



THE GONZAGA BULLETIN

VOLUME. 131 ISSUE 15

Gulf Coast Showcase

Nov. 29 – Dec. 1



Battle

4

Atlantis
Nov. 27 – Nov. 29



Freshman forward Drew Timme (2) has scored double-digit points in four out of five games this season.

LILY KANESHIGE IG: aka.lilly

Bulldogs brace for Battle 4 Atlantis

Commentary by
CONNOR GILBERT

Gonzaga men’s basketball and Thanksgiving tournaments are a holiday tradition that go way back, from Adam Morrison and Rui Hachimura’s heroics in their respective Maui Invationals to the Zags dominating 2016’s AdvoCare Invitational. The early season tournaments have provided a way not only for the Zags to pack their schedule with more high-profile matchups but also to solidify their place among the nation’s best. Thanksgiving tournaments are as close as college basketball fans get to the thrills of March, especially for a GU program forced to frontload its schedule with stronger matchups for a better tournament resume. This year, the Zags are

heading south for the Bad Boy Mowers Battle 4 Atlantis at Atlantis Paradise Island in Nassau, Bahamas. The last time the Zags appeared in the Bahamas was in 2015, but the results didn’t exactly correlate with expectations. Led by the “three-headed monster” of talented big men Przemek Karnowski, Kyle Wiltjer and Domantas Sabonis, GU was the No. 10 team in the country coming into the tourney. A loss to Texas A&M in the second round and an injury to Karnowski in a win over University of Connecticut marred a third-place finish for the Zags, who spent much of the rest of the season looking for answers before heating up during the tournament. This year, expectations are even higher for the Zags — coming off five straight Sweet 16s

and a No. 8 ranking will do that for a program. But so is the level of competition. The Zags could potentially face three ranked teams, and are guaranteed to face at least one in the second round if they can get past Southern Mississippi. Southern Miss is 1-2 in its first year under new coach Jay Ladner, with those losses against low-to-mid-major teams in South Alabama and North Florida. But the Golden Eagles have five players averaging double digits. Potentially awaiting the Zags is the winner between No. 11 Oregon and No. 13 Seton Hall, two teams that have already faced elite competition early in the season. Head coach Dana Altman’s Ducks boast a deep and diverse roster, led by graduate transfers Shakur Juiston and Anthony Mathis alongside senior guard

Payton Pritchard, who averages 20.2 points per game. They bulldozed solid Boise State and Fresno State teams to start the season and then outclassed a then-No.13 Memphis squad with heralded freshman James Wiseman on the floor. Altman has plenty of experience at the apex of college basketball, and he has a roster with potential to bring that to fruition once again. Seton Hall has shown it can hang with top-ranked teams as well. Myles Powell’s 37-point performance against then-No. 3 Michigan State was almost enough for an upset win, and he followed it up with 26 in a win over St. Louis. Powell’s dynamic playmaking and shooting could cause fits for a GU backcourt that’s already a bit thin. But if the Pirates want to knock off the Zags, they will need more production from the rest of the

roster. On the other side of the bracket are two other blue bloods in No. 5 University of North Carolina and Michigan. The Zags wouldn’t play either until the championship game if they make it through the first two rounds, but both teams could give GU problems later on. UNC faces Alabama in the first round and the Wolverines face Iowa State. A Zags against Tar Heels championship game would be a preview of their matchup in Spokane slated for Dec. 18; the two top-10 teams could play each other out of conference twice in the span of three weeks. UNC has potentially the best freshman in the country in point guard Cole Anthony (27.3 points per game) and Roy Williams’ program’s competitiveness year-in and year-out is almost always a guarantee. But they have to defeat Alabama first. The Tide are 1-2 under first-year head coach Nate Oats, with losses against University of Pennsylvania and University of Rhode Island. Michigan rests just outside of the Associated Press Top 25, but there are still question marks about its place in the national pecking order. The Wolverines nearly blew a 30-point lead in their home opener against Appalachian State, but followed it with two good wins over Creighton and Elon. Their performance against Iowa State and the winner or loser of Alabama/UNC will tell more about their ability to keep up with top teams. Iowa State last played the Zags in 2016’s AdvoCare Invitational, a thrilling game in which the then-No. 2 Zags rode 18 points from Nigel Williams-Goss to hold off a furious Cyclones comeback. Tyrese Haliburton is back for round two after a surprising rise to stardom in his freshman year last year, and the Cyclones are 2-1 with their only loss against Oregon State. ISU soundly defeated GU’s first-round matchup in Southern Miss, and is yet another power conference team that can compete in this tournament. Ultimately, if the Zags find their way past these roadblocks, it’s a strong indicator of where they will stand in March.

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



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No holiday break here: Zags prep for Thanksgiving tourney

By COLE FORSMAN

A trip to Florida over Thanksgiving break usually means spending time with family, relaxing and taking a much-needed hiatus from school.

For the Gonzaga women's basketball team, this qualifies as a business trip.

The Zags will travel to Estero, Florida, over the holiday weekend to kick off the seventh annual Gulf Coast Showcase, an eight-team tournament loaded with talented squads from across the country.

This year's participants will present a challenge for the Zags. Five of the eight teams made an appearance in the NCAA tournament last year, including Arizona State University, Auburn University, Drake University, University of Maine and GU.

A pool of this many skilled and accomplished teams is rare to find in a single tournament, but it might be what the Zags need: an opportunity to knock down some of the top programs in the country.

Here's a look at the first-round schedule:

Game 1: Auburn vs. Middle Tennessee (8 a.m. PST)

Game 2: No. 23 Gonzaga vs. Dayton (10:30 a.m. PST)

Game 3: Arizona State vs. Maine (2 p.m. PST)

Game 4: Drake vs. Purdue (4:30 p.m. PST)

GU opens the tournament with a first-round matchup against the Dayton Flyers (3-1), who are making their first appearance at the Gulf Coast Showcase since 2015. The Flyers are led by a backcourt duo of Jayla Scaife and Shakeela Fowler, as they both pace the Flyers in scoring with 11.8 points per game.

Scaife is coming off a season where she was named first team all-conference for the Flyers, while averaging 15.7 points and seven rebounds per game.

The Zags must not forget about 3-point specialist Jenna Giacone, who comes off the bench for the Flyers. The senior guard has made 44% of her 3-pointers and leads the team in 3-pointers made.

While Dayton's backcourt could give GU troubles, the Flyers have struggled shooting the ball to start this season. Dayton has made just 37.9% of its shots through two games,

including 27.3% from deep. The Zags can take advantage if they rebound and create easy scoring opportunities.

A win for GU would place them in a second-round matchup against the winner of the other first round game between Auburn and Middle Tennessee.

Should the Auburn Tigers (1-1) win that game, the Bulldogs will face an experienced and talented roster. The Tigers are coming off a 22-10 season in which they made the NCAA tournament, losing to BYU in the first round. The Tigers managed to keep most of their roster intact for this season, including guard Daisa Alexander and forward Unique Thompson. Alexander led the team in 3-point shooting last season, knocking down 36.1% of her shots beyond the arc. Thompson led the Tigers in rebounding with 10.3 a game while also adding 12.2 points each night.

Both Thompson and Alexander led the Tigers in their season-opening win over Wofford. Thompson scored 25 points and grabbed 13 rebounds, while Alexander finished with 22 points and six rebounds.

While the Tigers' offense might threaten the Bulldogs, their defense has looked vulnerable. Through Auburn's first two games, it has allowed 85.5 points per game to opponents. With an offense as potent as GU's, the Zags' firepower could spark a runaway win.

In the event that Middle Tennessee (2-1) pulls off an upset over Auburn, the Zags would have to focus their attention on a Lady Raiders team that has struggled offensively to start the season. Through three games, the Lady Raiders have averaged 61.3 points and shot 38.6% from the floor. The Zags' defense has looked formidable so far this season, only ceding 51.5 points per game to its opponents.

One bright spot for Middle Tennessee's offense has been redshirt sophomore Anastasia Hayes, who leads the team in scoring with 18 points per game. Hayes has also distributed the ball well, averaging 5.7 assists per game.

If GU can slow down Hayes and execute its brand of basketball, then the Zags should have no problem handling the Lady Raiders.



LeeAnne Wirth is averaging 8.3 points and 3 rebounds this season.

LILY KANESHIGE IG: aka.lilly

However, nothing in college basketball is guaranteed.

Win or lose, the Zags will be participating in at least two tournament games. The only uncertainty is whether GU will be competing for a championship, third place, fifth place or seventh place.

In a championship scenario, a plethora of talented teams could await GU. Programs such as Drake and Maine are conference champions from last season, while Arizona State is off to a 2-1 start. The Zags will most likely face one of these teams if they advance deep enough in the tournament.

After getting a taste of elite competition in a 76-70 overtime loss to No. 3 Stanford on Sunday, the Bulldogs have proven they can hang with the nation's top teams. A tournament championship is obtainable and would be the next step forward in growing as a team.

Coming home with a championship trophy would be something to be thankful for.



Melody Kempton is averaging 7 points and 6.7 rebounds this season.

CHIANA MCINELLY IG: picsbychiana

Cole Forsman is a staff writer.

GU women's basketball jumps to No. 23 in AP Poll; men's team stays put at No. 8

By CONNOR GILBERT

It's very difficult for most teams to enter the Associated Press Top 25 after losing, especially for a midmajor team this early in the season.

Gonzaga women's basketball is not like most teams. Despite a heartbreaking 76-70 loss in overtime to No. 3 Stanford in Palo Alto, California, the Zags cemented their place amongst the nation's best. The voters took notice. GU clocked in at No. 23 in the country, its first time in the Associated Press Top 25 this season.

"These games are harder," women's head coach Lisa Fortier told *The Spokesman-Review*. "When you play a top team and get blown out, at the end of the day you can say 'we're not as good as they are.'

"But losing by a few ... you second-guess everything, and so do the players," she added. "Looking back, we didn't play that well. To think we almost beat Stanford and we didn't play that well"

In a foul-heavy, grind-it-out game against the Cardinal,

the Bulldogs nearly pulled off a repeat performance of last year's upset in Spokane. Both teams felt equally-matched despite the disparity in rankings, with 18 lead changes and 14 ties throughout. In the end, with two GU starters fouling out and an off shooting night from key players, the Cardinal became too much for the Zags to overcome.

"We're disappointed; we know how good they are and we know we're a good team too," Fortier said after the game. "We talked a lot about winning the possession game because Stanford is so efficient. ... We wanted to be decisive. We out-rebounded them by one and we had one fewer turnovers, but that wasn't enough."

The Zags have a home matchup with Eastern Washington on Friday before they head to Florida for the Gulf Coast Showcase over Thanksgiving break.

On the men's side, so far so good — despite a flurry of shakeups in the top 10, the Zags stayed put at No. 8, with a host of potential and upcoming opponents surrounding them on all sides.

University of North Carolina, set to face GU in Spokane Dec. 18 with the added possibility of an earlier matchup in

the Battle 4 Atlantis finals, came in at No. 5. The Oregon Ducks and Seton Hall Pirates, both potential second-round matchups in Nassau, are Nos. 11 and 13, respectively. The Ducks recently defeated a James Wiseman-led Memphis team in Portland and the Pirates fell to No. 3 Michigan State in a close game. Two PAC-12 teams the Zags will face in December, Arizona and Washington, are ranked Nos. 14 and 25.

The Zags' West Coast Conference archrival Saint Mary's dropped out of the rankings after an upset loss to Winthrop at home last week, plunging from No. 18 to fourth on the receiving-votes list with 55.

GU will play Cal State Bakersfield at home Saturday in its final game before kicking off the action in the Bahamas, where they will first play against Southern Mississippi on Wednesday.

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

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GU does away with early action

By LINDSEY WILSON

In fall 1993, the Gonzaga Admissions Office saw hundreds of paper applications get sent in. Transcripts, letters of recommendation and test scores piled up in bins for the office to sort through. As time progressed, the admissions process became

easier. Applications were submitted through the GU website, which led to more students being able to apply. In 1998, the GU admissions office decided to begin a new application process that involved early action, following a trend at the time. The early action process has recently been removed for the 2020 high school class who are

currently applying to GU. All applications are now due Dec. 1. “I decided to apply early admission because I was extremely stressed about the college admissions process,” sophomore Maureen Parks said in an email. “I wanted to know whether I had good options as soon as possible so I could know whether I needed to explore other options.”

Parks believes that early action was an opportunity that helped her secure her spot at GU. She also noted that applying for early action lessened her stress, because if she wasn’t admitted, she knew she had another chance during regular admission time. The removal of early action wasn’t something that was an

overnight decision. A lot of statistics about enrollment and the change of climate when it comes to applying to college were taken into account when the Office of Admissions decided to do away with early action. In 1998, there were 1,841 first-year applicants, 340 of whom were early action. At the

SEE EARLY ACTION PAGE 4



Sherry Wood (left), Ted Di Maria (middle) and Brent Diebel are all professors who bring their dogs to class with them.

PHOTOS BY MATTHEW LUMSDEN IG: matthew.lumsden

Who let the dogs in?

Professors have found that bringing their pups into the classroom decreases tension and increases learning

By MILA YOCH

How do Gonzaga University professors manage keeping their students happy and engaged? For some, all it takes is a dog and a class willing to welcome them. GU has always been a dog-friendly campus, with copious numbers of man’s best friends meandering around the school accepting any free head pats along the way. But students aren’t the only ones bringing their pups around. A fair number of professors are bringing theirs too — even into the classroom. Some even use

the four-legged friends as teaching aids. Ted Di Maria, professor of philosophy, brings his dog Manny, named after philosopher Immanuel Kant, for his class discussion on the distinctiveness between humans and animals and what distinguishes people from animals. “[Manny] is somebody that I refer to when I have a discussion so it gives them the concrete image in their mind when it comes up,” Di Maria said. Manny is a fox-looking dog that typically comes twice a semester. Despite what many may think about the dog potentially being a distraction, Di Maria disagrees and instead feels that Manny

has been helpful in getting his classes’ attention. “During the course of your average class, students’ minds wander and it’s actually a way to get them to focus again, to have him do some cute little thing to get them to pay attention again and back on track,” Di Maria said. This seems to be a common trend in the philosophy department. Lecturer Brent Diebel primarily teaches philosophy 101 and 201, and uses his pugs, Fitz, Bingley and Dudley as he discusses philosophical concepts. “I tended to use them as examples and students responded really positively to dog stories,” Diebel said. Diebel’s “Pride and Prejudice” named pugs (except for Dudley, who came with the name) began visiting the students around 2010 typically during finals week, due to popular demand from students. “If I collect papers for my philosophy 201 class, for the final, I have students bring their paper in and as I check them

off and bring the dogs in so they can say hi to the examples from all semester,” Diebel said. “And if I give out a 101 exam, I’ll bring them in so the students can take the exam and they can pet them.” The demand to pet the pups is evident as Diebel is stopped by numerous students and crowded by groups, as he walks around campus. But the motivation for bringing the dogs to class stems beyond classroom purposes and extends to bettering the classroom environment for students and in theory, benefiting their mental health as well. Sherry Wood, laboratory specialist in the biology department, brings in her dogs five days a week and has noticed how bringing them has benefited students health. “It think it relaxes them,” Wood said. “Sometimes things are so tense, it reminds them of home.”

SEE DOGS PAGE 3

Pope appoints Gonzaga alumnus to cardinal position

By VINNY SAGLIMBENI

Throughout time, the Jesuit influence on the world has been one that has changed the way religion is viewed in society. What started hundreds and hundreds of years ago by St. Ignatius of Loyola has turned into something so big and influential, that the head of the Catholic Church, Pope Francis, is a Jesuit. On Sept. 1, Gonzaga alumnus Fr. Michael Czerny was appointed by Pope Francis as a cardinal in his sixth consistory, a meeting called by the Pope. Cardinal Czerny will be specifically dealing with issues that have to do with migration, as his official title was originally “the under-secretary of the migrants and refugees section of the Vatican Dicastery for Promoting Integral Human Development,” according to the Vatican News website. “We always try to educate men and women for and with others,” Jesuit Specialist for Mission and Ministry at GU Fr. Dan Mai, S.J. said. “I would not be surprised that we would have some dignitarian that passed through here.” Thirteen new cardinals were named by Pope Francis, including Czerny. Furthermore, three of the 13 cardinals were Jesuits: Czerny, Archbishop Jean-Claude

Höllerich, of Luxembourg, and retired Archbishop Sigitas Tamkevicius, of Kaunas, Lithuania, according to jesuits.org. Michael Swain of The Catholic Register gave a timeline of Czerny’s life and the events leading to his being appointed a cardinal in September. After being born in Bro, Czechoslovakia, on July 18, 1948, and moving to Canada two years later, Czerny joined the Society of Jesus in 1963. He graduated from GU in 1968 with a dual degree in philosophy and literature, according to the Catholic Sentinel. Czerny then earned his doctorate degree in Interdisciplinary Studies from the University of Chicago in 1978. After doing work in El Salvador, Brazil and other countries, Czerny, along with Jesuit Fr. William Mbugua, founded the African Jesuit AIDS Network, which “today supports Jesuit pastoral work with AIDS-affected communities in 30 countries,” Swain writes. Czerny was in El Salvador at Central American University shortly after the murder of six Jesuits, a housekeeper and the housekeeper’s teenage daughter, where he assumed the role of the director of CUA’s Human Rights

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PHOTO ILLUSTRATION BY JOE O’HAGAN IG: ohagandazphotography

From left to right, Shelby Taketa, Tarik Alauddin, Nathan Harvill and JJ Doria are members of GRIG.

GU Renewable Investment Group receives funding for Tesla Powerwall 2 battery

By RATH JESSEN

Gonzaga University does a lot in the area of sustainability, but recently, it has taken an exciting leap forward. This year the Gonzaga Renewable Investment Group (GRIG) received funding to purchase a Tesla Powerwall 2 battery, giving it the opportunity to showcase the benefits of the sleek new technology and act as a prime example of sustainability on campus. Juniors JJ Doria, the president of GRIG,

and Nathan Harvill, the power team lead, have been working hard to bring an increased level of sustainability to GU during their years here. “One of the big things is phasing out natural gas for campus, and so we are looking to have the entire campus electrified, all electricity, no natural gas, because at that point we could become carbon neutral,” Doria said. Initially GRIG fundraised money to have solar panels installed on the Office of

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Home away from home

Gonzaga staff and faculty invite students to join for a home-cooked Thanksgiving meal

By THEA SKOKAN

The end of November usually means going home and eating a considerable amount of food in the presence of friends and family.

Some Gonzaga students, however, are a little too far from home to make the trip for just a few days. To make sure those students get the home-cooked, family surrounded experience, some GU faculty and staff members invite those students into their home for the holiday.

The Center for Global Engagement works to ensure that international students can celebrate over the Thanksgiving break if they stay on campus. From an all-inclusive potluck hosted the Monday before break to enlisting faculty and staff to host Thanksgiving dinner, there is no shortage of people to be grateful for this Thanksgiving.

Kristine Hoover, the director for the Gonzaga Institute of Hate Studies, has been hosting students in need of a home-cooked meal for over six years, and not just on Thanksgiving.

“We generally invite students over when they are coming and starting the school year or for Thanksgiving,” Hoover said. “They come a week before school starts and it’s just a nice transition point before you dig into the semester, or international students for Thanksgiving.”

Generally, Hoover hosts as many as three students that they pick up from campus and drive to their house to join them in the day’s festivities. This means anything from sharing in family traditions to helping prepare the meal.

“It’s always an invitation if students want to help cook the meal, because sometimes they are comfortable with it and sometimes, they are not,” Hoover said. “We try to make sure there are a few chopping things or a few mixing things so that people can then feel like they’re a part of the day.”

Sometimes international students bring dishes from their own country to share in the tradition.

“Students have offered to bring dishes from home, and I think it’s a wonderful gift to us that they are willing to share,” Hoover said. “To take the time to cook or to go to the extraordinary effort to make something that is more than just buying food but a part of their celebration, and I think that makes it really special.”

Borre Ulrichsen, the chief information officer at GU, has also hosted students for the past two Thanksgivings. He has found comparing holidays with international students to be incredibly interesting.

“You hear about very different traditions, which has been fun,” Ulrichsen said. “They don’t have any kind of Thanksgiving typically, so we tell them about the background of the holiday and the idea of gratitude.



BULLETIN FILE PHOTO

With the Thanksgiving holiday quickly approaching, students who are staying on campus are welcome to celebrate within the Gonzaga community.

“

We really have to be aware that although the common story is one that is widely embraced, it is also a time when other stories don’t get as much attention. We need to pay attention to everyone’s story.

Kristine Hoover, director for the Gonzaga Institute of Hate Studies

Then we ask them about how they celebrate in their own country.”

Originally from Norway, Ulrichsen agrees that there are a lot of differences.

“There are a lot of holidays focused on eating in the U.S., I don’t know any other culture that eats turkey like that,” Ulrichsen said with a laugh.

Both Ulrichsen and Hoover focus on specific aspects of the holiday when explaining it to international students so as not to emphasize the controversial background.

“We generally focus on our family’s traditions, but I do think it is really important to say that there are multiple Thanksgiving stories,” Hoover said. “We really have to be aware that although the common story is one that is widely embraced, it is also a time when other stories don’t get as much attention. We need to pay attention to everyone’s story.”

“We don’t really dwell on the origin of the holiday,” Ulrichsen agreed. “It’s more about getting together, being thankful for everything we have and that we have each other.”

Ultimately, this experience enriches that idea stressed by Ulrichsen of togetherness and connectedness.

One year a brother and sister duo brought Hoover a house plant to thank them for the invitation. Now, five years later, the plant still lives in her house and has continued to give.

“I have taken so many clippings from it and started so many new plants and given them to so many other people,” she said. “I love this connectedness that we have that started out of a Thanksgiving dinner.”

Ulrichsen and Hoover will continue to host students as the need arises, as the experience has been beneficial for both the student and the faculty member and not difficult to do.

“We can always make a commitment to share a meal,” Hoover said.

Thea Skokan is a staff writer.

NATIVE AMERICAN HERITAGE MONTH DISPLAY

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Items were selected by the Community at the Center for American Indian Studies as well as Foley staff members.

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DOGS

Continued from Page 1

With the door to Wood’s office in Hughes always open, wandering eyes pass by just to get a glimpse of her 10-year-old companion Thunderbolt, who is half Bernese Mountain Dog, half Australian Shepherd.

All three professors agree with the same sentiment: dogs relax their students.

Diebel believes it benefits the class performance by releasing the anxieties in the room.

“During a 101 exam I had both of our older pugs there — they were younger at the time — and pugs are notoriously loud sleepers and both of the pugs start snoring simultaneously on my lap,” he said. “There was a moment in the classroom where everyone broke out and laughed and you could feel the tension break and diminish. It was a kind of comical moment and then all of sudden people went back to work and it was less tense than before.”

GU agrees with the sentiment of dogs relieving anxieties, which is why Foley Library brings therapy dogs onto campus during finals week. These dogs are trained and brought in by people who are trained to use them as therapy for an ample number of people.

“There’s a fair amount of research out there about people having animals around them engaging them, as long as they are not distracted by them,” said Jason Varnado, associate director of the Center for Student Academic Success.

Varnado’s only caution of dogs on campus is that pets must not interfere with service dogs ability to perform, or if a student has allergies.

“If a professor has a dog and a student can’t be in the classroom because of an allergy, then [the Center for Academic Success] could make an accommodation with that professor to bend the classroom policy and keep their dog out,” Varnado said. “I think all faculty would, they just need to be made aware.”

All the professors agreed that they would be quick to have the dog out of the classroom if there were any concerns of allergies or if a student was afraid of dogs, they just ask that students approach them.

“If it wouldn’t be something that is enjoyable to the students then it would defeat the purpose,” Di Maria said. “I want to make sure that everybody is safe and comfortable.”

Having dogs in the classroom at GU is not a new concept.

Wood, who has worked at GU for 25 years, has seen the benefits of dogs on campus for a while. Her colleague, former dean of the College of Arts and Sciences, Robert Prusch, would bring his pet poodle, Angus, to the biology department as early as 1994.

“Angus was the precursor,” Woods said.

Overall, the dogs on campus have shown real benefit to students’ well being as well as their owners’.

“I know from personal experience when I’ve had a rough day I always look forward to seeing them,” Diebel said.

Mila Yoch is a news editor.



COURTESY OF THE CATHOLIC NEWS SERVICE

Czerny was appointed by Pope Francis as Cardinal in his sixth consistory.

CZERNY

Continued from Page 1

Institute, according to an article written by the Catholic Register’s Mickey Conlon.

Last May, Czerny was named by Pope Francis as a special secretary for the Synod of Bishops for the Pan-Amazon region, acting as an advisory party for the pope. Czerny was appointed as one of 13 cardinals four months later.

“I think the reason why he was made a cardinal is in order to expand his work in a much more global way,” said Fr. Bryan Pham, S.J., religious studies adjunct instructor, Law School chaplain and special assistant to the associate provost for student development. “Because Pope Francis is a Jesuit, he understands how Jesuits work. He understands how [Jesuits] function in the world. Having someone like the cardinal to work for him to be a voice in that camp would be a very good voice.”

Pham says that most of Cardinal Czerny’s work will probably be administrative — big vision sort of

work, but Pham hopes that he will highlight and showcase challenges that the world faces.

Pham is the supervising/staff attorney in the Indian Law/General Practice Clinic at the Gonzaga School of Law. He also assists in the newly-formed Immigration Law Clinic as needed. Before coming to GU, Pham practiced refugee/asylum law and immigration law at Loyola Marymount

“

The work that we do here is actually a continuation of who we are, and that's true whether we are Catholic or not. We should be proud that one of our alums is in this position.

Fr. Bryan Pham, S.J. religious studies adjunct instructor, Law School chaplain and special assistant to the associate provost for student development

University in Los Angeles. An alum of GU himself, Pham noted that his faith and his formation as a Catholic Jesuit priest and as an attorney helps give him the foundation needed to accompany his clients he accompanies through their legal battles.

Pham crossed paths with Cardinal Czerny both in Rome, Italy, as well as in Ottawa, Canada, attending conferences and meetings on social justice, migration and human rights issues.

Having someone like the cardinal in this position as a Jesuit, Pham said he is hoping that he will be more attentive on issues that the Jesuits have been looking on throughout the world.

Pham said he believes that, as a Catholic Jesuit institution, Gonzaga is very much committed to social justice, and to a justice that is very gospel based. Fr. Pham said he hopes that, with the elevation of Czerny as cardinal in the Catholic Church, our GU community will realize and feel that their hopes and desires for a just world are actually part of the bigger hopes and desires of the world.

“The work that we do here is actually a continuation of who we are, and that’s true whether we are Catholic or not,” Pham said. “We should be proud that one of our alums is in this position.”

As current members of the GU community, Pham believes that Cardinal Czerny would want us to continue to live in the Jesuit tradition and to continue the work of Cardinal Czerny — being men and women for and with others. Pham sees Cardinal Czerny’s appointment as a sign of hope for those of us who do this kind of work of social justice. He hopes that we will feel that our voice is really a part of a larger voice

“It’s an affirmation that the Holy Spirit is alive and well,” Pham said.

Vinny Saglimbeni is a staff writer.

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GRIG

Continued from Page 1

Sustainability, which now runs entirely on the energy produced by these panels.

“We started out with the main goal of solar implementation and got that and saw that we could use it in a better way with the battery and have a more complete system,” Harvill said.

Doria and Harvill saw that their system was not being used to its full potential, and the numbers proved it. The data showed that they were generating a lot of energy that wasn’t being used.

So, when there was no need for solar power and there was no energy use going on in the building, the extra energy was just going onto the grid instead of being used by GRIG.

They needed a solution.

The Tesla Powerwall 2 is a battery that is specifically built for homes. The battery allows the excess energy that is produced by solar panels on a home or building to be stored for future use, instead of lost to the public power grid, giving the potential for a completely self-reliant building.

“With this battery we will be able to capture all of our energy production and use it at times when we need it. The main goal of these battery systems is that you can control your solar panel generation,” Doria said. “You can have it on the outside or the inside, we are figuring that out still. Plant Services, the main department on campus who does all the work for all the buildings, are collaborating with us and giving us the opportunity to actually order the Powerwall and understand all the different things that are needed to have it installed.”

The funds giving GRIG the opportunity to purchase the battery came from Gonzaga’s Green Fund. When students pay their bills there is a small portion that goes into this Green Fund. That money can then be given to projects that aim for more sustainable practices.



GRIG received the Tesla Powerwall 2 battery after being awarded money from Gonzaga’s Green Fund.

To receive the money, Doria and Harvill, along with their team, had to prepare an application and a presentation for a small review board.

“We applied back in October, and then had the presentation in November, and have been preparing, getting the right information and making sure it is a good thing to do, for the past couple months and even throughout the summer,” Doria said. “We were funded \$13,000 for the battery, the battery itself is \$6,700, but installation costs, different utility prices and taxes are all in the cost too.”

Although the process appears relatively simple, the team faced hard work throughout the application process.

“It took a lot of time to get the data to make sure we really knew what we were talking about, do the math and

spreadsheets, and check other batteries to make sure it was the right size and the most cost efficient,” Harvill said.

They also had trouble deciding which company to purchase the battery from. They looked into saltwater batteries as well as other alternative sources but the lithium ion batteries produced by Tesla proved to be the best option for both cost, reliability, and size, meaning they would not have to buy more than one.

The goal for Doria and Harvill is that GU will be able to look to their project and use it as a sample to see if the Powerwall and other battery sources like it may be good options to implement into other buildings on campus.

“At the Office of Sustainability we are figuring out what works, and what doesn’t, and that has been the greatest takeaway,” Doria said. “We have a model for the rest of the university — we know how solar works for the entire year, we know how we can store the energy, we know who to contact. From here it is just repeating that process and going bigger.”

“We are learning a lot ourselves, but it is cool that what we are learning can actually go and benefit the school in a greater way,” Harvill said.

Sustainability is gaining traction on college campuses across country. This increased attention to sustainability campus community has brought with it a new realm of opportunity and inspiration.

“What inspires me is that we can find some sort of solution to these problems as a student group, that is the coolest thing ever, we have the resources, we have the university, we have the students that are interested, that can do these things that can make a difference for energy everywhere,” Doria said. “It is amazing how much opportunity we have here, we are just making sure to take ahold of that opportunity and go with it.”

Rath Jessen is a contributor.

EARLY ACTION

Continued from Page 1

time, 288 of those students were admitted and 149 enrolled, which means the yield was 52%.

This trend has changed in recent years. In 2018, there were over 8,000 first-year applicants, and 5,575 were early action. There were 3,836 admitted and 821 enrolled at GU — leaving a yield of 22%.

“Early action was originally intended as a program for the most interested students in a given school,” said Julie McCulloh, the associate provost of student enrollment in an email. “Culturally, that has changed, and it simply became about applying in the fall of senior year. That made the predictability of whether a student

would enroll at Gonzaga or not less certain.”

This also makes it easier for the Office of Admissions to get through all the applications.

“Generally, this work was done in about a six-week window, since the deadline was November 15 and decisions communicated by December 20,” McCulloh said. “The amount of overtime worked, and stress placed on the Admission team was too great to continue in the same manner.”

The Office of Admissions spoke with the admissions office at the University of San Diego in January, who had forgone the early action process a couple of years prior. USD told the office to prepare for a drop in the number of applications received for the class of 2020. It also noted the possibility for a more diverse class, both economically and in applicants’ backgrounds.

“The Admission team expects to see greater diversity in the application pool across socioeconomic status

and racial/ethnic background,” McCulloh said. “Our research indicates that the composition of early action pools have more students from middle-to-high income homes, and tend to be represented by more Caucasian students.”

The removal of early action makes the process a little more fair for certain majors as well.

“In the past, about 95% of nursing spaces went to early action applicants,” McCulloh said. “Now, all nursing applicants have an equal chance at admission.”

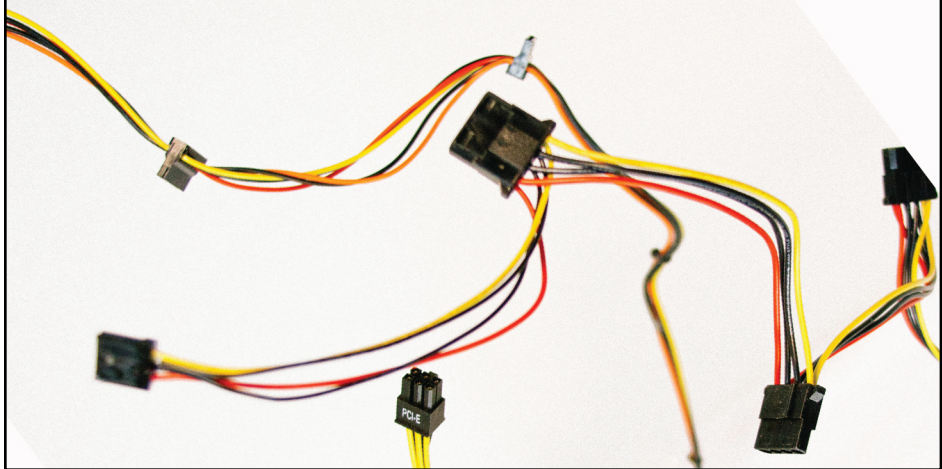
Lindsey Wilson is a staff writer. Follow her on Twitter: @lindseyrwilson1.

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The great struggle of learning how to cook

Life off-campus means freedom from the COG. While that can be a good thing for some, it's a mess for others that ends with expired food, a diet of pop-tarts, cold brew and tears

Smoke fills the air of my kitchen as I frantically run with a dish towel from fire alarm to fire alarm, swatting away at the burning stench of charred toast.

One of my housemates asked what happened and another nonchalantly replied “Juliette’s trying to cook,” to which the other said “say no more.”

This scene is disturbingly typical in my life. I struggle not only to cook, but also to grocery-shop for myself. The transition from the on-campus meal plan life, to that of a barbaric upperclassman, is a difficult adjustment for all, but for some, it is much, much more difficult.

Often, coming home following a long day of cumbersome study groups and last-minute papers, I am absolutely famished. I open my fridge and to my surprise, the only items on my shelf of the refrigerator are a package of nearly expired smoked-salmon and a jar of chipotle aioli.

I’m tempted by the luscious trays of greens and fresh berries my housemates have stashed away, but I couldn’t take those. That would be untrustworthy. So I am stuck with a strange salmon and aioli combo smashed between two stale pieces of bread. Just sad.

Everyone handles the transition to off-campus eating differently. For example, all of my housemates are on different levels of cooking and meal prep. One of the housemates wakes up early and makes herself oatmeal with a mountain of toppings, one has shelves of ramen noodles and half a freezer full of chocolate muffins from Costco, another thinks she’s Gordon Ramsay. Then there’s me, who somehow always burns toast and can’t even cook a “just add water” recipe for pancakes.



By JULIETTE CAREY

You can find me darting my way to class with a hearty meal composed of a bag of orange flavored dried cranberries and an uncooked Pop-Tart.

Living off-campus calls for frequent grocery shopping and cooking and in my case, a pitiful attempt at cooking. I often hear my housemates and other upperclassmen complain when their grocery bill is a measly \$57. Somehow I rack up \$144 worth of groceries in my cart and manage to run out of food quicker than them. I blame the high cost of prepackaged foods and feel targeted by grocery stores as a “culinarily challenged” being.

It is very obvious which grocery cart is mine. It typically contains seven to eight bags of chips, hummus, pepperoni, pickles and an assortment of questionable, random items such as a fully-prepared pork tenderloin, cilantro and jicama. An adequate cook’s shopping cart typically contains items such as salad makings and chicken breast.

My housemate, who’s convinced she’s starring on a cooking show, recently prepared a beautiful chicken stir-fry

with a colorful medley of veggies. I was enamored by her creation and asked her if they were frozen beforehand. She replied, “No, I simply bought a bunch of vegetables and cut them up.” I replied in disbelief asking how long it took. “It took like four minutes,” she said.

Not only do upperclassmen have to frequent the grocery stores, they have to look up recipes and shop according to what those require.

Hearing how easy preparing this gourmet meal was for her felt like a slap in the face. I reacted by whispering to myself “let’s get ourselves something prepackaged.” Next, I slinked away to the freezer, which my food takes up 90% of and grabbed some pot stickers which I bought in bulk.

Recently, I have decided to give cooking another shot. I texted my parents a picture of me cooking chicken and my mom asked if it was staged. My dad said he had to heavily zoom-in on the picture to make sure it was me. The level of shock my own parents had due to the fact that I was legitimately cooking saddened me. I want to do better. I need to do better.

What I and many fellow upperclassmen do would be considered more assembling than cooking. Peeling the plastic lid off a frozen meal and popping it into the microwave is not cooking, nor is slapping a few pieces of meat and a slice of cheese in-between bread.

One of my friends said, “Juliette, you’d love this YouTube channel I found which targets college students who have no idea how to cook and teaches them very basic recipes.” The room erupted in laughter at my mercy, but I took this harsh roast as inspiration to force myself to learn some

basic cooking skills to T-pose on my haters.

Although I am continuing to attempt cooking, getting a Community Meal Plan at the COG is something to consider. There are four different options for community meal plans on the Zag Dining website. The plan with the highest number of swipes has 110 and is called the “Community Loyalty Plan,” priced at \$855. The “Community Sinto Plan” has the lowest number of swipes with 30 and costs \$275. Without a meal plan, swiping into the COG costs \$7.78 for breakfast, \$9.29 for lunch and \$10.55 for dinner.

For a meal plan to be useful for students who live off-campus, it depends how you use it. The COG is taken for granted by many during the underclassmen years, but as an upperclassman, all of a sudden, the COG is an absolute palace. Ways to maximize the COG experience include bringing out snacks and bringing in to-go containers to grab meals for later. Having the option to get a meal on-campus is also convenient if you live far away and don’t want to shuffle home in the cold multiple times a day, only to eat a frozen taquito.

A combination of a small meal plan and meal-prepping is a power play which has been successful for many upperclassmen.

Whether you burn any food you touch, or whip up a Gordon Ramsay-caliber meal on the daily, the transition to off-campus eating is a struggle which calls for constant gratitude toward frozen food and the COG.

Juliette Carey is an arts & entertainment editor. Follow her on Twitter: @JujcraY.

First Year Seminar: Brightening horizons and schedules

Gonzaga's core requirements can seem a drag to underclassmen, but the reality is, core classes are just as important as major-specific courses.

Last week, I registered for my last semester at Gonzaga. There’s something odd about seeing my entire formative experience in college being boiled down to a number of class credits that are needed in order to graduate.

Everything that I have learned about the profession I want to go in, I’ve learned from my journalism classes and my time here at the Bulletin. But everything I have learned about the entire world around me, I have learned from my core classes.

It’s come to my attention that some freshmen are upset about having to take a First Year Seminar to complete the GU core. Perhaps they would prefer to take as many classes in their major as early as possible, so as to have a lighter load as a senior or have space to complete an internship or have a job. I’m well familiar with how real these reasons can be.

I think it’s important to recognize, though, the importance of becoming a well-rounded student. I wouldn’t feel comfortable graduating college and calling myself well-educated if I was only well-educated in one realm of the world.

My First Year Seminar was one of the best classes I’ve taken throughout my time at GU. It was a criminal justice class titled Panic: Crime, Media and Fear. At risk of exposing my freshman-self as not very educated, I’ll say



By MORGAN SCHEERER

that this was my first introduction to the injustices that exist in such close proximity to me.

We read an article about gang behavior in L.A. and although it’s been three years and I can’t remember the name of the article, what I learned in it has stuck with me thus far and I expect it will for the rest of my life.

I grew up near L.A. and although gangs were at the forefront of many conversations about the city, I had never thought about the individuals who made up those gangs. I learned about the outside forces that compel people to join gangs, and we discussed the power of words.

We read compelling literature and held interesting class discussions where I felt like my voice was important. In this class, I learned to see issues from multiple perspectives, because my class was full of freshmen from all over the country, studying all sorts of fields from biology to English and journalism to engineering.

More importantly, I learned about the importance of holistic learning. I learned how important it is to look at another person as a whole human, rather than the crime they’ve committed.

This is something I will take with me my whole life and certainly into my journalism career. For this, I am thankful for GU’s core requirements.

So here’s my advice to freshmen and even to older students who are looking to fill their core requirements: take a class outside of your field of study. Broaden your horizons. Let yourself grow.

College is the time to learn things that you’ll never get the chance to study again and to learn it from people whose passion it is to teach students like you. Take a class you’d never expect yourself to take.

Even if you have to take one more class in your final year, your senior year self will thank you.

Morgan Scheerer is a news editor. Follow her on Twitter: @_MorganScheerer.

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In our busy collegiate schedules, sleep must take priority

I am dead inside. And so are many people on this campus.

We have sleep deprivation, a very serious condition in which we have so much to do and no time to do it so that our body doesn’t reach a resting state. Sadly, there is no cure. Well there is a cure, but it’s highly unrealistic and inconvenient. We are silent sufferers who slam back a few energy drinks and then fall asleep during our afternoon classes.

With the combined pressures of trying to do well in our classes, working side jobs and having some semblance of a social life, all college students are strapped for time and the only solution is to cut down on sleep. There aren’t even enough hours in the day to eat so we try to thrive on a diet of caffeine and the rare light meal of a few fistfuls of cereal while we sob into our laptops at 2:30 a.m.

According to the Center for Disease Control and Prevention (CDC), “Sleep disorders are so pervasive in the United States that they now constitute a public health epidemic.”

The signs of sleep deprivation in the average Gonzaga student might differ, but are fairly easy to spot.

The easiest one is when the person next to you keeps bobbing their head as if the professor is dropping some fire beats. If someone is drinking a Bang or cold brew at 7 a.m., that person has not felt the sweet embrace of an eight hour sleep in a very long time. When asked “how are you?” and the response is a narrowing of the eyes, a long sigh coupled with “I’m here aren’t I”— that person has contemplated dropping their STEM degree to live by themselves in the woods at least once every hour.

On GU’s campus, there is this fun social pressure that we must take every opportunity and every job that comes our way. That you must say yes to everything, even if you don’t completely love doing it. There are even a few people on this campus who view the 18-credit maximum as a challenge.

There might not be a lot of we can do to force the school to lighten up the amount of work we are assigned in classes, but we can change the school’s culture by saying no. Say no to doing as many things as you can.

When you are an underclassman, you truly think that you have to join everything and go to



By SPENCER BROWN

every single event because you want to be involved and don’t want to miss out on anything. This attitude matures and when you become an upperclassman makes you almost die from exhaustion.

Those who try to perpetuate this attitude need to be stopped and no, you shouldn’t listen to that one person who thinks you can handle a fourth on-campus job while also balancing a 19-credit course load. Just because you can do something does not mean you should because at the end of the day, who are you trying to impress? Having that wild, stressed out, look in your eyes is never a cute look.

The biggest piece of advice an upperclassman could give an underclassman is to learn to enjoy the simple pleasure of arriving at a party, saying hi to everyone there and then quietly disappearing into the night. The great thing about this is it gives this cool, mysterious element to you. Are you still there? Did you go to a better party? That is one secret you never have to tell. This allows you feel that fun party vibe but when it is time for the train wreck ending of people fighting and a couch being thrown out of a window, you are already in bed with McDonald’s.

We can hope that professors take pity on us and our groupfits, but real change starts with us choosing to take in a tight 20-minute power nap instead of another meeting.

Before you start each day take what Coco Chanel said completely out of context “Look in the mirror and take one thing off,” because the hottest schedules are the ones that are incredibly minimalistic.

Spencer Brown is an arts & entertainment editor.

Feed every craving with Late Night Snaq

Performing with a multi-genre setlist, the student band gains traction among their peers and local venues

By JULIETTE CAREY

The sound of Mac Miller’s “Dang!” was the first thing to unite Late Night Snaq. “I was really skeptical if things would work, but as soon as Michael played the key part, Ryan was playing the bass part, Sydney had the guitar part and we were waiting on Jason to sing that first line and he just nailed it,” senior Evan Cox said. “I had goosebumps because I just knew it was going to be awesome.”

Late Night Snaq came together around last November. The band is made up of Evan Cox who plays the drums, Jason Orr, who sings and occasionally picks up a guitar, Sydney Schmidt, who plays lead guitar, Michael Zell, who plays the keys and the guitar quite a bit and Ryan Ward, who plays the bass. They are all seniors except for Zell who is a junior.

Cox was the focal point who knew everyone and pulled them together.

Schmidt and Cox are both from Spokane and had been in several bands together in college and high school.

Cox knew Ward because they are both civil engineers and good friends.

“I knew he was a solid guy who would make a great band member so I kind of pushed him to get a bass,” Cox said.

Zell and Cox had played in jazz combos together at GU.

Cox and Orr lived in the same hallway freshman year and roomed together while at Gonzaga-in-Florence. Orr went to see Cox and Schmidt perform at a house in the Logan Neighborhood and walked away feeling like he had to help him in some way. “[Cox has] always wanted to do drumming and it felt like I really had this calling that I wanted to do something for him,” Orr said.

Orr sent Cox a text the next day saying he wanted to help him with his music career and Cox asked him how he felt about singing. “I was like ‘well I’ve never done anything like that in my life,’” Orr said.

Cox had never heard him sing before. “He’s a very witty guy who I knew would just make a perfect singer, the perfect stage presence,” Cox said.

After the first time the band met up, Cox knew they had something special.

Before their first gig, Late Night Snaq was struggling to figure out a name.

“I’m pretty sure that we were on one of those online band name generators,” Schmidt said.

“We were sitting in the Music Annex, all five of us, looking at the ground just spit balling all of these names and none of them were sticking at all,” Orr said.

Someone said they had to go in five minutes and one of the band members threw the name Late Night Snaq into the abyss. At this point, it was already late in the night and they wanted something to eat, so the name stuck.

The band described their dynamic as laid back, goofy and fun.

“We have similar minds, we are all studying very similar things,” Orr said. “We have four engineers and one math major.”

The members of Late Night Snaq have all become really good friends.

“David Fague (the jazz program director) always says ‘if you hang well, you play well,’ and this band definitely hangs well,” Cox said.

An important part of any band is the comradery between the members.

“You can be the best players in the world but if you don’t look like you’re having fun together, nobody wants to watch you,” Schmidt said. “We are all friends and you can just tell that we have the best time when we play.”

Late Night Snaq has done gigs whenever



Student band Late Night Snaq (left to right) Ryan Ward, Evan Cox, Sydney Schmidt, Michael Zell and Jason Orr.

and wherever they find them.

“We get out into the community but also stay on campus,” Cox said.

They’ve performed at many events ranging from school functions, to local restaurants, to house parties. On Nov. 14, they played at Globe Bar & Kitchen Spokane and on Nov. 15 they played at Forza Coffee Company. They are starting to see if they can get some regular gigs downtown.

Collectively, the members of Late Night Snaq enjoy playing for their friends at house parties the most.

“It’s fun playing for people you know,” Ward said. “There’s not a lot of room, your good friends are five-feet in front of you and the houses get really hot, which is kind of intense, which is fun.”

Playing for their friends provides a lot of energy for the band.

“I love when people are singing the words back,” Orr said. “I’ve never had a feeling like that where people in the audience that are absolutely grooving to the music.”

Orr’s favorite show thus far was Halloween night when they performed at the closing of Lindaman’s, a local restaurant which had been open for 35 years.

“It was a little bit of an older crowd, but we were definitely catering to that timeframe of music doing Prince and the Eagles and everyone in our band and everyone in the audience had a really fun time,” Orr said.

Another gig which stood out to both Schmidt and Ward was at a house party during parent’s weekend with a bunch of upperclassmen and their parents.

“The last time my parents had seen me play music was in high school when they were still forcing me to take piano and trumpet lessons and I hated it,” Ward said. “I was really excited for them to see me play music and actually enjoy it and have fun with it.”

Zell looks fondly back on a gig they did at the end of last semester for the engineering professors.

“We were playing ‘Rocket Man’ which is like our signature song and Jason always climbs up on something and sings it,” Zell said. “The sun was just setting and I was just playing and looking into the sunset and it was a really cool feeling.”

Late Night Snaq performs covers almost exclusively. They have a large volume of about 60 songs and play the different sets for each gig.

“It’s like a smorgasbord of everything,” Zell said.

Their goal is to do all genres as much as they can.

“We will do rap with Outkast, we’ll do rock with the Eagles, we’ll do Ed Sheeran,” Orr said.

By playing songs across many musical genres, Late Night Snaq caters to the student demographic.

“We jokingly say that we just play what’s good because it seems like with everyone our age, when asked what kind of music they listen to, nobody says ‘I listen to just’ rock or ‘I listen to just country,’” Schmidt said. “People every time just say ‘oh I listen to everything; I listen to what’s good.’”

College-age students seem to bounce between listening to a variety of genres.

The band puts a creative spin on its covers and do interesting arrangements of songs.

“A couple of us do jazz at Gonzaga, so we try to take a lot of solos and do improvisation even within a cover,” Schmidt said.

Late Night Snaq has also started writing some of its own songs.

“We have a couple original songs in the works right now,” Zell said.

A band member will show a song they wrote, to the group and then they all contribute to it, similar to a group project.

“Down the road, we want to take those songs that we have written, record them and then just add a couple more new ones, maybe an album, who knows,” Orr said.

Similar to the range of covers they play, the genre of music they hope to release would be a mixture.

“Michael sometimes arranges some classic rock stuff, and Evan’s been doing kind of an indie Ed Sheeran thing and I want to make spooky music,” Schmidt said.

Not all members of Late Night Snaq envisioned themselves in a band.

Growing up, Ward was always scared to perform, but now enjoys it.

“It’s just more fun now,” Ward said. “It’s not like I’m performing for a class or at a recital for everyone’s parents. It’s a different dynamic. It’s fun now, it’s not a chore, it’s

not a test or anything.”

Orr has always been someone who loves high energy and large groups of people.

“As a kid I used to pick up my toothbrush and sing in front of the mirror,” Orr said. “I never really imagined that I would be doing it, but maybe I’ve wanted to kind of subconsciously.”

Being in a band has always been something Zell has wanted to do.

“I was really into Guns N’ Roses and the Eagles, so it definitely was something I’ve wanted to do,” Zell said.

The relationships the band has developed with each other and with the people who they play for has been rewarding for the band.

“I think any time you can be the source of fun or enjoyment for a night is awesome,” Ward said.

Their performances have created an open environment where students come out of their shells dancing, talking to other people or singing along to the song.

“I really like playing live music because you are so connected with the people you are creating music with,” Schmidt said.

When Late Night Snaq first began, the band didn’t know what to expect.

“I don’t want to say our success is baffling because I believe in all of our talent, but it’s heartwarming that people seem to like us,” Schmidt said.

The band has progressed to a point where they have fans which call themselves “snackies” and are part of the “snaq pack.”

The main goal for the future of Late Night Snaq is to release some sort of EP or album before the school year is over. They have also talked about potentially trying to tour over the summer around the Pacific Northwest for a couple of weeks.

To keep up with Late Night Snaq, follow them on Instagram and Facebook: @latenightsnaq.

Juliette Carey is an arts & entertainment editor. Follow her on Twitter: @jujcray.

Editor’s note: Sydney Schmidt is a graphic designer for Student Media.

What’s that smell? GU’s niche market of homemade candles

By IAN DAVIS-LEONARD

Scents of vanilla, tobacco and pine needle waft from one candle, another offers the rich aroma of sandalwood drifting from the melting wax.

These aren’t your normal, store-bought candles, these are homemade candles designed for men and crafted by Gonzaga students near you.

Senior Aaron Reese entered the candle-making game after his freshman dorm room in Catherine Monica was notorious for smelling bad.

“Sophomore year came around and I wanted to find a fun or easy way to keep my room smelling decent and tolerable,” Reese said.

After growing up with candles burning as a sign of home and comfort, senior Bobby McCambridge began making candles as part of an entrepreneurship class project and took a liking to the unique hobby.

While the two students have no connection to one another, they both entered the candle world with a similar goal in mind, to make candles for guys.

“I wanted, for my project, to start a business to do stuff with my hands,” McCambridge said. “Then I thought, why don’t we make candles appealing to men again, so it works for both guys and girls,



Senior Aaron Reese models his homeade candle.

but they aren’t just super ‘girly’ candles.”

Using YouTube videos and online suppliers, Reese and McCambridge separately found their way in the niche market that is homemade candles.

The process, they said, is simple.

Using a hot plate or boiler, the candle makers cook down the wax, add fragrances — Reese buys his scents premade, McCambridge prefers to mix the scents himself for the optimal smell — then they let the wax cool and pour it into a jar with the awaiting wick.

McCambridge said candle making is harder than he originally thought, because of the importance of timing when mixing scents into the wax and

ensuring you have the correct ratio.

“There is way more science involved than I thought, which actually has made it pretty fun,” he said. “It’s pretty interesting. I’ve definitely learned a lot more than I thought when I was just like ‘Hey, I’m going to make candles.’”

Reese estimated that it takes him no more than 10 or 15 minutes to make a batch of candles with time allotted afterward for the wax to settle and harden.

“It’s pretty simple, it’s just like something to do if you like candles and don’t want to buy them,” he said. “I try to be frugal so, it’s just a really cost efficient way to do it.”

Reese now uses his homemade candles as Christmas presents for family members. He said it has

kind of become his “thing” within his family.

“It was pretty easy and over time I realized it was a pretty good way to get people to like you,” Reese said. “If you give them a candle for a favor, to them a candle is worth like 10 bucks, but to you, if you made it, it’s only like \$2.”

While the candle game can be lucrative, Reese decided not to market his candles due to the time and effort it would take and the relative ease in which others could replicate what he is doing. Instead, he sells them to friends who ask for one as a cheap alternative to other candles.

McCambridge has gone the opposite direction, selling his 4 ounce candles for \$5 each

with a plan to begin marketing on Instagram and aspirations to open a pop-up shop in the Hemmingson Center.

He said being on a college campus has made selling candles easier, because students are often in one another’s spaces, it is easy to notice the McCambridge Candle burning and for him to gain new clientele.

“When you walk into a room and it’s dimly lit and a candle is going, that is just like a good environment,” McCambridge said. “My candles are all scented, so it makes the house smell good and gives it a more clean feel.”

McCambridge said he gets requests for scents all the time, including proposals for beer and alcohol scented candles, but he likes to stick to more rustic scents that remind one of the outdoors.

Both Reese and McCambridge agree, candle making is an instant conversation starter. They said their friends and housemates were skeptical at first, but now they appreciate the intoxicating smells wafting through the house.

“Everyone just wants to talk to you about it, because it’s not something that everyone does,” Reese said.

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

Kalico kitchen switches up brunch

By PATRICK JONES

Beloved Gonzaga brunch haven, Kalico Kitchen, moved to a new location on the corner of Monroe Street and Indiana Avenue. The new location boasts more booths, more tables, a new coffee bar and the same great customer service.

Kalico Kitchen has been proudly serving Gonzaga students, faculty and alumni since 2003. It's best known for its delicious brunch menu and GU memorabilia.

The last day at the old location, 2931 N. Division St., was Oct. 31 and it is not looking back. The new location is much bigger with five new booths, two more tables, 17 new counter spots and one new wheelchair accessible counter spot.

There are many improvements that appear at the new location. The restaurant before them installed a bar area in the back of the building and at first, the owners did not know what to do with it. But, the owner ended up turning it into a coffee bar with free Wi-Fi and a new espresso machine.

Owner Charlie Baziotis invites students to come in, take a seat, bring their laptops and study just like they would at a typical coffee shop. He also promises the same great service with waiters and waitresses taking your coffee order from your seat. Baziotis said you can also order food in case you get hungry during your studies.

Baziotis also expressed excitement over new inclusions like a kombucha tap, nitro cold brew and the Lotus power drink. Soon, they will obtain a wine and beer license to serve morning mimosas. Mimosas cannot be purchased with Bulldog Bucks and can only be served to those over the age of 21.

"We've got one shot every time customers walk through that door to take care of them, and if we blow that, there is way too much competition out there," Baziotis said.

Baziotis wanted to keep the same vibe and atmosphere as the old place as much as possible. So, he brought over all of the GU memorabilia and made the space look very similar to the old location. The new location is still GU centered and displays pride for all of GU's incredible athletes on the walls.

"We wanted to maintain that integrity with the students, because every time the students come in, they are phenomenal people," Baziotis said.

The menu has stayed mostly the same except for two key items. All omelets are going to be replaced with scrambles.

"It is basically the same thing, but it is all scrambled together with cheese on



TERRANCE YIM IG: terranceyim

Kalico Kitchen is now open at 1829 N. Monroe St. from 6 a.m. to 2 p.m. from Monday to Saturday and from 7 a.m. to 2 p.m. on Sunday.

“We wanted to maintain that integrity with the students, because every time the students come in, they are phenomenal people.”

Charlie Baziotis, owner of Kalico Kitchen

Baziotis stressed that the team will be on its A game with increased speed.

"I mean we were fast, but we are going to be twice as fast now. We are going to tear that kitchen apart," Baziotis said.

One thing that set Kalico Kitchen apart from other brunch spots was its signature wall. Throughout the years, over 10,000 GU students, athletes and faculty have signed the famous wall in the waiting room. Unfortunately, Kalico cannot bring the wall with it, but the restaurant got the next best thing.

Baziotis contacted a professional photographer named Jim Van Gundy to do his best to capture the essence of the wall so that they could hang it up in the new place. Van Gundy took high quality photos of the wall and he put the final product on large metal sheets to make sure that every signature was still visible and identifiable. All signatures are crystal clear and can be seen as soon as you walk into the restaurant. Van Gundy did the whole project pro bono.

"Bringing that over was an incredible feat," Baziotis said.

The signature wall is a big part of Kalico Kitchen's culture, and thanks to Van Gundy, it still can be.

The old location's new owner has promised to keep the wall untouched so

that people can still visit.

Students have mixed feelings about the move. Senior Matt Schleich, an avid customer of Kalico Kitchen, was initially skeptical of the move.

"I know I want to eat there, but I will just think about it a lot less because I am not driving past it every other day," Schleich said.

Schleich stressed the importance of the ambiance at the old location and hopes that the new location can keep the same feel and service as the original.

Though he had reservations, he was excited about the new additions. He was especially interested in the new coffee bar.

"If it is good, quality coffee, then I will probably end up going a lot more," Schleich said.

Kalico Kitchen is set to open this week, so get in and check it out this weekend. Currently, Kalico Kitchen's Bulldog Bucks function is down, so be prepared to use alternative forms of payment.

At its new location, 1829 N. Monroe St., Kalico Kitchen is open from 6 a.m. to 2 p.m. Monday to Saturday and 7 a.m. to 2 p.m. on Sunday.

Patrick Jones is a contributor.

Universal Crossword

Edited by David Steinberg November 24, 2019

ACROSS

1 Gave a hard time to

8 Winter headwear

15 Raw material for steel

16 Hospital TLC provider

17 Mild freshwater fish

18 Bottom line figure

19 "Make it fast!"

20 Pants part

22 Used to be

23 Dry runs

25 Hokey ____

27 As well ____

28 Recliner spot

29 Knee-covering skirt

32 Prepare, as spring rolls

34 Japanese soup noodle

36 Shade provider

38 What not to do on a witness stand

39 Core, as family

41 Sob story sentiment

42 Kampala's country

44 Sharp pull

45 Org. with a Boundless Informant tracking tool

46 Solo at the Met

47 Rank above cpl.

48 Chapter of history

10 Pet safety org.

52 Pacific island nation

55 The Indians, on scoreboards

58 Insurance giant of London

61 Major port of Yemen

62 Beef or mutton

64 Composition often set to a poem

66 Penny words

67 Social reputation

68 Cocktail party bites

69 One getting the ball rolling?

DOWN

1 Try to strike

2 Get out of bed

3 "No longer fashionable

4 Suddenly become attentive

5 Hack (off)

6 Bana of "Lone Survivor"

7 "Honey"

8 Continued

9 Dyson competitor

10 "Available to buyers

11 Cary (around)

12 Metaphorical sticking point

13 Continent with the longest coastline

14 Sows' homes

21 "Like Anderson Cooper or Ellen DeGeneres

24 "In dreamland

26 Yang's counterpart

28 Sleepy co-worker

30 Needy, or like the four starred answers?

31 "19 events for Pinterest and Slack

32 Winter bug

33 Latvia's most populous city

35 Lipa (2018 Best New Artist)

36 Soda holder

37 Thumbs-up vote

40 Enjoy some tapas, say

43 "Pretty Little Liars" actress

47 Company that merged with Miracle-Gro

49 Friars Club events

51 Two-dimensional surface

53 Netflix search choice

54 Make mad

55 Gator cousin

56 Headey of "Game of Thrones"

57 Site of the first sin

59 Small amount of pepper

60 Mlle., in Madrid

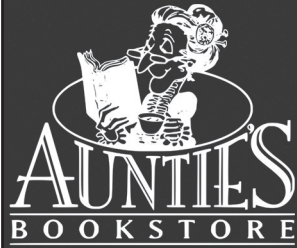
63 ____ Nashville (record label)

65 Highland hat

11/24


Bidirectional by Zhouqin Burnikel

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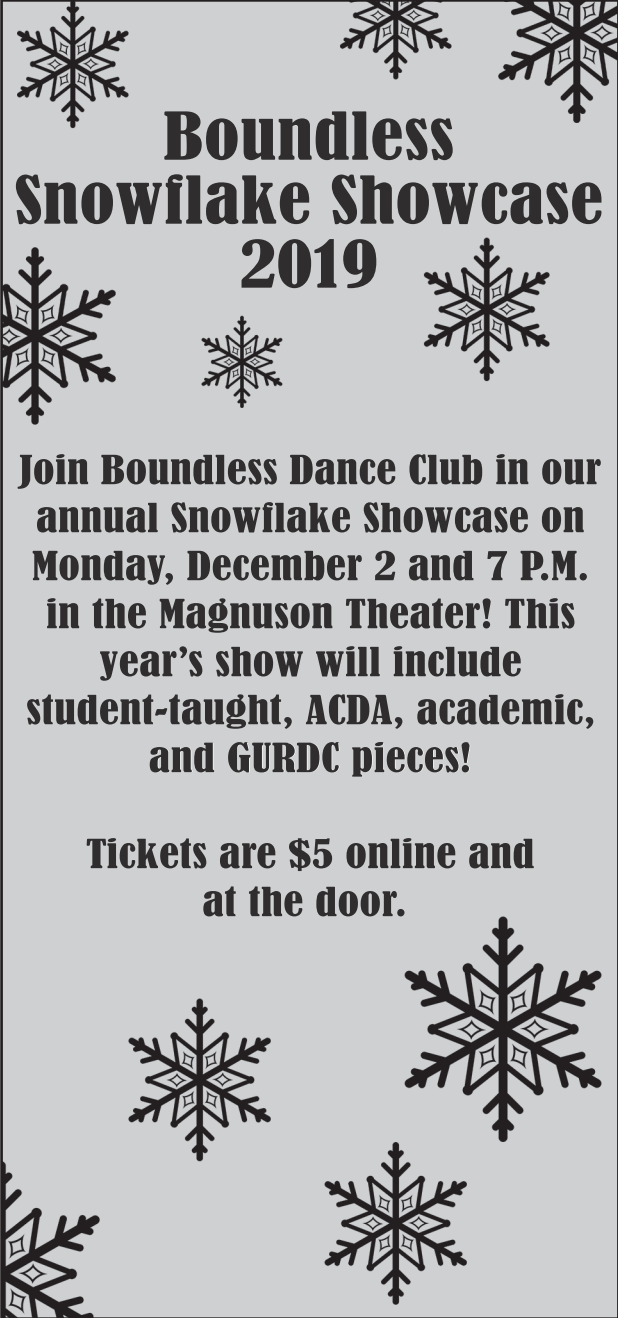
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Boundless Snowflake Showcase 2019


Join Boundless Dance Club in our annual Snowflake Showcase on Monday, December 2 and 7 P.M. in the Magnuson Theater! This year's show will include student-taught, ACDA, academic, and GURDC pieces!


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UNIVERSAL Sudoku Puzzle

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

DIFFICULTY RATING: ★★★★★

Today's puzzle solution

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

Thanks-give us some recipes

By KARENNA BLOMBERG

I’ve never been a turkey person, so for me, Thanksgiving has always been about one thing and one thing only: pie. As a self-proclaimed pie connoisseur, I know the healing power of pie. Your whole family could be at each others’ throats all holiday, but as soon as dessert comes out, a reverent hush falls over the table in glorious admiration of the delicacy in front of them. It’s an event. It’s an experience. So in honor of that, here’s three pie recipes that might just give your family something to talk about other than your grades, politics or dating life.

The beginning to every good pie, as all pie connoisseurs know, is a good crust. You could start with a premade one, but I would be remiss if I didn’t at least provide a recipe. Crusts are actually much simpler than they’re made out to be and an added bonus of making your own crust is getting to impress people who don’t know how little you actually had to work on it.

PIE CRUST

- 1 ½ cups all-purpose flour (or your choice of gluten-free flour)
- ½ cup of butter or margarine, cold
- 2-5 tablespoons cold water

Pour flour into a bowl and add butter, cut into 1-inch cubes. Using a pastry blender or fork, mash together the butter and flour until the dough has a sandy texture, leaving some chunks of

butter. Add the water bit by bit, mixing between tablespoons and stopping when there is no more dough sticking to the sides of the bowl. Wrap dough in cling wrap and refrigerate for at least 30 minutes.

Then, onto the fillings:

SPUMONI CREAM PIE

A popular Italian gelato flavor, spumoni is like a rich man’s neapolitan: chocolate, cherry and pistachio, layered together in opulent glory. The three best flavors in existence, all in one go? Sign me up.

- Oven to 325 degrees
- 1 pie crust
- 1 12 oz. tub of whipped topping (like Cool Whip)
- Approx. 1 jar of hot fudge
- 1 10 oz. jar maraschino cherries in juice
- 1 package pistachio pudding mix

Grease 9-inch pie pan with butter and flour. Roll out crust and put in pan, crimping edges. Bake for 15-20 minutes. Let crust cool completely, then cover the bottom with a layer of hot fudge, making sure to leave a bit for garnish. Set aside six cherries, again for garnish, then cut all the remaining cherries in half, layering on top of the fudge. Mix about one cup of the whipped topping with two tablespoons cherry juice. Layer on top of the cherries. Combine the remaining whipped topping with pistachio pudding mix, stirring until smooth. Top the cherry mixture with the

pistachio, drizzle with hot fudge and top with remaining cherries. Refrigerate when not serving.

CHAI APPLE PIE

The only thing I might love more than pie is tea. Black tea, green tea, herbal tea; let’s just say the electric kettle in my dorm gets its fair use. This Thanksgiving, I will combine my two loves. The rhyming name is just an added bonus.

- Oven to 350 degrees
- 2 pie crusts
- 3 apples
- ½ cup sugar
- 1 teaspoon lemon juice
- ½ tsp. Nutmeg
- About 2 tablespoons cornstarch
- ⅓-2/3 cup chai tea, brewed strongly

Grease a 9-inch pie pan. Roll out crust and put into pan, crimping edges. Slice the apples into a bowl, then add sugar, lemon juice and nutmeg. Mix. Add cornstarch (based on how liquidy your mixture is, you may add more or less) and mix again. Pour apples into crust and add tea, filling the crust about halfway. Roll out another crust and slice into strips. Lay strips across top of pie in a lattice pattern, then bake 30-35 minutes. Let cool before serving.

GLUTEN-FREE VEGAN PUMPKIN PIE

I’ll be honest, I do not have much experience with gluten-free or vegan baking. However, I do know that making desserts with substitutes can go poorly,



ANDRE THURMANN IG: andre.thurmann.pics

Try these Thanksgiving themed dessert recipes for a meal that’ll impress.

so I really wanted to try my hand at making an “everything-free” pumpkin pie that actually tastes good. The results? In layman’s terms, “Pretty bomb.”

- Oven to 350 degrees
- 1 Gluten-free pie crust
- 1 can pumpkin puree
- 2 1/2 teaspoons pumpkin pie spice
- ½ cup cornstarch
- ½ cup sugar
- ¾ cup vanilla almond milk

Grease a pie pan with margarine and almond flour. Roll out gluten-free crust and

place into pan, crimping edges. Mix all the ingredients together in a bowl. Pour into crust and bake for 30-40 minutes. Let cool before serving.

So there you go: now you, too, are a pie connoisseur. Brandish your title with pride! I’ve just bestowed upon you knowledge that may save you from a few more awkward conversations next week — one more thing to be thankful for.

Karenna Blomberg is a staff writer.

Yo, what is up Spokane: Nick Colletti performs stand up

By SPENCER BROWN

On Monday night, in a brick-lined room at the Spokane Comedy Club, former Vine star Nick Colletti performed his stand-up comedy show.

“I want to get all the internet stuff out of the way,” Colletti said as soon as he walked up to the mic and then proceeded to reference all his past Vines and internet culture from the good old days.

The crowd was mostly full of dedicated fans who had known Colletti and his work since he first started on Vine. From the time Colletti walked out until he walked off the stage, the audience was laughing at everything he said and there was a definite feeling of adoration from everyone who was watching him.

“I’ve really been following him since he was on Vine, I loved his Vines so much,” show-goer Jeff Jepson said.



LUKE KENNEALLY IG: lukekphoto

Nick Colletti performed at the Spokane Comedy Club on Monday night.

Many even traveled to Spokane from far cities just for the night to see Colletti’s set.

“I loved the show, I have been a fan of Nick for many years now,” show-goer John Cosso said. “I came all the way up from Moscow, Idaho, this afternoon just to see him.”

Colletti wanted the show to be a hybrid, where he would talk about all the major events of his life and then “sprinkle in” some jokes. His set went from how he first started on Vine, moving to Los Angeles, to trying to date when everyone on Tinder would quote his Vines back to him.

“I was just hanging out at a party when some friend told me that Cody Ko liked one of my Vines so I immediately moved to California,” Colletti said.

While some might not be as familiar with his earlier fame on Vine, Colletti can be found in starring alongside Jimmy

Tatro in “The Real Bros of Simi Valley” on Facebook.

“I try to watch his new stuff whenever it comes up or when I can,” show-goer Elizabeth Ferro said.

Regardless of what their favorite thing Colletti has done throughout his career or how they knew his name, it was clear that he was beloved by everyone in the crowd. As soon as his set ended, people started asking how they could meet him. People turned to other audience members and in a panicked way asked “He’s coming back out right?”

“I don’t think I have a favorite part,” Cosso said. “I mean I loved the whole show so much, just getting to see Nick Colletti in person was enough for me quite honestly.”

Spencer Brown is an arts & entertainment editor.

Brannon Cho says ‘Cello’ to the Gonzaga Symphony

By RILEY UTLEY

On Monday the Gonzaga Symphony Orchestra will take the stage for the second time this fall, but this time it’s slightly different than times before.

The reason this performance is so different is because the featured soloist is one of the youngest ever to play with the GSO. His name is Brannon Cho and he is a 24-year-old award winning cellist.

“For someone who is so young to have achieved so many accolades is very inspiring for our students,” said Kevin Hekmatpanah, music director of GSO and professor of music at GU. “It’s one thing to see an established seasoned veteran performer who’s played with all the great orchestras in the world ... But, to see somebody who is at the beginning of their career

and hungry for a career and able to interact with the students in a much more immediate way is very unique.”

Cho will be playing “Prokofiev Symphonie Concertante, for Cello and Orchestra, Op. 125.”

This piece is one of the most complicated and overwhelming pieces in the cello repertoire Hekmatpanah said.

“This piece is a tour de force,” Hekmatpanah said. “Not just in a technical way but musically, tonally and in endurance. Some of the hardest parts of the music are in the last 10 minutes so you have to pace yourself. I’ve played the piece once with orchestra and that’s why I have these gray hairs.”

Hekmatpanah actually asked Cho to play this piece with the GSO because Cho is so accomplished with it. He is known for having successfully

played it at the age of 18.

“I am really glad and excited that he made this choice,” Cho said in an email. “It is a piece that I have worked on and loved since I was 15, so I know it very well. Through this piece Prokoiev gave the cello such a heroic and profound storytelling voice, which is coupled equally wit the orchestra hence a symphony-concerto, not just a concerto.”

Both Cho and Hekmatpanah are excited to play this piece and give the students in GSO a one of a kind experience.

“I’m sure for most of the students participating, it will be their first time playing this piece,” Cho said. “Hopefully, my interpretation will be clear and communicative, so that they can grasp the twists and turns of this masterpiece, which is one of the best examples of Prokofiev as a

personality.”

With Cho coming to campus the students in the orchestra have a unique opportunity to talk with a musician that is close to their age and was in their shoes not too long ago.

“It’s really helpful for them to see a young person who’s successful, driven and talented,” Hekmatpanah said.

The other pieces that will be featured in the concert are: “Overture to Die Fledermaus” by Johann Strauss Jr., “Three Dances from The Bartered Bride” by Smetana and “A Festive Overture” by Shostakovich.

Instead of one big symphony there will be three shorter pieces in the first half,” Hekmatpanah said. “I wanted to find music that was very challenging for the orchestra but also very accessible for the orchestra and

the audience.”

This diversity of material will allow the audience to hear a diverse set of classical music for this GSO concert.

“I think the audience will be excited to hear the orchestra in a virtuoso showcase on the first half but when they hear the soloist their eyes will pop out of their head,” Hekmatpanah said.

The concert will be held on Monday in the Myrtle Woldson Performing Arts Center at 7:30 p.m. Tickets are \$16 for general admission, \$13 for students and seniors with identification and free for Gonzaga students and employees with identification. To buy tickets or for more information go to: www.gonzaga.edu/MWPAC.

Riley Utley is a news editor. Follow her on Twitter @rileyutley.

ZAGCARD Replacement Food Drive

Is your ZAGCARD worn, broken, or cracked?

Bring in your current card and 3 non-perishable food items for a free replacement.

Campus Card Services is located in the lower level of the Crosby Center, Suite 001.

Lost ZAGCARDS are not eligible.

Massage Nite Sign Up

SpikeNites is hosting a MASSAGE NITE on Friday Nov. 22 in Hemmingson at 10pm.

Sign up here: <https://www.signupgenius.com/go/9040C4DA9AE2A47F85-massage>

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PHOTOS BY ANDRE THURMANN IG: andre.thurmann.pics

Senior Charlotte Lepp stares into the mirror and teammates cheer her on as she trains on the ergometer.

GU SPORTS CALENDAR

Thursday, Nov. 21
➤Volleyball vs. San Diego:
San Diego, 5 p.m.

Friday, Nov. 22
➤Women's basketball vs.
Eastern Washington,
6 p.m.

Saturday, Nov. 23
➤Cross country: NCAA
Championships, Terre
Haute, Indiana, 9 a.m.
➤Volleyball vs. Brigham
Young: Provo, Utah,
12 p.m.

Monday, Nov. 25
➤Volleyball vs. Portland,
6 p.m.

Wednesday, Nov. 27
➤Men's basketball vs.
Southern Mississippi:
Bad Boy Mowers Battle 4
Atlantis, Paradise Island,
Bahamas, 4 p.m.

Home games in bold

Gonzaga's rowers face a variety of mental and physical challenges year-round, but they do it for their teammates and the love of their sport

By IAN DAVIS-LEONARD

Before the early bird gets its worm, Gonzaga rowing has delivered its boats to the lake, completed its warmup and is on the water ready to row.

Practice starts at 6 a.m., but the athletes are rolling out of bed at 5 a.m., layering up for the elements, driving 30 minutes to the team's boathouse on Silver Lake in Medical Lake to practice for two hours on the open water. This, all before most college students have begun to hit the snooze button.

"Our team is kind of known to get up early in the morning," junior women's rower Lauren McCallum said.

While workouts commence the day, they are far from the end of it.

In between classes, meals and academic responsibilities, GU rowers fit in an afternoon workout of weight training or indoor rowing on the ergometer followed by time spent in the training room, going through recovery or in physical therapy inserted into whatever free time remains in a day.

"You get really good at time management," said Charlotte Lepp, a senior on the women's rowing team. "It's just a lot of fitting things in where you can."

Training is nearly a daily task for GU's rowers, although often no two days look the same.

As the seasons change, so too does the training regimen. Due to NCAA regulations, practice times vary between eight- and 20-hour weeks and unlike other sports, rowing isn't limited to one season.

In the fall the teams take to the water for longer 5-kilometer races and in spring the races are shorter 2-kilometer sprints in preparation for championship season.

"There is no offseason," Lepp said.

Even as the players get winter break and summer "off," they are expected to return in top shape.

"It never stops," senior men's rower Ian Melder said. "We aren't training in the summer technically, but there is a very strong expectation that you come back in shape and the difference between in-shape and in rowing shape are two very different things."

In the spring and summer the athletes spend plenty of time on the water, but as the days get shorter and the air gets crisper, weather affects the practice schedule.

Water splashing off the lake begins to freeze to the athlete's body, sweat slips off into ice cubes and what little skin remains exposed becomes unbearably cold, yet the athletes row on.

"We ran straight into ice today, it was like a Titanic situation," Lepp said with a laugh in an interview earlier this month.

At times, when fog blankets the lake and the sun has yet to rise, the teams will practice for hours while being barely visible to its coaches.

"[Loyola Marymount and University of San Deigo] we know are on the water every day, because they are California based, so we try to use that to motivate our team and make use of what little water time we get to the best of our ability," McCallum said.



Both rowing teams get up at 6 a.m. for a morning workout and fit in an indoor workout during the afternoon.

“

What I find is when you're in that hole, when I am facing that demon on your shoulder saying 'You know what, just give up,' it's the guys next to me that keep me going ... It is really that brotherhood, that building each other up that gets everyone through.

Ian Melder, senior men's rower

Once temperatures dip below 20 degrees and Silver Lake freezes over, the teams are forced off the water and indoors for months at a time until the weather outside becomes tolerable again.

The months of indoor training can be mentally challenging for the rowers.

"You're not doing what you particularly want to be doing," Melder said. "Erging, you're not really playing your sport anymore, you're really just cross-training."

Even when they can't be on the water and their training resembles little of what rowing actually is, the team constantly pushes its self to improve. Coaches demand growth, measuring athletes regularly with timed erg tests.

"It's something we strive for as a team," Melder said. "We want to get better, we have that drive to be the best team we can be and so it is trying to live up to those standards as best as we can."

While nothing compares to being on the water, the team will do whatever

it can to build cohesion.

At times the team will line up the ergometers, syncing up their motions on the machine or during warmups they'll do squat jumps in unison.

"It kind of looks like a cult type of thing sometimes, but it definitely helps us on the water," McCallum said with a laugh.

During the most grueling, arduous workouts, when quitting seems like the most ideal option, it is the teammates beside you that the athletes said get you through.

"There are times when you are in the middle of a piece and you don't think you can do it," Melder said. "What I find is when you're in that hole, when I am facing that demon on your shoulder saying 'You know what, just give up,' it's the guys next to me that keep me going ... It is really that brotherhood, that building each other up that gets everyone through."

Rowing is a labor of love for these athletes. Many aren't on scholarships — on the men's team, no one is on

scholarship due to a GU decision to allocate funds elsewhere — they are voluntary participants in the grueling daily training regimen that develops these athletes into the champions they aspire to be and even amid the coldest days and the most difficult hardships, the passion pushes them forward.

"We love it and yeah it can be a struggle at times, but nothing that is worth happening comes easy," Melder said. "I am going to look back at this time and I'll remember the bad days for sure, but that is not the only thing I'll remember and definitely not the focal point of what I remember. It's going to be the successes, the team building and the brotherhood."

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

GU athletic directors emphasize consistency, communication

By TREVOR BOND

Chances are, if you have watched or followed Gonzaga men's basketball, you are well-informed that head coach Mark Few has been at GU for over 20 seasons. You might have even heard mention of Director of Athletics Mike Roth, who has been at GU even longer.

That consistency is common among GU Athletics' leadership. The cohesive nature of the Athletic Department has allowed it to stay strong in its values even through significant growth since the 1990s.

"The culture that Mike Roth has created has always been family focused," said Shannon Strahl, GU's senior associate athletic director. "It trickles on down; everything we have done in athletics has had a family feel. As we've grown over the years, we've kept that tight-knit feel within our department."

The senior leadership in the Athletic Department is made up of 10 associate directors of athletics. They oversee a variety of different specialized functions within the athletic department that enable it to operate smoothly.

These areas include compliance, student services, programs, facilities and business operation, among other responsibilities. This requires collaboration and communication to be at the forefront of most daily work.

That process is made easier by the consistency within the department. Many of the high-ranking staff members have worked together for years, which promotes effective communication within the department.

"Being able to interpret what they mean by what they say is something that you can only accomplish over time," said Chris Standiford, deputy director of athletics. "The synergy between us is really important."

The lengthy tenure for some in the Athletic Department stemmed from a love for the university while attending as a student — which prompted a desire to stay at GU.

Strahl played on the GU women's soccer team before completing her undergraduate degree in 1999. She then stayed on campus to earn her master's degree in business administration and worked in GU Athletics as a compliance and academics intern.

While she served that role, a full-time position opened as a compliance officer. Roth selected Strahl for the job, from which she has worked up to her current position as senior associate director of athletics.

"Mike Roth took a chance on a very young recent college graduate," Strahl said. "I hadn't even gotten my MBA yet and finished grad school. He offered me the job and [I]



Shannon Strahl and Chris Standiford both have been with Gonzaga for more than 16 years.

took it, and the rest is history." Standiford's path to deputy director of athletics draws some similarities to Strahl's. As a Spokane native, Standiford has always seen GU as a special place. After he graduated from the university, he started as a facilities intern in the early 1990s. Then, he served in his first full-time role as the director of the Martin Centre and pool manager.

"To say I started at the bottom is quite literal, considering you can't get any lower ... than the filter room in the pool," Standiford said.

Timing was important for both Strahl and Standiford. Career growth has run parallel to expansion of the Athletic Department.

For Standiford, Strahl and others, this has allowed for titles and responsibilities to shift,

while remaining at the same institution.

Change can also lead to a career in athletic administration. Associate Director of Athletics Heather Gores started her career at GU as a women's basketball coach in the 1990s after playing and coaching women's basketball at Washington State University.

Gores looked to transition out of coaching and wanted to focus more on family. She took on a new role in administration that fit those aspirations, but still allowed her to have important connections with student-athletes.

"I don't want to go through a four- or five-year career with a student-athlete and really not know who they are by the time they graduate," Gores said.

The connection to student-athletes is an

important part of the job for many in GU's athletics administration.

"My favorite part about this job is watching students come as recruits," Strahl said. "Then, [they choose] to come here and [I] see them come in as a freshman and develop along the way until they're seniors. Then, [they] come back as alums. That's the fulfilling part of this job."

Sport supervisor is another title of Gores (volleyball, tennis, cross country/track and field), Standiford (baseball, rowing, golf) and Strahl (soccer), alongside Roth (basketball).

In this role, those four try to attend as many athletic events as possible to support student-athletes. In addition to attending events, the Athletic Department has an open-door policy in its Volkar Center offices to encourage communication and connection with student-athletes whenever possible.

"To see student-athletes out there competing, working their craft, that's the most enjoyable part to see," Gores said. "If they have a tough game, we can pat them on the back and give them extra support."

Daily work for associate athletic directors involves many meeting and conversations about how to achieve the department's goals and uphold its core tenants as efficiently as possible.

"The hardest part about compliance is how the environment of college athletics changes," Strahl said. "We have new rules each year. ... Social media has made things tricky with how quickly information flows and not being able to get ahead of things."

While the NCAA landscape is constantly changing so too is the athletic department. As GU athletics has grown over the years, the department has expanded itself in an efficient manner to ensure student-athletes are given the necessary support.

"I'm incredibly proud and motivated by what the growth has been able to do for our students and for the university at large," Standiford said. "It's amazing to see the things that are accomplished by our staff that have led to greater outcomes for our students."

Growth within the department — while sticking to its principles of supporting student-athletes on the field, in the classroom and in the community — has allowed for GU athletics' long-time administrative staff to stay in-house.

"I'm blessed, I love being at Gonzaga," Standiford said. "This place has done far more for me than I've ever done for it, but I've appreciated every moment of being here. ... This is a truly great place."

Trevor Bond is a staff writer and photographer.

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Gary Bell Jr. walks off the court after the Bulldogs' win over the University of Texas-Arlington on Tuesday.

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Around the world and back in 4 years

Gary Bell Jr. played professional basketball in various European countries before returning to Gonzaga as a graduate assistant coach this season

By RILEY UTLEY

As media swarmed around Gonzaga men's basketball head coach Mark Few after the Zags' win against Arkansas-Pine Bluff earlier this month, graduate assistant coach Gary Bell Jr. was quickly sneaking past the chaos to hug his young kids out on the court.

For Bell, this job at GU was never really about basketball or coaching.

"[I came back for] family honestly," Bell said. "I was playing overseas for four years and being away from my family for eight months out of the year was tough."

Now, Bell is back with his wife and his two kids, ages 2 and 5.

"I get to take my son to school almost every day and I get to tuck them in at night, so it's the best," Bell said.

Being at GU now allows Bell to not only spend more time with his family, but also still be involved in basketball at a high level.

Flashback four years to when Bell, along with fellow guard Kevin Pangos, composed the heralded backcourt duo from 2011 to 2015 and made history as they took the Bulldogs to the Elite Eight for the first time since 1999.

"Gary and Kevin started all four years together and we weren't able to get to the Final Four and we lost to the eventual national champions but, at the same time, they reassured people that we could win big games," said Mike Roth, director of athletics. "That's probably one of the good memories in that regard but it's also a memory of how Gary carried himself as a person on and off the floor."

"There was never one thing that came across my desk that was negative from anyone about Gary. He's going to bring back a lot of memories for folks because they will remember some of those games. He was a part of winning a whole lot of games."

Bell is also one of the most successful players to compete at GU. He's on a short list of players to start all four years of his collegiate career; he's ranked eighth in program history in 3-pointers attempted and he's played the fifth-most NCAA tournament games at GU with 10.

After leaving GU, Bell played professionally for four years in Poland, France and Greece.

"Basketball was good but being away

from family was really tough," Bell said. "We had a good day here and there, but I wasn't seeing my kids grow up and that's why I decided to come back."

It was then that Bell decided to move back to the United States to be with his family full time. He figured he would get a job coaching high school athletes, but then the opportunity at GU arose and it was one he couldn't pass up.

"I just wanted to come back and I didn't know I was going to come here," Bell said. "[Assistant coach] Tommy [Lloyd] talked to me and was like, 'You can be a grad assistant here.' It was basically like coming home, so I couldn't pass it up."

Now, Bell works directly with players on the team, while simultaneously working toward his master's degree in organizational leadership.

"I work out with Joel [Ayayi] a little bit and rebound for him," Bell said. "[I give] input whenever I can and try to learn on the fly."

Bell said he is grateful for the opportunity to learn how to coach under Few, Lloyd, Brian Michaelson and Roger Powell Jr.

Essentially, the entire team is made up of players who were still in high school or younger when Bell was on the team.

"I haven't played with any of these guys. I kind of know Tillie because he came in right after I was gone but none of the guys really know who I am," Bell said. "They see me on the wall a little bit. They call me old and I'm only 27, so it's kind of crazy coming back and being an old guy."

Bell said he enjoys getting to work with younger players and helping them reach their full potential. Being back at GU also gives him the opportunity to work in a team environment that he hasn't worked in since he left GU four years ago.

"[I love] being around them every day and seeing that team camaraderie," Bell said. "Being overseas, you kind of don't get that because you're playing with new guys every year. [I'm] just seeing these guys, how they gel, how they work, how that is different from when I was here and how it's a lot better."

He sees this opportunity at GU as a launchpad into his coaching career and Roth said he has a bright future ahead.

"We have eight new players on this



BULLETIN FILE PHOTO

Gary Bell Jr. was a four-year starter for the Zags, ranking eighth in program history in 3-pointers attempted.

year's team. We have somebody who has worn the uniform for four years and was an integral part of that four-year stretch of success," Roth said. "He's already having a big impact on this year's team and we're hoping that he'll have a tremendous impact well into the future. And not just on the basketball team, but the type of person Gary is, we hope he has an impact beyond basketball and into Gonzaga."

For Bell, this job got his foot in the door of coaching. It's a gig he's excited about and ready to pursue.

"I don't know if I always wanted to [coach], but I know the game and I think because of that, I would be a good coach," Bell said. "Starting here is a dream come true."

Riley Utley is a news editor. Follow her on Twitter: @rileyutley.

New kids on the block: GU men's XC freshmen off to fast start in first year as Bulldogs

By SAMANTHA DIMAIO

It's no secret that every Division 1 sports program wants to make every recruiting class the best they've had. This year, Gonzaga men's cross country may be able to stake that claim without much disagreement.

Several talented freshmen have joined GU's squad, some of whom were redshirted in order to protect their eligibility. Instead of stressing about various competitions, it is more beneficial in the long run to spend their first year getting used to other aspects of college, such as being away from home, living in a dorm and balancing schoolwork.

"We try to, in the perfect world, redshirt all our freshmen," said Pat Tyson, director of cross country and track and field.

Five of the six freshmen were redshirted after they began training at GU in mid-August. As redshirts, they are required to pay for their own travel and accommodations during races, but they still receive all the benefits that GU athletes are offered on campus.

They also do not race in the GU jersey or contribute to the team's official scoring. But they still add to the dynamic of the team and the success of the program since they are participating in workouts and everyday practices.

"They're kind of pushing other guys forward just based off of doing the right things and having a good attitude," redshirt junior Stefan Bradley said.

A specific freshman to take note of is Riley Moore. Originally, he was going to redshirt, but the coaches decided to pull that status in October for the Nuttycombe Invitational

in Madison, Wisconsin. Moore ended up being the team's fifth scorer and placing 135th overall.

He also competed in the West Coast Conference championships in Los Angeles on Nov. 1, where he placed 22nd overall, was the team's seventh man and won WCC Men's Freshman of the Year.

A native of Richland, Washington, Moore considered attending Southern Utah University but chose GU because of the talented coaching staff and the culture of the team.

"There's never a boring day," Moore said. "It's basically just like having a whole lot of brothers."

In addition to Moore, there are five other freshmen who Tyson is proud to call members of the team: Myles Bach, Evan Bates, Ben Brown, Jackson Lyne and Kyle Radosevich.

All of these athletes were immediately dialed in once training started. They didn't need the typical transition period, nor did they face any hesitation in discovering their role on the team. They jumped right into the intense life of a college athlete with hard work and dedication at their center, which also helped to rejuvenate the team's returners. Tyson knows each freshman well and appreciates their individual skills.

"Just a shout out to the best recruiting class in Gonzaga history," Tyson said.

Collectively, the incoming freshmen have already been successful with their high school running careers. Every one of them has broken 9 minutes, 20 seconds in the 2-mile race, which is proof of their greatness.

As for the start of their collegiate careers, they have only

competed in a few races.

The top runners on the team consist of sophomore James Mwaura and redshirt junior Peter Hogan. But Moore has been added to the group as well as redshirt sophomore Cullen McEachern.

However, all of the freshmen have the opportunity and ability to be one of the top five scorers sometime down the line. When the upperclassmen graduate, the team will still have depth.

Despite an array of talent across the roster, GU has never made it to the NCAA Championships. Each year, they welcome a wide range of good recruits with a couple of great runners mixed in, but this incoming class consists of solely great runners. With this group, the team might break that boundary and accomplish the goal of reaching the national meet.

"It's just great having the younger guys and the freshmen really assisting in our journey and our development," Bradley said.

The freshmen are the beginning of something new. They have the next four to five years to improve and continue elevating the program.

"I'm just looking forward to watching our program grow," Moore said. "Because we pretty much started a long time ago with nothing and we turned it into a really solid program."

Samantha DiMaio is a staff writer.

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