBars. Key Lime Pie is my favorite,” said Coyne, “and apples and nuts are my go-to. I always go with cashews because they’re filling.”

“PB&J is timeless,” Jonas said.

He recommends peanut butter and jelly tortillas.

“Just bring a jar of peanut butter, a jar of jelly and a stack of tortillas,” Jonas said “It’s the best.”

As for camping or backpacking, a stove is a must. Whisperlite and Jetboils are two popular models on the market right now. They can be an investment but make cooking much easier. Jonas recommends making gado gado, a common backpacking dish. It consists of a peanut butter sauce you can pre-make at home, noodles, broth and water. To prepare, simply boil the water and broth, add the noodles and serve with the sauce on top.

When preparing for a backpacking trip, space is key. “Just evaluate and ask yourself, will I use this realistically?” Jonas said.

Jonas also said that you should split up gear between group members when backpacking.

Packing minimally is the key to prevent exhaustion and injury, but it is also something you must figure out as you go.

Check your location before going. Knowing the environment can help you understand what additional items to bring.

“Bug spray is definitely key in Montana,” Coyne said, “I always take my EpiPen, just in case, and bear spray.”

Apps like AllTrails provide descriptions of hikes and hikers can leave helpful tips for those interested in the area. Hikes are also rated on a level of easy to hard and are categorized by activity or modification, making it a useful resource for those looking for a quick trip.

At the end of the day, make sure you have a great



CHIANA MCINELLY IG: picsbychiana

A good quality backpack is guaranteed to elevate your camping experience.

attitude. Surround yourself with people you love and immerse yourself in nature for the day.

“Hiking is an experience you don’t need to pay for, but is worth everything,” Coyne said. “Just go out and hike, it is seriously the best thing ever.”

So, what are you waiting for?

Sydney Fluker is a staff writer.

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## COVID-19 outbreak at The Union hits home

In the first week of October, an exposed spin class was made up of mostly GU students

By DEVAN IYOMASA

A popular exercise spot among Gonzaga students, The Union Studios, has become the latest location to fall victim to a COVID-19 outbreak. The incident occurred during the first week of October when someone attended a spin class while asymptomatic, who later tested positive for COVID-19. Due to the Health Insurance Portability and Accountability Act (HIPAA) privacy laws, this person's identity and role must remain confidential. After finding out they were positive with COVID-19 the following Monday, they informed The Union so the studio could begin the process of informing other

members of the class. Chretienne Yalung, general manager and director of fitness and development for The Union, said the outbreak was an isolated incident and the studio has since updated its safety standards regarding COVID-19. According to Yalung, this incident hits close to home for GU, because the exposed class was primarily made up of GU students. A total of 13 individuals were notified about the positive case via email, prompting them to get tested and quarantine for at least 14 days, which includes staying out of the studio during that time. While not all 13 participants contracted COVID-19,

Yalung said some members of the class who were exposed were confirmed to be infected and informed The Union they had tested positive for COVID-19. Prior to the outbreak, The Union had implemented several cautionary protocols after its reopening in September. These protocols included having a maximum of 13 people in spin classes, seven in TRX classes and eight in yoga classes. Additionally, all stations are at least 6 feet apart and participants are temperature checked as well as screened for COVID-19 symptoms and contact upon entry.

SEE UNION PAGE 3



The Music Mansion was home to the Monaghan family until leased to GU as a music conservatory in 1938.

SOPHIE CROSBY IG: @sophie\_crosby

## Music Mansion history filled with eerie tales

By LILLIAN PIEL

Many of Zags have heard the rumors of the Music Mansion being haunted, the tales of an exorcism that may or may not have occurred there and the stories of a ghost who haunts the building to this day. It all began in 1900, according to the May 22 issue of The Spokane Daily Chronicle, when construction for James Monaghan's new mansion was announced. The Feb. 4 edition of The Chronicle in 1901 described the mansion as the "Finest on North Side" of Spokane. According to an article published in The Spokesman-Review on April 13, 1975, James Monaghan was a pioneer whose family lived in the mansion for many years until it was leased to Gonzaga as a music conservatory in November of 1938. It wasn't until 1975 that rumors of the Music Mansion being haunted had really begun to take hold, after multiple reports of mysterious happenings that had taken place at the mansion. The Gonzaga Bulletin previously ran a story on the strange occurrences at the Music Mansion in its April 11 edition in 1975. The Bulletin article began with an editor's note: "The music building has been the scene of unexplainable unusual incidents

for the last six months." The article focused on three reported incidents at the Music Mansion—an organ heard playing at various times during the day and the night when no one was playing it, growling and rustling noises coming from the cellar and a type of "force field" that made it impossible to pass through a hallway in the building. At least 10 people reported hearing the organ music in the building, and a maid who investigated the room where the music was coming from revealed that no one was there, according to the 1975 Bulletin story. Fr. Walter Leedale, a music professor at the time, heard the noises coming from a locked room in a cellar, and went to investigate what was causing them. Upon investigation, Leedale said there was no possibility of wind blowing into the room that would have caused these noises, he said in the Spokesman-Review article. While rumors of an exorcism at the Music Mansion still circulate today, according to the articles from The Bulletin and The Spokesman-Review, no exorcism took place at the Music Mansion. However, Leedale did perform prayers in some of the rooms of the Music Mansion and placed

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## GU Outdoors provides adventures outside city limits

By GEORGIA COSOLA

From partnering with local nonprofits to trip leader training opportunities, Gonzaga Outdoors provides students with a bridge to access all that the Spokane outdoor community has to offer. Many of these events and trips act as a way for Gonzaga students to interact and learn more about the exciting community off GU's campus. "While campus is beautiful, it is important for students to have the ability to see more of the world," said Dave Gilbert, the director of Gonzaga Outdoors. "Seeing new things, meeting new people and mixing it up are all good things just on their own." Within Spokane, Gonzaga Outdoors helps to lead students to local opportunities and activities they might not otherwise have access to. For example, climb nights at Wild Walls, ice skating at the Ice Ribbon and laser tag at Laser Quest. Yet, these excursion opportunities are not just limited to the local Spokane community. Many trips allow for students to get out of Spokane and gives them the opportunity to learn more about and appreciate the community that is outside the city limits. Some of the organizations that Gonzaga Outdoors works with on these trips are the Trail of the Hiawatha, Moab Cyclery, Anacortes Kayak Tours and Hells Canyon Adventures. Gonzaga Outdoors also works with local nonprofits to increase community engagement. Getting involved with the community in this

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LILY KANESHIGE IG: aka.lilly

A hacker used the Snapchat of senior Kate West, pictured above, and raised \$300 toward a fake fundraiser.

## How nice is too nice?

A student's hacked Snapchat leads to generous donations to fake Venmo

By LINDSEY WILSON

Zags are known for being a caring community of students and faculty. On campus, it's thought to be a strange occurrence if someone didn't hold open the door for anyone behind them. Zags Help Zags is the term coined by the Office of Health Promotion to put a name to this sense of community that can be found on Gonzaga's campus. The Office of Health Promotion defines the term Zags Help Zags as the program to encourage students, faculty and staff to be active bystanders to make a positive difference in the community, according to their page on GU's website. They outline a set of instructions under the name CARE for Zags to follow in a time of need. Those include:

- Create a distraction.
- Ask directly.
- Refer to an expert.

- Enlist others to help.

While the Zags Help Zags culture is one of the major reasons GU has such a communal feeling, there are instances in which this quick-to-help nature can be harmful, most recently over the case of a hacked account. Kate West, a senior at GU, was found at this crossroads a few weeks ago, when her Snapchat account was hacked and the hacker reached out to her followers on her profile asking for money. The messages sent to West's friend list were a plea for money in order to pay for a dog's surgery after being hit by a car. While there is no word on whether the person who hacked the account was actually looking for money for the dog's surgery, it was not West who had been asking for money. "I woke up from a nap to like 20 texts saying my Snapchat had been hacked," West said. "Someone made a

Venmo and they hacked my Snapchat and asked people to Venmo saying that I had seen a dog get hit and the dog needed surgery." The hacker also created a fake Venmo account for West's friends to send money to, posing as her. The profile picture featured a photo of West that had not been shared on any of her social media pages before. The hacker raised over \$300 on the account before West caught wind of the situation. "I think the total end of it came out to around \$300 that got Venmoed to me or the fake account," West said. "To the people who Venmoed my real account I was able to send the money back." Since West didn't have access to the fake Venmo account, she reached out to the creator through the app and

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GU senior and road biking athlete, Alden Gwinn, welcomes the adrenaline rush.

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# RETREATS

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lives,” said senior Maryael Ramos, who would normally be involved with the Search retreats. “In a regular school year, those disturbances would be a weekend where you go off campus go on a retreat. We realized we can do this spiritual disturbance on campus for students right now, because students aren’t interacting a whole lot.”

There are also two opportunities for retreats this weekend. The first is a virtual retreat on the spiritual exercises of St. Ignatius during Friday evening through Sunday afternoon, with the ability for students to adapt as needed in their situations. It is planned by Erik Mertens, Mission and Ministry coordinator.

“If people want to go on a walk or lay down or sit in a chair or whatever in their home, but they want to listen to a talk, we’re giving them a podcast for doing that,” Mertens said. “And then [they’ll] check in with a spiritual director on FaceTime, and then have a prayer service on Zoom, trying to use all these different [resources].”

The second option is a four-hour in-person retreat on campus this Friday, Nov. 13, led by Daniel Dangca, senior coordinator for liturgical life. It operates as a shorter version of a weekend retreat, while the longer one is a retreat but with virtual and self-guided moments. Students can register on Zagtivities for both retreats.

“Since this is online, we’re able to invite alumni who live all over the country and staff and faculty,” Mertens said. “Some retreats wouldn’t work because they’re just for students. But the retreat I’m doing, we can invite people from all over the country or even all over the world.”

Mission and Ministry has begun to discuss what retreats could look like next semester, if gatherings and

“

A lot of connections I have made with students throughout my time here has been through retreats.

Maryael Ramos, GU senior

traveling off campus become safer, but nothing is concrete without more information from the university.

“Gonzaga would not be who we are called to be as a Jesuit school without retreats,” said Mertens. “Ministry has been a vital part of Gonzaga, its mission and experience from the very beginning. When Gonzaga was formed, almost all of the professors were Jesuit priests. And so, they had Mass daily, and ways for the young students to grow in their faith. It’s not something that was added on later. It’s a vital part of who we are [at] Gonzaga.”

Goodwin described the difficulties in trying to connect with students during the pandemic and without the usual six retreats he runs a year. He makes sure to be on campus as much as possible and to be available to any students who want to meet, while personally trying to discover

God in new situations and challenges.

“[We try to] offer an opportunity for continued reflection and continued acknowledgement of the grace that is present and that we get to carry forward with us,” Goodwin said. “And the grace that God gives us is never going to run dry. As we continue on, hopefully, there’s moments of grace that we’re able to experience now and draw back on at later times that are challenging and that God can shine through in these challenges, and we can be able to acknowledge that and find that.”

Ramos also reflects on the struggles of losing weekend retreats and other in-person interactions.

“A lot of what I do here on campus is work with students,” Ramos said. “A lot of connections that I have made with students throughout my time here has been through retreats. And so not having that opportunity to meet new students and interact with them has been challenging, but it’s allowed a lot of time for self-reflection, self-growth, which I feel like I needed, because I’m not someone who likes to sit with myself.”

Mission and Ministry has also increased their online presence for students to engage with the department more easily.

“We put a lot more emphasis on our Instagram, all of our events on Zagtivities, and we have multiple [events] a week,” said Mertens. “We have recorded things, we have ways to reach out to us one on one, we have podcasts, we have retreats we have online and in person. Not only have we not gone anywhere, but we’ve even doubled down on our resources. And we know life sucks right now, we know things are tough, but we are here and we are excited and happy to be available.”

Caitlin Relvas is a staff writer.

# BSU

Continued from Page 1

Many Gonzaga alumni, students and fans are traveling the 1,381 miles to Phoenix, Arizona to watch the Zags make history. However, many members of the GU community will be in Spokane while they watch the Zags take on the South Carolina Gamecocks.

“We’ve been talking about doing something in McCarthy if we made it to the Final Four since the beginning of the year,” said Daniel Incerpi, president of Kennel Club board.

Despite rumors of a giant watch party being held in McCarthy Athletic Center, it will be held in the Hemmingson Center.

According to Sheryl R. Humphrey, assistant director of operations of Gonzaga University Event Service Team (GUEST), a spokesperson for the small committee of GUEST workers who are organizing the watch party, refreshments, games and giveaways should be expected.

“We are trying to duplicate what we did last Saturday,” Humphrey said.

For the much anticipated game, area is expected to be tight.

All available areas will be open for Zags to watch the game, however, the Hemmingson Ballroom will not be available due to the annual Hawaiian Pacific Islander Club luau taking place the same night. Overflow will be sent to the Cataldo Globe Room.

“I would anticipate a phenomenal atmosphere, either [in Hemmingson], or I would much rather prefer McCarthy, I think that would be awesome,” Incerpi said.

The Kennel Club Board participates in the conversation but does not contribute to the decision-making process.

Incerpi said members of Tupelo Raycom Media will be on campus on behalf of ESPN, to capture the spirit of campus on video.

The Zags go up against South Carolina at 3:09 p.m. on Saturday.

Katie Kales is a news editor. Follow her on Twitter @katiekales

“

[I am] very excited that Troy will have the chance to emerge as an All-American.

Ray Rast, history professor

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# GU OUTDOORS

Continued from Page 1

way allows for students and trip leaders to see the importance of the outdoors and the impact they are able to have on the world.

It's list of local nonprofit partnerships includes organizations such as Riverkeeper, Friends of the Falls, Washington Trails Association, Dishman Hills Conservatory and Spokane Mountaineers.

"Our trip leaders also always get a lot out of the various training opportunities that we offer through our partners," Gilbert said. "These are incredible growth opportunities and can be very empowering for our leaders."

These training opportunities include working with Wilderness Medicine Training Center, American Mountain Guides Association, Association for Outdoor Recreation Center and Pangea River Rafting.

In fact, each year a handful of new trip leaders are trained with Pangea River Rapids to become river rafting guides in order to help bring other students out onto the river.

Their training was done over eight different days with two on the Spokane River in early May, four on the Clark Fork in Montana in mid-May and two more on the Clark Fork in mid-August, said Madeline Hueske, a former Gonzaga Outdoors trip leader.

"We would take turns getting to guide down the river and run laps on the same stretch all day," said senior Callie Brewster who was trained to be a river rafting guide by Hueske. "Such a cool experience."

Whitewater rafting is actually one of the most popular events among students, in addition to horseback riding and sailing.

"These events are special opportunities to either try things for the first time, or for some students, an opportunity to go and do something that they miss from back home," Gilbert said.

The skills that trip leaders obtain with community training also help them across a variety of trips.

Hueske has utilized her rafting skills to lead students on a variety of other excursions such as a Priest Lake inflatable kayak camping trip, fall rafting and the Gonzaga in the Wilderness trip on the Missouri River in Montana.

"These trips were really cool opportunities in really beautiful places and a good way to enjoy paddling in a variety of different ways," Hueske said.

By partnering with community organizations, Gonzaga Outdoors is able to provide students more opportunities that they would not otherwise have the resources for.

For example, while Gonzaga Outdoors does not own it's own jet boat, it is able to work with Hells Canyon Adventures. This trip was actually one of Brewster's favorite trips that she has led with Gonzaga Outdoors.

"A group of about 10 participants came and we used a jet boat to get up the canyon about a dozen miles," Brewster said. "We came home with so many inside jokes and shared memories as a group."

It is through partnerships such as these that allow



BULLETIN FILE PHOTO

GU Outdoors offers trips outside of Spokane to places like Moab, Utah and Montana.

“  
**These events are special opportunities to either try things for the first time, or for some students, an opportunity to go and do something they miss from back home.**

Dave Gilbert, director of Gonzaga Outdoors

students to make lifelong memories.

"Students get access to an incredible place that they would not be able to reasonably get over a three-day weekend," Gilbert said.

Many of the events are initially considered as a result of trip leader interest so they are able to input their own experiences and curiosities and share it with fellow students for everyone to engage in.

"I also think it is really important to expose students to these careers," Gilbert said. "Although it is unlikely

that higher level outdoor recreational and educational vocations will be recommended by career counselors, students can see it as a possible path simply by participating."

More information regarding Gonzaga Outdoors events can be found here: [gonzagaoutdoors.gonzaga.edu](http://gonzagaoutdoors.gonzaga.edu).

Georgia Cosola is a contributor.

“  
**The recent COVID-19 outbreak at The Union has been a good reminder that COVID-19 is still very much present and we must be cautious and aware of it.**

Cameron Orth, Gonzaga student



LILY KANESHIGE IG: @aka.lilyy

Students are continuing to attend classes at The Union after the outbreak as new safety regulations have been employed including reducing class sizes from 13 to nine.

# UNION

Continued from Page 1

While wearing a mask is not required for the duration of class, they must be worn at all times when in common areas such as the lobby.

"We've worked closely with the health department to be prepared for any scenario while being ready to adapt or add additional protocols, policies and precautions," Yalung said.

Following the incident, the maximum number of people allowed in a spin class was reduced from 13 to nine. The Union has also made layout changes within classes and is in the process of obtaining plexiglass barriers to implement in studio rooms.

The Union's Northside location closed in March after the initial spread of the pandemic. While it remains closed, The Union moved into a new studio on 1309 W. First Ave., which opened for the first time on Sept. 19.

In the past, The Union and GU have shared a close partnership and connection when it comes to student participants. In addition to being a crowd favorite spot to get a workout in, GU offers physical activity courses through the School of Education where students can earn credits by attending classes at The Union.

Despite the potential risk involved with participating in the exercise classes, frequent Union goer, Cameron Orth, said she felt safe going back after the reopening given the implemented safety precautions.

Under ordinary circumstances, Orth would attend classes at The Union two to three times per week.

Orth says the new safety procedures at The Union are very similar to those being practiced at the Rudolf Fitness Center.

In terms of the risk associated with attending classes at The Union, Orth said it is no different from taking part in ordinary, everyday tasks.

"I think this is a risk that each person has to decide for themselves," Orth said. "There are COVID-19 outbreaks everywhere, [like], the grocery store, a restaurant, even in CM."

The decision to attend classes at The Union or not is one that should not be taken lightly, Orth said, and should be made to best suit the needs of each person's health and safety.

"The recent COVID-19 outbreak at The Union has been a good reminder that COVID-19 is still very much present and we must be cautious and aware of it," Orth said.

In a time of great uncertainty, Yalung said it is important now more than ever to rely on each other to facilitate the necessary changes with care and compassion for the community.

"We have to work together as a team and community to create lasting change in multiple areas of our lives," Yalung said. "As a manager and instructor, these times have been difficult and in order to grow we have to be ready to adapt and get creative. We have to lean into the uncomfortable and find ways to make meaningful connections in and out of the studio."

Devan Iyomasa is a staff writer. Follow her on Twitter: @devan\_iyomasa.



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# Battle of the bottles: Hydro Flask v. Nalgene

## In favor of the hardcore Hydro Flask

For centuries, mankind has been divided by preference. Almost from the advent of society, people have been making choices based on their own agency. By taking into account pros, cons and everything in between, we have been forever distinguished from each other by the choices we make.

When it comes to water bottles, there is a clear objective winner. The stainless steel, hot/cold retaining, undisputed champion: the Hydro Flask.

In terms of construction and durability, Nalgene is caught “leaking” in almost every way. A Hydro Flask can suffer a drop, bump or ding with nary a scratch to be found. Denting is the only true issue to consider, but dents are infrequent and rarely impact the overall performance of the bottle.

Nalgene’s brittle plastic is prone to cracking and leaking when dropped, requiring a hasty replacement. In addition to a lack of durability, Nalgene also falls behind in the key category of liquid temperature retention.

The Hydro Flask stainless steel design was created with the mindset of keeping hot liquids hot, and cold liquids cool. Nary a water bottle can hold temperature like a Hydro Flask. A Nalgene will sweat out cold temps and drop hot liquid temperatures when left to rest.

Proponents of the Nalgene brand argue that sustainability and affordability are the major areas in which Nalgene



By **ANDERS SVENNINGSSEN**  
would trump purchasing a Hydro Flask.

Nalgene is made of recyclable plastic, so has been touted as a much more sustainable alternative to the metal materials that make up a “Hydro.”

However, when considering price and sustainability it greatly benefits the user to consider long-term implications of owning each water bottle.

If your Nalgene wears out, or the plastic cracks a replacement is required. Nalgene plastic is much more vulnerable than metal; therefore, the cost of a replacement is a very real consequence to consider when purchasing Nalgene bottles.

If you broke your water bottle once, or even twice, the added cost of a replacement would match or even surpass the elevated price of a Hydro Flask.

Thus, both price and sustainability actually flow in favor of a Hydro Flask as it will certainly outlast Nalgene, representing a more affordable and sustainable long-term option.

Finally, when looking to crown a champion in the contest between a Hydro Flask or Nalgene, one of the

most overlooked categories is customization.

Hydro Flask aesthetic customization options are incredibly limited. Only the bottle, bottom boot and top lid are customizable — in solid colors only.

Nalgene offers potential buyers a host of customization options that include lettering, stickers and even a unique photo upload option.

At the end of the day however, this sacrifice is a small one from the perspective of the overall competition. Even if you can’t customize a Hydro Flask from the manufacturer, you still have the option to paint, engrave or stick anything you want onto the durable steel chassis of the bottle.

People have had the opportunity to be extremely creative, from painting on Hydro Flasks to bedazzling the lids, it has fostered a culture of expression by placing agency on the owner for further customization.

While making the choice between these two water bottles may be completely subjective, it is still important to consider the pros and cons of a purchase.

Honestly, I think it’s more than safe to say the argument to choose a Hydro Flask certainly “holds water.”

*Anders Svenningsen is a staff writer.*

## In favor of the no nonsense Nalgene

It’s a beautiful day in late September. You and your friends drive up to Mount Spokane for a sunrise hike, catching some of the last few warm days of the year.

A picture-perfect moment as you and your friends enjoy breakfast at sunrise. You reach behind yourself into your pack to grab your brand-new Hydro Flask, only to have it slip out of your hands. To your horror you watch your shiny new pastel pink \$50 Hydro roll down the side of the mountain, hitting every rock on its way down.

You rush down the slope after it, as you fear for the worst. Alas, when you go to pick up your poor, dusty water bottle you find it riddled with dents and scratches. Your stomach sinks as you realize your once pristine, glossy Hydro is now nothing more than an expensive and dented piece of metal.

Shaking your head as you make your way back up to your friends, you curse yourself for not buying a Nalgene instead.

First created by scientists in 1940, Nalgene has been an American company for over 80 years.

The bottles were praised for their durability and lightweight design from the day they were first produced, and are still beloved by hikers, athletes and everyday folk alike.

Built for science but created by nature lovers, Nalgene is a staple accessory for all outdoor adventures. From backpacking and hiking, snowboarding and back country skiing, to casual strolls outside, Nalgene’s are the perfect addition to



By **AUDREY MEASER**  
your everyday routine.

The last thing students lugging around heavy backpacks for long hours need is an additional pound and a half to 2 pounds of water, clanking around in their backpacks. Why add any extra weight to your weary backs when you could just opt for a lighter weight option?

Not a day goes by where I don’t spontaneously drop at least one thing, and many of those times it’s my trusty Nalgene that hits the deck.

My Nalgene has taken some intense hits, from slipping off my chairlift and ricocheting off every possible metal surface on its way down, to acting as a stand-in chew toy for a teething puppy, it’s made it through all these mishaps and more with nothing but a few scratches to show for it.

The company has just introduced its new line of Nalgene’s, which are made with 50% recycled plastic. What’s more, the company is always partnering with various conservation organizations.

Nalgene and REI have collaborated for years, and if you buy a limited-edition Nalgene the revenue will go toward one

of many environmental organizations they work with.

Nalgene doesn’t just talk the talk, they actively walk the walk, too. All Nalgene’s are made in the U.S., whereas all Hydro Flask manufacturing locations are all offshored overseas. By manufacturing the bottles in the country, the company is able to decrease its carbon footprint and its emissions.

The main argument made in favor of Hydro Flasks over Nalgene’s is the fact that they can keep your drink colder or warmer for longer.

Sure, there’s no denying that metal is a better insulator than plastic, but how excited are you going to be about your water staying just above freezing if you have a major dent on the side of your overpriced hunk of metal?

Regardless of which you choose to spend your money on (one of which \*cough\* Hydro Flask \*cough\* is a lot more money) you are helping lessen the amount of plastic ending up in our oceans, and creating a positive impact on the environment we all share.

*Audrey Measer is the opinion editor. Follow her on Twitter: @audrey\_measer.*

# Keep yourself and the planet healthy during COVID-19

It feels as if it was just yesterday that we were aggravated by the John J. Hemmingson Starbucks’ controversial decision to halt its “for here” mug system. At this point last semester COVID-19 was just a minor thought in the back our heads.

None of us would believe that within a month we would be experiencing a world of change, let alone that we wouldn’t be able to use reusable mugs while

studying for the rest of 2020. Yet, here we are in the middle of a global pandemic sipping our coffee out of disposable cups like in the olden, less sustainable days.

COVID-19 has been a major set-back for sustainability in so many ways. What was once a nice meal out with your family at the token family favorite restaurant, evolved into a movie night in complemented by a takeout meal and disposable cutlery. We have



By **NATALIE RIETH**

seen such changes in our very own COG and Cataldo. Meal after meal tossing out disposable plates, bowls, cups, cutlery and condiment packets.

So many minor, mindless acts of sustainability have been taken away from us. Being from California, lugging around reusable bags has been such a routine part of my everyday life that its impact on the environment never fazed me until disposable bags were the only option.

Here I am in November, squealing in excitement to finally see the sign displayed outside Trader Joe’s—beautifully hand-

painted in the font us fanatics all know too well—saying reusable bags are allowed again. No longer is my massive collection of paper bags looming inside my coat closet—rest peacefully.

With the current election being such a pivotal, uncertain time for climate change action, it is clear that now, not later or sometime soon, is the time to make change for the future of our planet. It is profoundly urgent for us to research and allocate time to making sustainable choices that we typically wouldn’t pursue in the past.

I have always been fascinated by the quaint, adorable compost bins that friends of mine maintain and I finally made the Amazon purchase, did some research and embarked on my own composting journey this semester. As it turns out, composting isn’t as complex and laborious as it seems.

Dumping fruit and veggie remains into my compost bin after cooking myself a meal wouldn’t have sparked such joy in me months ago but being able to nurture our planet in this new way has felt profoundly empowering.

There are so many ways to

make simple, sustainable changes. You can use more Tupperware and reusable food storage bags in the kitchen, cut your time in the shower and purchase reusable fabric masks. Take yourself back to the basics and master the ins and outs of recycling that far too many of us overlook, and if you feel inspired start that compost bin.

No matter how intense or minute your new sustainable acts are, just think of the change we will be able to make in our world when we finally move past COVID-19. Those dwindled daily sustainable tasks will eventually make their way back into our lives, on top of the new lifestyle changes we have given time and energy to introduce.

These are significant changes that I believe will leave an alluring smile on Mother Nature’s face. Now, go tackle a new sustainable endeavor and make her proud.

*Natalie Rieth is an arts and entertainment editor. Follow her on Twitter at @natalie\_rieth.*

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# Ghosts, ghouls and global pandemics

Halloween is an exciting time for all ages. For younger children, it means getting the most candy you can, sitting on the kitchen floor and swapping with your friends and siblings. Followed by stuffing your face with more candy than you are allowed to eat any other night of the year.

It’s the neighborhood strategic scavenger hunt, deciding which house is most likely to give out the king-size candy and who is likely to give you a toothbrush. If this is what Halloween usually means for little kids, what will it mean this year? Is it possible for little kids, families and neighbors to stay safe while still having their usual Halloween fun?

Jessica Meccelum who recently moved from Tennessee to Spokane with her family shared with me what she is planning to do for Halloween this year with her two children, both under 10 years old.

“We are not going trick-or-treating, but we are going to have a Halloween party with family. We will try to make it as fun and memorable as possible for the kiddos,” said Meccelum via email.

By doing this, Meccelum and her family are ensuring they keep themselves and their neighbors safe and comfortable this Halloween.

Lisa Hirohata, a mom of two living in Shoreline, Washington, is usually big on holidays. Hirohata and her family host large gatherings on Christmas, Fourth of July and Halloween. They decorate their home with spooky spider webs and carved pumpkins line their steps and walkway.

Hirohata is making sure to take all measures



By **MARIN COUNTER**

to keep her typical holiday spirit alive while staying safe.

“I think kids should be able to go [trick-or-treating]. Some limits need to be in place such as mandated masks of course and touching less candy, gathering lots of hand sanitizer. I would take my kids to maybe 10 houses of people I know, not to let them roam the whole neighborhood,” Hirohata said via email.

Although Halloween this year may not seem the same as past, there are still ways to keep everyone safe while participating in their regular Halloween activities.

*Marin Counter is a contributor.*



# GEO Thrift Store launches online

By ALLIE NOLAND

For only \$1 an item, Gonzaga Environmental Organization's (GEO) Thrift Store has been a success ever since it opened up as a pop-up shop in the John J. Hemmingson Center. Thrifting is a sustainable, trendy and fun activity that GU students are more than excited to jump into.

GEO's thrift shop committee has been put to the test with COVID-19. GEO's Online Thrift Store, run through Instagram @gonzageothriftshop was just released this month.

Before this year, the in-person thrift shop was a pop-up station in the Hemmingson Center. Racks of clothes were set up once a month and were out for up to three to four hours. Students could look through the pieces, grab it off of the hanger, pay GEO \$1 and continue their day. It was made to be an easy and sustainable event.

"When we were set up in Hemmingson, we would only reach people that felt like stopping by," Anna Sanford, GEO's secretary, said in an email. "Now, we get to choose and highlight the items that we want people to see and that we think will sell."

Sanford is in charge of the thrift shop this year with Alexandra Frawley. This committee, designated to running the thrift store, put together an innovative plan to keep the store alive during COVID-19 restrictions.

"It is a lot more work for our small team, and we have all put in so much effort," Frawley said in an email. "Due to COVID, we must wash clothes, quarantine them and find safe ways for people to donate."

Currently operating off of clothing donations that were



PHOTO COURTESY OF ANNA SANFORD

The GEO Thrift Store team has had to get creative to keep the store running despite COVID-19.

received before the pandemic, GEO washes donations, creates outfits and then takes pictures of GEO members wearing the pieces. After this, pictures are posted to Instagram with directions on how to claim the piece of clothing for just \$1.

Followers are asked to direct message

@gonzageothriftshop with contact info and the piece of clothing they want to claim. The first student to DM the account is sent a CASHNet link to connect them to purchasing options including Bulldog Bucks and credit card.

Once the sale has been finalized, GEO members drop the item off in the mailroom with the student's name and MSC number, mail it to their off-campus residence or meet in-person. Meeting in person cuts down on their carbon footprint, so it is the preferred method.

During GEO Thrift Shop's first week of operation, they posted nine items of clothing and six of the nine items have been sold already. GEO is planning on posting more and more as the semester continues and as we go into spring semester.

GEO's purpose with this shop is to recycle clothing, reduce demand and save resources.

"I think our online store has provided students with another connection to campus," Sanford said. "We just had a student that's studying from home in Hawaii reach out and claim an item. I also think that we're reaching more people via our Instagram store."

Their Instagram hours run from 9 a.m. to 5 p.m., Monday through Friday. Check out their Instagram highlights on "How 2 Shop" if you want to review the process.

"All in all, the shift has been challenging but nothing we can't handle," Frawley said.

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

# End of the year TV releases to keep you streaming busy

Commentary by TESS PICKAR

Can't decide on what to watch while stuck at home or in your dorm room? The holidays are coming soon, and we will have more time on our hands than we will know what to do with. Here is a rundown of TV shows coming out at the end of this year that will surely keep you entertained this winter break.

**"The Mandalorian"**

Season two was released on Disney + in late October.

Temuera Morrison, who plays Jango Fett in the Star Wars prequel and has voiced Boba Fett in the past, has been cast to play Boba Fett in season two. This is not only big news, but it brings a sense of nostalgia for Star Wars fans of all ages. Some characters from the "Clone Wars" are also rumored to make an appearance in this second season.

Hopefully, all the questions created by the ending of season one will be answered in season two.

**"WandaVision"**

"WandaVision" will be released on Disney + in December its trailer was released last month.

The plot is a combination of classic television and the Marvel Cinematic Universe. Wanda Maximoff and Vision are placed in a suburban life that isn't all it's cracked up to be.

There are questions surrounding how Vision is alive following the events of "Avengers: Infinity War" or if he's even alive at all, but that's an answer we will all just have to wait for.

**"Helstrom"**

"Helstrom" was released on Hulu in early October and is ten episodes long.

It is another Marvel universe centered show, but unlike "WandaVision" it is a stand-alone story. Daimon and Satana Helstrom are the son and daughter of a powerful serial killer. The siblings set off to track down the wickedest of humanity.

The trailer for this show was also released last month and it possesses a

dark, horror-oriented theme.

**"Unsolved Mysteries"**

Volume two of this unsettling series was released on Netflix in early October. Like Volume one there are six episodes, thus six more stories that are still yet to be answered.

Netflix released the first volume of "Unsolved Mysteries" in July.

**"American Horror Story"**

For those who missed season nine when it aired in 2019, it is set to be released on Nov. 13 on Netflix.

Season nine is titled "1984" and is heavily influenced by slasher horror films from the 1980s such as "Friday the 13th" and "Halloween." It takes place at Camp Redwood, California in 1984, but it focuses on the killing at that summer camp back in 1970.

**"The Crown"**

Season four of this Netflix show will be released on Nov. 15.

This season is set in the 1980s and is

focused on the conflict between Queen Elizabeth and Prime Minister Margaret Thatcher and the marriage of Prince Charles and Lady Diana Spencer.

**"The Queen's Gambit"**

This mini-series was released in October on Netflix and is based on the novel "The Queen's Gambit" by Walter Tevis.

This show concentrates on the life of an orphan chess prodigy Beth Harmon from age eight to 22, as she strives to become a grandmaster in chess while grappling with addiction.

Whether you are a Star Wars fan, a Marvel fan or just looking for a show to stave away boredom, this variety of shows should surely keep you entertained.

Tess Pickar is a staff writer.

## Universal Crossword

Edited by David Steinberg November 15, 2020

**ACROSS**

1 Typical trick-or-treater

6 Place with pigeons and statues, maybe

11 Contacts privately on Twitter, for short

14 Partner of video

15 Wanders about

16 "Alley-\_\_\_\_"

17 Released Ginger from a contract?

19 Negative conjunction

20 Martians, e.g., briefly

21 Cooking fuel

22 Restricted access sign

24 Annette of "Being Julia"

26 Stick up

27 Country close to Bahrain

30 Discussions on the driving range?

34 Turmoil

36 "Anywhere" singer Rita

37 Back from work

38 Toothpaste-endorsing org.

39 \_\_\_\_ & Young

41 Candle material

42 Alternative to Spot

44 Pigeon's call

45 Have high hopes

48 Leader of a livestock committee?

51 Transformer units

52 Heckling shout

53 Male ducks

55 Most close

58 Long of "Fatal Affair"

59 Samosa morsel

62 Drop the ball

63 Floor coverings made of marsh plants?

66 One of a human's 24

67 G-SHOCK watchmaker

68 Short recess

69 \_\_\_\_ Moines

70 Perfume compound

71 Shouts out

**DOWN**

1 Bookstore adjunct

2 Feeling insulted

3 \_\_\_\_ of March

4 Make stuff up

5 Giants' rivals

6 "Skoal!": Danish :: \_\_\_\_ : German

7 Lumberyard piece

8 Iron Man and Captain America

9 Olive oil's carb count

10 State positively

**PREVIOUS PUZZLE ANSWER**

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| S | H | O | P | O | G | R | E | A | S | T | R | O |
| F | U | L | L | O | F | G | O | O | D | C | H | E |
| W | H | O | A | M | I | Y | U | R | T | M | E | N |
| T | A | G | S | L | O | O | P |   |   |   |   |   |
| M | A | E | R | U | N | T | P | R | O | B | E | S |
| A | U | L | D | R | O | O | T | I | N | E | R | T |
| G | R | E | A | T | E | R | T | H | A | N | Z | E |
| M | A | N | I | A | T | E | E | M | I | N | O | N |
| A | L | A | S | K | A | S | T | E | M | E | R | E |
| Y | E | L | P | A | T | O | M |   |   |   |   |   |
| I | T | S | H | O | U | R | H | O | O | R | A | H |
| W | I | T | H | O | U | T | A | N | Y | D | O | U |
| I | D | I | O | M | O | R | B | S | C | N | E | T |
| N | E | R | V | E | N | E | A | T | H | E | L | P |

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11/15

**Ease In by Zhouqin Burnikel**

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
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| 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 |
| 62 |    |    |    |    | 63 |    |    | 64 |    |    | 65 |    |
| 66 |    |    |    |    | 67 |    |    |    |    | 68 |    |    |
| 69 |    |    |    |    | 70 |    |    |    |    | 71 |    |    |

# Wash Up. Mask up. Back up.

## Stick it to Covid before it sticks to you!

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## UNIVERSAL Sudoku Puzzle

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

DIFFICULTY RATING: ★★★★★

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

### Today's puzzle solution

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



# Getting spooky in the kitchen

Commentary by CARSYN KNISS

Halloween weekend is just around the corner and now is the time to put the Hershey's bars and Twix aside to use some creativity in the kitchen. These simple yet spooky recipes will put you and all of your friends in the Halloween spirit with every bite.

Caramel Apples

This is a classic dessert for Halloween. It may seem like a daunting sweet to make, but unless you are pro at making homemade caramel—the simple version is the way to go.

All you need are chewy Werther's caramels, some heavy cream, a few Granny Smith apples and some skewers.

Add into a bowl: one pack of caramels and a couple tablespoons of heavy cream. Microwave in 30-second intervals, stirring in between, until desired consistency is achieved. Next, wash and skewer the apples and dip and twirl them in the caramel.

Top with sprinkles or candy if you like—and there you have caramel apples in less than 10 minutes!

Pillsbury Holiday Cookies

Pillsbury Holiday Cookies win the award for easiest treat. Though all it takes is a few dollars, a baking sheet and an oven, they are still an all-around crowd favorite.



BEN LATHWELL IG: ben.lath

Caramel apples are a classic Halloween treat.

The seasonal designs brings the Halloween spirit and the

sugar cookie scent bring the joy. Make a trip to Safeway and bake these for your friends to be everyone's favorite.

Mummy Brie

If you aren't much of a dessert person, then mummy brie will definitely be your new go-to spooky snack. All you need for this recipe is a small can of puff pastry and a brie round.

Take the puff pastry dough out of the can and cut into strips about half an inch wide. Wrap the brie with the strips of dough, place on a baking sheet and put it into the oven at 450 degrees for about 15 minutes. Use olives for eyes and dig in with your favorite cracker while the cheese is still gooey and warm!

Pumpkin Chocolate Chip Cookies

Sometimes we just don't have enough time for homemade recipes. That is why you go to Trader Joe's. This grocery store can give any college student their fix on Halloween-themed food, including their pumpkin chocolate chip cookie mix.

All you need to do is combine the mix with a stick of softened butter, one egg and some water. Next, pop them in the oven at 350 degrees for about 10-15 minutes, and there you have warm pumpkin cookies that everyone will think are made from scratch.

Carsyn Kniss is a contributor.

## MANSION

Continued from Page 1

crucifixes in a few rooms as well.

"It was basically a simple house blessing, not unlike when a faithful Christian couple asks me to bless the bedroom of their newborn baby," said Leedale, reported in the Spokesman-Review article.

KHQ news also ran a video story on the mysterious occurrences at the Music Mansion in 1975, and the story reportedly used the word "exorcism" multiple times, to which The Bulletin article said, "The news story's repetitive use of the word exorcism was incorrect and misleading."

Leedale explained in the article how an exorcism can only be ordered by a bishop after a thorough investigation. He also said that an exorcism has to do with the possession of a person, and what they were dealing with at the Music Mansion was different.

As for the claims of a "force field" that Leedale and the head of the music department at the time, Daniel Brenner, encountered preventing passage through one of the hallways in the building, the 1975 Bulletin story said this was proved to be false when one of the people present for the KHQ video story had no trouble walking down the hallway in question.

The Spokesman-Review story also mentioned the experiences of Steve Armstrong, who was the student caretaker of the building at the time.

Armstrong said that an "alien force" still inhabited the house, despite the prayers Leedale performed. He also mentioned foul odors, switching on and off of circuit

breakers with no explanation, noises that sounded like feet shuffling in the hallway and late-night piano playing.

The same article said not everyone agrees with Armstrong about the music building. Professors and many of the security guards were skeptical of this "alien force" in the building.

"Some GU faculty members are openly skeptical about the reported incidents," said the Spokesman-Review article.

However, an unnamed person associated with the security department claimed, "I know what I saw, I know what I heard and I know what I felt, and you couldn't pay me to go back in there again," although the incident they were referring to was not explained further.

The Bulletin reported on the myth of the Music Mansion again in an edition published on Jan. 29, 1987. This article said that the rumor at the time was that a Jesuit had hanged himself in the attic of the building, though no one knows when, and that his ghost still haunts the mansion today.

However, it was later explained in the article that the Jesuit who died by suicide died in his bedroom, which was not in the Music Mansion.

The 1987 Bulletin article also touches on the exorcism rumor.

"These so-called prayers of exorcism began rumors of an exorcism, such as the one in the movie 'The Exorcist,' happening in the music building. Such a rite as the movie portrayed was not performed," said the article.

This article also said that faculty were skeptical of the mansion being haunted, although the story said, "many students

feel there is a university effort to suppress the truth of the building."

Is the Music Mansion haunted today? That remains to be confirmed, but students have had strange experiences there recently.

Wealthy Vue, a senior communication studies and pre-law major with a minor in psychology has had a few experiences with the music mansion.

Vue said that when he was a sophomore in high school, he went into the mansion in broad daylight with some friends and heard piano music, but when they went to go check on the source, no one was there playing the piano.

During his sophomore year at GU, Vue said that he was going past the mansion with some friends when he heard a sound come from the mansion. He stopped for a second, and the sound disappeared, but Vue and his friend said they saw a little girl inside the mansion.

"It was kind of weird. She was really decayed and stuff, it was kind of weird to see it," Vue said. "When you see something, you know you can't unsee it, so it was just kind of like one of those moments."

Rumors of a little girl haunting the mansion have been circulating recently, resembling what Vue described.

Kira Schwander, a junior applied math major who worked in the Music Mansion said she only had one strange experience there.

Schwander was walking past the mansion on her way back from a concert and saw that one of the lights was still on in the attic, so she went inside to go turn it off. Schwander said she felt a pressure in her chest when she went up to the attic.

"I walked outside and the light was still on in the attic," Schwander said, after she had already turned off the light.

Schwander also noted that the music professors whose offices are in the building are comfortable staying in the mansion overnight if they have work to do, and the chair of the music department declined to comment when asked about strange happenings at the music mansion.

Kelli Maunder, a sophomore accounting major also recalled having an interesting experience at the Music Mansion. Maunder said she and a friend went into the Music Mansion on Halloween of last fall, and they too heard piano music.

Maunder said that while she and her friend heard the music, they tried to open a door by the staircase only to find it was locked. The music eventually stopped as they were exploring the mansion, and they went back to try the door again, but it was unlocked this time.

Maunder and her friend walked down the stairs and found a man playing the piano, although she was unsure if he was a student or not. She said he looked like he could have been a junior or senior, but her friend was unsure.

"I thought I saw his ID card, his keys sitting on the piano. Max thinks I lost it because he doesn't remember," Maunder said. "I definitely feel weird being in there, I can kinda see it being haunted."

Lillian Piel is a news editor. Follow her on Twitter: @lillianpiel.

Universal Crossword

Edited by David Steinberg November 1, 2020

ACROSS

1 Bygone carrier

4 Historical period

9 Road marker?

14 French seasoning that's a French article backward

15 Weird and scary

16 Fictional chocolatier

17 Kimono sash

18 "Hybrid pooch (first 2 letters + last 3)

20 Folded Mexican food

22 "The Count of Monte "

23 "Commerce involving cinnamon (first 2 + last 3)

27 Piece of barbecue meat

30 Apple's "ultimate mobile workstation"

31 Really attractive, in dated slang

34 Sounds like an owl

37 Any Supremes song, in 2020

38 "Newspaper pages with many numbers (first 3 + last 2)

42 One-named Spanish singer

43 Principle

44 Aquafina competitor

46 Bob Marley classic

51 DJ's stack, once

52 "'The Old Man and the Sea," for one (first 3 + last 3)

55 Banishes

58 Second

59 Greek letter

60 Privileged information, and a hint to all but the indicated letters of the starred answers

64 Mister Rogers?

65 Sierra (neighbor of Liberia)

66 Steamy spot at a spa

67 TV room

68 Middle of May?

69 Mistake

70 "To a..." poem

DOWN

1 Best Foreign Language Film of 2005

2 Google Chrome program, for one

3 Keys with 15 Grammys

4 Sushi fish that's never raw

5 Yellowish shade of green

6 Sphere

7 Around the date of

8 Picked up while holding still, say

9 What the animals boarded the ark in

10 Very funny person

11 Legendary city of gold

12 Everyone

13 Recolor

19 Ran out of power

21 Anxious med. condition

24 "Sleepless in Seattle" director Nora Turkey (November event)

26 Sit on a perch

28 Poker player's declaration

29 "So long!"

32 Like gross fruit

33 \_\_\_ Lilly pharmaceuticals

35 Lao-\_\_\_

36 Man of La Mancha

38 Roe fish

39 Relays, as information

40 Blessing-curse link

41 Penny

42 U.S. health org.

45 Archipelago

47 Arcing throw

48 Exaggerate

49 Rejected, like a bill

50 Comic Boosler

53 Author Hermann

54 Award for "Parasite"

56 "RR" follower

57 Inspiration

59 --conceived

60 "The Matrix" hero

61 Your and my

62 Singer Yoko

63 3, for a short golf hole

11/1

Dig In by Gary Larson

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RECYCLE

UNIVERSAL

Sudoku Puzzle

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

DIFFICULTY RATING: ★★★★★

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

Today's puzzle solution

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



# Happy camper, happy life

Counting down the best camping spots in and around Spokane

Commentary By SARAH VAN LIEW

Camping is a wonderful way for students to get outside and have a break from busy college life. There are so many beautiful camping spots near Gonzaga that are great for anyone who wants to find a way to get outdoors this fall or winter. Here are a few of the best camping spots in and near Spokane that will allow you to take a moment to breathe and enjoy the beauty of the Pacific Northwest.

## Bowl and Pitcher at Riverside State Park

The Bowl and Pitcher area is a favorite among Gonzaga students for walking, biking, fishing and camping. The Bowl and Pitcher campground is located 20 minutes away from Gonzaga and is a part of Riverside State Park. Bowl and Pitcher is great for camping year round, and shows off Spokane's gorgeous fall colors during this time of year as well as stunning snowy views as we transition into colder weather. The campground at Bowl and Pitcher has over 30 campsites and has sites accessible for RV's as well as tent campers.

## Mount Spokane State Park

Mount Spokane State Park is one of the largest state parks in Washington and contains stunning views of Spokane Valley, North Idaho and even Canada. The campground at Mount Spokane has eight campsites, and you can hike up to the Quartz Mountain Fire Tower lookout or the historic Vista House to see the beautiful views of Mount Spokane. There are three summits to hike at Mount Spokane State Park, including Kit Carson, Day Mountain and Mount Spokane itself. Although it may be cold this time of year, Mount Spokane has



CHIANA MCINELLY IG: FICSEBYCHIANA

Mount Spokane State Park is one of the largest state parks in Washington and contains views of Spokane Valley, Idaho and Canada.

gorgeous autumn scenery and vibrant fall colors and the mountain during snowy weather is breathtaking.

"I love fall/winter camping because there are fewer crowds and bugs," Kacie Bell, student director for GU Outdoors said. Kacie encourages Gonzaga students to check the weather before camping this time of year and pack accordingly for their trip.

## Nine Mile Recreation Area at Riverside State Park

Nine Mile Recreation area is part of Riverside State Park and is located

30 minutes north of GU. Nine Mile Recreation Area is located on the Spokane River and displays beautiful views of the river year round. Fall colors and gorgeous trees are the background of the park during the fall and stunning snow adds to the beauty of this location during the winter. Nine Mile Recreation Area has three tent sites and 21 RV sites available for camping offers many additional outdoor activities such as fishing, hiking and mountain biking. During the winter, you can also find snowshoers and cross country skiers enjoying the snow-covered trails at Nine

Mile Recreation area.

## Lake Pend Oreille

Lake Pend Oreille, just over an hour away from GU, is Idaho's largest lake and is a wonderful spot to enjoy the outdoors and spend time camping. There are many campgrounds on Lake Pend Oreille, including campgrounds within Farragut State Park as well as Kaniksu National Forest. Farragut State Park is a Gonzaga Outdoors favorite, and is located near the town of Sandpoint, Idaho. It offers over 220 campsites within its six campgrounds. Kaniksu National Forest also offers many options for camping on Lake Pend Oreille. Lake Pend Oreille is surrounded by stunning scenery, mountains and wildlife throughout the entire year.

## Heyburn State Park

Heyburn State Park is the oldest state park in the Pacific Northwest and is a popular location for camping, hiking, biking, boating, fishing and other outdoor activities. Heyburn State Park has three campgrounds which include Chatcolet, Benewah and Hawleys Landing, and offers over 120 campsites. Heyburn State Park also offers rental cottages and camper cabins which are open for reservation year round. The three rental cottages sleep up to eight people and the camper cabins sleep up to five. Heyburn State Park is located south of Coeur d'Alene, Idaho and is just over an hour drive from Spokane. It is well worth the drive for the beautiful scenery and wildlife that you will experience while camping at Heyburn State Park.

Sarah Van Liew is a staff writer. Follow her on Twitter: @sarah\_vanliew.

## Pick up the pace!

Looking for a new running route? We've got you covered with the best running spots Spokane has to offer

Commentary By SPENCER BROWN

There are many reasons to start running: it relieves stress, increases serotonin, there's cute running clothes and of course it can help the slightly terrifying realization that you can no longer fit into your pre-quarantine skinny jeans. Whether you are trying to get that revenge body or want to enjoy the oddly pleasurable sensation of destroying your legs—you will need to know where you can work on your foot work in the Spokane area. Here are a few great places to pick up your stride.

## GU's campus and the Logan Neighborhood

Spokane has many beautiful running locales, but let's learn to walk before we learn to run, because one of them is literally our own backyard. We have a relatively large campus that is beautiful and will give you a good workout in, especially if you're lazy or don't have a car to give you different views. This is also for the insanely busy Zag who doesn't have time to drive to cute running spots—this run is all business in front part in the back. Doing a loop around campus is

If you have friends who live off campus it is also a fun experience to run to their house and give them a shout hello from the pavement. This running spot is definitely for someone who doesn't mind being seen by people you know while you workout, Gonzaga's campus is perfect. If you are a vain person who doesn't want to focus on how cute their gait is, skip to the next locale.

## The Centennial Trail

While The Centennial Trial is a bit of a Spokane go-to, the trail itself does merit some of the hype since it's long and has some terrific views that are accessible to runners of any skill level. It can truly be as long as you want it to be. You can either decide to go for the gold and run multiple miles, or you can always run just to

downtown and sneak away for a little brunch.

If you want some sweeter incentive to keep on running, the Centennial Trail offers the more fun, doughnut run. "The doughnut run is where you run from campus all the way to Hello Sugar. The run is a 2.6 miles long and is sure to burn off all the calories you will consume eating doughnuts," said GU alumna, Arcelia Martin.

Plus, Hello Sugar, is the perfect place to wait for your Uber back to campus with a nice coffee because running with a stomach full of dough is never really the move.

## Audubon Park

Audubon Park is a nine minute drive from campus located on Northwest Boulevard and Milton Street. This spot offers a rather spacious area the run, surrounded by trees to really give you that romanticized feeling of running that movies offer. It is a relatively quiet area away from campus that can let you clear your head and get out of the Zoom bubble for a little while. The best part about Audubon Park is that it is across the street from Little Garden Cafe, so when you finish your run you can treat yourself to a coffee and a snack.

## South High Drive

Around a 13 minute drive from campus, South High Drive, offers a beautiful view on the edge of a cliff on the South Hill. It offers a long stretch of sidewalk to run on and multiple benches to catch your breath and take in the view. This run is for someone who really wants to romanticize their life. The scenery makes you fantasize about living in one of the big houses living lavishly, or perhaps rolling the body of someone who has crossed you down that hill. If these thoughts don't motivate you to run and start Real Housewife level drama within your group of friends, not only is this run not for you but you probably aren't that fun.



CODY BUCKLEY IG: CODYPB

Audubon Park is a nine minute drive from campus located on Northwest Boulevard and Milton Street.

Whether you are trying to get in shape or have fantasies of bumping into your one true love the way Hallmark intended, give these locales a go and you won't be sorry.

Spencer Brown is the managing editor. Follow him on Twitter: @Spencer\_Brown\_.

## Hunkering down the right way: How to survive and thrive this winter in Spokane

Commentary By RILEY UTLEY

Winter can be a foreign concept to many new Gonzaga students. It's a lot to take in that's for sure and there is a real learning curve to figuring out how to live with it. But have no fear as someone who has lived in Eastern Washington my whole life, I'm here to help you survive this upcoming Spokane winter.

## Invest in a coat and boots

The key word here is invest. It's worth it to spend a little extra money on a well-insulated jacket and a good pair of snow boots. For day-to-day campus life I recommend a parka that covers your butt (it sounds extra but trust me it's a game changer). As for boots invest in a good insulated but not clunky pair so you can keep your toes warm but not stomp around campus in ugly boots.

While it may hurt your wallet a little bit these two things will last you all four years and you will not regret the purchase when your feet aren't wet, and your upper half isn't freezing to death.

## Carry spares

I keep a light pair of gloves in every single one of my coats.

“

I don't want to see anyone out wiping the snow off their cars with last week's issue of The Gonzaga Bulletin.

Riley Utley, editor-in-chief of The Gonzaga Bulletin

Having light gloves helps on those days when you have to carry a box back home from the mailroom and you don't want your fingers to feel like they're going to fall off. Also, keep a beanie in your backpack just in case you walk outside and it starts snowing that way you don't get soaked and your ears stay warm.

## Get a snow scraper

I don't want to see anyone out wiping the snow off their cars with last week's issue of The Gonzaga Bulletin. It's disgraceful and embarrassing to you and The Bulletin. So, do yourself and this paper a favor and get a snow scraper. It's arguably the most useful tool you can get in the winter and it only costs \$10-\$15. With a brush to get the snow off

on one side and a scraper on the other to get the ice off it's a true lifesaver.

## Know the tires you need

Preparing your car begins with the tires. Personally, I need full on snow tires since there is more snow when I go home at Christmas than there is in Spokane. If you have plans to travel in the winter or want to be super safe get snow tires. All season tires will suffice too. If you don't plan on going off the city streets or your car has four wheel drive all season works.

## Emergency preparedness is key

My parents taught me that you need to be prepared if your car gets stuck or breaks down. It's important to have an emergency kit that has jumper cables, chains

and a scraper as well as basic winter clothes like gloves, a hat, a coat and a blanket. That way you can hopefully stay warm and get your car safely back on the road.

## Know the plow schedule and be ready to shovel

Living in a house comes with many new adulting tasks and that includes shoveling and knowing the city plow schedule. The city of Spokane has its plow strategy down pat so get out of their way when they come, or you'll be sorry. Avoid having to shovel your car because it got plowed in park on the side of the street where the addresses end in odd numbers. Then after the plow goes by have your shovel ready for the sidewalk and your car if you forget to move it.

## Get accustomed to the ice

Make sure you know yourself and your ability to take on the ice. You have to get in the habit of leaving early to get where you need to go. Then you need to be mentally prepared to slide there and be prepared to fall. Don't be too discouraged if you fall, it happens to the best of us.

The ice is tough, but you are tougher don't let it get the best of you.

Pro tip: the sidewalks on campus don't get salted until after 8 a.m. so do yourself a favor and don't register for 8 a.m.'s next semester unless absolutely necessary.

## Get that winter mentality

Once you accept that the winter isn't going anywhere the quicker you'll build up a tolerance to the cold. All you have to do is know that winter doesn't last forever, and you can outlast it. Spokane winters can be ruthless, but you are strong and by following these tips you are prepared to thrive this winter.

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





Gonzaga senior Alden Gwinn represents team Audi for road biking on Team USA.



GU senior Alden Gwinn and his family moved overseas at age 10.

# Riding along

Gonzaga senior Alden Gwinn bikes his way to team Audi

By HANNAH HISLOP

Going fast and pushing the limits — that is exactly what GU senior, Alden Gwinn has been doing his whole life. Gwinn is what some consider an adrenaline junky, which is why Redbull among other companies, sponsored him at the age of 13, to downhill longboard and earned him a spot on team Audi for road biking under USA Cycling.

Although the Issaquah, Washington, native dabbles in many different extreme sports, road biking is his main focus, as he constantly tries to push the limits.

**Gonzaga Bulletin: How did you get into biking?**

**Alden Gwinn:** I feel like I come from a very outdoorsy family and because of that my parents always tried to push me to do something that was outside and I kinda had this, what we call, ‘smart-stupid’ gene. Where I would think through what I was going to do and I would still do it anyway. I didn’t really have that fear factor.

When I was 10 years old, my family moved to the Netherlands, and everybody bikes everywhere. There are no school buses, there are more bikes than there are people in the country. I think that solidified my love for it, just because I didn’t necessarily have a choice. There are no school buses so rain or shine, you have to bike to school every day — nobody’s parents drive them to school. It is weird because you could live 10 miles from the school and that is nothing to these people. There are people who are 70-something-years-old and they bike to the grocery store every single day. The bikes have

saddlebags on the back for your groceries and baskets on the front. It is a totally different lifestyle. Except it is a flat country so when we moved there I couldn’t really mountain bike so that is when I got into road biking.

**GB: Why do you love biking?**

**AG:** I am an adrenaline junky and people don’t realize that when you are going 30 miles an hour on a road bike you really have to be focused because if you crash it would hurt.

I have always had a thing for going fast and I don’t know why that is, but I never liked going slow. I like going fast and kind of the elusive feeling of being able to do something someone else can’t do, where it is a skill, but it’s not.

I have always had a thing for extreme sports. Growing up I was sponsored by over 20 companies and Redbull for longboard racing. I was going 75 mph on a longboard, no brakes, so that was kind of the element as to why I got into road biking, because I love the speed, but it was a little bit more of a mature sport I’d say.”

I always loved being in the middle of nowhere, like in the forest with your buddies. I am also not on my phone on the bike for hours. It is just you and all the sounds of everything around you and that is the most beautiful part.

You have to explore. People don’t realize how far 100 miles can take you. That is almost halfway from Spokane to Seattle. I have gone so many places where I have no idea how I found them on my road bike.

**GB: What does race day look like?**

**AG:** It’s tricky because it is a really

strategic sport because those [jerseys] are meant to be there to kind of mess with you. Some people will try to go out and win a checkpoint, but don’t have enough energy to cross the finish line and win. They are meant to test your patience and self-control. I’ve done it before where I’ve been like ‘Oh I can win one of these things, I am going to do that because I don’t know if I can win at the end,’ and then burn out and people will leave you on the race because you wasted too much energy on one of those.”

Imagine sitting there on a bike with only two water bottles and they aren’t that big, and you are exercising as hard as you can. Two years ago the Washington State Championships were in Spangle and it was 90-something degrees out and it was just miserable because it was so hot and you don’t have that much water so you have to conserve so you don’t bonk from the heat. It is more than just strength and it is a weird thing to grasp because it is hard to get on a bike... there is so much strategy to it that people don’t realize.

It is a drafting sport, so it is all about trying to be within an inch of the guy in front of you. It is scary but when everyone is doing it, it is not that scary because you know how focused everyone is.

**GB: How long are your races?**

**AG:** A day race would be 100 miles and it ranges from about 50- 70 people in the race. These races are more endurance, but I also race criteriums. It is a small quarter-mile loop where they say ‘OK you are going to race for an hour’ and you have to try to pass and lap people. If you lap someone they get eliminated, so the whole

part of the race is trying to go as fast as you physically can and you eliminate people.

There are two styles of bikes. You have the weirdly skinny emaciated, not-so-attractive type of style. And then there is the sprinting, which is more of that criterium. It is bigger and more muscular because it is a lot more power orientated. I say I specialize in criterium racing because I don’t like [the bike] being that skinny.

**GB: How does scoring work?**

**AG:** It is a racing sport, but at the end of the day, there is a style aspect to it too. So, you cannot be the fastest, but be really good at what you do to a certain extent like you have a niche thing about you and you can still have a blast.

The first checkpoint could be 20-something miles in and in cycling there are different jerseys you can win, so you wear that jersey to the next race. So in those checkpoints [first checkpoint] could be after a flat section so it would be a sprint section, so if you go through that first you get points. There are different jerseys — a sprint, hill climbing, and leaders jersey. People target different jerseys... Some of the most successful cyclists have never won a race before because they only go for the sprint jersey and it makes it so much more competitive.

Gwinn said that if GU students are looking to start road or mountain biking, the Seattle area is a great place to start as well as the Centennial Trail or Beacon Hill in Spokane.

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

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# Showdown in the snow: Skiing vs. snowboarding

BULLETIN FILE PHOTO

The Gonzaga freeride club and the ski & snowboard club provide community outlets for students looking to hit the slopes. Former GU students Kyle Evers (left) and Matt Friedman pictured.

There is something to be said about being outdoors in the winter on a mountain. Standing at the top of a snowy mountain and looking down a slope, having the cold wind whip up the face of the hill is special and thrilling. The only way you can experience this feeling of complete exhilaration is skiing or snowboarding. There are many differences between skiing and snowboarding, so here's a breakdown of what you need to know before you climb up the mountain road.

Starting from the head down, for skiers and snowboarders alike, it is pretty standard to protect your head by wearing a helmet and eyes with goggles. A "neckie" which is a

piece of fabric or flannel that covers a skiers neck, is important to keep warm on the hill. They also wear a heavy jacket with layers underneath and snow pants on the bottom. Gloves are worn to keep hands warm and handy dandy hand warmers can be put into gloves for extra warmth.

Snowboarding and skiing differ in the way of what is strapped to mountain enthusiast's feet. Skiers have skis and poles while boarders have a snowboard, but here is a deeper look into some differences

## Skiing



Commentary by:  
HANNAH HISLOP

Skiers wear ski boots which at times can be stiff and funky to walk in, but allow for skiers to arc turns on the mountain without falling out of their boots and skis. Skiers are also less injury prone because their equipment allows for easy release if they end up in a tough situation.

Skiers don't have to wait when getting off the ski lifts. Snowboarders have to sit down and strap in once gliding off the lift, which takes time.

Pro tip: it is also way easier to get off a lift on skis.

Aside from equipment, the culture of skiing is different from snowboarding. When skiers clip into their skis, there is a certain level of community that other mountain goers give to skiers. The sport is everywhere and the culture around skiing is big and full of support. When skiers see each other on the mountain, you can expect a wave, smile, "nice skis bro" or a loud "send it!" coming from other skiers.

Skiing is an "old" sport. It has been around for centuries and caters to those young and old. You will see skiers on the mountain who have been shredding for decades or newbies out on the bunny hill. Debates on whether skiing or snowboarding is easier have been around since the beginning of the winter sports, but I will say, skiing is much easier to learn. This is a large reason as to why you see more skiers on the mountain and why there is a variety of ages.

There are different ways that you can ski. There is downhill skiing, which most participate in and then there is cross-country skiing, telemark skiing and

backcountry skiing.

Cross-country skiing is a type of skiing that requires another set of equipment. The skis are skinnier, poles are longer and the need for a helmet and goggles is not there. Instead cross-country skiers wear hats and sunglasses. They "skate" through the woods on different trails, away from downhill skiers.

Telemark skiing is unique and was started in Europe. This type of skiing started to become popular about 15 years ago. Telemark skiers are still considered downhill skiers, but their heel is free. Imagine making a lunge on skis, down the mountain every turn. That is what telemark skiers do. It adds an extra challenge for those downhill skiers who are considered experts.

Backcountry skiing is also a downhill skiing sport, however the phrase "earn your turns" is thrown around every time you go into the backcountry. Going into the backcountry means entering the out of bounds parts of a ski resort. By going into the backcountry skiers are able to ski untouched snow, but there are multiple costs to this type of skiing. Much more equipment is needed to enter the backcountry and only expert skiers should go out of bounds. Even then, accidents happen. Avalanches, risky conditions and uncontrolled runs lead to accidents and deaths yearly in the backcountry. If you are interested in going in the backcountry go with a trusted group of skiers.

Skiing is fun. That is what it simply comes down to. I have never complained about a day spent on the mountain. As an ex-ski racer, a ski coach and someone who has a huge passion for the sport, I can say you will never be disappointed in the hill with skis strapped to your feet. Rain or shine, you can't help but smile as you stand at the top of a mountain, looking down a slope, having the cold wind whip up the face of the hill. It is special and thrilling.

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

## Snowboarding



Commentary by:  
HUNTER HAUSER

One of the huge differences between skiers and snowboarders is the situation surrounding the boots. Snowboarders have boots sized correctly to your shoe size and these boots fit in different sized bindings attached to the snowboard.

The bindings are different from snapping into a ski because you strap into the binding. The rider must manually reach down and tighten the straps to fit your boot. The bindings keep you strapped in and can be adjusted for your riding style, no matter the situation.

Some people may think it is a hindrance to take the time to sit down and strap in, but you either get used to it or, after enough practice, you can do it while standing up and get right into shredding the mountain.

One essential thing to know about snowboarding is the social aspect.

Snowboarders are very friendly, and we are all in this to accomplish one thing in the end, to look cool. Every snowboarder chooses snowboarding because of the relaxing riding feel and the ability to show off at any moment.

Snowboarders are always ready to take any run on the mountain and turn it into an amusement park of tricks and they cannot wait to hit the terrain parks.

Each snowboarder admires each other for the things they have learned and accomplished, and we support each other everyday to push the limits and try new things.

Looking from the outside, snowboarding can seem very easy, and it is. Skills from skateboarding, surfing,

longboarding and more, all transfer over.

Someone with simple balance and body control can pick up the sport.

In the defense of skiing, it does appear easier to learn, as it looks more natural for the body, but snowboarding is not so bad either.

The main difficulty to learn from snowboarding is tricks. This is why you see fewer snowboarders on the mountain.

Freeriding all day long on a snowboard is much more taxing on the body and that's why snowboarding is perfect for adrenaline seekers.

There are three main types of snowboarding: freeriding, freestyle and free-carve.

Freeriding is just the combination of the other two. Freeriding involves doing runs on the mountain and involving the huge carving aspect and tricks along the way. This is the nice balance between the two where all snowboarders love.

Next, is freestyle snowboarding. Freestyle snowboarding consists of mainly tricks and the terrain park, this is where boarders show off their aerial skills. This is mainly for hardcore enthusiasts and for experienced riders so build up slowly to this point.

Finally, free-carve, my personal favorite, is the rush of downhill snowboarding. The snowboarder drops in from a high point and just rides fast down the mountain hitting insane carves from each side of the run, the adrenaline is high, and the speed is intense.

Snowboarding is an immense thrill of excitement. Each day on the mountain is a new journey where any snowboarder can have fun, enjoy the runs, enjoy the people and improve their skills.

I have loved snowboarding since I was a child and each day on the mountain presents a new exciting challenge, and each trip I get better and better and so will you. Snowboarding is for anyone looking to get their spirits high and their jumps even higher.

Hunter Hauser is a staff writer.

Somewhere down the line you're going to wish you had a special memento from your college years to remember all the good times life had to offer.



Devan



Marianne

The yearbook is important because it is a printed book that highlights the year through words, pictures, and design.



Natalie

The designs are pretty edgy!

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