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# Office of Health Promotions reviews 2019 student mentality statistics

By CARA KONOWALCHUK

The Office of Health Promotions (OHP) has put together the inaugural “State of the Class 2019” document, which provides an overview of the experiences, beliefs and behaviors that influence the lives of Gonzaga students inside and outside of the classroom.

The purpose of the document is to provide insight for educators about the context in which students are showing up in the classroom. The information should raise faculty’s awareness about what students are experiencing and how they might provide guidance.

“The hope was that this would be new information for some faculty that maybe didn’t expect the numbers to be as high or as low,” said Jenna Parisi, the director of OHP.

Each page of the document contains 24 backpacks to represent an average class size at GU. On each page, a number of the backpacks are highlighted to show how many students to expect are being affected by given topic.

“I’m excited about [the State of the Class Document] as a springboard for faculty,” Parisi said. “Using the image of the backpack is a great visualization of something you want to carry around and teach others and that influences the way you show up both within and outside of the classroom.”

Half of the statistics come from an annual survey that is administered out of the Office of Health Promotions called the National College Health Assessment. In the spring, 669 students participated in the survey.

According to the data, in a classroom of 24 students, 15.5 feel overwhelmed by all they have to do at least once every two weeks and 17.5 feel very sad at least once over the academic year.

Out of the 24, five students are diagnosed by a professional for depression, 6 1/2 are diagnosed for anxiety, and 3 1/2 seriously consider suicide over the course of the academic year.

An average 18.5 students in the classroom drink alcohol and eight of them do something they regret. Eight students will use cannabis and 2 1/2 will use prescription drugs not prescribed to them.

The Center for Community Engagement (CCE) said that 20 students are involved as members of clubs and organizations on campus. Twenty-three students feel tired, dragged out or sleepy during the day at least once during the week.

The Office of Diversity, Inclusion, Community and Equity (DICE) provided data regarding gender neutral pronouns. In an average classroom, it can be expected that 14 students believe forms should include options other than “man” or “woman” and that 8 1/2 students know someone who uses gender neutral pronouns.

Nursing Professor Martin Schiavenato said that the information presented in the document was valuable for teachers and faculty to see.

“The data helps me build a broader more encompassing picture of our students beyond the academic boundaries of

grades and class performance,” Schiavenato said. “A deeper understanding of my students as they begin in this field informs my conduct both as a teacher, empathizing with my students and as a researcher hoping to positively affect the manner in which we prepare and engage with these health professionals.”

The front cover of the State of the Class document features a quote by a Jesuit educator, Fr. Vincent J. Duminuco that said: “... We must know as much as we can about the actual context within which teaching and learning takes place. As (educators) therefore, we need to understand the world of the student...What are the forces at work in them? How do they experience those forces influencing their attitudes, values and beliefs, and shaping their perceptions, judgments and choices?”

According to Parisi, OHP does this survey every three years. She said this year’s results do not come as a shock as the they were expected by the office. Despite the information gathered, no changes are expected to be made to there be no changes made institutionally or in programing. The primary purpose of the survey was for research and further informing faculty and staff of the well-being of students on campus.

Cara Konowalchuk is a staff writer.

## SAFETY

Continued from Page 1

“With Halloween in particular, we want people to be safe. That’s the priority,” said Morgan Graves, a resident assistant in Corkery Apartments. “Also, know that you don’t have to drink. Don’t let people peer pressure you into it.”

There are a multitude of events going on during the weekend that students can choose to attend rather than going out to Halloween parties. One example is the Gonzaga department of theatre and dance’s production of “Romeo and Juliet,” which opens in the Myrtle Woldson Performing Arts Center on Nov. 1 and runs throughout the weekend.

Safe drinking tips are not the only advice CSPS offered to the Zag community for Halloween. The department has been posting daily safety tips to their official Facebook page leading up to Oct. 31.

“Halloween Tip 1: Choose your Halloween costume wisely,” said a Facebook post on Friday. “If you’re going to dress up, make sure you wear something that is easy to

move in and doesn’t impair your vision.”

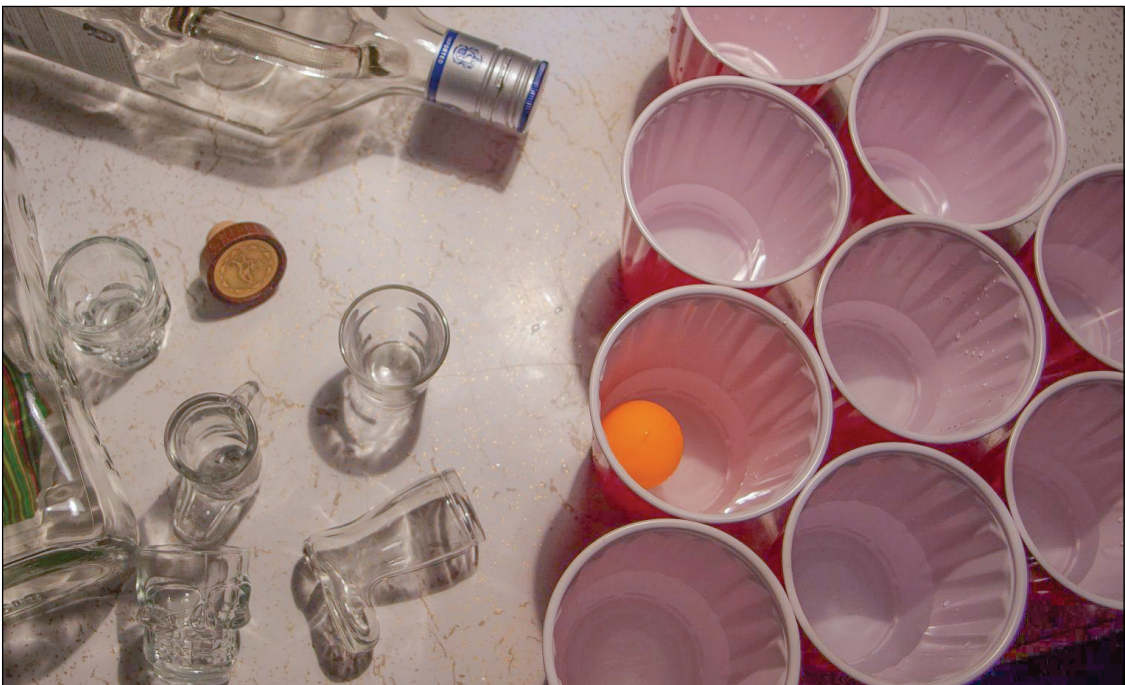
While topical memes and favorite movie characters are usually the biggest inspirations for costume choices, CSPS’s tip did help influence some GU students with the difficult selection.

“This year I’m going to dress up as the mom from ‘Mean Girls,’” said Brynn Williams, a junior at GU. “Not only is she my favorite character from that movie, but it’s also a bright pink sweat suit which means I’ll be visible at night.”

Halloween also comes at the tail-end of what is widely known as the “red zone” by campus officials, which is during the first two months of the school year and is the timeframe in which most situations involving sexual assault and misconduct occur.

“It’s good to plan ahead. It’s good to know who you’re going to be around and to prepare for that,” Graves said. “It is also important to remember that no matter what you’re wearing, it doesn’t give anyone an excuse to treat you any differently. As Gonzaga students, we should be looking out for each other.”

Looking out for each other is a main safety concern during this time of year. CSPS reminded



BULLETIN FILE PHOTO ILLUSTRATION

In 2014, the Bulletin ran a story on the increase of alcohol-related hospitalizations and Cura Personalis’ hope to increase campus awareness of alcohol abuse with Halloween celebrations.

the students of the importance of sticking together.

“Use the buddy system,” said Tyler. “Make a pact to arrive and leave together, and keep tabs on each other all evening. If you must walk home after dark, walk with at least one other person and stay on

a well-lit path.”

Ultimately, if any situation develops that makes Zags feel unsafe, CSPS would rather the students be safe than sorry.

“On Halloween or any other night, trust your gut instinct,” Tyler said. “If you feel uncomfortable

in any situation, get yourself and your friends out of there.”

If students feel in danger at any point this weekend, call Campus Security & Public Safety at (509)-313-2222.

Zachary Walls is a contributor.

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# Solving the equation

A math professor and her students conduct research to make medical monitoring portable and affordable

By KARLIE MURPHY

Throughout high school math classes, teachers will often hear students ask, “When will I ever need this in real life?”

But what many students don’t realize when asking this question is that a lot of the magic behind our world operations come from math. For instance, those MRI, CT scanners and X-ray machines we see in medical facilities are all functioning because of math equations.

Melody Alsaker, assistant professor of mathematics at Gonzaga University, has been researching a different form of medical imaging technology — one that is non-invasive and portable. Electrical Impedance Tomography (EIT) is a functional medical imaging technique in which electromagnetic fields are used to form images of the electrical properties of the body. Alsaker, along with students, are using math to help improve this technology.

Alsaker first got involved with EIT research in 2012, while getting her master’s degree at Colorado State University.

“I helped build the EIT machine that is currently in the lab [at Colorado State,] but mostly I worked on the software side of things,” Alsaker said.

To get a reading, electrodes are placed on the surface of the human body and electricity is run through the person’s body, but no pain is felt due to the low frequency.

The image the doctors see is created by using conductivity levels of different materials in the body. This allows the doctors to have an image that resembles a horizontal slice through the patient.

“It’s not used extensively in hospitals at the moment, but there are a lot of potential applications,” Alsaker said.

Possibilities include things like breast cancer detection, pulmonary detections, classification of different types of strokes, prostate cancer detection, bladder volume detection in paraplegics, ventilation monitoring and an array of other opportunities, Alsaker said.

“I’ve been involved with an ongoing project with Children’s Hospital Colorado,” Alsaker said. “We’ve been looking at the monitoring of cystic fibrosis in children.”

Cystic fibrosis patients get a baseline CT scan every two years. EIT technology, however, can be used to take images between these scans, Alsaker said.

“EIT scans are better than the CT scans [for children] because they have a lot of ionizing radiation in them,” Alsaker



Melody Alsaker conducts research on Electrical Impedance Tomography, which is currently being used in hospitals to monitor cystic fibrosis in children.

said.

Not only is EIT safer and noninvasive, but it’s also portable technology.

“The machine itself is very small,” Alsaker said. “You can pick up the machine and move it to the patient, rather than move the patient to the machine.”

Hypothetically, this machine can be put in an ambulance, helicopter or taken into a war zone. Further, it is also much lower in cost. An EIT Machine is significantly cheaper than MRI and CT machines, Alsaker said.

There is also a capability for real-time imaging.

“You can take a whole bunch of images in quick sequence and make a movie out of it,” Alsaker said. “So you can watch a patient breath, or watch their heart beat.”

Alsaker’s specific role in this research is primarily based on improving the spatial resolution of the EIT images using various mathematical techniques and depends largely on using computer coding to do this job.

The students involved at GU in EIT research are focused on removing artifacts, which are things that show up in the image that are not supposed to be there. Essentially, they are trying to filter



PHOTO COURTESY OF GONZAGA UNIVERSITY  
MELODY ALSAKER

out these artifacts from the images using math and computer code.

Benjamin Bladow, a senior majoring in computer science and mathematics, began working with Alsaker during the fall of his junior year.

“I think EIT is super cool because the whole purpose of it is to develop a technology that is low cost, portable and gives you real-time imaging,” Bladow said.

He meets with Alsaker twice a week and spends four to 10 hours doing coding research.

“I’ve been able to meet a lot of mathematicians from around the world because of the research I do with Dr. Alsaker,” Bladow said.

In November, Bladow, along with Alsaker and mathematics majors Scott Campbell and Sydney Schmidt will be going to Colorado State University to visit the EIT lab there.

Bladow said he has gained a better understanding of the math behind imaging, and the amount of effort put into this technology through his research experience.

“I think it would be great if as many students as possible did research with a professor, because you end up really delving into a topic,” Bladow said. “That’s why we’re here, we are not just here to learn facts and figures, we’re here to learn how to learn, and doing research helps you in that process.”

Karlie Murphy is a staff writer.

Editor’s Note: Sydney Schmidt is a graphic designer in Student Media.

## DIA DE LOS MUERTOS

Continued from Page 1

skeletons as symbols within the holiday may be behind the confusion, the aspect of death within el Dia de los Muertos is actually a part of the celebration. The biggest part of the celebration, according to Sepulveda, is the honoring of those who have died. That being said, it is not a sad occasion.

“The purpose of it is to be very celebratory of everyone’s lives, your loved ones and

their time on earth,” Sanchez said.

“It’s not being sad that they’ve died,” agreed Sepulveda. “It’s remembering how they were in their lives.”

This is where the tradition of the altar comes from. The altar is customarily a collection of pictures of deceased loved ones and, depending on the country, offerings, candles and maybe marigolds. An altar in this style will be constructed in the Hemmingson Alcove on Thursday and will stay up through the weekend.

“We want it to be as authentic as we can make it,” said Sepulveda.

Thea Skokan is a staff writer.

## IMMIGRATION

Continued from Page 1

budget and provides additional human services.

“Catholic Charities has a reputation of being a safe space for immigrants and refugees,” said Megan Ballard, a professor in the GU School of Law.

Ballard teaches classes at the school of law, including immigration law, and is helping support the clinic. She hopes to see the clinic grow and potentially add a policy branch in the future.

“Students who participate in the clinic will learn valuable legal skills whether they plan to practice immigration law or not,” she said.

The clinic currently has four students working on various immigration cases including third-year law student Alejandra Lopez.

Lopez said that she has been interested in immigration law for some time and has done several internships in the immigration legal field, including last summer where she worked with migrant children that are being held in shelters in Arizona.

“So far all of my clients have been really nice, they are super grateful for what we are doing for them,” Lopez

said. “Immigrants tend to be super thankful because the immigration world is so complicated.”

Additionally she said that immigration cases can take a long time, and is looking forward to continuing her work next semester in order to see her cases to the end.

The last link between the GU School of Law and Catholic Charities is attorney Megan Case.

A graduate of GU School of Law, Case worked as an immigration attorney at Catholic Charities for four years before becoming the director of the new immigration law clinic. Her job includes handling the intake of cases, getting the word out about the clinic and helping the students with their cases.

Students at the clinic are responsible for taking cases and working with clients. When discussing students, Case said that the students have a lot of responsibility but they were up to the challenge and had done a great job to “hit the ground running” after a recent start of the clinic.

There is a need, now more than ever, for immigration attorneys, according to Case.

“It is a very broad and complex area of law that requires commitment, but is super rewarding,” she said.

Rick Wytmar is a contributor.



PHOTO COURTESY OF GONZAGA UNIVERSITY  
A law clinic sponsored by the GU School of Law and Catholic Charities will aid immigrants in obtaining legal services.

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# DECADES

Continued from Page 1

room, in 1951 the women’s dormitory, Crimont, held a big Halloween party in the Knotty Pine Rumpus room. It is unclear where this is today.

Students that same year were also invited to a Zag Bar social event that inaugurated a new type of social program where a movie was shown after a dance. The event’s admission calling for 25 cents a head but “anyone with two heads would be admitted for half price.” This tradition is equivalent to a bar crawl in Spokane.

GU also made sure to hold a Halloween party for community members, inviting orphans to an on-campus party and entertaining them with prizes and magic. At the same time, GU students had their own party.

Planned by the men and decorated by the women, this party required a strict costume dress code. Couples were supposed to dress as commoners (wearing togas and kilts), though the women were still asked to be pedal pushers and the men tried to grow beards, “everything from loggers growths to blonde peach fuzz,” said a 1951 edition of the Bulletin.

The ’50s continued with school-sponsored Halloween hay rides, and spooky skeleton themed dances held in the COG.

The ’60s did not disappoint, with the 1961 “Miss Witch” contest, a Halloween inspired beauty contest held in the student union building and a Medieval themed masquerade ball held in the COG, titled “A knight in Castle COG,” said a 1961 edition of the Bulletin.

During the ’70s Halloween took an interesting turn with a fire in Alliance House due to a cigarette smoldering a sofa in the dormitory’s recreation room, causing \$15,000 worth of damage (equivalent to \$95,000 worth of damages today).

The ’70s were also not as fond of traditional GU Halloween costume contests, because a majority of GU students felt “that they were forced to watch,” according to a 1979 edition of the Bulletin.

The ’80s, on the other hand, did not mind the costume contest, as it returned in 1980 with gift cards prizes for pizza.

“One costume I remember was the Statue of Liberty,” said Fr. Ken Krall in an email. Krall has been a Jesuit at GU since 1985. “Another was a shower curtain on a circular curtain rod and a person inside, supposedly taking a shower.”

During the ’80s students in Florence also had a good time dressing up as a bumblebee, pink panthers and other makeshift costumes that were a shock for Italian natives who don’t celebrate Halloween.

Florence drinking tradition was around back then, as these students still found an “inevitable drink or two satisfied our craving for some type of ‘trick-or-treat’,” according to a 1980 edition of the Bulletin.

Drinking was no longer all-that-cool on campus in 1984, as the legal age for buying and possessing alcohol was raised to 21 years old in every state with the passage of the National Minimum Drinking Age Act. This prevented students from traveling to nearby Idaho to buy alcohol, where the drinking age use to be 19.

This did not prevent Associate Students of Gonzaga (ASGU), an equivalent to today’s GSBA, who went in direct contradiction to university policy and United States law. As the policy was instituted that last spring to be in accordance with Washington State law which stated that it’s illegal to serve alcohol to anyone under 21.

Junior class senator and resident director of Roncalli



The Hemmingson Center hosts the annual Halloween Costume Contest. The contest includes faculty and staff.

Hall, Ed Merrick had helped ASGU and the junior class to drink by buying several kegs for an off-campus Halloween party. It was later discussed if ASGU could provide alcohol or have funding for alcohol, as well as what role campus security had, as they did not feel “it is their job to act as alcohol patrol,” as said in a 1983 edition of The Bulletin.

With the lack of alcohol, the parties held on campus changed to events like the one 1994 held in the “haunted” Russell Theatre that was put on by the drama students. In 1995, when asked about what the students were doing for Halloween night, students said “I’m not going to my literature class,” and “dressing up and being stupid,” as reported in a 1995 edition of The Bulletin.

The 2000s were filled with controversial suggestions of dressing up as Kim Jong II. On a lighter note, in 2007, the Residence Hall Association began hosting trick-or-treating for children from the Logan Neighborhood, pumpkin carving outside of Duff’s Bistro and La Raza Latina holding a Dia de los Muertos festival.

“Residence halls decided to have a hall decorating contest and to invite kids from the surrounding neighborhoods to trick-or-treat in the decorated halls ... it proved to be popular. Faculty and staff members brought their kids over to participate. It was a fairly safe alternative way to trick-or-treat,” Krall said.

In recent memory, GU’s Halloweens have included a rise in Halloween security in 2013 and 2016 clown-encounters in the courtyard between DeSmet and Welch Halls.

As of 2019, the Halloween craze is surrounding the costume contest, keeping up with GU costume contest tradition. Held in the Rotunda of Hemmingson Center, Gonzaga University Event Service Team (GUEST) will host faculty and staff who will show off their costumes

for students who will be allowed to vote on Thursday at noon.

“This is the fifth year, every year since Hemmingson has been open. Something that’s cool about it is that it’s pretty much always done by the [GUEST] interns,” said Tanner Chick, GUEST organizational management intern.

GUEST has a current Halloweentown movie display in the Rotunda today they will be playing Halloweentown in Hemmingson from 10 a.m. to 4 p.m.

Halloween is prevalent in every office at GU, including the Office of Mission and Ministry. There has been an understanding between the Catholic Church and Halloween, as long as the holiday respects traditions of afterlife and resurrection.

“There’s nothing wrong with Halloween since it’s popular culture, part of the ghost culture, the scary culture,” said Father Dan Mai, S.J. “We don’t condemn that. If there is worship of satanism, that’s what we condemn.”

Although many of the same GU traditions have held up, GU really has not changed the tradition of Halloween. There will always be parties, costume contests and candy treats.

“The inevitable candy bowls in all the offices [is] a great way to put on lots of fat for the long winter months ahead,” Krall said.

Mila Yoch is a news editor.

## Conference on Ending Homelessness in Spokane

The Conference on Ending Homelessness is an annual event that brings together over 500 people from across the state who are working to end homelessness for learning, networking, advocacy, and community building opportunities. Together, we learn from each other, exchange ideas and share advice, get inspired and re-energized, and organize to grow the movement to end homelessness in Washington and beyond.

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# The value and necessity of playing dress up

On Halloween, celebrators doning costumes will find confidence, youthful energy and freedom



By ERIN SELLERS

This weekend marked the first of two unofficial "Halloweekends." As groups of students flocked to off-campus parties, or hung out at campus sponsored events, it was clear to me that Halloween brings with it an electric energy to Gonzaga, one that feels almost like how I felt about dressing up for Halloween as a kid.

For us adults (or almost-adults as I like to think of myself), there are very few opportunities to play dress up, to find the happiness and mystery that lies in pretending to be someone else for a night.

I remember sitting in front of the bathroom mirror as my mom twisted pipe cleaners and plastic snakes into my hair, prepping the Medusa costume I was sure would win me first prize at the Candy Carnival the town always hosted for



BULLETIN FILE PHOTO

Dressing up isn't child's play. Costumes have positive impacts for people of all ages.

students. I felt that same sheer excitement again as I browsed local thrift stores for Halloween costumes with my girlfriends.

While some might scoff at the sexy White Claws, sexy Hydroflasks and sexy angels and devils walking up Hamilton Street for Halloweekend No. 1, I find the opportunity to play dress up and to play it in a way that makes me feel confident and excited to be a freeing one.

While there will always be themed campus dances and

off- campus parties throughout the year where we can engage in the fun of playing dress up it's never on as grand of a scale as Halloween, a holiday it seems the whole campus is celebrating.

When I dress up, I love that I won't have to worry so much about being judged, whether I choose to wear my super comfortable Stitch onesie, my inflatable dinosaur suit or my short-skirted Wednesday Addams costume.

As a student, sometimes I feel trapped by expectations of what I'm supposed to be. We all know the ideal Zag as someone who is involved in lots of extracurriculars, goes to the basketball games, has a thriving social life and still manages to get great grades at the end of the day. But on Halloween, we can all be escapists in our own way. We get to be someone else for a night, or a weekend, or two weekends, for those hardcore Halloween fans.

I also find that as a woman, there has always been a lot of pressure to dress and look a certain way: pretty and appealing, but always classy. But on Halloween, these rules seem to disappear.

Women can wear their sexy Winnie the Pooh costumes and feel great in their own skin without having to worry about how society is going to interpret their choice of clothes and treat them.

Men can also feel free to dress in sexy Halloween costumes. I've seen shirtless Dalmations, Playboy bunnies, firefighters and cops without being judged for their unbridled joy and excitement.

Of course, no one should feel pressured to dress any way or show any skin if that doesn't feel freeing and fun to them. Giraffe onesies can be just as fun as that French maid dress you saw at the Value Village. But I find the magic of Halloween is in the freedom: the freedom to be someone else, anyone else, of your choosing, the freedom to play dress up like when we were kids, sans judgment and the freedom to have a good time with good friends.

Erin Sellers is a staff writer.

## Pop the GU bubble: Pay attention to Spokane elections

Potholes, parks and public parking. The stereotypical duties of city government aren't usually the ones that grab the headlines or invoke outcry. That is, until you look deeper.

In Spokane, the influence can be seen in the everyday life of all Gonzaga community members.

Local government maintains the roads and sidewalks you trek to campus, it funds the schools whose students receive mentoring or tutelage from Zags, it is a factor in the city's housing crisis that has first years scrambling to secure a house years in the future, as well as the congestion clogging commutes through the city and it is charged with assisting the poor and vulnerable who occupy Spokane streets.

On Tuesday, ballots are due in one of the most significant elections in Spokane's recent history and with the presidential election still a year away and the lure of the midterm election having worn off, voter participation during this off-year isn't guaranteed.

A new mayor and City Council president will be elected, in addition to three City Council members. Spokane Public School Board also has three



By IAN DAVIS-LEONARD

positions up for grabs.

With homelessness increasing in visibility, housing supply plummeting and roads being a constant topic of conversation, the list of tasks awaiting the elected candidates does not lack in length, urgency or seriousness.

The decisions made by voters in the next week will have repercussions long after many of us GU students have left the city, but that makes the need for Zag participation and engagement even more prevalent.

I understand the allure of federal government outweighs the attractiveness of Spokane. Donald

Trump is a sexier topic than bond measures. Supreme Court proceedings are more groundbreaking than a City Council meeting and local initiatives just don't have the same appeal as impeachment inquiries. But that doesn't mean voters can disregard democracy and forgo local participation.

In fact, the propositions on your local ballot and the City Council candidates jockeying to represent you, will present a much more immediate and real impact on the daily life of a college student.

Whether you plan to stay in Spokane for the foreseeable future or it is simply a pitstop on the path, it is every person's responsibility to pay attention to the city's politics.

GU is the university it is and Spokane is the city it now resembles because of concentrated efforts by dutiful civil servants.

For months now, I've covered local politics in cities across Washington state.

Yes, the candidates can be kooky. No, the issues aren't always groundbreaking. However, the passion of political candidates at the local level is

unmatched.

These civil servants have chosen to put their lives on hold all for the aspiration of representing the communities they love. Democracy takes more than just voters, it requires candidates who care about their hometowns and are willing to put themselves in the public-eye with the hopes of improving their city.

Now, in Spokane and in your own hometown, it is time for you to do your part.

Read your local newspaper, scour the county election guide and vote. GU makes it easy for Zags to stay informed with a free subscription to *The Spokesman-Review*, as well as political coverage which was printed in the Bulletin over the last three weeks.

There is no excuse to not be informed or to opt out of voting. If you can participate you should, because for many people across the world, the right to vote isn't guaranteed.

Ian Davis-Leonard is the managing editor. Follow him on Twitter: @IanDavisLeonard.

# The Gonzaga Bulletin

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## Halloween's historic, costume-esque makeover

Halloween is one of my favorite holidays. From the sweet smell of pumpkin spice or chai floating through houses, to little children who scurry about the streets in their costumes, Halloween is a time of year that marks the transition from the pleasantries of summer to autumn. The holiday is widely celebrated across the United States, but its origins are frequently forgotten, especially on college campuses.

The tradition of Halloween dates back almost 2,000 years. It is attributed to a group called the Celts, a cultural group mostly found within Ireland, the United Kingdom and northern France.

Samhain, an ancient Celtic festival, is the direct root of what we know as Halloween today. Samhain was a festival that marked the transition from the summer and the harvest to the winter. The shift also represents a time from life and rebirth, to death.

Samhain took place the night before the Celtic new year, Oct. 31, which was believed to be a time by which the line between the living and the dead was blurred, and ghosts could walk the earth once again. Spirits were thought to influence the Celtic community in many ways by causing damage to crops as well as aiding Celtic priests in foreseeing the future the prophetic images. Prophecies were heavily relied on as a mode of comfort and hope through the dark and cold months of winter.

To honor the holiday, priests would build bonfires, burning crops and animals as sacrifices to the Celtic deities. People

By LILY KANESHIGE

would come to the bonfires dressed in costumes of animal skins and pelts to ward off the spirits.

By around 43 A.D., the Roman empire conquered the Celtic lands and combined Samhain with two Roman holidays, the most prominent being All-Saints Day. The All-Saints Day holiday was a Christian holiday that honored the saints who martyred themselves for their faith in God. In an attempt to replace the Celtic holiday, the Roman Empire alongside the church established All Hallows eve.

People would dress up as angels or devils to represent and celebrate the teachings of the Christian church. The poor would go from door to door, offering prayers to dead relatives in exchange for soul cakes. This is a tradition called "souling," but is the ancient relative of trick-or-treating.

These traditions immigrated to the United States in what is now Maryland in the 19th century when Irish farmers came to escape the potato famine. With the Irish entered the cultural building blocks that have made our Halloween celebration what it is today.

Fast forward to today,

Halloween has become one of the most beloved holiday's in America, for it is a time where mischief and play are acceptable and extreme sugar consumption is not frowned upon.

But why do we keep celebrating this holiday? Well, Halloween is an opportunity for any person to be free and to be someone else for the night. It is easy to find yourself questioning those characteristics of yourself that create individuality and uniqueness, and Halloween is a time where those questions can be put on the shelf. By allowing people to dress up in costume, and assume a different personality, it can aid in revealing why uniqueness is essential to character development.

Having one night where there is an agency to pick and choose how you act versus how others expect you to act, can purge the angst that comes with social expectation and pressure.

According to a study done by CNN, 70% of Americans celebrate Halloween each year, which demonstrates the mass scale of people to which Halloween impacts. It is vital to make time for those you care about, and costumes and candy are perfect modes of utilizing that time.

Celebrating Halloween is not just about the sweets and the ghost stories. It is about the lessons you learn and the people we surround ourselves with. Halloween is about the home we have created for ourselves, even if it is away from your real home.

Lily Kaneshige is a photographer. Follow her on Instagram: @Aka.lillyy.



# Bye, bye Bartlett: concert venue's swan song

By BROOKLYN POPP

There aren't enough sad songs one could sing to fully lament the closure of one of downtown Spokane's most beloved gems, The Bartlett.

On Nov. 8, music lovers of Spokane will say farewell to The Bartlett, the downtown live music venue, located at 228 W. Sprague Ave., that opened its doors almost seven years ago to live music followers of all ages.

"The past few years, The Bartlett has been the perfect place to dip away from campus for a couple hours and enjoy amazing live music in a welcoming atmosphere," Anna Ruthven said as she reflected on her evenings spent at the small music venue. Ruthven, now a senior at GU, has been a dedicated patron of The Bartlett since her sophomore year.

The Bartlett, known for its intimate space, wide community of performers and music lovers, and openness to younger crowds, has brought life to Spokane's music and arts community from the time it opened to the day it will close.

"We wanted to create a space that was on a professional level that could support touring bands but also could connect the local music and arts community with a more legitimate live-performance space than what Spokane could give at the time," said Karli Ingersoll, a co-owner of The Bartlett alongside her husband, Caleb Ingersoll.

The Bartlett opened its doors to local and touring artists of all genres, from blue grass to hip-hop, to country and folk music, for musicians of all experience levels.

"We've seen a ton of new bands start at The Bartlett," Caleb Ingersoll said. "Karli started an open mic when we first opened that's ran ever since. There have been a lot of musicians that came out of that who went on to take music more seriously and form other bands."

As far as an actual venue doing an open mic, there wasn't one.

"That gave a lot of opportunity to get on stage and try stuff out and get a taste for what it could be like to have a band," Karli Ingersoll said.

To Ruthven, The Bartlett was more than just a quality spot for live music.

"The Bartlett brought me the chance to go dance with my friends to some of my favorite musicians while it simultaneously introduced me to various artists as I listened for upcoming performers, always looking for an excuse to go to another concert," she said.

She loves all that The Bartlett is and was and regularly checked the events schedule to see which artists were making appearances at the small venue each month.

"They had such a steady lineup of small yet mighty musicians, and the ticket prices were always manageable on a college budget," Ruthven said.

What makes The Bartlett most unique is that it invites listeners of all ages, not just 21 and up.

"Everyone can show up and be able to be in that space, and music is a great way for people to build memories and create connections with each other," Karli Ingersoll said. "Having access to all types of people really deepens that and when you involve a wide spectrum of age groups, that gets even more rich."

Not just the concert goers are loyal fans of The Bartlett. Many of the touring and local musicians have a certain fondness for The Bartlett like no other.

"We had a few shows where it was one of our favorite bands," Karli Ingersoll said. "For example Wye Oak, from the stage said The Bartlett is one of the best venues they had ever played at. It was a huge deal, and we've heard that a few times."

One of Karli Ingersoll's most memorable shows was when Future Island played at The Bartlett shortly after playing on David Letterman, which, to this day, is the most-watched Letterman musical performance of all time. Needless to say, The Bartlett was packed.

"There were a few of those shows — there was an electric feeling in the air, like you're never going to get the opportunity to see a band of this size in a space this small ever again," Karli Ingersoll said.

Hearing the praise of The Bartlett gave Spokane's live-music chasers a sense of love not just for the music venue, but for



SOPHIE CROSBY IG: sophie\_crosby

The Farewell to The Bartlett concert will be on Nov. 8 at 5 p.m.

the city too.

"Maybe it's just a statement about how they like all the old brick buildings and trees, but hearing an artist you admire say something special about the place you love, creates a funny sense of pride," Ruthven said.

The Farewell to the Bartlett Show on Nov. 8 is sold out, but Karli and Caleb are considering reopening tickets. The show starts at 5 p.m. and only local bands, with the exception of Sisters from Seattle, will play through the night until 12:30 a.m.

Fortunately for those who are 21 years of age and up, the Ingersoll couple have opened another music venue called Lucky You Lounge, located at 1801 W. Sunset Blvd., in Browne's Addition. This venue has free shows on Thursdays, DJ's Friday and Saturday nights, comedy on Sundays, and every other Wednesday is storytelling open mic.

"What we're trying to hit with Lucky You is a middle ground that is a less intense, more fun dance environment," Caleb Ingersoll said, comparing it to downtown's The Globe or Nyne Bar.

However, nothing can recreate what The Bartlett brought to the music community of Spokane, for both music creators and music appreciators.

"There is something to be said about a venue where band members feel at home enough to play in their socks and patrons have a room to dance or sit and drink as they please," Ruthven said. "The Bartlett was home to many wonderful memories for such a wide variety of people, and it will definitely be missed."

Brooklyn Popp is a staff writer.

# Rex Orange County's 'Pony' is a mix of his other two albums

Review By LUKE MODUGNO

Rex Orange County is the king of having his heart-on-his-sleeve. In the wide landscape of alternative music, no one can make someone happy, sad and lovesick all at once quite like that 21-year-old Brit. His newest album "Pony" does all of that and more.

With two studio albums under his belt, "Bcos U Will Never B Free" and "Apricot Princess," Rex has garnered a cult-like fan base due to his distinctly catchy, melodic and light vocals.

"Pony" comes as another entry to a rather slim discography and it's easily the best. The project mixes the modest bedroom melodies of "Bcos U Will Never B Free" and the poppy up-tempo nature of "Apricot Princess" to produce the best moments of "Pony." The project is noticeably more pop-influenced, utilizing electric piano, pretty synths and generally basic song structure. "Pony" still manages to sound genuine and authentic, almost like it was made in a garage studio, a closer reflection of "Bcos U Will Never B Free." It's a reflection of Rex's quirky musical journey toward happiness, both sonically and thematically.

"Pony" centers around the affects of 2017 on Rex's



PHOTO COURTESY OF FACEBOOK

Rex Orange County's "Pony" was released on Friday.

life. Being recruited by and contributing to Tyler, The Creator's magnum opus "Flower Boy" and the release of Rex's most critically acclaimed album "Apricot Princess" translated to pop-culture stardom for the then 19-year-old. That was something he didn't necessarily want.

"I can't wait to be home again/I had a year that nearly sent me off the edge/I feel like a 5 I can't pretend," sings Rex

on the opening track of "Pony" titled "10/10."

The rest of the song and the project is a truly compelling reflection on a unique perspective of being on the cusp of full-blown fame. Throughout the album, Rex reflects on how fame has affected him, his relationships with family, friends and lovers. The album acts as a psychological journey for Rex, as with each track he accepts his status and

learns how to be happy as an alternative popstar.

He grips with the reality of change at a personal level on "Always," stresses about the fake friends that come with the fame on "Stressed Out" and how the process of falling in love with someone is tainted by fame and his own habit of second-guessing himself on "Pluto Projector." In classic Rex fashion, he confides in a girl, spilling his feelings into the listeners ear on how shes helped him grow out of a dark stage on "Every Way."

In the finale of "Pony," we get one of the most heartbreaking Rex tracks in the entirety of his repertoire: "It's Not the Same Anymore."

"I should be happy of course/But things just got much harder/I miss the days when I was someone else," Rex sings.

The majority of the track is tough to listen to, as you hear exactly how much Rex's life has changed for the worse and how his personality perpetuates his pain by keeping in his feelings. The simplicity of life was stripped away from Rex so quickly. In addition to transitioning into being an adult, he was showered in fame as an 18-year-old, having to deal with his own money, moving out of the house, going on tour and making music all by himself.

The pain generated by his transition is made tangible through his brutal honesty. The days of being a care-free, innocent kid are long gone for Rex. At its lowest point, the song takes a turn. "I've learned so much from before/Now I'm not short on advice/It's up to me, no one else/It's not the same anymore, it's better," Rex harmonizes. The final track is a beautiful composition of the vulnerability of a flawed boy forced to be a fully-grown man. It's genuine, charming and the perfect conclusion to "Pony."

My sole criticism of "Pony" is that it seems to drown in it's own influences. Conceptually and musically, the album is painfully similar to Frank Ocean's "Blonde." At times, the album seems unoriginal and too reliant upon its influences for direction.

Rex's brief discography has always had a clear mission and message: to find genuine happiness. By the end of "Pony," he's found that happiness and clarity, making the entire project an uplifting and endearing experience.

9/10

Luke Mudugno is the opinion editor. Follow him on Twitter: @lmudugno5.

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# Halloween tips for the kitchen, couch and costumes

Commentary by LINDSEY WILSON

Halloween for the last time in the 2010s is finally here. But what is a college student to do on this day? Too old for trick or treating and too young for a wine and cheese costume party with friends from work, but that doesn't mean we can't enjoy the holiday in other ways. Baking, watching scary movies and eating ungodly amounts of candy corn is something we can only enjoy once a year, so here are some tips and tricks to make the last Halloween of this decade absolutely spooktacular.

**Recipe: Chocolate No-Bake Cookies**  
This recipe comes straight from my mom, Janet Wilson's "cookbook," which is an index card box with recipes from friends and family dating back to the 1980s. This recipe is the most loved from the box, my sister and I make them every year around this time.

Prep time: 5 Minutes  
Cook time: 1 hour  
Servings : 24 to 30 cookies

**Some general tips before baking:**  
Make sure butter is cold, not at room temperature before boiling together with sugar, milk and cocoa.  
When boiling the butter, sugar, milk and cocoa, make sure it is rapidly boiling for at least two minutes before pulling it off the heat. If you don't wait for it to boil, the mixture won't combine and your cookies won't properly solidify in the refrigerator.  
If you're missing wax paper, aluminum foil will work just fine. These cookies don't really get stuck to surfaces.  
Share with friends! These cookies are addicting, if you have a bowl all to yourself you WILL eat them all. Save yourself the stomach-ache and share with some buddies.

- Ingredients:**
- 2 Cups Granular Sugar
  - 1 Stick Butter (½ of a cup)
  - 3 TBSP Cocoa powder
  - ½ Cup Peanut Butter
  - ½ Cup Milk
  - 2 ½ - 3 Cups Quick Cooking Oats
  - 1-2 TBSP Vanilla Extract

**Directions:**  
Boil sugar, milk, sugar, butter and cocoa for five minutes or until rapidly boiling, stirring every minute or so. Remove from heat, add peanut butter, oats and vanilla. Stir until thoroughly blended together.  
Drop ¼ cup sized cookies on a cookie sheet lined with wax paper, then place in fridge until solid, or for about an hour.

**Halloween Movies:**  
Are scary movies the best way to celebrate the spooky season? This season is often times associated with everything spooky — skeletons, ghosts, vampires, etc. Quite a few Halloween themed movies are at the box office right now and a few have received rave reviews.  
"The Joker," "Scary Stories to Tell in the Dark," "Zombieland: Double Tap" and "The Addams Family" are a few movies you and your friends could go to on the night of Halloween, if you're looking for a fun night out at the movies.  
If you're someone looking to have a night in



Chocolate no-bake cookies are just one of the Halloween treats to try this year.

after eating an abundance of the Chocolate No-Bake Cookies, here are some movies recommended and not recommended by a few fellow Zags.  
"Cabin in The Woods" was the worst scary movie in the history of scary movies," senior Keaton Knueppel said. "It was brutal."  
I love 'Halloweentown,' emphasis on the love," senior, Hannah Merrill said.  
"Lights Out" was pretty spooky," junior Declan Flanagan said.  
Scary movies aren't the only way to celebrate the holiday. There are tons of other Halloween classics out there: "Nightmare Before Christmas," "Beetlejuice" and pretty much any Tim Burton movie would be a perfect thing to watch the night of Halloween. "It's the Great Pumpkin Charlie Brown" is a classic as well, one for every age to enjoy.

**Decorations & Costumes:**  
Decorating for the holidays is what makes everything feel like the day you've been waiting for is nearly here. While families normally have a collection of Halloween decorations that they put out annually, college kids are most of the time stuck with finding things to decorate all on their own.



PHOTOS BY LILY KANESHIGE IG: aka.lillyy

Dollar stores are an excellent place to get some affordable decorations and maybe even a bag or two of candy. Window stickers can show off your spooky spirit to students walking past your room and door decorations can show other people in your dorms or houses that you're all about the holiday.  
For some quick last-minute costumes, places like Value Village and Walmart have some cheap options for all. I picked up a lobster costume at Walmart last week.  
If you're looking for very last-minute costume ideas with no time to run anywhere but Safeway, be sure to look at Kellie Tran's "Eight Last-Minute Halloween Costumes" from the Oct. 24 issue of The Bulletin. Some of the featured costumes are Smartie-Pants, a VSCO girl and a bulldog.  
Whatever you're doing for Halloween, whether it be watching movies at home or in theaters, baking cookies, or hitting the town with friends, The Bulletin wants to remind you all to have a safe and not-too-spooky Halloween.

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

Universal Crossword

Edited by David Steinberg November 3, 2019

ACROSS

1 Man on the Sistine Chapel ceiling

5 Litter critters

9 "Scram!"

13 Candy whose center is caramel

14 "The Diary of \_\_\_ Nin"

16 Lighten up?

17 "Taking a turn for the worse"

19 "Chocolat" actress Lena

20 Instrument with stops

21 Good earth

23 "Go Set a Watchman" author Harper

24 "Searching far and wide"

28 '90s music storage choice

31 Hang ten, say

32 Flat refiller

33 Tuition-paying aid

36 Merry-go-round, e.g.

38 "Elusive spring"

43 Hollywood sidewalk sight

44 Senor's enthusiastic yes

45 it may be run in a bar

46 Rapunzel had a lot of it

48 "Sounds about right"

51 "Colorful fish"

55 B&B kin

56 Falco of "Nurse Jackie"

57 It may be over Shift

61 Unfairly distort

63 Tricks of the trade, or what the starred answers contain?

66 Programming conditional

67 "Whoa, \_\_\_"

68 Where to catch "Deadliest Catch"

69 Doctor's order

70 Hill's counterpart

71 Minimum-range tide

DOWN

1 2012 film set in Iran

2 Word after "revolving" or "trap"

3 Sacha Baron Cohen persona

4 Second-smallest country

5 Faux

6 Crazy Eights cousin

7 St. \_\_\_ Girl beer

8 Delay the release of

9 Hub near SJC

10 Black Ops video game franchise

11 French farewell

12 Palindromic principle

15 Catches flies

18 Be a busy beaver?

22 Name that rhymes with "Tori"

25 Actress Ward

26 Number after deux

27 Gusto

28 Half-\_\_\_ latte

29 God, in Guadalupe

30 Seemingly factual quality, informally

34 Egocentric "Wheel of Fortune" buy?

35 Polite denial

37 Pilots' announcements, briefly

39 Bread with saag paneer

40 "Survivor" team

41 Classic dog name

42 "Silicon Valley" carrier

47 He thought of "The Thinker"

49 Brought to court

50 When many duels occurred

51 Part of a staircase

52 Important joint for a runner

53 \_\_\_ and

54 Car at a Supercharger station

58 Song

59 "At Last" singer James

60 "Let me know," on invites

62 Like a fresh coat

64 \_\_\_ the President's Men"

65 Bill promoting science?

PREVIOUS PUZZLE ANSWER

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11/3

Little Details by Debbie Ellerin

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UNIVERSAL Sudoku Puzzle

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		1			5			4			
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DIFFICULTY RATING: ★★★★★

Today's puzzle solution

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# SPOOKane's most ghostly tales told by GU students

By BROOKLYN POPP

Halloween is the perfect time of year for ghosts, ghouls and goblins to make their appearances. But have they really been hiding during the off seasons? To prepare for the holiday, The Bulletin sought out ghost stories that have haunted GU students both close to home and far away.

About 15 years ago, Jake Tucker, a senior at GU and a native to Spokane, was around 6 years old when his dad had an encounter with The Glover Mansion, located at 321 W. Eighth Ave.

Tucker's dad, Eric Tucker, is a Realtor in Spokane. When Eric Tucker was tasked with selling the old Glover Mansion, he had no choice but to do so, for the historic landmark of the late 1800s would earn the Realtor a great commission.

Upon meeting with Eric Tucker, the seller of the house told him that the house needed to be sold as soon as possible, within a week, maybe two.

One day, Eric Tucker brought two men to look at the house — the prospective buyer and his friend, who accompanied him on the house hunt. As the friend followed the Realtor into the mansion, he took one look around and immediately bolted.

“What was that about?” Eric Tucker, confused by the friend's behavior, asked to the potential buyer.

As the prospective buyer returned from checking on his friend, he shared, “This will sound weird, but my friend, he is a medium. He can see things and feel energies that most don't.”

“I'm never going back in that house. There is something very dark, very sinister,” the medium said fearfully.

Afterward, the Realtor met with the seller and told the bizarre occurrence of the day. Jokingly, he asked if the house is haunted, and the seller abruptly and very gravely responded, “No! No, no, no, nothing like that.” Tucker, a little unnerved that the seller seemed quite on edge, decided to trust his response.

Fast forward to after Eric Tucker sold the house, he got a call at 11:30 p.m., and on the other line was his friend T-Mac.

“Tucker! What are you doing right now?” His voice was frantic.

“I'm in bed,” Eric Tucker said.

“Well put on clothes and come to O'Doherty's,” T-Mac said. “I need you down here, someone needs to see you. Just trust me.”

As Eric Tucker walked into the late-night scene of downtown Spokane's Irish grill and bar, O'Doherty's, he found his friend T-Mac sitting with the old seller, who reported to Tucker that he was moving to Hawaii the following day.

“It's the farthest away I could get from that house and still be in the United States,” the seller said. “Tucker, I have not been honest with you about that house at all. The house is extremely haunted. We lost thousands of dollars worth of stuff, things like rings, car fobs from his Mercedes, necklaces. The doors slam, the heat goes up to 95 degrees, then shoots back down to super freezing.”

He continued, “The worst part was there was this little girl in the house. She would run up and down the stairs, slamming doors, running into walls, screaming, hanging from the chandeliers.”

“I hate the girl so much, she ruined my family. I never sleep, my kids are always scared,” the seller said.

The family first considered the possibility of a ghost when their youngest son developed an imaginary friend, with whom he always would speak. The parents even had him visit with psychiatrists, but they reported no cognitive problems.

“I don't remember the exact name, but let's call her Ann,” Jake Tucker said. “The son would always refer to his imaginary friend as Ann.”

A couple months went by after the night of the seller's confession, and Eric Tucker got a phone call from contractors who had begun working on the house.

“You're Eric Tucker, you sold the Glover Mansion?” asked the contractors. They requested that he come right away, so back to the mansion went Eric Tucker.

The contractors were getting rid of the old-school coal furnace in the basement and were putting in central



PHOTOS BY KATHRYN GRAHAM IG: katgrahamnn

The Glover Mansion is a historic landmark of the late 1800s located at 321 W. Eighth Ave.

heating to the mansion. A few whacks into the brick of the house, their sledge hammers hit something hollow. They uncovered a crawl space, one that no one had known about. Inside the crawl space they found a box, labeled with the name “Ann.” Inside the box, they found about 20 car fobs, rings, necklaces and other random and expensive objects.

Another senior, Rachel Sellner, said she witnessed a ghost firsthand.

During her semester abroad, Sellner was excited to take some time away from the daily routine of Florence and head to Morocco with a friend. One night, the two girls were staying in a four-star hotel in Tetouan. While they were sleeping in quiet hours of the night, the television turned on, with volume at full blast.

“It was loud,” Sellner said. “I literally had to get out of bed to walk to the remote, so clearly neither of us had touched it.”

Sellner's friend remained asleep during the peculiar occurrence.

“I was freaking out, I had no idea what it was, but something was going on,” Sellner said.

The frightened traveler relied on her handy flashlight app on the ol' iPhone, and shined it around the room, even checking the bathroom. No one was there, but she couldn't help but notice a weird, moving shadow-like figure along the wall next to her sleeping friend. She told herself it might just be the wind, but her mind quickly corrected her, for the windows were closed behind the drawn curtains.

“The next morning we woke up and the windows were normal, but everything else was fogged over — mirrors and everything, even door knobs,” Sellner said.

The girls retreated to a different hotel right away, and never heard or saw anything more.

Brooklyn Popp is a staff writer.

# In JESUS IS KING, Kanye is happy and so are we

Review by LUKE MODUGNO

Kanye West was arguably the most hated man in America in 2018. From his unrelenting defense of his MAGA hat, head-scratching slavery comments, mental breakdowns and constant delays on the presumably scrapped album titled “Yandhi,” Ye had a trying year. It's been a long, rocky road, but salvation is here for Kanye West.

Following yet another batch of delays, the Chicago-born rapper, producer and songwriter's ninth studio album titled “JESUS IS KING” has finally materialized. The 11-track 27-minute project is a deep-dive, soul-filled meditation into West's recent conversion to Christianity.

From the first seconds of West's debut album “The College Dropout,” it was distinctly evident of West's gospel and soul influences. That sonic theme has been a constant throughout West's entire discography, with his more notable gospel tracks “Ultralight Beam” being a fan favorite off of his 2016 effort “The Life of Pablo.”

The '60s and '70s blues and soul sampling of “The Life of Pablo” is still entirely present in the song “Follow God” and “God Is.” However with “JESUS IS KING,” West blends elements of both “The College Dropout” and “The Life of Pablo,” to create a sound that is inimitable to the rest of his legendary catalog.

Judging by the narrative and concept of the album, the heavy gospel influences won't be going away anytime soon for West. He continues to be a pioneer within the bounds of hip-hop with this album, as there's not one similar to its sound.

Every time the Sunday Service Choir makes an appearance on the album in the songs “Every Hour,” “Water,” “Selah,” and “God Is,” it's a highlight. West's other guests on the album, Ty Dolla \$ign, Clipse and Ant Clemons, save us from having to hear West attempt to sing,

widely considered his weakest attribute.

The choir is a vital element of the spiritual sound of the project. The production, as with every other West album, is otherworldly. “Follow God” is easily one of the most hard-hitting and well-produced in West's catalog. “Selah” is as grand of an intro track you will hear. While the more hip-hop infused tracks are solid, the album comes into its own with the few true gospel songs “Water,” “God Is,” “Every Hour,” and “Jesus Is Lord.”

The days of his great, grandiose albums such as “My Beautiful Dark Twisted Fantasy” and “The Life of Pablo” are presumably gone. The album is brutally brief, which halts the listener from getting a truly deep insight into West's spiritual enlightenment and transformation.

In every conceivable way, “JESUS IS KING” is a direct foil to West's most volatile and polarizing album “Yeezus.” At the time of “Yeezus” release, West seemed to be in a mental state where he almost wanted people to hate him. He made toxic music, made to offend, a true provocateur.

But West seems like he is at peace. As one of the most dissected and scrutinized figures in pop culture, West has always struggled with fame. At times, it has completely consumed his life, which is evident in “My Beautiful Dark Twisted Fantasy” and in other albums, it strained his relationship with his loved ones like in “The Life of Pablo.”

With “JESUS IS KING,” Kanye's heart seems to be in the right place. He sounds completely peaceful and happy. He sounds confident, comfortable with his new life in the hands of Jesus and in Christianity.

Hearing tracks like “God Is” and “Jesus Is Lord” is touching considering the hardships West experienced last year. Christianity has seemingly brought him closer to family, friends, happiness and peace.



PHOTOS COURTESY OF KANYE WEST'S TWITTER

Kanye West's new album “JESUS IS KING” was released on Friday.

With every Kanye West release, you can almost guarantee musical boundaries and your concept and understanding of music will be challenged. “JESUS IS KING,” is really no different. It's innovative, epic and genre-blending. Its soul-sample heavy sound makes for a wildly unique album in the lens of contemporary rap.

The album has the highest of highs in the songs “Follow God,” “Water,” and “Use This Gospel” and the lowest of

lows for West in “Closed on Sunday.” Though at the end of the album you're left wanting more, the project is only the beginning of a new era in the iconic, revolutionary career of Kanye West.

Rating: 8/10

Luke Modugno is the opinion editor. Follow him on Twitter: @lmodugno5.





PHOTOS BY CHIANA MCINELLY IG: picsbychiana

Find all the fall favorites and much more at Trader Joe's before the season ends.

# Fall into the arms of Trader Joe

A haul of all the seasonal products available for your delight at two locations across Spokane

Commentary By JORDAN TOLBERT

Trader Joe's is like the Disneyland of grocery stores. You can get lost in every aisle and they are constantly adding new food and treats to the shelves every week. Fall, in its aesthetically pleasing glory, brings more and more wonderful items out of the woodwork and into our shopping carts this time of year.

Fall is an important time of year for Trader Joe's, as the fall brings exceptional eats to the table. The fall items are some of the most exciting of the entire year, from actual pumpkins to apple-spice candles. If you're a sucker for pumpkin-spice everything and fall-themed treats, beware. Your local Trader Joe's isn't playing around this harvest season.

Here are some of the most 'Fall' items from Trader Joe's so that you can get into the spirit of fall.

## Pumpkin Joe-Joe's

A twist on the classic Joe-Joe, this cookie is Oreos's cousin, but different. The pumpkin cookie with the rich cream filling is sure to wow all who eat it. This product comes with a lot of cookies, and the special fall treat is only \$1.99.

## Trader Joe's Spiced Apple Cider

Have you ever had a big hug, experienced pure bliss or maybe felt so happy you thought you were dreaming? Me too, but it was because I drank Trader Joe's Apple Cider. You can drink it cold or hot and you're sure to feel warm and fuzzy after every time. The combination of crisp, freshly squeezed apples and the most 'fall' spices you could imagine combine to make the beverage of your dreams. For \$3.29, you can experience this expertly crafted autumn beverage.

## Trader Joe's Haunted House Kit

Looking for something fun to do with your friends while it's raining or because you don't want to change out of your pajamas? For only \$7.99, you can have hours of entertainment, a decoration or a nice snack when you get your hands on this haunted house kit. Complete with pre-baked walls and rooftops, icing and decorating candy, this house is not only spooky but pretty tasty too.

## Candy Corn Popcorn

This is what you get when popcorn

and your wildest dreams meet. Candy corn popcorn is a buttery, caramel, crunchy snack that brings you back to those childhood days of eating massive amounts of candy corn on Halloween. It's a beautiful gift to this earth. Oh, and it's only \$1.99.

## Pumpkin Bagels

This is a breakfast food that can get you into that Halloween spirit. With bits of pumpkin spice flavoring, it's sure to make your pumpkin dreams come true. Toast it, slather on some butter or cream cheese and enjoy. There are also gluten-free pumpkin bagels for our GF friends.

## Maple Pecan Cookie & Baking Mix

Looking for a fall cookie that's easy to make and will make your kitchen smell amazing?

Trader Joe's Maple Pecan Cookie & Baking Mix is here to help. It can also be made into a loaf of Maple Pecan bread, if cookies aren't your vibe. You can make it and bake it quick and bring them to your next harvest party, office or make your roommate really happy. The versatile dessert can be found at Trader Joe's for

\$3.49 each.

## Pumpkin Spice Biocellulose Face Mask

If you're into skincare and love fall, this mask is a culmination of all those wonderful things. According to Trader Joe's website, the sheet mask contains pumpkin seed, turmeric root extracts, aloe leaf juice, shea butter esters, colloidal gold and hydrolyzed silk protein. This makes for a soothing skin treatment that will leave you feeling refreshed fall style. It also smells like fall and is \$2.99. Skincare-lovers, get it while you can.

Trader Joe's continues to be one of the best places to get a seasonal variety of snacks and treats every season, so make sure to take a visit before fall is over. Don't know where to find a Trader Joe's? Visit one of their two Spokane locations at 5520 N Division St, Spokane, WA 99208 or 2975 E 29th Ave, Spokane, WA 99223.

Jordan Tolbert is a staff writer.

# Spokane Symphony casts a spell with the music of Harry Potter

By ALLIE NOLAND

Wingardium Leviosa. The Spokane Symphony's performance of "Ancient Tales of Magic: Music of Harry Potter" lifted the audience from their seats this weekend at the Martin Woldson Theater at the Fox.

This interactive symphony event drew in loyal Harry Potter fans, families, symphony admirers and local Spokane citizens looking for an artistic, unique experience.

"I have been a Harry Potter fan for over 20 years," said Kristen Christiansen. "I think the creativity and imagination of this event is so fascinating. I can't wait for the symphony."

The elements that separate the Spokane Symphony's concert from others are the incorporation of dancers, magicians, choirs and the interactive lobby events held for a full 90 minutes before the show.

"Symphonies all over the country are dying," said Bethany Schoeff, the director of artistic administration and personnel manager for the Spokane Symphony. "People aren't going to see them, because they think it's boring to do. We want to change that persona."

The Fox Theater is owned by the Spokane Symphony and this allows it to hold events in the building before the show, including interactive activities called "zones." The Harry Potter event included zones like "The Cloak of Invisibility" where people can step in front of a green screen and disappear into Diagon Alley, or "Azkaban Prison" where people can take professional photos while pretending to be locked away in the wizarding world.

"We want it to be fun and



The Spokane Symphony performed "Ancient Tales of Magic: Music of Harry Potter" on Saturday and Sunday.

something people want to bring their kids to," Schoeff said. "This is a way to get young people in the door to symphony. We are hoping this inspires families to come to more events."

Events like these take time and a team. Schoeff and the Spokane Symphony staff have been preparing for this event for almost 11 months, and this is the fourth year they have done the show.

It keeps getting bigger and better. Eighty choir members, 70 musicians, 22 actors, 10 dancers, 60 volunteers/staff members and a magician made this year's Harry Potter show happen. New additions have been made every year so far and

this year the choir was the new piece that added to the magic of the show.

Not only did the concert include local music groups, it also featured well-known guests. World-renowned pianist and Spokane native, Archie Chen, performed alongside the symphony in "Salamander Eyes" and "Jacob's Bakery" from the movie "Fantastic Beasts and Where to Find Them." Chen also performed with opera vocalist, Derrick Parker, in the piece "Lacrimosa." Lucy Paine, a student from the Professional Ballet School, was featured in a ballet dance performed during this song as well.

The Spokane community

also had the opportunity to take part in creating the show this year after the announcement of the writing competition in June. The Spokane Symphony invited community members to create and submit an ancient tale that was before Harry Potter's time and somehow connected to the wizarding world.

The grand prize winners' stories were integrated into the show. The symphony performed original pieces inspired by the winning stories, and dancers, actors and a magician helped bring it to life.

Haunted Hallows, Halloween at Hogwarts, Music of Harry Potter and Ancient Tales of Magic have been the past



PHOTOS BY TAYLOR BENTLEY IG: taylorbentley

themes since this show started in 2016. Staff and participants are already excited to work on next year's theme and to begin arranging music. So, watch for tickets next fall to experience the magic of Harry Potter, right here in Spokane.

Accio, Music of Harry Potter Symphony tickets.

And look out for interactive symphonies happening downtown on First Avenue at the Fox Theater. Visit [spokanesymphony.org](http://spokanesymphony.org) for shows and more details.

Allie Noland is a contributor.



# Row place like home



The Johnson Family Boathouse had its grand opening on Oct. 12 and will serve as a new home base the 90 rowers on GU's men's and women's rowing team.

## After years of planning and fundraising, the new GU men's and women's rowing boathouse boasts state-of-the-art amenities with program-shifting implications

By LINDSEY WILSON

Rowing started as a club sport at Gonzaga in 1984 with a few guys, a Jesuit priest and two wooden boats on Lake Arthur. As time went on, the club moved to a boathouse that was basically an aluminum frame on the Spokane River.

In 1990, with rowing becoming a Division I sport, the team finally built its own boathouse on the river just a 12-minute drive away. The new building was basically the bare bones for what the team needed. It had heating and insulation, but with no running water, the athletes had to use portable toilets.

Today, the men's and women's rowing teams have a combined total of 90 athletes, and the teams' needs were beginning to outgrow the boathouse on the Spokane River.

On Oct. 12, after more than two years of fundraising, planning, and building, the long-anticipated Johnson Family Boathouse had its grand opening and GU rowing gained a new home. Around 250 people were in attendance, ranging from donors to alumni to athletes and coaches.

The new boathouse is located in the city of Medical Lake at Silver Lake Camp, roughly a 20-minute drive from campus. It's equipped with state-of-the-art tools including heated floors, a dedicated boat dock, locker rooms for the athletes and private ones for the coaches.

Marisa Wortman, head coach of the women's team, said she has immense gratitude for one thing that many people take for granted — running water.

"We are able to wash our boats and our equipment so much better now that we have the functional use of being able to have running water," she said.

At a small school like GU, a boathouse of this scale is something that isn't common. Before coming to GU, Wortman coached at the University of San Diego after attending school at the University of Tennessee. At USD

she realized the advantages larger schools have with their rowing facilities.

"We had an amazing private boathouse right on campus, which was a strong reason for why we were so successful," Wortman said regarding the University of Tennessee's rowing program. "University of San Diego made me aware of what smaller schools have to deal with."

Men's head coach Dan Gehn has been with the GU men's rowing team since fall 1994. He rowed in college at the University of Wisconsin, and then was the freshman coach for six years, before coming to coach GU's team.

After years of dreaming about a new boathouse for the program, the athletic department gave him the go-ahead to start planning out the new project. He was given the task of trying to find the location for the new boathouse, along with deciding which features would be included inside the new home for the rowing teams.

Gehn found a 500-acre property for sale on Silver Lake during his search. After about half a year of building a relationship with the sellers, they agreed to sell a sliver of land for the rowing team to use.

The new boathouse was made a reality by the Johnson family, a family with no connection to GU, but one that is very passionate about rowing. Their name became the namesake for the new building.

The old boathouse on the Spokane River is still in use. On Oct. 19, GU hosted Washington State University at The Head of The Spokane Regatta at that location.

"We get the benefit of the old boathouse as well," Wortman said. "Being able to practice on such versatility is something we don't take for granted."

Alexa Jadallah, a senior and three-time WCC coxswain of the year, has been a member of the women's rowing team since her freshman year. She had been rowing out of the old spaces since then.

"My freshman year we rode out

of a little park," Jadallah said. "We called it 'trash camp.'"

She first heard rumors of a new boathouse around two years ago. She said that the waiting process was nerve-racking, and that she was worried that she wouldn't ever practice with the new facility available to her.

"They said it would be done last fall, then they said by Thanksgiving, then by February, and we thought it honestly wouldn't be done," Jadallah said. "I thought I would never be able to row out of it."

With the updated amenities, Jadallah is thankful for everything that donors have contributed to the program.

"Our other location has everything we need, but this new boathouse is on a whole 'nother level," Jadallah said. "The whole Gonzaga men's and women's teams are really thankful for the alumni and athletic department for giving us everything we need and more."

Although the project is complete apart from some embellishments that will be added in the near future, there is still some fundraising needed to fully complete it.

The entire rowing team along with the coaches are ecstatic about the new boathouse, and are excited to settle in at the new location.

"It's an outdoor sport," Gehn said. "Having a home to come in and out of makes the athletes a lot more comfortable."

At the end of the day, this new boathouse is more than just a fancy new building to row out of — it provides an opportunity to recruit more talented athletes in upcoming years and gives both teams the amenities to be better than they ever have in the past.

"A senior said it best," Wortman said, "There's nothing holding us back from being the best we've ever been."

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



The new facility has heated floors, a dedicated boat dock and locker rooms for athletes and coaches.



GU women's rowing gets ready to kick off a day on the water.

# Freshman Ballo declared academic redshirt by NCAA

## Will sit out this year, but retains four years of eligibility

By CONNOR GILBERT

Freshman center Oumar Ballo may have shown fans a glimpse of what he can do at Kraziness in the Kennel, but Gonzaga men's basketball fans will have to wait until next fall to see him in real-game action.

The 17-year-old from Mali has been ruled an academic redshirt for the 2019-2020 season by the NCAA, Gonzaga Athletics announced Monday. He will be forced to sit out his first year while still on scholarship and practicing with the team, but will have four more years of eligibility following this season. GU announced that they will not appeal the decision.

"Oumar is a tremendous young man and an intelligent student," GU head coach Mark Few said in a news release. "International academic eligibility can be complicated. He will be a significant asset to our program. This is an opportunity for him to become a highly successful student-athlete."

Ballo's eligibility had been a question mark for the Zags for the last couple of months. When asked in October about when he would be available to play, Mike Roth was uncertain.

"He's here, he's enrolled, he's practicing, now it's just a matter of, let's figure this last piece out," Roth said to *The Spokesman-Review*. "Eventually, no matter what, he'll be eligible. The question is when. Is it next week,

or after the semester [Dec. 14], or is it after the season?" GU is the latest stop for Ballo on a basketball-driven world tour.

He left Mali at 11 years old to play and study at Canterbury International Basketball Academy, a British school in Las Palmas, Spain — despite not knowing English or Spanish. In October 2018, he began attending the NBA Academy Latin America to complete his high school diploma. Ballo's complicated academic record from those stops was the primary reason for the NCAA's decision.

Ballo — nicknamed "Baby Shaq" by fans for his dominant physical presence in international competition — was a highly-sought-after international prospect before his commitment to GU last spring. At the 2019 FIBA Under-19 World Cup, he led the tournament in blocks and rebounds while being named to the five-man All-Tournament team.

Regardless of Ballo's status, GU's frontcourt depth remains largely intact. The Zags still boast five other post players, highlighted by highly-ranked freshmen in Anton Watson, Pavel Zakharov and Drew Timme alongside proven returners in Killian Tillie and Filip Petrushev.

Given his young age and the raw nature of his game, the extra year of practice and conditioning could be beneficial for Ballo's development.

"He's going to be special," said GU assistant Roger Powell.

Connor Gilbert is a sports editor. Follow him on Twitter: @connorjgilbert.



Oumar Ballo in action during Kraziness in the Kennel.



# Putting the student in student-athletes: GU athletics top-10 in graduation rate

By COLE FORSMAN

Gonzaga University athletic programs don't just win on the field, water and hardwood; they win in the classroom, too.

According to the latest Graduation Success Rate (GSR) report, GU athletes are graduating at a 98% success rate, with 10 athletic teams achieving 100% graduation success.

"We don't just win games," said Mike Roth, GU director of athletics. "We're also here to have our student-athletes get their education."

GSR is a tool that measures the graduation rate of student-athletes who graduated within six years, not counting transfer students. The formula removes student-athletes who leave school while still academically eligible, but includes students who transfer from a different school after having been enrolled elsewhere.

GU's mark of 98% is tied for seventh best in the nation and tops in the West Coast Conference. The average GSR in the NCAA is 89%.

For perspective, universities with similar GSR scores include Harvard, Yale, Princeton and Dartmouth. But Roth said it's rare for a school to be as successful academically as it is athletically.

"In big-time college athletics, that doesn't always happen," Roth said. "At Gonzaga, we've shown that you can win championships and do some very special things athletically, and at the same time, excel academically."

This excellence in both arenas is nothing new for GU. Since 2016, the university has had at least 98% of its student-athletes graduate, including tying for the nation's best GSR in 2017.

It seems the tradition has been established by both GU athletes and administrators, and their commitment to success in the classroom while pursuing their athletic passions.

"We, as a department, over the years have really grown a culture of being academically successful," said Steffany Galbraith, director of academic support services. "We're trying to be one of the top athletic departments in the country in both [academics and athletics]."

Galbraith is a part of the Student-Athlete Support Services (S.A.S.S.), a group dedicated to supporting student-athletes academically, which ranges from monitoring grades to tutoring and advising athletes in all sports.



Gonzaga women's soccer has posted a Graduation Success Rate (GSR) of 100% nine years in a row.

She is also the director of academic support for the men's basketball team, which had a GSR of 100% for the fourth consecutive year. The national GSR average for men's basketball is 80%.

"I think it's really exciting," Galbraith said. "It's something for us as an entire department to be really proud of and to know our student athletes are excelling."

Men's basketball has a tradition of thriving on and off the court. Over the past 22 years, there have been three Zags named first team All-American and first team academic All-American in the same season. That feat has only occurred three other times in the country over the same span.

Men's basketball wasn't the only team to continue a streak of perfection. The women's basketball team also registered a GSR of 100% for the third consecutive year.

Other notable GU athletic teams to extend its 100% GSR scores include women's cross country and track and field (15th straight), women's golf (15th straight), men's cross country and track and field (12th straight), men's tennis (11th straight), men's soccer (10th straight), women's soccer (ninth straight) and men's golf (eight

“

**At Gonzaga, we've shown that you can win championships and do some very special things athletically, and at the same time, excel academically.**

*Mike Roth, Gonzaga director of athletics*

straight). In total, 11 out of the 13 eligible programs earned an above-average GSR score.

When the GSR was first instituted in 2002, the national graduation rate among student-athletes was 74%. That average has risen 15 points since then, to 89%, with nearly 9 out of every 10 college student-athletes earning a degree.

The importance of student-athlete education has seemingly grown nationally,

due to studies like the GSR. But the Zags continue to outpace the national average with their academic and athletic prowess. Winning in the classroom, winning on the field — something of mantra for GU athletics.

"If it was easy, then everyone would be doing it," Roth said.

*Cole Forsman is a staff writer.*

# Women of Suffrage

Lecture and Book-signing

## Meet Dr. Salley Roesch-Wagner

One of the first people to obtain a doctrate in women's studies and begin college-level women's studies programs.

Monday, November 11th  
6 - 8 p.m.  
Hemmingson Ballroom







Twenty-two members of the Gonzaga community participated in the 3K Costume Fun Run on Saturday.

PHOTOS BY TREVOR BOND IG: tbondphoto

# First RFC Costume Fun Run a real treat in GU community

By TREVOR BOND

It's not every day you see Mario and Luigi, Bob the Builder and a Dragon running through the rain on the Centennial Trail.

On Saturday, Gonzaga students got in the Halloween spirit, put on costumes and participated in the inaugural 3K Costume Fun Run put on by the Rudolf Fitness Center (RFC). In doing so, they contributed to a good cause.

"I knew other schools in the past have done similar costume fun runs," said Nash Thompson, an RFC student supervisor who organized the event "The RFC always does a Trunk or Treat event and I thought we could have the participants bring candy for that instead of having to pay for the event on IMLeagues."

Participants filled a bin with assorted bags of candy when they checked in for the race. This candy will be donated to the Catholic Charities Trunk or Treat event, which provides children a safe space to go trick or treating when they might not otherwise have access.

After participants were given numbers, they lined up on the Centennial Trail behind Luger Field, forming a bouquet of distinct costumes. Attire ranged from onesies to tutus and other wacky outfits.

Runners then took off down the Centennial Trail toward the Spokane Convention Center and completed the 1.77-mile loop back to the starting line on campus.

With the event's focus centered on fun and supporting the local community rather than race duration, participants finished in various times. Shortly before the race began, steady rain started to fall and many were glad to warm up once they finished.

"We were trying to have a good time in the race, it was cold out here, but we ran hard and had a good time," sophomore Declan Scallen said.

Scallen was part of the many tandem or group costumes that attendees put together, running with a squad dressed as Mario Bros. characters.



Gonzaga junior Preston Matossian was one of two competitors awarded the title of best costume at Saturday's 3K Costume Fun Run.

"My friends were looking for something fun we could do together, so we had Mario, Luigi, Peach and Waluigi," Scallen said. "It was something we could do together and have a good time."

T-shirts did serve as some incentive for the runners. The fastest male and female runners received a shirt, which

went to sophomore Tanner Mendenhall and sophomore Mia Kline.

Participants who flexed their creative muscles were also rewarded with shirts for the best costumes. Preston Matossian's dragon and Jaylee Kellar's Bob the Builder outfits took home the crown.

## GU SPORTS CALENDAR

Thursday, Oct. 31  
➤ Volleyball vs. Pepperdine, 6 p.m.

Friday, Nov. 1  
➤ Women' tennis: **Gonzaga Invite, all day**  
➤ Men's golf: Ka'anapali Classic, Day One, Lahaina, Hawaii  
➤ Men's tennis: Easley Memorial, Las Vegas  
➤ Cross country: West Coast Conference Championships, Los Angeles  
➤ **Men's basketball exhibition vs. Lewis-Clark State, 6 p.m.**

Saturday, Nov. 2  
➤ Women' tennis: **Gonzaga Invite, all day**  
➤ Men's golf: Ka'anapali Classic, Day Two, Lahaina, Hawaii  
➤ Men's tennis: Easley Memorial, Las Vegas  
➤ **Volleyball vs. Loyola Marymount, noon**  
➤ **Women's basketball exhibition vs. Warner Pacific, 2 p.m.**  
➤ Women's soccer vs. Saint Mary's: Moraga, California, 2:30 p.m.  
➤ **Men's soccer vs. Saint Mary's, 7 p.m.**

Sunday, Nov. 3  
➤ Women' tennis: **Gonzaga Invite, all day**  
➤ Men's golf: Ka'anapali Classic, Day Three, Lahaina, Hawaii  
➤ Men's tennis: Easley Memorial, Las Vegas

Tuesday, Nov. 5  
➤ **Men's basketball vs. Alabama State, 5 p.m.**

Wednesday, Nov. 6  
➤ **Women's soccer vs. BYU, 7 p.m.**

**\*Home games in bold\***

"I think people had fun with it, because instead of having to be fast you can just have fun with it and maybe win a T-shirt," Thompson said. "I think I liked the Bob the Builder costume the best."

Attendance for the event was a success and the candy donated will be used to help kids in the local community.

"The participation was great honestly," Thompson said. "We had 22 people run, which was more than the 5k we put on in the spring. ... This was a good turnout."

*Trevor Bond is a staff writer and photographer.*

ZAG DINING  
by sodexo

Skate the Ribbon

PURCHASE A LOYALTY OR NORA MEAL PLAN  
AND BE ENTERED TO WIN TWO TICKETS TO  
THE RIVERFRONT PARK ICE RIBBON!  
\*SWIPES NEVER EXPIRE\*

TO PURCHASE VISIT ZAGDINING.COM OR CALL 509.313.6906  
\*MUST PURCHASE BY NOVEMBER 27TH\*

Join Campus Kids!  
Mentors Needed!

The programming is all year long and we have a strong need for male identifying mentors for boys that have indicated that's a preference for them. There are openings for both females and males on Monday and Wednesday from 3:15-5:15pm.

Email Gabbi Fuller at  
fullerg@gonzaga.edu if interested,

or apply here:  
https://gonzagamentoring.civicore.com/mentorLogin/index.php?section=applications&action=profile