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The battery means the Office of Sustainability can store up to 5kW-h of energy produced by a solar panel.

Battery acquired to store solar energy

By ASHER ALI

This isn't your standard AA battery and it isn't intended for your television remote. Standing at 7.5 feet tall with a 2.5 foot diameter base, the Sonnen Eco 5 battery that got delivered to Gonzaga Sustainable Energy (GSE) on Tuesday looks to be an instrumental tool in cultivating a carbon neutral self-sustainable energy system within the Gonzaga Office of Sustainability.

The Sonnen Eco 5 battery is a home solar energy battery that serves as an alternative to a shared power grid, which can hold a maximum of 5 kilowatt hours (kW-h) of energy to be used in place of an external power grid that previously took over the office's operating systems whenever the solar panels stopped generating power. GSE was officially able to purchase the Sonnen Eco 5 for the Office of Sustainability earlier this semester, and now the club waits for it to be fully installed so that GSE can start experimenting with the best ways to disperse that stored energy at times when the solar panels can't generate enough power.

"We wanted to get the battery to help store the energy which was being produced by our solar panels but that we weren't using," Nathan Harvill, the power team lead for GSE, said. "Solar panels create direct power when they're on and can direct energy, but when the sun goes down you can't use that energy anymore so the idea is to store the energy so you could use that later, or prolong the time that the energy is available when everybody is using power."

The prospects of a personal energy storage device like a battery will allow the Office of Sustainability to become

SEE BATTERY PAGE 3

GSBA sells BLM shirts for justice

By RED KWENDA

n response to calls for justice and inclusion of Black citizens, new "Black Lives Matter" shirts, a project jump-started by Haley Wilson, director of diversity and inclusion for Gonzaga Student Body Association (GSBA), are bringing the spirit of justice and open conversation to Gonzaga.

With momentum for the project coming from solidarity for the Black community generated by the recent attack against GÚ's Black Student Union (BSU), the shirts have already sold out.

Wilson said the idea for the shirts came from her time as a Starbucks intern.

"[Starbucks] produced a Blackpartnered network T-Shirt that said 'Black important to her that the GU trademark be applied to the shirts.

"The thing I wanted to be clear was that it was a branded Gonzaga shirt to show that Gonzaga approved and supported this project," Wilson said. "I thought it was huge, that it wasn't just us as students creating this thing it's Congage as students creating this thing, it's Gonzaga that's moving beyond just a written email statement, [that] we're doing something active and intentional."

In addition to the shirts, GSBA and BSU are also offering pledge cards that are to help make the shirts less of a performative decoration and more of an active commitment against racism on campus.

The intent behind the pledge card was to make sure that the shirt wasn't just



Lives Matter' on it, and then actually produced over 250,000 shirts," Wilson said. They gave them for free and distributed them and shipped them to all of their [instore and corporate] employees. As an intern, I got sent a shirt."

Regarding her experience as an intern with Starbucks, Wilson said that it was very

used as a joke," said Jackie Gaither, vice president of BSU. "The pledge card consists of [pledges] like, 'I'll wear [the BLM shirt] five times this semester or, 'I will take a picture with [the BLM shirt], or, '[I will] volunteer with a program."

> CHIANA MCINELLY IG: @picsbychiana SEE BLM PAGE 3 The shirts were sold for \$2 along with a pledge card so they aren't seen as performative.

GU offers resources to support during finals

By GEORGIA COSOLA

Even though finals season at Gonzaga this semester may look a little different, GU is still able to provide resources to students during this stressful time.

In order to accommodate varying studying schedules, the Foley Library will remain open throughout finals week, from the hours of 7:30 a.m. to 10 p.m.

However, due to COVID-19 restrictions, the in-person support services that Foley has provided in the past will not be returning this semester.

These services usually include friendly emotional support dogs and treats that come in the form of sugar and caffeine.

Even though these particular services may not be happening this semester, students should know that Foley is available for study sessions.

"We're still here for students, you have to mask up of course, but we have plenty of room for folks who want to come in," said Paul Bracke, the dean of library services at

GU.

Additionally, for students who may need assistance with writing papers or other academic help, there is a plethora of resources that can be found on the library's website

"All the databases are still available," Bracke said. "We also have [a] chat reference so if you are confused on your computer or just need some guidance about where to get started with something, there are folks online to help you out.

Through the remainder of the semester, peer tutoring and faculty advising are still available to students if they need it.

"If you are looking for resources to ask questions and master some final concepts these supports are still available," said Bryce Thomas, associate director of learning strategies management, via email.

In addition to academic support, GU is also able to provide emotional well-being support through finals week.

If students need mental health support, both counseling services and CCP are currently offering meetings with students via Zoom, said Katie Noble from GU's Office of Health Promotion via email.

In regard to how to successfully take tests for online finals, Thomas recommends that students mirror their study strategies to match what the mode for the test will be.

"Study with the materials and resources you will be allowed to use on the test," Thomas said. "Practice answering questions in a format similar to how they will be on the test."

One important thing to consider with online tests is the time component. Thomas recommends that students attempt to work within their expected time frame in order to predict how efficiently possible test questions may be answered.

SEE SUPPORT PAGE 2

GSBA Senate pushes change after break cancellation

By RED KWENDA

In response to the concern that students leaving campus during spring break would become vectors of spreading COVID-19, Gonzaga University has taken the step of canceling spring break for its students. This decision has generated controversy due to the fact that students will now be expected to work from January straight through May without a longer break.

After numerous attempts to meet with GU administration to ask for additional break time ended in failure, the Gonzaga Student Body Association (GSBA) Senate met two Mondays ago to draft a resolution that would urge GU to add two "reading days" to its calendar.

"The purpose of this resolution is to inform President [Thayne] McCulloh

"

Due to not collecting a reasonable amount of student input, this is a misrepresentation of the students' needs and their academic success needs and their mental well-being [needs].

Jeffrey Goong, GU student and GSBA senator

and Provost [Deena] González of the negative mental, physical and emotional implications of the current plans for the 2021 spring break," said Braden Bell, one of the GSBA senators who drafted the resolution. "[The resolution aims] to

urge an adjustment to the spring break semester schedule that acknowledges the detrimental nature of the current plan."

The original plan — announced to all undergraduate students via email by Provost and Senior Vice President Deena

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OPINION

In a year when so much has gone wrong, there are still things to be thankful for PAGE 4 A&E

Family fresh: Tacos Tumbras is located on Hamilton to fuel all your late night cravings PAGE 5 González — pushes the start of the spring semester back one week to Jan. 19 while adding just one reading day to make up for the canceled break week.

The senate's resolution comes in the midst of outrage from GU students who are upset that they will no longer be able to take time off during the four-month semester. Thanksgiving break was also indirectly axed by GU administration as students were recommended to leave campus for the rest of the semester if they wanted to travel to see their families during the break.

'In light of continued challenges related to COVID-19, and at the recommendation of the Academic Council, comprised of faculty, students and staff, I am pleased to

SEE GSBA PAGE 3

The Zimm Gym: Former women's basketball player makes history on American Ninja Warrior PAGE 7

SPORTS

GU and Spokane feels impact of firing regional health officer Dr. Bob Lutz

The Washington State Board of Health has launched a preliminary investigation into Lutz's termination

By DEVAN IYOMASA

A s Spokane County continues to see a rise in COVID-19 cases, the Spokane Regional Health District (SRHD) transitions to new leadership after the board voted to fire former Health Officer Dr. Bob Lutz.

The decision was made in an 8-4 vote on Nov. 5 in a special meeting after allegations of professional misconduct were made by SRHD Administrator Amelia Clark.

Reports initially began circulating that Lutz had been let go on Oct. 30 after the SRHD issued a media release claiming Lutz had been asked to resign following a closed board meeting the day prior.

After obtaining a lawyer, Lutz revealed that his position with the SRHD was unclear to him and released a statement saying Clark had definitively fired him in the Oct. 29 meeting. Under SRHD bylaws, the appointment and termination of the health officer position is to be decided on by the collective board members, meaning Clark's initial move to terminate Lutz would have been illegal.

Since Oct. 30, it is unclear who has been performing the health officer's duties.

In the Nov. 5 meeting, Clark cited numerous complaints related to insubordination, misrepresentation of SRHD and unprofessional and inappropriate behavior on behalf of Lutz.

"When I joined the Health District as the leader of the agency, I had hoped that Dr. Lutz and I could work together as a team," Clark said in the meeting. "However, his ongoing patterns of behavior have not changed despite multiple discussions."

Among the allegations were the condemnation of Lutz's attendance at a Black Lives Matter protest and an op-ed he co-wrote for The Spokesman-Review with Gonzaga Philosophy Professor Maria Howard. In the op-ed Lutz advocated against the reopening of Spokane Public Schools in August until proper safety benchmarks were met.

Clark also raised a complaint from an SRHD employee alleging Lutz gave her an unwelcome shoulder massage, which Lutz denied in the meeting. Other allegations included misuse of department

Other allegations included misuse of department funds and unwillingness to follow proper departmental procedures related to the chain of command.

"It is clear to me that Dr. Lutz is unwilling to make the necessary changes to be a successful part of the Spokane Regional Health District team moving forward," Clark said in the meeting.

In response, Lutz and his lawyer Bryce Wilcox claimed that the allegations were unrelated to Lutz's ability to conduct his responsibilities as the district health officer and were "trivial" in some instances.

"I recognize that I can be demanding, bristly and downright curmudgeonly at times," Lutz said in the meeting. "I do share responsibility for some of the tensions that have arisen with Ms. Clark based on our differing personalities and look forward to forging a more productive working relationship with her going forward."

productive working relationship with her going forward." Prior to the Nov. 5 meeting, the SRHD received 3,552 pages of public comments regarding Lutz's potential termination.

"

When you have a problem with somebody in terms of your clashing personalities, it seems like the first step wouldn't be to fire; the first step would be to try to mitigate and have a mediator to try and get down to the real crux of the problem.

Kate Burke, Spokane city councilwoman



PHOTO COURTESY OF SPOKANE REGIONAL HEALTH DISTRICT'S FACEBOOK randomly and handled poorly.

"When you have a problem with somebody in terms of your clashing personalities, it seems like the first step wouldn't be to fire; the first step would be to try to mitigate and have a mediator to try and get down to the real crux of the problem," Burke said.

Burke also expressed disappointment in politicians attempting to control the reopening of the city and said that Lutz had been receiving pressure from politicians to do so.

Lutz has played an integral role in the development of GU's COVID-19 policies and procedures and has worked closely with the COVID-19 Action Response Team (CART).

Taylor Jordan, GU's COVID-19 coordinator, said much of GU's success in reopening can be attributed to Lutz's guidance.

"Many of us at the university working in response to the COVID-19 pandemic are disheartened to hear of his dismissal," Jordan said via email. "His guidance will be missed. However, we will continue to work with Spokane Regional Health District representatives to inform our university response to COVID-19."

From classroom and residence hall set ups to personal protection equipment, Lutz and CART have had weekly

such as GU and described him as "incredibly professional and very approachable."

"Bob was incredibly supportive of GU ... Thayne supported him because he supported us," Shelton said. "He wasn't the type of director that just sat behind his desk."

According to Shelton, CART has also been working with Senior Epidemiologist Mark Springer from the SRHD and will continue to meet with Springer moving forward.

While President Thayne McCulloh declined to comment explicitly on the situation, he tweeted his support for Lutz and called for the reconsideration of his termination.

"He has earned the respect and admiration of many of us who lead organizations within this community having borne witness to his tireless commitment to designing solutions and providing counsel to us as we navigate the complexities of the current circumstance," McCulloh wrote in a letter to the SRHD.

Between Saturday and Monday, Spokane saw a recordbreaking 942 new cases of COVID-19. On Sunday, Gov. Jay Inslee enacted new restrictions on personal gatherings including a temporary ban on indoor dining and closed gyms for the next four weeks.

For the time being, SRHD appointed Dr. Francisco Velazquez as the interim health director, set to serve until December or when the SRHD finds a permanent replacement for Lutz.

Velazquez was the former chief executive officer of Pathology Associates Medical Laboratories (PAML) and is currently a consultant with board positions within numerous diagnostic laboratory companies.

According to Burke, a close contact of hers who was formerly employed at PAML and knows Velazquez, claims he "knows nothing about public health" raising concerns for Burke about his credentials and ability to promote safety during the pandemic.

Velazquez will serve as the interim health officer at least until Dec. 3 when the SRHD board will meet again to discuss the position.

Devan Iyomasa is a staff writer. Follow her on Twitter: @devaniyomasa.

The Washington State Board of Health has since

launched a preliminary investigation into Clark and Lutz and the events surrounding Lutz's termination.

City Councilwoman Kate Burke weighed in on the situation saying she thought it was brought up seemingly

meetings since the beginning of May to discuss how to best proceed with mitigating the spread of the virus on campus.

Charlita Shelton, who leads CART, commended Lutz's dedication to working with higher education institutions

Chick-fil-A controversy causes scramble

By SPENCER BROWN

The popular, yet controversial chicken chain, Chick-fil-A has finally come home to roost in Spokane. And with it the age old debate of whether to chicken or not to chicken has started right where it left off.

"We look forward to joining the community and to serving all of our guests delicious food in an environment of genuine hospitality," Chick-fil-A said in an interview with the Spokesman-Review.

However, this is not the first time Spokane has prepared itself for an opening of a branch of the Georgia-based restaurant. In August 2018 the chain accidentally announced that it was opening a restaurant on Gonzaga's campus when no plans were actually made. According to GU, the chain will never appear on campus as it does not align with the universities values.

Even today, Google Maps keeps the memory of the phantom store alive by directing people to GU's campus as the nearest hub for chicken lovers. These faux announcements are still enough to bring people to campus periodically asking "Where is the Chick-Fil-A?" While some might be excited for a closer branch to campus than the Moscow, Idaho, alternative, others are still passionately against the restaurant even if it is not on campus.

"A bunch of Zags are about to be exposed for caring about chicken more than queer people," senior Marlin Jones said.

The reason many protest Chick-Fil-A and why it has such a contentious reputation is because of the way it has used its money to promote more conservative causes, namely homophobic and anti-

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PHOTO COURTESY OF CHICK-FIL-A NORTH SPOKANE'S FACEBOOK

Zags have a multitude of opinions on the opening of a Spokane Chick-fil-A.

LGBTQ causes. The restaurant's CEO, Dan Cathy, has also publicly said that "supporting same-sex marriage would invite God's judgment on the country." The company has recently tried to improve its image by distancing itself from certain Christian charities, pulling millions of dollars of donations. It also started a new campaign on its website meant to refocus its corporate social responsibility to caring for people, communities and the planet. However, the lingering public mistrust is still very pertinent and the franchise never explicitly "promised" to stop donating to similar charities in the future.

Two years later, the Spokane community is still as split as ever when it comes to the game changing game cooker coming to Spokane.

"Burn. It. Down," Zoey Gough said. "Chicken but at what cost to the LGBTQ+ community? Maybe a bit aggressive but I don't see the need for conservative Spokane to become more conservative. I personally have never been able to get over the company as a whole to be able to eat their food."

While many GU students are outspoken about their distrust for the company, there are many within it as well as many within the Spokane community who are excited for the long-awaited restaurant to finally open its doors. With almost 800 shares and 700 comments on its Facebook post supporting the developing location.

The Spokane Chick-Fil-A, located on 9304 N. Newport Highway, will be celebrating its grand opening on Dec. 1 as a drive thru only, along with more opening day surprises to be announced in the future.

"I understand that Spokane is getting more popular—even a Whole Foods is looking to move here," Gough said. "But I'm not sure it's the right option to keep Spokane, Spokane."

Spencer Brown is the managing editor. Follow him on Twitter: @Spencer_Brown_.

FINALS

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In order to be as successful as possible during finals week, Bracke recommends getting as much sleep as possible.

"You need to study however works best for you, as a student, but you also need to make sure you get enough sleep," Bracke said.

There needs to be an equal balance of studying hard and getting enough sleep in order to have a successful finals week.

In addition to Bracke's recommendation of sleep, Thomas recommends that students manage their time well and start preparing early in order to study in manageable sessions.

"There is a lot of information to cover and it takes time to process, retain and understand all of this information," Thomas said.

While finals may still seem far away, it is important to start to make a plan for the weeks leading up to the end of the semester as soon as possible.

"Try to have a good picture of what your finals

schedule looks like and how to plan to prepare before the Thanksgiving break at the latest," Thomas said.

For more information regarding the Foley Library and its online services visit: Gonzaga.edu/foley-library.

Georgia Cosola is a contributor.

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BLM

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Gaither said she didn't want the shirts to be taken lightly, due to both the seriousness and the intentionality BSU put into the project.

Also contributing to the project is GSBA President Fese Elango, who is serving in an administrative role by connecting BSU and Wilson to individuals who could better market and support the project.

"In this role, [my job is to] look at the different donation sides, and [to] coordinate between BSU and GSBA," Elango said.

The reaction to the project has been overwhelmingly positive, with the shirts selling out in less than eight days.

'Within our first 24 hours, we sold over 300 [shirts], and in 48 hours we sold over 762, so that was pretty speedy," Wilson said.

With the shirts being \$2 it was affordable for many students and community members to buy them.

'We wanted to reduce barriers to getting the shirt but it didn't feel appropriate to give them for free (the price in part disincentivizes people from defacing the shirt along with the pledge card which does the same)," Wilson said in an email.

To make the price point this low GSBA looked to departments, organizations and deans to donate to the cost. GSBA also paid for a portion of the total cost as well.

By getting the donations and making the shirts \$2 GSBA will be able to donate all the profits form the shirts.

"A lot of my family, [people at] my mom's work, friends, everybody wants this shirt," Gaither said. "I think [the shirts are] something that's building a community, and that's what I like about [the project] so much."

Speaking to the shirts' reception, Elango referenced the spirit of the GU community following the recent BSU attack.

GSBA

modifications."

resolution with Bell.

students.

Continued from Page 1

"I think it's been really uplifting and

approve the following revisions to the spring 2021

calendar," González said in her Oct. 9 email. "Thanks

to those who have helped in making the calendar

The GSBA Senate, however, feels that González and the

Academic Council are not listening to the voices of all

Zags on campus. As representatives of GU students, they aim "to address student responses to the current schedule."

and their academic success and their mental well-being,"

said Jeffrey Goong, a senator who co-authored the

Part of the resolution addresses the overall health of

Neither GSBA Senate nor any other representation

"Due to not collecting a reasonable amount of student input, this is a misrepresentation of the students' needs

inspiring to see folks rally behind the Black community," Elango said. "I think that's the essence of this shirt. It's more than just a shirt, and it's more than just a thing you sign, but it's a way that you should navigate your existence as a member of the community, and that's been something that has been really exciting to see people rally behind."

The design of the shirt is also generating excitement, taking its "roots" from rapper Megan Thee Stallion.

Josh and I worked together and collaborated on the design," Gaither said, referring to her role in the shirt's design. "We were basically inspired by Megan Thee Stallion's SNL Performance there's 'protect black women' in the background. Josh and I had the idea of 'protect', which is something Gonzaga [has] in its mission statement."

After the shirts have been distributed and the pledge cards have been signed, the message of the shirts doesn't end there.

"Silence is an answer," Gaither said, urging students to speak out for their Black fellow Zags.

"If you're being very absent in this whole thing, if you're not just speaking up because it's not affecting you, then that's an answer," Gaither said.

In the months to come, continuing to remember this is encouraged.

This is a reminder that says 'Next week, two weeks [from now], you can't just forget about it, because our Black students are not going to," Wilson said.

Wilson's message pushes for students to know and understand their privilege.

'What's really important to note for our non-Black students at Gonzaga is that this is a moment where you are getting a little sliver — the tiniest sliver — of what it's like to be Black on our campus, and you may have ignored that prior to this moment."

Part of this privilege is being able to feel comfortable being GU's campus.

'You shouldn't feel uncomfortable on a campus that you are actively choosing

ote I believe Black Lives Matter: #ZAGSFORBLM

CHIANA MCINELLY IG: @picsbychiana

In addition to shirts BSU is offering pledge cards to help create a community on campus focused on ending racism on campus.

"

If you're being very absent in this whole thing, if you're not just speaking up because it's not affecting you, then that's an answer.

Jackie Gaither, GU student and vice president of BSU

to go to, you shouldn't feel let down by people who are here to serve you, and you shouldn't feel disappointed in people who are in spaces around you," Elango said, echoing this sentiment. "[The shirts are] a point to say Black lives won't stop mattering, Black lives are gonna matter on this campus, [and] in the world."

The shirts are available to be picked up in the John J. Hemmingson Center from Monday, Nov. 16 to Tuesday Nov. 24.

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

anticipation for the spring semester [were included in the decision-making]," said Bell, reading from Section 3 of the resolution.

The GSBA Senate bases its claims on a GSBA survey titled "Be Heard" that interviewed students on their reaction to the proposed change as well as their opinions of how plans for this current semester have been executed.

"We can see that this semester wasn't entirely successful for a lot of faculty, staff and students," Goong said, speaking to the Be Heard survey.

GU administration has turned down multiple requests from the GSBA Senate and fellow students to reconsider its plan for the spring semester. According to the senate, recent attempts to meet and discuss the plan have ended in the senate being turned away and told to draft a better plan of action.

However, González referenced the resolution in an email to the GU community sent out on Monday, regarding preparation for the spring semester.

We have, however, heard from GSBA that a proposal for the spring 2021 calendar is coming forward and this will be given serious consideration," González said.

It is worth noting that the senate does not have access to the same knowledge and research of COVID-19 as GU administration does, nor are they in regular direct communication with the Spokane Regional Health District as GU administration is.

That said, the GSBA Senate is upset that its constituents' voices are not being heard. It does recognize, however, that this resolution may be its last chance to get González and the rest of GU administration to change their minds.

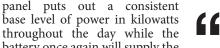
[On the] feeling about spring break in general, I would say that this might be one of our last-ditch efforts," Bell said.

The resolution was passed unanimously by the senate and now awaits approval from Elango, from whom it will go to McCulloh and González.

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

of [the] student voice [who] suggests that the change to the 2021 spring calendar resulted in a student body BATTERY

in the world, each of its materials are important things for us to understand."



who feared for their academic success and wellbeing in

far more self-sufficient because it can store up to 5 kW-h of energy produced by the solar panel and then discharge that stored energy efficiently over the time when the building would normally revert back to relying on the external power grid.

Continued from Page 1

The process of purchasing this battery has been about a yearlong affair for GSE after the club originally applied for a request to purchase a Tesla model battery last October. Their presentation was approved by the university's green fund, but the transaction was held up in its final stages after COVID-19 interrupted the traditional programming of the spring semester. This gave GSE time to reevaluate exactly what type of battery it wanted to pursue, and the club inevitably decided on the Sonnen Eco 5.

There's no cobalt in the Sonnen but right now Tesla batteries have cobalt in them and cobalt is a big issue for humanitarian reasons," JJ Doria, president of GSE, said. "It's not mined in good human conditions and that's something we wanted to factor into this because battery materials are really important to understand right now. Just because it's a battery doesn't mean that it's the most sustainable thing

The Eco 5 has a power rating of 3 kW, meaning that it can expend up to that much energy at once, but it's maximum power output won't necessarily yield the most efficient usage of power within the office. The primary task for GSE once the battery is installed is to find the best means of using the battery in a way that would bring the office's carbon emissions down to zero.

With the Sonnen Eco 5 still not being on campus and set up for use, the club has been dedicating its research this semester to understanding the properties of the battery and running varying projection models for how the battery might perform in different scenarios based on external data collected.

There are two broad differences in ways that the club can go about using the battery's capabilities once it gets its hands on it, defined as load following and peak shaving.

Load following is when the solar panels are set to supply a fixed percentage of the energy needed at any given time during the day, with the battery supplementing the rest while simultaneously charging itself with the reserve energy being produced by the solar panels. Peak shaving is when the solar

battery once again will supply th rest.

Both scenarios allow the battery to charge up during the process so that the building can be entirely sustained by the battery's energy at night, but it's a matter of figuring out which model cuts back natural gas emissions most effectively during the day that will help decide the optimal system of operation.

"We've been taking our data and applying it to those two methods to see which one is going to work better, and then we're going to try those two methods and see which one actually performs more effectively," Theo Labay, treasurer for GSE, said. "We've been preparing by researching what's going on with the different methods because they are really complicated and technical."

The plans that the club has for the battery aren't ascribed to purely esoteric means either. The ultimate goal for GSE is to outline its results in a road map plan that articulates an algorithm for how to scale the productivity of a similar battery to all buildings on GU's campus.

At the moment, GU's campus is almost entirely sustained by a single Avista Utilities power grid, which feeds all of the

Just because it's a battery doesn't mean that it's the most sustainable thing in the world, each of its materials are important to understand.

JJ Doria, president of GSE

campus's operating systems using hydroelectric power, a renewable energy source that still affects the environment through how it's produced. GSE's hope is to one day see GU's whole campus switch to solar energy usage, but before that's a viable option, energy storage devices like batteries are required and need to be understood.

Along with the Sonnen Eco 5 serving as a gateway towards campus wide usage of sustainable energy storage systems, it is GSE's hope that the battery can also serve as an intimate case study opportunity for some of GU's academic curriculum down the line.

Doria says that he sees this battery's purview extending beyond the scope of just engineering, as it possesses

themes that students studying environmental studies, business and social sciences could all be cognizant of in their academic endeavors.

"[Sustainable energy] is not simply an engineering problem, it's not just a business problem, it's all one big problem that requires all of us to solve it," Doria said. "The question is if Gonzaga is ready to take on the challenge of sustainable energy because something that all states need right now is a leader in sustainable energy and GU could be that leader."

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



Zags Basketball is back! Come get some Hawaiian food at Aloha before cheering on the Men's and Women's Basketball teams!





OPINION

Thanksgiving throwdown: Which foods are the real meal deal

In favor of sides as the superstar

have never once sat down at the dinner table, decorated all nicely with autumnal décor for Thanksgiving, and thought to myself, "I am just so excited to eat turkey." Why we ever made turkey the star of the fall holiday feast is beyond me.

Maybe it's the fact that from the moment you wake up all you can smell is "the bird," or maybe it's the fact that Thanksgiving "dinner" is actually served around the time I would usually make lunch. Whatever it is, there is just not a single part of me that craves sliced turkey at 3 p.m. on a random Thursday in November.

You might then be asking, well Audrey, if the turkey isn't your vibe, what is? And to that spectacular question I have an equally spectacular answer: the sides.

Thanksgiving sides are the only reason I am even remotely interested in eating dinner before the sun goes down, or willingly embark on a journey, which is always futile in the end, to try to convince my family that AOC is the best thing to ever happen to politics.

The variety, the flavor and the endless culinary combinations are what the would-be make supporting characters the real stars of the show, and make the political



By AUDREY MEASER

screaming match worth it. Not a big fan of green bean grandma's casserole? Sneak them under the table and pass it off to the dog, and then fill up on stuffing. Too much cranberry sauce? Pile that on top of a delicious dinner roll.

Normally I would consider dessert and sides to be two different categories of food, but at Thanksgiving all the food that isn't turkey sort of blurs together into one large plate pileup.

So, in my defense of sides being the main character, I will also be recruiting the dessert table into this. Except for pumpkin pie, she belongs with the turkey over on the overrated table.

You've made it through delicious, your albeit ungodly early, dinner of sides, and now we get to my favorite part of the evening. Figuring out which way you can sit in the chair in order

to maximize the amount of space in your stomach so that you can consume as much dessert as possible.

Another tragedy of Thanksgiving in my not so humble opinion, is the glorification of pumpkin pie. On its best day, the taste resembles something of a mediocre dessert, but more often than not I find it takes on the taste and consistency of baby food puree plopped into a crust.

There are so many other festive treats to enjoy, so why waste your time (and the room in your stomach) on a less than exciting dessert? From pumpkin bread to apple pie and berry cobbler, shove that pumpkin pie off the table and make room for some other delectable desserts.

Thanksgiving this year will likely look completely from different years COVID-19 past with restrictions, but if there's a silver lining to it all, it's that it gives us the chance to break from the norm and make brand new Thanksgiving traditions.

In a time as chaotic and unpredictable as the one we're living in, nothing should be off the table.

Well, except for the turkey.

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

In favor of pumpkin pie as the protagonist

hat smell, that horrid stench that I can vividly imagine waking up to year after year on Thanksgiving morning. It's definitely not the same feeling that revives you from your slumber and has you in a dash to the kitchen as waking up to the scent of warm cinnamon rolls, waffles or reasonably any kind of food besides a large cheese cloth smothered bird in the oven.

So, yes, Audrey we are on the same side placing the bird on the overrated table. But, placing pumpkin pie beside the bird on this table, that is a declaration far too controversial for my comfort.

I know that I previously claimed the pumpkin spice flavor overrated, but as I emphasized with enthusiasm, pumpkin pie is the true star of the Thanksgiving spread. This delicacy is deserving of its own autumnal, candlelit shrine at the head of the Thanksgiving table.

To further specify, I mean my mom's own homemade pumpkin pie, not the frozen ode to Marie Calendar or a store-bought Safeway Bakery pie. The only pumpkin pie I will and have ever consumed is my mother's and I will stand by this statement until my last Thanksgiving. Turkey, green bean casserole, mashed potatoes,



By NATALIE RIETH

corn, rolls and etc. can be enjoyed as a side at any time of the year. Sure, together they provide a combination that is unique the Thanksgiving to dining experience, but pumpkin pie is a dessert that only feels right on this specific fourth Thursday of November gathering.

My passion for pumpkin pie runs deep in my veins but I wouldn't dare request lit birthday candles atop a pumpkin pie for my March birthday. Now, moving on to the creation process. I say this with great enthusiasm: Made. With. Love.

Pie making takes years of practice and mastery. As my mom's pie-making assistant each year, I know achieving the perfect crust bake takes practice and intuition while watching the pie in the oven, and that creativity comes into play with the technicality of decorating an elaborate

display of leaves with leftover dough.

Baby food plopped into crust? More like love carefully poured from a mixing bowl into a perfectly rolled crust and garnished with a handsculped autumnal dough design.

would consider Ι minimal effort sides in comparison to this creation. Green beans and cream of mushroom soup are plopped into a pan, rolls are toasted and potatoes are smashed, yet pie baking takes hours of effort and careful attention to detail.

In the end all the baking is worthwhile, as my entire family sits in brief mutual silence appreciating that delicious fall taste paired with my uncle's homemade whipped cream.

There is absolutely no political thought in mind – at least until our second servings leave us with an empty pie tin and the classic Thanksgiving banter begins again. What is the best part of

this Thanksgiving delicacy you may ask? Leftover pie on the breakfast menu. Bon appetite!

Natalie Rieth is an arts and entertainment editor. Follow her on Twitter: *@natalie_rieth.*

Finding gratitude in an overwhelming year

It's safe to say 2020 has not been the easiest year. We've gone from Australia catching fire, to murder hornets, then on our shores we saw California ablaze and on top of it all, an election. In this hectic storm of events it can be easy to lose sight of all the good that has come, despite the bad.

This year has been so challenging, so it is even more important than ever to look to find the things we are grateful for. If we decide to call this year a what has gone right this year? wash and let it go down in history as awful, with nothing of merit coming out of it, then we lose. If we learned something new, met someone important, or just got to slow down a bit and really live in the moment, and recognize that,

we win.

The Gonzaga

Luke Modugno

Vinny Saglimbeni

Audrey Measer

Chiana McInelly

John Kafentzis

Brett Hendricks

Joanne Shiosaki

Nick Deshais

Kayla Cartelli

Natalie Rieth

Asher Ali

So, in this season of gratefulness, it is time to reflect back and truly give thanks for, if not the easiest year, the time, nonetheless.

It really is an understatement to call this past year anything short of a wreck. The coronavirus has stolen months out of our lives, and we're all getting good at blaming it for ruining things.

But it's time to flip the coin: First of all, the campus has



By DAWSON NEELY

people who I'd known for ages.

Being told to stay inside and not socialize presented a challenge that, when it was overcome, tightened relationships between people and gave an opportunity to rise to the occasion. We saw improvised tailgate parties, where those involved displayed their care for others by socially distancing.

As time went on and cabin fever spread faster than COVID-19, the restrictions finally loosened and outdoor gatherings became possible. This created the growth of exercise buddies and general healthy living. Not only did quarantine create the perfect situation for "going the extra mile" in one's social life, but also in one's personal life. This year has been the bastion for personal growth, from learning a new language to sourdough bread baking, people have time and again proven that adversity can breed self-invention. How many people also grew closer to their families because of restricted work travel or quarantine? Closer living may have at times been strenuous on

families, but it also provided for bonding and reconnection, which no one can put a price on.

As communities all dealt with a common threat, individuals, no matter how different from each other, shared in the hardships and grew more interconnected. We chose to push through it, even if we didn't like it, for the betterment of those around us.

So 2020 hasn't been easy, nor has it been carefree, but at the end of the day we learned so much.

We learned small things, like

opened, and we were allowed to study in person, which was something most of us didn't think would be a possibility. Not only that, but with modern technology at its level, virtual events have been

more easily accessible and can accomplish most of the objectives of in-person.

With all of the world on computers nowadays, the alacrity of email response is heightened, making a quick question for professors speedily answered.

Outside the academic sphere, this year has brought new friendships and strengthened old alike.

The saying "absence makes the heart grow fonder," is 2020's social hallmark. I myself found that missing friends was something that made me feel closer to the

how it makes a mother smile when a child takes on some more responsibility around the house to take some stress off their parents. We also learned big things, like the value of true human kindness in the face of adversity. But most of all, we learned how to rise to a challenge and make the most of a rough situation.

Dawson Neely is a staff writer.

Bulletin Editor-in-Chief **Riley Utley** Managing Editor Simple ways to practice self-care **Spencer Brown** News Editors Melina Benjamin **Hannah Hislop** Thea Skokan

Life is crazy. I don't know about anyone else, but my life this year consists of school, work. more school and the occasional actual meal.

Since most college students are constantly on the go during the week, and sometimes even on the weekends, it is crucial for us to take care of ourselves. Just half an hour each day doing something we enjoy might save our sanity in the long run.

Here are some easy ideas to take care of your mental and physical state of being.

Read a book

After flipping through hundreds of pages in a textbook each week, the last thing some students want to do is read. However, one of the best ways to escape the stresses of life is to immerse yourself in a really good book with an intriguing plot and fascinating characters.

Reading will help to give vour mind a break and your imagination a chance to blossom. Plus, it costs almost nothing. You can check out a book from the library, borrow one from a friend or visit a secondhand bookstore and browse the shelves

Watch a movie or TV show Another way to distract yourself from the trenches of life is by watching movies or TV shows. There are a handful of decent streaming services for reasonable price, including



By SAMANTHA DIMAIO

Netflix, Disney+, Amazon Prime and Hulu.

I haven't met a single person who doesn't have at least one of these, and if you're like me, you have all of them, plus a collection of DVDs. If not, there's always Redbox which provides movie rentals for just \$1 per day.

Play video games

Just like movies, a lot of video games explore a whole other world. You get to be a character in that world and try to accomplish something.

Some games are exciting, challenging and allow your competitive side to be free, like Mario Kart. Others are more relaxing and involve creation, like Animal Crossing

Work out

Some people lift weights. Some run on a treadmill. Some take classes. No matter how it's done, working out is a great way to relieve stress. Plus, it is doable without a gym membership.

You could go for a walk or jog, follow a yoga instructor on YouTube, run up and down the stairs to your apartment complex or practice a sport you love at the park.

Create a vibe

The most important aspect of self-care no matter what you're doing is to create a vibe. Some people want to be hyped up, social and in broad daylight when they are doing something for themselves. For me, calming is the way to go.

My favorite thing is lighting a candle or turning on my essential oil diffuser in my bedroom. Add a heated blanket in the winter and it becomes the perfect sanctuary.

There are so many more ways to treat ourselves each week; all we have to do is find something we enjoy doing and allow ourselves to do it.

Yes, school is important. Yes, we need money for rent and groceries, but is it possible to spare just a little bit of time each day to give back to ourselves in the present moment?

Grad school, career, house they're all problems for future you. Maybe sometimes, we have to let them stay in the future and not bleed into the present.

Samantha DiMaio is a staff writer. Follow her on Twitter: *@dimaio_samantha.*

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From the Zuniga kitchen with love

With the famous Tacos Tumbras truck on Hamilton Street, the Zuniga family has brought homestyle Mexican cuisine to Spokane and GU

By MATTHEW DOBNER

s I step off my front porch on Sinto Avenue, I check Amy phone — Friday night, around 5 p.m. My stomach is growling and there's one fix on my mind: a burrito from Tacos Tumbras.

1311 N. Hamilton St. is a small parking lot squeezed between Logan Tavern and The Star Restaurant & Lounge, two locations frequented by the Gonzaga students. Half of the 12 parking spaces are occupied by a food truck brightly adorned in red, green and black.

At home in California, it was common for my family to get Mexican food for dinner. The Bay Area offers a wide selection of quality Mexican food, a privilege I often took for granted. When I moved to Spokane in 2017, I quickly discovered myself in a bit of a 'food desert' — there were plenty of hamburger restaurants but I could never find a restaurant that served Mexican food that reminded me of home.

Tacos Tumbras' diverse menu offers a comprehensive selection of Mexican fare that is unrivaled in Spokane. The meat selection includes staples like carne asada or pollo and rarer cuts like chorizo or tinga. The taco selection is equally as diverse.

Carlos Zuniga is the mastermind of Tacos Tumbras. His goal is simple: serve high quality Mexican food to anyone that visits the humble taco truck.

The story of Tacos Tumbras began in Dayton, Washington, a small farming town where the Zuniga family originally picked apples. "We were over there in the fields, picking apples and pears," Zuniga said.

He recalls that customers always told him to move his business out of Dayton. "They would say, 'there's nothing like this in Spokane," Zuniga said.

Fifteen years ago, the Zunigas moved to Spokane and never looked back. Tacos Tumbras was one of the first taco trucks in Spokane and quickly became an institution for the small Latinx community. Their influence was so great that many of Carlos'



Carlos Zuniga pictured next to his wife and his iconic Tacos Tumbras truck.

former employees have started their own Mexican restaurants in the Spokane area.

Like, six businesses, [the employees] worked for me before," Carlos said. "They learned from me, and after that, they went on and opened their business."

Lindsey Zuniga is married to one of Carlos's sons. She met her husband 10 years ago, working at one of the family restaurants.

"Our whole family has been in the food and restaurant business for a long time, even when they were in Mexico," Lindsey said. When the family moved to the United States, they brought their tradition of delicious Mexican food with them.

While other taco joints in Spokane might take lessons from the Zuniga family kitchen, Carlos still has a few tricks up his sleeve. Options like Tacos Campechanos or Tinga Burritos won't be found at other restaurants in Spokane. After years of work, Carlos is using special family recipes to set himself apart from the pack.

While competition in the Mexican food scene in Spokane has increased, Carlos continues to find new ways to expand. Renovating old food trucks from wrecking yards is the best way to go.

"This is what I'm working on now," he says, eagerly showing me pictures of an old food truck. He brought the truck cheap and plans to restore it to working condition.

Once workers can be found, the fourth Tacos Tumbras will be online, a second location for Spokane's community. The family plans to locate the next truck downtown, near the Globe Bar and Kitchen.

Late-night business is the reason Tacos Tumbras is located near GU. Historic bars catering to Gonzaga students are a huge draw for business, and good relationships with a bar owner led to the current location on Hamilton. Carlos has a deep appreciation for his regular customers — many of whom attend GU.



The Tacos Tumbras truck sits in the parking lot of 1311 N. Hamilton St. between Logan Tavern and The Star.

Tacos Tumbras Usually, would stay open until 2 a.m. on weekends, serving patrons of Jack and Dan's, The Star or Logan Tavern. However, Washington's pandemic response mandates that alcohol sales stop at 11 p.m. — not late enough to justify faco service until the early morning.

While you may not be able to get a 2 a.m. burrito, you don't have to be in Spokane to get quality Mexican food. Currently, the Zuniga family operates three taco trucks - two in Oregon (Hood River and The Dalles) in addition to Spokane. Carlos' sons operate the trucks in Oregon -a true family business.

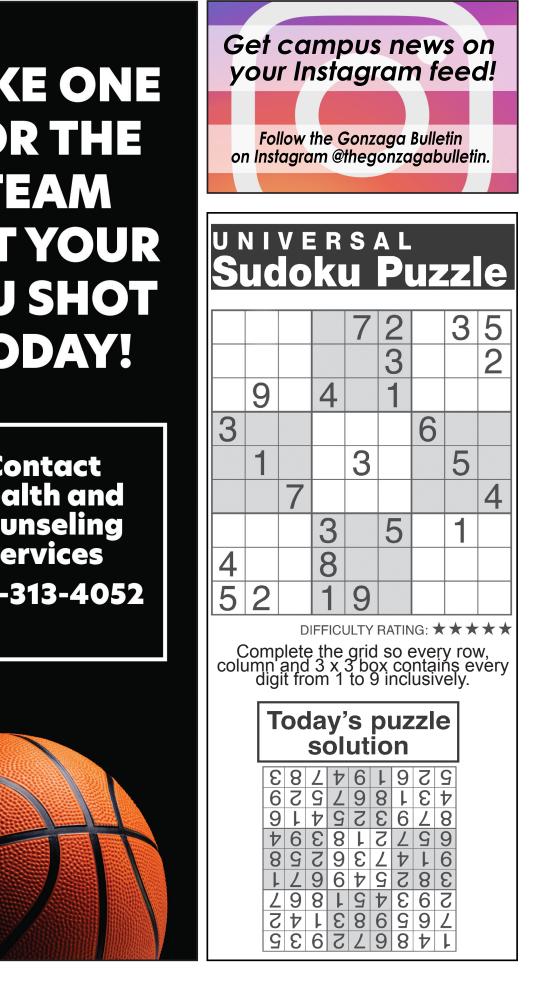
As the sun dips below the horizon, I dig into my plate of shrimp tacos. The tacos are sweet and light, complemented by a savory homemade salsa that completes each bite perfectly. As I watch traffic cruise along Hamilton Street, my eyes turn to admire the large mural facing Tacos Tumbras and try to name the GU men's basketball legends

as they appear in the painting. An off-noted feature of GU is the 'family atmosphere' of the campus. However, little thought is given to establishments in the vicinity of GU - Caruso's, Jack and Dan's, Tacos Tumbras - for helping create the 'family atmosphere' around the campus. To the untrained eye, these locations near campus are simply businesses fulfilling a need.

Upon close examination, though, faces emerge behind the businesses which frequently host GU students. The faces behind Tacos Tumbras are the Zuniga family. They've brought family to Spokane in the food they serve to people from all walks of life. This winter, Tacos Tumbras will be open every weekday from 11 a.m. to 8 p.m., serving delicious Mexican cuisine - straight from the Zuniga kitchen to the GU family.

Matthew Dobner is a staff writer.

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Fill your mug with holiday cheer

A&E

Commentary by AUDREY MEASER

Which the holiday season quickly approaching and lots of extra time spent in our homes, what better time than now to start making some festive holiday drinks to spice up your life. From recreation of fan favorite Starbucks drinks, to just good ol' fashioned wholesome winter beverages, I've created a run-down of my go-to seasonal drinks to hopefully bring a little cheer to this chaotic time.

Pumpkin cream cold brew

Were you a fan of Starbucks' pumpkin cream cold brews and are devastated at the thought of not being able to get one year round? Fear not because I've found a recipe to recreate the delicious autumnal cold foam, so you can make it whenever you want to be transported back to fall.

Ingredients:

Cold brew of your choosing, half-and-half (or a nondairy substitute), sugar, pumpkin puree, vanilla extract and pumpkin spice. An optional tool you can use if you happen to have it lying around is a milk frother. The quantities of each ingredient will vary based on how large a batch you want to make.

The best rule of thumb when making it is to add half the amount of pumpkin puree to your mix as you do your half-and-half, so as not to have an overpowering pumpkin flavor. The rest of the ingredients can be added to taste.

Directions:

In a medium saucepan on low to medium heat, combine pumpkin puree, half-and-half, sugar and pumpkin spice. Whisk all the ingredients until the sugar is dissolved and the mixture starts to boil lightly. Do not bring it to a full boil.

Remove the saucepan from the burner and turn off the flame. Wait a few minutes for the mixture to cool down then whisk in the vanilla extract. By now the mixture should have taken on the consistency of cake batter or deflated whipped cream.

Wait until the mixture is completely cooled down (20 to 30 minutes), then run it through a fine strainer and store in a mason jar in the fridge. You are good to go if you want to use it that day, but in my opinion, it tastes the best when it's had time to sit in the fridge for a day and absorb all the flavors.

If you take it out the next day and it looks a little flat, run your milk frother or a handheld beater through it to fluff it up.

If you enjoyed the pumpkin spice while it lasted, but are ready to move onto the winter flavors, this next drink is for you. Starbucks' fan favorite peppermint mochas are many peoples' go to drink around the holidays, but with COVID-19 cases rising many are opting to stay home rather than get food and drinks to go.

Peppermint Mocha

This next recipe comes really close to the beloved flavor of a peppermint mocha, but with the added bonus of being able to customize it to your personal taste.

Ingredients:

³⁄₄ cups to 1 cup of milk or dairy substitute, 2 tablespoons of sugar or sugar substitute, 1 ½ tablespoon of unsweetened



JANNA PRICE IG: @jannapricephotography Peppermint mocha is a well-loved Christmas beverage that pairs perfectly with marshmallows or whipped cream.

cocoa powder, ³/₄ cup or 1 cup (amount should be the same as your measurement for dairy) of drip coffee, mint and vanilla extract to taste and whipped cream to top it off. **Directions:**

In a small saucepan on medium to low heat, combine milk, cocoa and sugar. Stir the mixture until it comes to a very light boil, or until the sugar has dissolved. Do not bring it to a complete boil. Then add in the espresso and the mint and vanilla extract.

Wait for the mixture to cool a little (it will solidify in texture as well slightly), then pour it into your favorite mug, top it off with some whipped cream or mini marshmallows and enjoy.

Ryan Meza is a senior studying broadcast and electronic media. He works at Dutch Bros near campus and has the inside scoop on all the best holiday drinks to order if you and your fellow Zags want to mask up and venture off campus.

"A lot of people order the candy cane cold brew. It's our peppermint flavoring with chocolate milk, along with our cold brew." You can substitute it with the nitro cold brew as well if you wanted to. We then top it off with 'soft top' which is a sweet cream topping, and we finish it off with chocolate drizzle and candy cane sprinkles," Meza said.

The "snowberry Rebel" is also a popular drink this time

of year at Dutch. The drink is made with blackberry Rebel and finished off with the same "soft top" as the candy cane cold brew. It's finished off with some festive blue sprinkles.

In terms of what Meza's favorite seasonal drinks to make at work are, he's a fan of their candy cane mochas and their "peppermint bark" which is a blended coffee drink, made with chocolate, white chocolate and their peppermint flavoring. It's topped off with some whipped cream, chocolate drizzle and candy cane sprinkles.

"Our eggnog lattes are super fun to make too," Meza said. "Instead of the regular 2% milk we'll replace the milk with eggnog and we top it off with "cinnameg" which is cinnamon and nutmeg, and also soft top as well. The sprinkles look really cool on the soft top, and it just looks really pleasing and delicious as well."

One of the most exciting parts of the limited-edition drink season is all the secret menu items to try out. Meza recommends a graham cracker coffee, which is made with vanilla, white chocolate, caramel and chocolate macadamia nut and it tastes exactly like a graham cracker, and is a fun little secret not many people know about.

In terms of what drinks he likes to make for himself in the winter time, Meza loves making a chai latte and substituting eggnog for regular milk.

"Somebody ordered it and I made a little extra on accident, and I had a sip and it was the best ever," Meza said. "I highly recommend eggnog chai's with a little bit of cinnamon sprinkles. It'll change your life."

*recipe originally taken from thereciperebel.com and adjusted.

Mulled Wine

For those Zags who are 21 or older, mulled wine is an easy drink to prepare, and always a crowd pleaser. I took inspiration from a recipe from Delish.com and simplified it down even more, to make a foolproof winter comfort drink. Ingredients:

One bottle of red wine, one and a half oranges, 5 cloves, 3 cinnamon sticks, 3 star anise (optional, because let's be honest no college student has this), $\frac{1}{4}$ to $\frac{1}{3}$ cups of honey and $\frac{1}{2}$ cup of brandy (apple or grape juice is great and inexpensive substitute).

Directions:

This part is crazy simple. In a medium to large saucepan or pot over medium heat (low heat is better if you have more time), combine all your ingredients. Cover the saucepan or pot and bring to a simmer, not a boil. The turn the heat down to low (if it was at low already turn it as low as possible without turning it off), then stir for 10 to 15 minutes. Turn off the heat, wait for the mixture to sit for about 10 minutes, then serve and garnish as you please.

*recipe originally taken from delish.com and adjusted.

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

So, should we blast Mariah Carey before or after the bird is carved?

Commentary by DAWSON NEELY

We're approaching Thanksgiving and the beginning of the holiday season, filled with family, good food and cheer. And what's better, November first signifies the socially acceptable time to begin listening to those tunes that ring out the joy of the season. On top of the ideals, the subjects of the songs revolve around weather and setting. Well, the weather doesn't drastically change between the designated Thanksgiving and Christmas seasons, especially here in Spokane where it snows in October.

| Commentary by KELLIE TRAN

Lots of mistakes have been made in 2020 and because of that, this holiday season is all about growth. This year, I for one have been battling an addiction that has plagued my life for the last 19 years: premature Christmas carolling. I get it, living in Spokane makes it easy to participate in the Christmas cheer early. When October hits and the city is already suffering from tons of snow, sleet and car accidents, the only solace one gets is Mariah Carey blasting "All I want for Christmas is You" on the radio. But it is time to be realistic, listening to Christmas music early does not negate the hundreds of dollars you incur from snow related auto-accidents, or your seasonal depression. It does however make you complicit in feeding consumerism and watering the beast of capitalistic America. Unlike what premature Christmas music listeners will tell you about joy and holiday cheer, listening to "Mistletoe" by Justin Bieber on repeat makes your mental health worse. According to clinical psychologist Linda Blaire, premature Christmas music can take a toll on the mental health of listeners when it is played for long periods of time. As holiday carols begin playing earlier each year, Blair explains listeners experience increased feelings of stress. This is because Christmas music is psychologically associated with holiday chores such as event planning and money

spending. Don't worry it's totally acceptable to be a Belieber; just wait until after Thanksgiving.

Yet, there are those who would beleaguer the season with, "Not yet! At least wait until Thanksgiving is over." But why?

There are only so many days in the year and, to be fair, we need some cheer with all that's happened. Accepting that, one must then recognize that, as Buddy in "Elf" says, "The best way to spread Christmas cheer is singing loud for all to hear."

And why should we keep Christmas cheer to 7.6% of the year? This would only serve to dampen the joyous spirit that caps off the year.

Not only would handicapping the playing of seasonal tunes defeat their purpose, but why limit the meaning of the Christmas time to just December, when the ideals pair so well with the message of Thanksgiving.

All of November we are told to think back on the good and be grateful for it, well the aspects of giving gifts and being with family and loved ones during Christmas fits nicely into that message. Giving and being thankful are complementary, giving the perfect reason to unite the seasons under the umbrella of holiday music. The light happy feeling that listening to songs that detail a tree all lit up, snow on the ground and presents in a stocking is a feeling that all of us could hold onto a little tighter. The music serves as a reminder of the beauty of the seasons, both outwardly and reflectively.

The rest of the year runs without the blatant consideration of joy, generosity and family, so lets hit as much of the year as socially acceptable with that message.

All that merely provides additional reasoning to listen to the music. The tunes carry the spirit, lifting up morale with catchy melodies and fun lyrics. To be frank, Christmas music is feel good music.

That being said, with the year we've had, how can anyone stand in the way of some good old-fashioned happiness? In short, Christmas music is exactly the kind of pick-me-up we need now, and definitely before Thanksgiving.

Dawson Neely is a staff writer. Follow him on Twitter: @DawsonNeely.

This is not only a matter of respect for your own mental sanity and the bird on Thanksgiving, but a matter of ethical human rights.

Being addicted to listening to Christmas music prematurely has repercussions larger than us all. As far as I am concerned, all people that listen to Christmas music before Thanksgiving have no regard for overworked and underpaid retail workers of capitalist America.

It might be dramatic, but Christmas music is simply a ploy by big corporations to extend the time frame in which they can brainwash us all into panic buying gifts and wasting money on "limited time deals" that are really just rebranded regular deals.

Although Thanksgiving has its own faults (hello colonization), it still deserves to be celebrated in its own right.

There is a reason why Thanksgiving, Christmas, and New Years is referred to as the "holidays." To use the holiday season in conversation and ignore Thanksgiving is fallacious.

All things are better in moderation, and that includes Christmas music. I am a recovering premature Christmas music listener and this year you should too respect the bird.

Kellie Tran is a staff writer.

Zags help others this Thanksgiving season

Commentary by HANNAH HISLOP

Thanksgiving is a time when families and loved ones can gather together to give thanks for each other, opportunities and all that they have. Not only is the food on Thanksgiving abundant and delicious, but so is the opportunity to give not just thanks but to those who may not have the same opportunities.

Gonzaga University resides in the Logan Neighborhood, which happens to be the poorest neighborhood in the city of Spokane. The national poverty rate is 10.5%, where the Spokane County poverty rate is 13.1%, according to the Census Bureau 2019 report.

GU has a firm foundation in helping others and fosters the community in which it resides in.

"The Gonzaga experience fosters a mature commitment to the dignity of the human person, social justice, diversity, intercultural competence, global engagement, solidarity with the poor and vulnerable and care for the planet," reads the GU Mission Statement.

During the kickoff to the season of giving, Thanksgiving is a time to take the Zags to help Zags motto out to the city of Spokane and fulfill the GU Mission Statement. Here is a list of local places in the Spokane Area that Zags can give to. Food Banks

Du Daliks

During Thanksgiving, food banks and food drives are a great way to donate food for families to have a Thanksgiving

meal. Spokane is home to Second Harvest and Spokane Valley Partners. These food banks are always accepting food donations and donating food is a great way to spread the Thanksgiving mentality.

There is also a local news station, KREM, that is doing a food drive all November long. It is called Tom's Turkey Drive and it provides meals to families who need them.

"The need is greater than ever for food assistance. Tom's Turkey Drive provides a full Thanksgiving meal but also lets the community know we care," reads the KREM website. "So, we will continue to serve both those needs. The plan is to provide 11,000 Thanksgiving meals."

By shopping at a Rosauers grocery store you can donate money or food that will help feed a family.

Christ Kitchen

This Spokane organization has been helping women and their children, in poverty, for the last 22 years. Christ Kitchen makes pre-packed goods with recipes on how to make the meals inside. It runs a coffee stand and sells baked goods there. Buying the goods there is a great way to support, but during the holiday season, Christ Kitchen sets up shop in the Riverfront Park Mall and sells its products. Not only is this a great way to support Christ Kitchen and the women who work there, but also a personal and fun gift to give others in a season of giving.

Since there are no volunteers during COVID-19 times, donating money is a great way to help this community of

women and their children.

Liberty Park Community Development Center

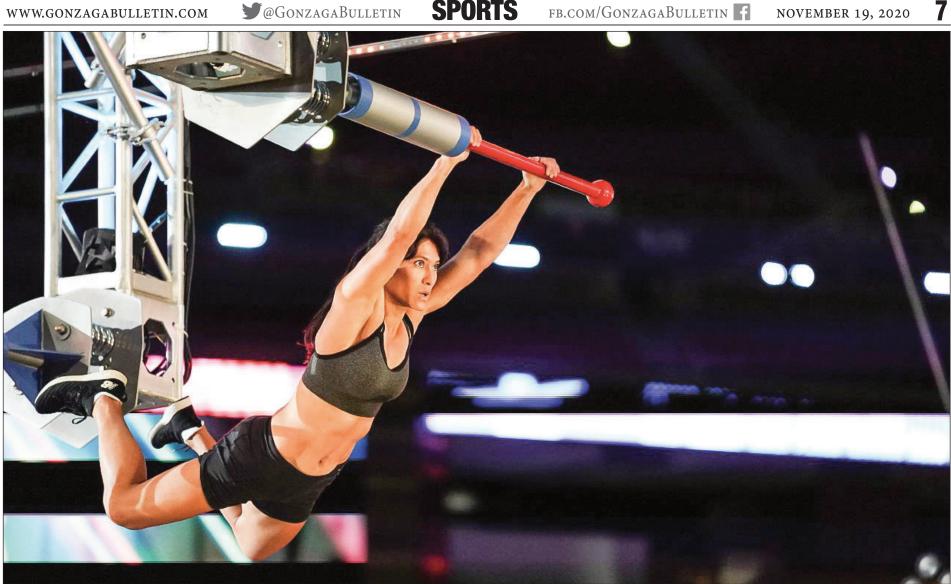
This community center is located in a low-income neighborhood of Spokane. It supports the children of this community by giving them an outlet to do online classes, homework help and the opportunity to still be a kid during the pandemic. Normally Liberty Park has volunteer positions, but during COVID-19, it is looking for donations as a way to help. Liberty Park takes donations in the way of children's toys as well. So, while you are home for Thanksgiving, clean out the childhood toys and see if you can donate some to the local community center of Liberty Park.

Thanksgiving is a time to not only celebrate family with good food but is an opportunity to help celebrate with others, by giving. By becoming a Zag and doing your part to follow through with the GU Mission Statement—standing in solidarity with the marginalized.

Second Harvest 1234 E. Front Ave., Spokane, WA 99202 Spokane Valley Partners10814 E. Broadway Ave., Spokane Valley, WA 99206

Christ Kitchen 2410 N. Monroe St., Spokane, WA 99205 Liberty Part Community and Development Center 1417 E. Hartson Ave., Spokane WA 99202

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



Former Gonzaga women's basketball player Sandy Zimmerman competed on the "American Ninja Warrior" competition in 2019 and 2020.

"

A true GU 'American Ninja Warrior'

By THEA SKOKAN

andy Zimmerman knows exactly who she is and why she is here, but that Uwasn't always the case.

A former Gonzaga women's basketball player, Judo national champion and now a physical education teacher on the Fairchild Air Force Base, Zimmerman is a role model in many aspects of her life, one who believes in the power of everyone.

"I have a heart for helping others reach their full potential and helping others grow and learn," Zimmerman said. "Not just in their subject matter, but as human beings."

Growth is something Zimmerman is well versed in. She was raised near Tacoma in poverty and on welfare. She even spent time in the foster care system. It wasn't until she moved away from Spokane at the start of high school that she began to see the potential for something more.

Zimmerman fell in love with the game of basketball and earned herself a full-ride scholarship to GU.

"It was really a ticket out of poverty and out of a rough life," Zimmerman said. "I got a great education, God was wonderful to me and it just really opened doors and helped me change my family tree. I'm just so grateful that I was able to become a part of the Zag family." Zimmerman graduated in 1999 with her teaching certificate and accepted a PE teaching position, the same one she works to this day. That wasn't, however, the end of her athletic journey.

Something in my soul was just saying, 'This is where you're supposed to be. This is what I'm supposed to be doing.' I couldn't shake it.

Sandy Zimmerman, "American Ninja Warrior" participant and former Gonzaga women's basketball point guard

"Something in my soul was just saying, this is where you're supposed to be," Zimmerman said. "This is what I'm supposed to be doing. I couldn't shake it."

After being accepted onto the show, Zimmerman competed twice but her runs were cut short both times due to injury, a misplaced hand or lack of strength. She had to stop and ask herself if she was really meant to be there if she just kept failing.

A few weeks later she heard the voice again. At the time, it was too painful. Zimmerman didn't feel healthy enough to feel anything but humiliation and shame for what she had been through and where she came from. Then, after competing in ANW, she heard the voice again. This time she listened.

"When I finally had the courage and confidence to not shut it down right away, I kept listening," Zimmerman said. She had the courage and confidence to hear out the voice in her head and what she learned is that her story, as painful as it is, has a happy ending. "And I thought, 'Oh my gosh, it does," she said. Zimmerman knew then people would benefit from hearing what she went through. "Did I go through a lot as a kid? Absolutely," Zimmerman said. "I have been sexually abused, physically abused and emotionally abused. I have family members that were incarcerated, had mental illness issues, drug abuse issues, you name it. But what I've discovered is everybody is going through something, and everyone needs to see that however dark those days are, there is hope at the end of that." Zimmerman has found an outlet for her wisdom and it happens in her own backyard. Backyard may be an understatement because in it, her husband Charlie has built their very own ninja gym complete with over 40 obstacles. It's here Zimmerman holds classes for everyone ages 7 and up and even trains a group of

COURTESY OF SANDY ZIMMERMAN

kids that compete in ANW Jr. and events like it across the country.

Lisa Hoxie met Zimmerman in 2016 after signing her son Daniel up for a class. It wasn't like any other sports practice she'd ever seen.

There's like a core group of adults that just keep coming with their kids and staying," Hoxie said. "When we could just drop off the kids, we don't because we love being a part of what's happening and we love helping Sandy."

Zimmerman designs each class with 60 to 70 obstacle combinations and the kids spend three to four minutes at each one while the parents help reset everything, Hoxie said. At the end, there is a mini competition and a champion of the class is crowned.

'The way Sandy coaches though, it doesn't become all about the one who wins," Hoxie said. "She always takes time to talk about a child that accomplished something they were afraid to do. And, she always relates it to a life principle."

There's always an opportunity for a lesson at the Ninja Fortress, as her backyard has been dubbed, and that's what Hoxie believes makes it so special

Six years ago, Zimmerman was at home with her husband and three kids taking a rare chance on channel surfing in hope of finding something they could all watch.

"It was one of those fate things," Zimmerman said.

"American Ninja Warrior" (ANW) flashed across the screen and instantly they were hooked. ANW is an extreme televised obstacle course that tests the endurance and strength of unrivaled athletes through a series of courses and ends with a \$1 million prize. Few have actually made it all the way through to the end, the real challenge is seeing how far you can go among some of the country's best athletes.

Zimmerman knew she had to do it. After running through the emotions of deciding to do something as seemingly crazy as ANW, she only wanted it more.

In 2019, Zimmerman slammed her hand down on the red buzzer. She had conquered the warped wall, made it through every grueling obstacle, to become the first mom on ANW to complete the course.

Her mindset had completely changed that round, it was no longer about the buzzer, she just took it one obstacle at a time. She carried that mindset with her to the most recent season of ANW in which she made it to the first night of the finals. Unfortunately, her run was cut short but she knows that won't be her last time on the starting platform and she also knows

why. "If you can find your 'why,' your motivation is cut in half," Zimmerman said. "If you can figure out the real reason you're doing it, it really cuts the workload in half."

Zimmerman found her "why" her freshman year at GU. She remembers she had just finished basketball practice and she heard a voice in her head telling her she needed to share her story.

"Immediately I was like, no way," Zimmerman said. "It's a sad story, I don't want to share that story."

"She's a teacher, and that doesn't leave her at all," she said. "She has a way with kids who have everything against them. That leadership brings out the best in all of us."

Tara Smith also has a son who trains with Zimmerman in the Ninia Fortress. For them, it's more than a sport it's a family.

"There are a handful of us that have only children and that during quarantine has been rough," she said. "But these kids, these are his siblings."

While Zimmerman is prepping the kids for their competition she hasn't lost sight of her own. Her next goal for ANW is to be the last woman standing, and who knows if she'll stop there.

The longer I stay alive and the further I make it on the show, it gives me a platform to get the message out there," she said. "That we never have to stop dreaming. It doesn't matter our age, it doesn't matter our gender, don't put limits on yourself. If people don't laugh at your dream, it's not big enough."

Thea Skokan is a news editor.

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Once a Cougar, always a Bulldog

Sydni Burrup's family has a storied past at BYU, but one visit to Spokane diverted her path to Gonzaga.

By TOMMY CONMY

Talk to freshman women's soccer player Sydni Burrup about her family and you may think the B in BYU stands for Burrup, not Brigham.

The standout freshman's parents attended Brigham Young University in Provo, Utah, and four of her aunts and uncles attended BYU-I in Rexburg, Idaho. Her brother is also enrolled at BYU and is currently serving his mission required by the Church of Jesus Christ of Latter-day Saints, more commonly referred to as the Mormon church.

Despite the distance from Spokane to Burrup's hometown of Corrales, New Mexico, and the fact that BYU is Gonzaga's most bitter rival, Burrup arrived at GU this summer sporting dark blue and red, not the white and blue synonymous with the Cougars of BYU.

Like many athletes, Burrup had to roll with the punches of college recruiting.

"My first choice was actually BYU," Burrup said. "Growing up I wanted to go play soccer for BYU but I was super late in my recruiting process. They had already filled my class for BYU so that wasn't even an opportunity for me."

After this recruiting snafu, Burrup expanded her search to all of the West Coast, including the Inland Northwest. Burrup zeroed in on Boise State University and other California schools to fulfill her dreams of playing college soccer. Burrup wanted to stay relatively close to her home in New Mexico and Boise State was the farthest school before she found out about GU.

It was Burrup's high school English teacher who turned her on to the idea of playing for GU.

"I had no idea how outstanding GU was until my mom got a call from my 11th grade English teacher, Ms. Eastin, who talked to my mom for an hour about how everything at GU is superb," Burrup said.

Burrup's teacher had a niece who was a senior on the soccer team at the time, Isabelle Jones. Eastin's rave reviews gave the star high school striker a new goal to aim at.

Burrup visited Spokane in the middle of winter for an ID recruiting camp and was shaken by the stark contrast in temperature to New Mexico. In spite of the cold, Burrup warmed up to GU quickly.

"I loved the ID camp," Burrup said. "The coaching staff and the players were super fun and amazing so I didn't even care about the coldness, I just loved it here," After that ID camp, that's when I knew that was the school for me."

Besides the rising national profile of the GU women's soccer team and her positive visit, Burrup was sold on her choice because of the coaching staff. Burrup is a member of the Church of Jesus Christ of Latter-day Saints and identifies as a Mormon. Coach Watkins and Coach Josh Patino are also members of the church and have connected with Burrup off the pitch due to their faith backgrounds.

"That was a big decision in why I chose GU was the coaches. I am a member of LDS and so are my coaches. That was something super big to me was a community of the same faith that surrounded me," Burrup said. "That made me want to come up here even more."

For Watkins and the coaching staff, Burrup was a can't-miss recruit who could rack up goals and assists.

"Syd has great speed and loves to go at defenders 1 v. 1," Watkins said via email. "She has proven to be a big-time scorer in Club and High school, something we really look for in recruits. Not only have Burrup's skills translated to success in practice, her personality has been contagious. "She has an electric personality, always smiling and having a great time. Her teammates love to be around her, she's usually the first one to start dancing in our warmups," Watkins said.

Burrup admits that it was a little odd that she was going to attend a Jesuit school, but after being on campus for nearly a whole semester, her doubts have been silenced.

"That was one thing I was a little bit skeptical about but in the end it's been amazing," Burrup



PHOTO COURTESY OF SYDNI BURRUP'S TWITTER

Burrup, along with the rest of the team, has been practicing in smaller groups as the team anticipates a potential spring soccer season.

sus said.

Burrup has found friends of other faiths on campus and participates in Bible studies on Sunday with her roommate and fellow freshman soccer player Isabelle Moultray.

Isabelle Moultray. "I was still reaching out to other schools and showing interest in other schools at that time," Burrup said about the spring following her ID camp visit.

As her senior season approached, Burrup wanted to commit to a school. Her parents decided she would visit GU one more time on an official visit to see if it truly was the right fit.

On her visit that summer Burrup met her future teammates and went to classes with them in a much warmer environment.

"I went to go get ice cream later that night and these people were talking to me and telling me how amazing GU is and how I would be a good fit if I decided to come," Burrup said. "That night was when I knew I wanted to be here."

Burrup stepped onto GU as a student-athlete for the first time this past summer in a much balmier environment than when she first set foot on campus. Burrup said that due to the COVID-19 restrictions put in place, the team can focus more on specific skills like 1 v. 1 drills and shot blocking than it would've in previous seasons.

As the women's soccer season got pushed to the spring, Burrup's



most anticipated matchup will have to wait for a few more months.

"I cannot wait to play (BYU)," Burrup said. "That's the one game I really want to play in and do well and beat them. That's one of the major things I want to check off my list is to beat them."

For now, Burrup and her teammates are doggedly training for their much anticipated season. Although Burrup isn't sure how playing time will shake out, she's ready to start filling up the W column.

"I'm not really sure where I'm at right now (on the roster) but I just hope to win," Burrup said. "I want to prove that all of our hard work as a team has led to us winning. That's my biggest expectation."

Tommy Conmy is a staff writer.

A Thanksgiving spread of football

Thanksgiving day hosts three NFL games, each featuring a dynamic matchup anticipated by GU students

By ETHAN MCREYNOLDS

Thanksgiving is right around the corner, and that means families will be preparing for the long-lasting tradition of watching NFL football during the holiday celebration.

The Thanksgiving NFL football tradition is back with three games slated for the Nov. 26 holiday. Starting at 9:30 a.m. PST, the Houston Texans will travel to Ford Field to play the Detroit Lions.

Followed by the afternoon game starting at 1:30 p.m. PST where the Dallas Cowboys will host the Washington Football Team at AT&T Stadium. This leads up to the marquee matchup of the night starting at 5:20 p.m. PST where the Baltimore Ravens will try going into Heinz Field to get a win against the hosting Pittsburgh Steelers.

Not every fan has their favorite team playing on Thanksgiving, but there are things of interest for everyone in all the games. Many families, like that of Gonzaga junior Carter Culver, love to bond with their extended family on Thanksgiving over these football games.

"My dad and I have always watched the football games on Thanksgiving every single year and I'd say the last five or six years me and my uncles and my grandpa and my brothers watch all the games and have a blast," Culver said.

While some may not have a personal vested interest in the teams, watching the games on Thanksgiving is a great way to spend time with family members and provides an activity an entire family can bond over.

"It's one of the two to three times per year I get to see my extended family, so we just love sitting there watching football all day until the meal is ready," Culver said. "It's literally my favorite part of Thanksgiving and I feel like I get to connect with my uncles and grandpa more because I don't get to see them a whole lot throughout the year."

Even if your favorite team is not playing on Thanksgiving, there is still plenty to look out for in all three games.

The Houston Texans, led by Quarterback Deshaun Watson, come into week 11 of the season sporting a 2-7



This year's games have Washington at Dallas, Houston at Detroit and Baltimore playing at Pittsburgh.

record. Many view Watson as a rising star in the league on a team devoid of much talent.

"I think Deshaun Watson is one of the most electrifying players in the league, so I'm definitely looking forward to watching him play," Culver said.

The Detroit Lions will host the Texans and come into week 11 with a 4-5 record. This game will continue the Lions' tradition of hosting a game on Thanksgiving every year since 1934.

The team is led by quarterback Matthew Stafford who will try to outduel Watson of the Texans in this matchup. The Lions are coming off their first home victory of the season in week 10 and will look to build off that momentum coming into the game. Gonzaga junior Alex Samuel sees this game as one of interest, but for different reasons than Culver.

"I love Matt Stafford, he's the comeback king," Samuel said. "I'm interested to see what he can possibly get going, maybe win the game in the final drive like he always does."

The afternoon game features a divisional rivalry with the Dallas Cowboys hosting the Washington Football Team. This will also continue the Cowboys' tradition of hosting a game on Thanksgiving every year since 1966. Both teams came into week 11 with a 2-7 record, but that is good enough to only be 1.5 games behind first place in the division and an automatic playoff berth. This game could have huge implications for who is able to come out on top in the NFC East division.

"Divisional games are always super fun to watch, like you watched the 15-1 Carolina Panthers lose to the 6-10 Atlanta Falcons in their near perfect season in 2015, and that was one of the best games of the year," Culver said. "Those divisional matchups are always a ton of fun, and that's something I'm looking forward to more than the morning game because of how much more competitive it could be."

This builds up to the Thursday night game and matchup of the night with the Baltimore Ravens taking on the Pittsburgh Steelers in another divisional rivalry game. The rivalry between these two teams is well-documented with many referring to it as one of the best in all of professional football.

The Steelers lead the overall series between the two teams 29-24. The Ravens come into week 11 with a 6-3 record, 3.0 games behind the undefeated 9-0 Steelers for the division lead.

"I'm looking forward to what is probably going to be one of the best games of the season," Culver said. "Their first matchup [earlier in the season] came down to the last play and I think it's going to be a great game again."

"Both teams are big playoff contenders, possible Super Bowl contenders, so it's going to be a tight game," Samuel said. "It's going to be fun to see Lamar [Jackson] play up against Big Ben [Roethlisberger], and it'll be interesting to see if the Steelers can adapt to the Ravens dominant run game."

Regardless of the outcomes of the games, NFL Thanksgiving football provides the country with something to bond over among families.

"No matter who is playing, we're all going to enjoy it. This is more of a family bonding thing, and I think an America bonding thing," Culver said.

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