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Virtual classroom challenges amid pandemic for future teachers

By NATALIE RIETH

Due to COVID-19 restrictions, Gonzaga students enrolled in the special education classroom placement and classroom management courses have had to face a delayed classroom placement within schools local to the Spokane area. This setback has given students the unique opportunity of observing challenges faced by students and teachers within the special education classroom as a result of the pandemic.

Before receiving their placement, students were required to complete a virtual module, where they were introduced to online teaching styles and virtual educational platforms, as a part of the 30 hours they must complete observing their assigned classroom.

With a mix of students placed in in-person and remote classrooms, students have been able to reflect on the effects the pandemic has had within special education classrooms in each COVID-19 learning environment.

Sarah Merlino, a student enrolled in both special education courses, attends



BULLETIN FILE PHOTO

SEE TEACHERS PAGE 2 GU grad, Lexi Rutherford, student teaches a second grade classroom at St. Aloysius Catholic School in 2016.



David Gracon, a professor at GU, went to western Ukraine as a Fulbright Scholar where he taught media literacy.

'Fulbrighters' put GU mission into practice around the world

By ALEX BHAYANI

Gonzaga University has hosted multiple professors from the prestigious Fulbright Scholars program, a cultural exchange initiative of the United States Department of State in which American students, academics and other professionals earn grants to travel abroad and share their passions with different cultures. Citizens of foreign countries come to the U.S. for the same purpose.

Reymund Lara is a fifth- and sixth-grade teacher in Iloilo, a city in the central Philippines where he attended West Visayas State University and completed his bachelor's degree in 2012.

"I am teaching English, social studies and Tagalog," Lara said. "I have been a teacher for the past seven years and my main goal is

to be a part of my students' journey in reaching for their dreams and aspirations in life."

Lara is a foreign language teaching assistant for the 2020-21 academic year. He chose GU because of its focus on developing the whole person.

"The FLTA Program is a full scholarship program for early career English-language teachers to work as Filipino-language teaching assistants in America for one year," Lara said. "Its objective is to 'strengthen foreign language instruction at U.S. colleges while enabling foreign teachers to increase their English language proficiency, refine their teaching skills and extend their knowledge of the culture and customs of the United States.'"

Unfortunately, however, the pandemic foiled his hopes to physically come to Spokane.

"I continue to be flexible and resilient," Lara said. "I am teaching remotely [from home in Iloilo] for the fall and am optimistic that I can travel to GU soon."

To stay connected with campus news and events, Lara is an avid reader of The Gonzaga Bulletin and Morning Mail.

Lara is teaching Elementary Tagalog within GU's Modern Languages and Literature Department. He offers free classes on Thursdays, for which 11 students have signed up this semester.

In addition, Lara has shared other aspects of his Filipino culture with colleagues and students.

"I am a member of the Filipino American Student Union (FASU) and the Asian American Union (AAU) [taking] every opportunity to share about

SEE FULBRIGHT PAGE 3

Gonzaga says goodbye to three key staff members

By KAYLA FREIDRICH

During the last couple of months, Gonzaga University has seen the resignation of many high positions in multiple offices and is left with the task of figuring out what to do with these positions moving forward.

Kelly Alvarado-Young, Amy Swank and Richard Menard have all made significant contributions to their respective departments during their time at GU.

Alvarado-Young stated resignation of her position as director of First Year Experience programs back in July and is now moving on to Washington State University where she will be the director of new student programs.

In an email to the GU community, Vice Provost of Student Affairs Kent Porterfield addressed her resignation with appreciation.

"She has overseen seven New Student Orientation cycles at Gonzaga," Porterfield said. "Kelly brought organization and vision to new student transitions at Gonzaga, and her passion for equity, inclusion and Gonzaga's mission is embedded in all the programs her office has coordinated."

SEE RESIGN PAGE 2



COURTESY OF KATIE DAY

GU grad, Katie Day, beat Non-Hodgkin lymphoma cancer after months long battle.

Overcoming cancer

By ASHER ALI

After being announced officially cancer free on Nov. 19, former Gonzaga tennis player Katie Day compared her nine-month-long battle with Non-Hodgkin lymphoma to a three set tennis match.

The first set consisted of the first three rounds of chemotherapy she fought through after initially being diagnosed with primary mediastinal B-cell lymphoma on Jan. 10. These first few rounds posed many new challenges to Day as she had to imbue her body and mind to overcome the unfamiliar

adversity.

"I'm not going to let cancer affect me and I'm going to control it," Day said. "Like when I was first diagnosed, I knew I was going to lose my hair so I cut it all off during my first round of chemo because I didn't want to go through the process of having it come out on its own."

She had to get a picc line inserted into her arm to be administered the chemo, meaning that Day couldn't work out during the entire 18 week treatment

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Harry Styles made the cover of Vogue Magazine in style, by wearing a dress.

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a virtual learning classroom of seventh and eighth grade middle school students on Tuesday and Thursday mornings. They focus on mastering simple, everyday skills, like days of the week and introductory reading.

Merlino said changes to classroom placements have set her back in comparison to other students studying education who have experienced the placement experience in the typical classroom setting.

"I feel that [classroom placements] is just so important within education," Merlino said. "You can't just learn about it and then be teaching having known how it works."

For students within special education programs, attempting to continue the typical classroom routine has been a big challenge.

"You want to try and have them have as much independence as possible because you're trying to teach them functional skills that will help them develop into a functional adult," Merlino said. "With COVID-19 there are so many precautions that you have to take that independence away from them."

Another challenge for special education facilitators and students with online teaching platforms is relationship building.

"I honestly think that what these places are about is creating those relationships with kids and that was so hard this semester because we are all online," Merlino said. "It's a totally different environment than you would have if you were in person and actually getting to know the kids is difficult over a virtual platform."

She has found it has been easiest to establish connections with the students while in reading break out groups. In the reading group, Merlino alternates reading sentences of a story and rereads portions with the students to practice comprehension skills.

Merlino said she noticed that students seem to feel a lot less comfortable with the online, at-home learning style than they would in a traditional classroom. Students now have to face various distractions that may be happening at home while focusing on their schoolwork.

"I know that home life isn't always great in some areas of Spokane, and so I think that there's also this fear that sometimes you will hear parents arguing in the background or siblings fighting," Merlino said.

Often students are distracted by parents who ask to help their children or try to get overly involved in the classroom setting.

"There's all these factors that contribute to online learning that is making it so difficult for them," Merlino said.

Jenna Mathews is a student in the same placement class as Merlino, who was placed in an in-person high school Abilities Bases Learning and Education Support (ABLES) classroom for the semester. The five freshmen to senior students in the classroom come in person Monday through Friday from 8 a.m. to 2:20 p.m.

To allow for these students to learn in person while maintaining COVID-19 guidelines, Mathews said the teachers have had to split the classroom in two. While



2016 BULLETIN FILE PHOTO

A large challenge for special education facilitators and GU students with online teaching platforms is relationship building.

three students learn from the main classroom, the remaining two students are with their paraeducators in a neighboring classroom.

As expected, both students and educators are required to wear face masks in the classroom, which is a challenge for ABLES students. Teachers must wear both a face mask and a shield while in contact with students in the classroom.

"It has been a challenge to teach the students to properly wear a face masks, since they are students with severe autism," Mathews said. "So, they either wear it for part of the time or wear it incorrectly."

In a typical semester, the classroom placement course would require GU students to pose an intervention project specific to a student's target behavior — either behavioral or academic — with data collected throughout the semester. Since placements were assigned much later than usual due to COVID-19, the students are unable to complete the project in the same way as past semesters.

Students are required to set up their individualized project as if they were to collect data and implement it but are unable to actually complete the project.

For her final project, Mathews aims to increase the receptive abilities of a student in the ABLES classroom. An example of these receptive abilities would be a student pointing to a picture of a cat in response to being asked to

show a picture of a cat, Mathews said.

Merlino said that she is focusing her project on an academic behavior of a student she was able to make a strong connection with in her reading group. Her project is a reading intervention with a goal of decreasing the percentage of errors in the student's cold read of a story.

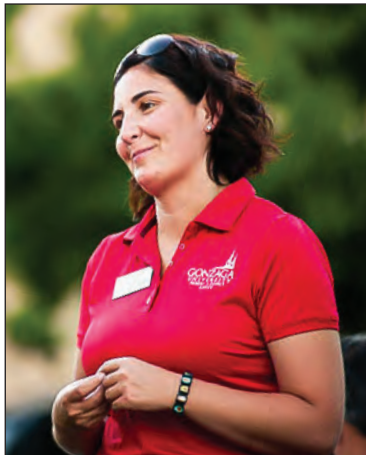
Despite the frustration this semester has brought for GU students seeking experience in the classroom, both Merlino and Mathews agree that these challenges have brought to light how important it is for teachers to prioritize their students' individual educational success.

"I have learned that there will always be things that affect the classroom and learning environment that are out of your control as a teacher, but it is important to stay positive and continue to be a role model for students," Mathews said. "It would be so easy as a teacher right now to get lazy or discouraged by the obstacles of COVID-19, but it is our job as teachers to prioritize the learning and well-being of our students."

Natalie Reith is an arts & entertainment editor. Follow her on Twitter: @natalie_reith.



KELLY ALVARADO-YOUNG



AMY SWANK



RICHARD MENARD

“

It has just been so much fun working with everyone. I really just want to express my thanks to the GU community. This has been a great experience.

Richard Menard, former director of the Center for Global Engagement

RESIGN

Continued from Page 1

For the time being, Matt Lamsma, dean of student engagement, is taking on any communications for the First Year Experience Program.

Swank was the director of the Office of Parent and Family Relations (PFR) at GU for 13 years and had leadership qualities that elevated the office.

Eric Baldwin, dean of student well-being and healthy living, worked closely with Swank and feels that her resignation is going to greatly impact the entire GU community.

"She helped to build the program from the ground up and it was her leadership that brought the program to its current heights,"

Baldwin said. "Nicola Mannetter, the most recent director of the Center for Cura Personalis, is serving as the Interim Director of PFR. Nicola is the perfect person to continue serving our parents and families."

Swank has worked hard to build up this program and make a lasting legacy.

Richard Menard said he will be moving on to a different university to happily support his wife, Amy Swank, in this fantastic opportunity that has arisen.

Menard's experience as the director of the Center for Global Engagement is going to be a huge benefit to whichever university he moves on to. His goal when he came to GU was to expand the study abroad program and take it to the next level.

With the new collaboration with Shorelight Education and

the expansion of the study abroad program into other countries, Menard feels satisfied with the time and work he has put in at GU.

"Since I'm leaving now, my team will be able to really step in and other people can get their chance to develop their own skills," Menard said. "It's time to give other people their chance to grow."

Menard's resignation is saddening to the GU community but his time on campus and the opportunity that he has created for students has set the bar high for anyone coming in to the office after him.

"I'm going to miss the people at GU and just how great everyone here is," Menard said. "It has just been so much fun working with everyone. I really just want to express my thanks to the GU

community. This has been a great experience."

Menard believes Swank and his' journey is far from over and there is a chance that the GU campus might welcome them back at some point in the future.

There are prospects for these three positions and interim position holders for now, but there is speculation that the director of First Year Experience and director of Parent and Family Relations may be combined into one position.

Baldwin said that nothing is certain right now, but in the closing of the fall semester and before the spring semester begins, there will be more information going out to students and their families as to if and when any collaborations will be taking place.

Aside from the resignation of these three positions, there

are other concerns amongst GU community members as to the budget and hiring process and capacity of the university at this moment.

Baldwin said that even though there are positions that may be empty for now, COVID-19 has created new jobs and made a spot for itself in the budget.

"There are many positions that have been hired including the contact tracers and additional professional placements in housing and residence life," Baldwin said. "Because COVID-19 has shifted many priorities it's accurate to say we are being very strategic and deliberate on how positions are being evaluated and placed."

Kayla Friedrich is a staff writer. Follow her on Twitter: @friedrich_kayla.



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



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Spring semester: To Zoom or to go in person

After experiencing the first full semester in a pandemic, students lean toward their preferred avenue of learning when considering classes in the new semester

By ZACH WALLS

On Nov. 17, Gonzaga University announced a continuation of the hybrid learning model for the extent of spring semester, barring any additional restrictions from Washington State or the Spokane Regional Health District. Each and every Zag will have the option to attend courses in person, online or a combination of the two.

Additionally, earlier announcements of a delayed starting date, Jan. 19, and the annexation of spring break were not changed.

With study aboard officially canceled, the entire GU student body is once again presented with the daunting decision of how they want to learn.

Following the first full semester amid the ever-present coronavirus, Zags now possess a grasp of what collegiate life and education in a pandemic are like; a test drive of the conditions of various types of learning.

With a clean, four-week break to decompress, some Zags are taking a new year, new me approach to their mode of instruction and previous virtual students are electing to make the return to in-person education.

"[Online learning] was really weird, you kind of just wake up, roll out of bed and log into class," Katie Chicca, a freshmen psychology major, said. "It's isolating, too. Tough to meet new people and make new friends."

Chicca's decision to learn remotely from her childhood home in San Diego, California, was not entirely her own. Her parents, both of whom are scientists, wanted to take all precautions possible, resulting in a first semester of college that struggled to be any different from senior year of high school.

"I just had my whole entire same high school routine," Chicca said.

With January providing her with the first opportunity to actually set foot on GU's campus as an active student, Chicca greatly looks forward to the new year.

"Being in social settings again is going to be really fun and it will be super nice to finally meet my roommate in person," Chicca said.

The return to the classroom does not only excite new Zags with a delayed start to their freshmen year. Beatriz Wygant, a junior nursing major, looks forward to in-person instruction after a long semester away. Despite moving into a Logan Neighborhood house in the late summer, she endured a strictly remote semester.

With the beginning of her clinicals and other hybrid courses, Wygant finally returns to her preferred method of instruction after an unintended semester away.

"It wasn't really my decision, all my



LILY KANESHIGE IG: @aka.lilly

Freshman Katie Chicca felt her first semester of college, spent at home, mimicked her high school routine.

“

I feel like I'll definitely be more motivated to learn in-person since online is so easy to just turn your screen off and not pay attention.

Beatriz Wygant, junior

classes were just online," Wygant said. "I feel like I'll definitely be more motivated to learn in-person since online is so easy to just turn your screen off and not pay attention."

Wygant noted the added difficulties that come with staring at a screen all day.

"I feel like I didn't have a connection with any of my professors, I don't really know them, and they didn't really know me. It's nobody's fault, it's just difficult to

get to know somebody through a screen," Wygant said.

While virtual learning presented students more challenges than it was worth, some Zags agree that "Zoom University" did offer some benefits over traditional instruction.

"I'm going to miss being able to turn off my camera and take a break when I'm feeling tired but it's probably for the best," Wygant said.

As this anything-but-traditional semester crawls toward its waning moments, students must begin to consider how they want to proceed come the new year.

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



PHOTO COURTESY OF GONZAGA NEWS SERVICE

Reymund Lara (pictured above) is a Fulbright foreign language teaching assistant at GU, teaching elementary Tagalog classes.

FULBRIGHT

Continued from Page 1

Filipino American Student Union (FASU) and the Asian American Union (AAU) [taking] every opportunity to share about my beloved country," Lara said.

He was also invited by Tim Westerhaus, the music department chair, to share the different Filipino Christmas celebrations with the GU choirs, since they will be singing one Tagalog song for their Christmas Candlelight Concerts the weekend of Dec. 12.

Lara is also taking two courses at GU. His choices were "Introduction to American Government" and "World Languages."

"[In World Languages] I get to learn more about the varied strategies in teaching a foreign language, which I can definitely utilize when I return to the Philippines since I teach English as a second language," Lara said.

David Gracon, from GU's integrated media department at GU, was a Fulbright scholar in the 2017-18 academic year, and is currently an assistant professor in the department.

Gracon said he focuses on the integration of digital video production and critical media studies and views media as a tool to transform lives and society for the greater common good via impactful, critical storytelling.

Native to New York, Gracon earned a doctorate degree from the University of Oregon, teaching there and at several other institutions before heading to Eastern Illinois University for nine years.

As a "Fulbrighter," he traveled to Ivano-Frankivsk, a city in western Ukraine which hosts Precarpathian National University.

“

I learned a tremendous amount about the history and culture of Ukraine that you can only really experience by being in a place.

David Gracon, associate professor of integrated media and Fulbright scholar



PHOTO COURTESY OF THE FULBRIGHT WEBSITE

Fulbright is a cultural-exchange initiative of the U.S. Department of State.

He said his project entailed teaching classes on the topic of media literacy, meaning the active critique of media systems and texts and their impact on society.

"I also organized and taught media literacy workshops in Kyiv [Ukraine's capital city]," Gracon said. "Here I trained university professors from all over the country who were eager to develop their media literacy teaching skills. They then returned to their universities and taught other professors. This chain of media literacy certification snowballed all over Ukraine."

He considered this one of the most impactful initiatives from his year abroad.

"At the time, the topic of media literacy in Ukraine was a very hot topic," Gracon said. "It still is. Especially as Ukraine is a relatively newly-forming democracy. They're constantly bombarded by fake news and propaganda from the Russian Federation, and the current hyper-commercialization of the society means having the tools to be critical of advertising, films, TV and social media."

He said Ukrainians are naturally skeptical of authority and their trust in government is far lower than in America.

"Alongside my graduate students, we also did a number of community-based events where the students shared their knowledge of media literacy as a form of civic engagement," Gracon said. "They gave presentations on topics such as gender representation in media or detecting fake news sources, then had an open discussion with community members at a local library where questions went back and forth in a very energetic manner. We were actively doing democracy, through dialogue."

Gracon encouraged and challenged Ukrainians to

question how media is constructed, by whom, and for what purposes.

"To not have media literacy skills is to perpetuate an uncritical, uninformed and passive society," Gracon said. "When a population is easily susceptible to manipulation and duped by various ideologies, political, economic, consumerist, etc., it is difficult to have a functioning democracy."

He characterized his ten months as a Fulbright Scholar as "the best thing I've ever done in my life," "the highlight of my career," and the program itself as "one of the strongest programs the U.S. government does."

"I learned a tremendous amount about the history and culture of Ukraine that you can only really experience by being in a place," Gracon said. "You can read books and watch films, but it's not the same as having conversations, learning a new language and sharing some varenyky [dumplings] with people who became my lifelong friends."

He was recently accepted as a Fulbright specialist, which he called "a shorter Scholar grant."

Instead of ten months, he will be going to a country for six weeks over the course of three years.

This experience will be largely similar, "teaching media literacy workshops alongside professors and students," but may "also entail consulting, like helping a media department develop or modernize its curriculum," according to Gracon.

"I will likely do this project in Kazakhstan," Gracon said. "The literacy workshop I taught in Kyiv was such a success, the same embassy representative essentially recruited me to apply for this grant."

Gracon continues to promote the Fulbright program at GU and welcomes interested readers to contact him.

"I'm willing to assist any GU student that wishes to apply to Fulbright," Gracon said. "Or meet with them to discuss it in detail to see if it's the right fit. I feel it's a transformative experience, and I want others to partake."

Alex Bhayani is a staff writer.

The good, the bad and everything in between: Reflecting on the year 2020

It's hard to put words into sentences that creates a reflection about how this semester went. But that's my job as a writer; to create a narrative that encapsulates what happened. So, that's what I'm going to try and do.

I'm going to take my semester, all the ups, downs, the good times and the bad and formulate a story that encompasses the lessons I've learned between March and now.

The through line of this story is resilience. The people who I have been surrounded by this past year have shown me how resilient humans are and how determined we are even in the face of impossibility and the unknown.

Being surrounded by the kids I worked with at Finch Elementary this summer, my professors and classmates, the Bulletin staff and my housemates, I was reminded just how lucky we are to be here, to be working and to be learning.

Getting through the dread that came with realizing how everything had changed was one of the most difficult things I've ever done. But the silver lining of all of this is that I learned so much about just how much we have to be grateful for.

This summer I worked with kids at Finch Elementary. They were a part of a summer care program and they were there primarily because their parents were first responders and other care workers. My job was to help them with schoolwork, feed them breakfast and make sure they kept their masks on.

But soon, this job became more than a job. It was a source of joy and hope.

These kids were so resilient and to them there was nothing wrong going on. Their biggest concern was about losing a game of Mancala or asking me why they couldn't do handstands in the gym.

And for every time they fell or lost, they got back up again and tried again. They weren't exhausted or tired they were full of energy and life, despite everything going on in the world.

Their resilience inspired me. Their love of life and simple understanding of what life is has deeply impacted me and has kept me going throughout the semester.



By RILEY UTLEY

Cut to Sept. 1 when I sat down at my desk in my bedroom for my first day of online school. Coming off a summer of working and adjusting to the pandemic I was just excited to be back in a classroom, albeit virtually.

To my amazement my professors created a learning environment where I felt like I was picking up new skills, understanding theory and critically thinking at a deeper level than I have in a long time.

Their enthusiasm to be teaching us and my classmates' enthusiasm to just be back together made me enthusiastic about my education and inspired to challenge my understanding of anything.

The biggest challenge I took on not only this semester, but probably in life all together, was being the editor-in-chief of this paper. I really didn't know what I was getting into, but I can single-handedly say it was the best thing I've ever done.

The reason I feel so confident in saying this is because of the people I was surrounded by. There is absolutely no way I could have made it through this semester without Spencer, Mila, Chiana, Melina, Thea, Hannah, Natalie, Luke, Audrey, Vinny and Asher. There is no way I could have made it through this semester without a writing staff that was so ready and willing to take on anything.

They made my job easy even when it was hard. Being

able to go into work every week and see these beautiful people in person was the highlight of my semester.

This semester we created content that we knew was important. This semester we created more content than ever before despite there seeming to be less than ever before. This semester we created content through so many challenges and setbacks, but we did it with resilience and a smile.

I'm so inspired by the people I work with. Their ability to take on stories they're scared of, help even when they didn't know the answers yet and stay determined, inspired and excited about their work, in turn made me so grateful to be in this position.

Then on the days where I'd come home from work exhausted and beat down, I'd have my housemates to remind me to take a breath and a break.

Though it seemed like there was nothing we could do, somehow, we've done more in the past few months than I could have ever dreamed of.

Safe and socially distanced road trips filled August, card games and Bananagrams filled September, walks and trips to Green Bluff made up October and holiday movies and painting made up November and what is now December.

These simple acts done out of boredom and a need to go somewhere are what have created some of my favorite college memories that I will never forget. The five lovely ladies that I live with have made this semester one full of joy.

There are a lot of bad things going on in the world right now and there is a lot to be worried about, and it's definitely a lot more than normal. And trust me I worry probably too much about it all. But there are also a lot of things to be grateful for and happy about.

If I've learned anything this semester it's that humans are resilient and that out of the worst of times the best of times emerge.

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

Harry's style: Vogue cover prompts conversation about masculinity

On Nov. 13, Harry Styles became the first man to grace the cover of Vogue Magazine — solo. Styles showed off several outfits that combined both the masculine (such as suits) and the feminine (like dresses). His fashion was met with great praise, as many of his fans supported his use of androgynous fashion.

However, his debut was not met without criticism.

The next day, popular Republican commentator Candace Owens took to Twitter to call out the affair. Her now infamous line “Bring back manly men” has drawn the ire of many — including “Lord of the Rings” lead actor Elijah Wood.

Now, I'm well aware that I am late to the party, but while it is still in the public's mind, I want to discuss the implications of her ideas.

It's pretty safe to say the concept of “manly men” means traditional masculinity. This



By ALEXANDER PREVOST

refers to things like acting stoic, wearing men's clothing, etc. To many traditionalists and conservatives, Styles' choice to dress androgynously is seen as the heralding of a mass emasculation.

First it was not being breadwinners. Then it was becoming soft and emotional. Now, it's choosing to wear dresses and makeup. If this is where we are now, who knows



Harry Styles' historic Vogue cover.

what will come next?

Men will no longer be “men.” Oh, the horror!

But here's the thing though... Styles doesn't represent most men, and most men don't choose to wear feminine clothing.

In fact, most men don't even paint their nails.

Why? Well, it could be a number of things. For one, it

could be because the average Joe isn't secure enough in their gender and doesn't understand how to find that confidence. Or it could be an aesthetic choice — some men just prefer to present in masculine attire.

To me, and many fans, Styles' fashion choices symbolize a mainstream rise of straight men redefining masculinity. Finding confidence in their gender identity and sexual orientation whilst rocking a pair of six-inch stilettos.

To Candace Owens, it's the end of masculinity as we know it.

This raises a lot of important questions. Questions like: “What is the purpose of traditional masculinity?” “Is it still functional today?” “What is a positive example of 21st century manhood?”

We're living in a world where gender is becoming an increasingly complicated and explored thing. Rather than focus on the binaries that have defined gender roles, more and

more people are choosing to break them.

My two cents?

Men have been dressing up since the dawn of time. Powerful leaders throughout the ages have ruled in lavish and effeminate garbs. Just because one — one — male pop star finds creative empowerment in femininity doesn't mean Western civilization is going to fall.

If anything, Owens' comments are further proof that the current constructs of masculinity and femininity are antiquated, and it's time to reconstruct gender as we know it.

Men are evolving. Get over it.

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

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The real meal deals in Spokane

As a college student, I know that most of us are one of three things, (sometimes all of them): too busy, too lazy or too poor. This makes cooking food every day for every meal very unappealing for many of us.

Luckily, Spokane has a number of restaurants that offer takeout, delivery services and more that make it easy for us to have a restaurant quality meal without taking the time to whip it up ourselves.

It also means that we will likely have a much nicer meal than we would have had if it had been made by us. This would be excluding those Gonzaga students with gourmet food social media accounts never failing to make our mouths water, of course. The rest of us may “chef-up” occasionally but not on a consistent basis.

Here are just a few locally owned, Spokane restaurants that are not too expensive and are guaranteed to be delicious.

The High Nooner:
Downtown location: 237 W. Riverside Ave. North location: 410 E. Holland Ave. Courthouse location: 1116 W. Broadway Ave.

This “gourmet” sandwich shop has four different locations in Spokane: Downtown (Riverside), Spokane Valley (North Pines), North Spokane (East Holland) and near the Courthouse (West Broadway).

The High Nooner has a variety of sandwiches on their menu as well as the option to build your own sandwich and add whatever “fixins” you would like. This restaurant is a great option for those with a specific



By MARIN COUNTER

dietary need as they offer gluten free, vegetarian and vegan options.

The High Nooner is also famous for its sandwich sides, salads and desserts, including their coleslaw, pea salad, potato salad, rum cake and Nooner's giant chocolate chip cookie. Their sandwiches range from \$5.69 to \$12.69 depending on the type and size you order.

Bruncheonette:
1011 W. Broadway Ave.

This restaurant is one of Spokane's most well-known, local brunch destinations near Kendall Yards (Broadway). It has classic brunches like chicken and biscuit, pancakes, breakfast wraps and egg scrambles.

It also has more unique items such as the bacon sticky bun, blueberry cardamom muffin French toast and the rude-ben, Bruncheonette's take on the traditional Rueben sandwich. If you are 21 or older, don't miss their cocktail kits to-go.

Bruncheonette offers three different menus — the regular menu and take-out menus which can be picked up at the store by you or the delivery menu. On the takeout menu, Bruncheonette

offers a family brunch platter, perfect for your whole family, friend group or roommates to enjoy when you feel like going out to eat but would like to stay safe.

This restaurant is a little more expensive than others included in this article but, well worth it. Majority of food items on the menu range from \$6.50 to \$14.50.

Aloha Island Grill:
Campus location: 1724 N. Monroe St. North location: 1220 W. Francis Ave.

This restaurant is what I would categorize as, a “fun find” in Spokane. This is one of the only Hawaiian, non-Poke, restaurants in Spokane and other nearby cities.

It has two locations, near Gonzaga (Monroe) and on North Spokane (Francis). Aloha Island Grill offers traditional, Hawaiian cuisine that is guaranteed to be delicious. The most popular dish is the famous plate lunches.

These lunches include an entree, rice and macaroni or pea salad. There are also Main Island breakfasts and other options for a mix of entrees and salads. The price ranges depending on what you order.

These are not the only delicious and easy finds for delivery and takeout in Spokane, just a few popular ones. There are so many others to try out and enjoy.

To discover other restaurants, you can download Uber Eats, Door Dash or another delivery application to see what else is offered. Go out into your community and support local businesses while also getting a great meal to go.

Marin Counter is a contributor.

How are Spokane music venues surviving the pandemic? They aren't

By SYDNEY FLUCKER

The concert industry has suffered some of the biggest losses of the pandemic, and an industry that was expected to bring in \$28.83 billion in 2020, according to Statista, is a tough industry to lose.

Unfortunately, mosh pits, close contact and belting the lyrics to the words being sung on stage are all huge “no’s” at a time like this. While iconic venues around the country have temporarily closed their doors, the question of when their doors can reopen still remains unanswered and the fight for survival continues.

A number of different legislations specifically providing aid to the concert industry have been halted since Congress took it’s break. The RESTART Act, a bipartisan bill introduced in May, would expand eligibility for the Paycheck Protection Program (PPP) loans to event venues.

Since the original PPP expired in August with \$130 billion in unclaimed funds remaining, frustrations have grown for those who depend on the concert industry for their livelihoods.

One local business that has unfortunately already taken action is The Pin, that permanently closed their doors in August according to a post on their Facebook.

“We have had the best time with you the last few years. We are devastated to announce that we are closing our doors permanently due to the current state of the world, and the unpredictable time before we would be allowed to open our doors again,” said The Pin in a Facebook closure announcement.

The Pin is not the only venue feeling the effects of COVID-19. A statewide COVID-19 relief program, Keep Music Live, is currently working to provide \$10 million in aid to small, independent music venues across Washington.

A study by the National Independent Venue Association (NIVA) found that without assistance, 90% of indie venues, those with under 1,000 maximum capacity, could cease to exist by 2021. Keep Music Live hopes to reverse these effects by keeping small venues alive through small loans, which would, in turn, drive revenue for their surrounding businesses up.

OVG Media and Conferences President Ray Waddell conducted a state of the industry survey, to which 54.8% of venue respondents said they believe the industry will return to full capacity by 2021. This gives hope for venue owners as they struggle with keeping doors open, but unfortunately provides no immediate

relief.

“We’ll be back to normal by July,” said Brian Ritter, general manager of Fox Theatre.

“It’s tough,” Ritter said. “We still have bills to pay without any shows. We still have to pay the electricity. It’s rough. We’re fortunate that we have good community support and some generous supporters. We’re good until the end of the year thanks to the PPP.”

But not all venue owners agree with Waddell and Ritter on the fate of the live music industry.

“Me personally, and I’m a concertgoer, I’d be hesitant to sit in a crowded theatre without some sort of treatment available,” said Sheryl Stone, a producer and talent buyer at Spokane’s Bing Crosby Theatre.

While she wants concerts, and life, to return to normal, she understands the fears and concerns customers would have regarding large events.

“It’s hard to know what will happen since there is no vaccine,” Stone said. “I think we have to look at what will work in 2021 and beyond. Look at what happened recently in Connecticut with Warren Haynes. He sold out [five] shows in front of fans in pods.”

These shows were bought out by fans securing 8 foot by 8 foot grid spaces that were socially distant. While it limits the amount of people allowed to attend a live show, it is a change current music venues are considering implementing. In a time where frustration with Congress’ lack of assistance continues to grow, music venues are willing to try anything to get their doors back open.

Scott Hammontree, owner of The Intersection, spends his days calling Washington and advocating for them to fight harder for federal assistance.

“This isn’t a partisan issue,” Hammontree said. “Everyone likes to go to concerts and forget about our problems.”

The Intersection is now taking an even bigger hit, as he says his customers have already bought all the venue-themed shirts they can.

Selling venue-themed merchandise and packages helped keep some venues afloat, but is an unrealistic long-term way to maintain operation.

NIVA argues that “federal intervention is the key to keeping these venues afloat until the virus is under enough control to allow for live music,” and that Congress is disappointing it’s citizens by neglecting to do more.

One big issue local venues face is the threat of large corporate promoters like Live Nation or venture capital firms trying



Many local concert venues, like The Big Dipper, have struggled due to the effects of the pandemic on the concert industry.



The Pin, a nostalgic venue for local artists, has announced closure in a recent Facebook post.

to buy them out. Similar to what happened with mom-and-pop farms, indie venues are being offered a way out of the debts they have acquired from the coronavirus by selling their venues.

“You can’t serve artists and fans if money is the main driver,” Hammontree said.

He believes the homogenization of live music is what will damage the industry’s culture more than anything.

While the fate of local venues is unknown, it is crucial that we support

them while we can.

“For many people, The Pin was the first time stepping on a stage as an artist, first time experiencing a concert, a memory of seeing your favorite artist up close and personal,” owners of The Pin said in their final Facebook post.

Local venues are a significant part of a town or city’s identity and are one part of entertainment society can’t stand to lose.

Sydney Flucker is a staff writer.

Universal Crossword

Edited by David Steinberg December 6, 2020

ACROSS

1 "Isn't It Romantic" star

5 B-school paper?

8 Baby bird's sound

13 Italian wine area

14 "Frozen" snowman

16 Severe

17 Mil. branch with B-2s

18 Word after "passing" or "victory"

19 Basra native

20 It's at the north end of the Adriatic

23 Late singer Reddy

24 What makes you you?

25 Touch lightly

28 Separation demarcation

33 Suitable

36 Tex-Mex food with a shell

37 Sty sounds

38 ___ minimum

40 Like a one-word email

43 Toy in a house

44 Toothbrush brand

46 Greek I

48 Oolong or pekoe

49 Circular chain of bad events

53 Guess, for short

54 Reactor safety agcy.

55 Book jacket bit

59 Ancient leader whose boast is hidden in 20-, 28- and 49-Across

63 Sacred flower in Buddhism

66 Disorderly fight

67 Shape with six faces

68 Like three and seven

69 "Young Frankenstein" assistant

70 Safari group?

71 Oozes

72 ___ Diego

73 Narrow opening

DOWN

1 Chuckle or chortle

2 Time unit?

3 Whatsoever

4 Peeved

5 Animal that howls at the moon

6 Certain Eastern European

7 Tarzan's beloved

8 Windy City

9 Tortoise's opponent

10 End of an ___

11 Lawyer's letters

PREVIOUS PUZZLE ANSWER

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Conquer This Puzzle! by Jason Mueller

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| 71 | | | | | | | 72 | | | 73 | | |

Wash Up. Mask up. Back up.

Stick it to Covid before it sticks to you!

This message is brought to you by

RECYCLE

UNIVERSAL Sudoku Puzzle

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DIFFICULTY RATING: ★★★★★

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

Today's puzzle solution

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Art department gets creative under COVID-19 restrictions

By SARAH VAN LIEW

Professors and students in every department at Gonzaga have had to adapt and overcome challenges because of the changes the university has faced this semester due to COVID-19. These changes place unique and difficult challenges on art classes.

The art department of GU offers many courses from drawing, ceramics and painting to photography, art appreciation and printmaking. Many of these classes require materials and a need for detailed demonstrations beyond that of other classes.

The professors as well as the students who were involved in art classes this semester have had to creatively overcome and adapt to all of the changes this semester.

Similar to many other classes at GU, some art classes were split into several groups where different students would attend classes at different times. Professors also utilized online methods to give lectures and demonstrations that students could watch before class.

Tobe Harvey, one of the art professors at GU taught “Digital Art Foundations” this semester and offered his class as a remote hybrid option.

Harvey along with so many professors this semester has had to adapt to offering class online and in class simultaneously as well as becoming comfortable with both a camera and audience.

Harvey said that group collaborations assignments and group critiques over Zoom have been helpful in getting students to interact with each other, and said that his students have been fully participating in his classes.

“Offering the ability to choose between going to the design studio and attending on Zoom allows flexibility to student life,” Harvey said.



SOPHIE CROSBY IG: @sophie_crosby

GU professor Matt McCormick said despite Zoom classes “bumming” students out, he has been amazed by students’ resilience.

Harvey appreciates the amount of respect the students show the staff, facilities and instructors, and loves it when students ask questions.

Laura Truitt is also an art professor and teaches many painting classes as well as drawing classes. Truitt offered her classes in person this semester with pre-recorded lectures and demonstrations.

Truitt said this semester has been a unique challenge for her, as she has to think of assignments for her students to complete at home ahead of time.

“I have seen lots of growth in my student’s work, but the limited amount of time in the studio with them has made it more difficult for me to give quality feedback to them individually,” said Truitt.

Truitt creatively learned how to use a GoPro for filming her drawing and painting demonstrations and utilized iPads for watching demonstrations in the studio.

“I think my demos are better pre-recorded,” Truitt said. “I spend more time on them since I’m not taking up class time and the students can watch a time lapse of a painting start to finish.”

Truitt said that although the pre-recorded lectures take a long time to create, that she will be able to use her pre-recorded lectures in future semesters, which is helpful.

Truitt said that her classes have utilized Zoom and online learning in many positive ways this semester. Her classes have had speakers Zoom in and students have also

had the opportunity to conduct Zoom interviews with community members to gather perspectives for their mural designs.

“I have found that Zoom works nicely for teaching software,” said Matt McCormick, professor of integrated media and art. “Applications like Adobe Premiere, After Effects and Photoshop are pretty complex, but a student can share their screen with me and then I can walk them through the steps. It actually works really well.”

McCormick teaches filmmaking and photography classes at GU, which has been a unique challenge because they are collaborative by nature.

“It’s been a challenge shifting to projects that can be done individually and don’t break social distancing guidelines,” McCormick said.

Most professors plan to teach their art classes next semester similarly to how they were taught this semester, with many having students utilize online tools as well as meet in person.

Truitt thinks that students are doing well handling learning in a pandemic but that it has been a very tough semester and everyone is wearing a little thin.

“I can tell students are bummed by it all, but I’ve been amazed at their resilience and willingness to push through,” McCormick said.

Next semester, professors as well students in the Art Department at GU will need to continue in being creative and finding ways to overcome challenges brought on by COVID-19.

Although this semester has been challenging for art professors along with art students, those in the art department have continued to have the opportunity to learn, grow, and create wonderful artwork.

Sarah Van Liew is a staff writer. Follow her on Twitter: @sarah_vanliew.

Warm up inside the best breweries Spokane has to offer

Commentary By CARSYN KNISS

Many people know Spokane for its historical sites, amazing restaurants and, of course, Gonzaga University. But, what most people don’t know is how up-and-coming the local breweries are, with the number of these businesses increasing with each year. According to the Inlander, in 2018 there were more than 20 breweries. That has increased even more in the last two years, with the largest spike starting in 2010. Whether you are a professor or an of-age GU student, there is nothing better than warming up inside from a snowy Spokane day, with a cold and crisp beer or cider in hand.

No-Li Brewhouse 1003 E. Trent Ave.

A Spokane favorite. Family owned, fully-independent and Spokane grown from start to finish. This is the perfect spot for families, where you can sit in the restaurant inside or in the heated outside area. Their food menu is also to be noted, with their “Epic Pretzel” that can be eaten with the jalapeño cheese sauce in minutes.

If you are a legal Zag, you can enjoy the arcade with endless games to compete in with your friends while sipping on your favorite IPA. Along with this, there is a tasting room at the entrance of the building, where you can try any (or all!) house-made beverages! Grab your friends and head to No-Li, where you can take some memorable pictures in the photo booth and try some amazing craft beer. The best thing is that No-Li is just a short walk from campus, so no need for a car!

“No-Li brewery had such a unique atmosphere to it and is very essential to the Gonzaga upperclassman experience,” says senior, Julia Panelli.

River City Brewing 121 S. Cedar St.

“Drink Local, That’s All We Ask.” This is the motto River City Brewing stands by and it perfectly describes the feeling when you enter the tap room.

Staff are excited for you to be there and eager to tell you the new local taps they have. Located in downtown Spokane, this Spokane joint is open Thursday through Sunday for all ages and has been around since 2012. River City loves what they do and wants the Spokane community to be just as excited as they are. This is why they have tap room tours and transparent information on how each beer is made in their facility.

For a rich, winter drink, stop by and try their VB Stout with flavors of vanilla, dark chocolate, caramel, dried fruit and the distinct taste of the Bourbon barrels they age it in.

Join them the first Friday of every month for their “Garage Parties” where you can enjoy live music, local food

and art!

Iron Goat Brewing 1302 W. Second Ave.

Two strangers met at a bar in Spokane and ended up opening a brewery called the Iron Goat because of their common interest in beer. On 2nd Avenue Downtown, this brewery is loved by Spokane locals. With a warm atmosphere, great food and local craft beer — it is hard to beat the Iron Goat. Their food includes amazing pizzas, sandwiches, sideboards, salads and soups — making it a place where everyone can find something they love. But more importantly, they have affordable pints of ciders, beers, kombuchas and meads.

Don’t have time to sit down on a school night, stop by and pick up some Iron Goat cans, bottles or growlers of your favorite brew.

Lumberbeard Brewing 25 E. Third Ave.

Lumberbeard brewing was founded in 2018, after the owner and head brewer left his day to day finance job. He went down to University of San Diego to obtain his professional brewing certificate and quickly fell in love with beer. Soon after he traveled to Pine Street, in Spokane, where he opened his first brewery, Lumberbeard. Though the tasting street is located on 3rd St.

The owner focuses on creating great beer and loves serving his community. Go support this local brewery by placing an online pick-up order or stopping by to try a seasonal ale.

Brick West Brewing 1318 W. First Ave.

The founders of Brick West Brewing all held a few different jobs before opening their brewery. With a shared love of beer, they opened in 2019. Here they focus on community “one beer at a time.” Located right downtown on W. 1st Avenue, it is just a short drive from campus after a long night class. Open daily for 11:00 a.m. to 8 p.m.

“There is a great patio for when its warm outside and inside there is a giant TV, great for watching sports” says Cameron Orth, a senior at GU.

Perfectly named, the brewery is located in a modern black brick building, with glass garage doors that can open to the front patio so your furry friends can enjoy with you. They invite all legal adults, newcomers to enthusiasts, to come and learn more about brewing in Spokane. Go and try one of their perennial classics or a seasonal drink, from high quality ingredients.

Quick Tip!

Download the app UnTappd. This free IOS and Android app allows you to enter in your location to find



CODY BUCKLEY IG: @codybpt

Lumberbeard brewing was founded in 2018, after the owner left his day job to establish the Lumberbeard Brewing.

all of popular breweries and beers near you. With the app you can also rate beers, message friends and create a list of brews you enjoy, making brewery hopping in Spokane that much easier!

Cheers!

Carsyn Kniss is a contributor.

Home for the holidays: GU students’ favorite holiday traditions

By ANDERS SVENNINGSON

As sleigh bells of the approaching holidays can be heard faintly just around the corner, the minds of Gonzaga students and staff alike are, understandably, drifting towards thoughts of home.

Holiday traditions provide the perfect daydreaming subject; sleigh rides with sing-alongs, family recipes adorning tables and exciting trips to visit extended family all come together to form fond memories.

With the advent of the COVID-19 pandemic however, family traditions for Zags have had to be modified in the name of health and safety.

“Christmas Eve I would usually spend with my extended family, and Christmas morning with my immediate family,” said

Brooke Lee, an undergrad student at GU. “This year I won’t be seeing my extended family at all.”

With COVID-19 cases on the rise across the nation, many Christmas gatherings will be forced in following suit to Lee’s.

Long-standing traditions have fallen to the wayside this year as it becomes increasingly difficult to gather with those we would typically celebrate with.

Family meals or gift exchanges that usually would include cousins, aunts and grandparents are being forced to downsize as the pandemic hovers over the holidays.

“We’d always go over to my grandparents’ house and have a big Christmas Eve feast,” said Audrey Stevenson, a GU student from Arizona. “Then we’d usually open presents with all the uncles, cousins and kids.”

Despite the difficulties facing family gatherings during these troubling times, many students were excited to make new traditions with those they could spend their time with this year.

Getting a small group together over Thanksgiving, or in the time before Christmas for those staying on campus is a new opportunity to make holiday traditions and create memories.

Despite unexpected turns in holiday plans, GU sophomore Emily Schwartz expressed that she looked forward to getting together with those closest to her for gatherings or meals in the coming months.

Private gatherings and meals have changed dramatically, but for those who ordinarily go out for a holiday tradition, circumstances have shifted even more.

“My mom and I would always

go out to this little town and see a movie at this old-fashioned movie theater,” said Gracie Pelton, a student at GU. “Obviously that’s not really happening this year.”

As restaurants, movie theaters and other businesses have again begun to close their doors, those who go out in pursuit of holiday fun are encountering barriers to their traditional holiday activities.

Will Smith, another GU student, customarily takes a ski trip to Chewelah, Washington over the holidays. He expressed that uncertainty about restrictions on businesses might change long-held plans to spend time on the slopes.

Travel is certain to look different going into this busy season, but GU students are ready to take plane, train and automobile to see family.

Simply being home to see

family is something Santiago Calvillo, a GU student from Mexico, was greatly anticipating with these particularly difficult holidays.

As an atypical Christmas and New Year’s draw near, so too holiday traditions must adapt to the new environment. However, while standard gatherings, events and attractions may be out of commission, the spirit of the season remains.

Collectively our activities may be a bit unusual, but the love we share with others and care we bring to the world will still be evident as we merrily traverse through this extraordinary holiday season.

Anders Svenningson is a staff writer.

SAAC responds to BSU incident with social justice effort

By TOMMY CONNOLLY

The Gonzaga Black Student Union (BSU) was attacked by racial and homophobic slurs in their weekly Zoom meeting on Nov. 8. In response to this attack, several clubs on campus have put out statements and messages of support for BSU and minority students on campus.

"I know a lot of people on BSU, and this hurt me to see," said Shyh Saenz, a sophomore. "I know the person who got attacked, they were my BRIDGE leader, it is just so crazy and scary to me."

Saenz, a member of the women's soccer team at GU, is also a member of the Student-Athlete Advisory Committee (SAAC).

After the meeting had been virtually bombed, BSU member Malcolm Duncan posted a video of the verbal attacks to social media. Since the post became public, it has over 2,000 interactions.

"No one should ever go through that," part of SAAC's message read. "Action must be taken and SAAC, on behalf of Gonzaga Student-Athletes, stands with you all"

The committee went a step further then just admonishing the racially-based, acts and posed a specific call to action for student athletes to get involved and find community

in one another to overcome the adversity.

"We felt it was important and necessary to show we stand up to and denounce all forms of racism against our community," said Alex Walde, vice president of the SAAC. "If our minority athletes do not feel safe on campus then that is a problem and it needs to change."

SAAC is made up of eight board members and has representatives from all Division 1 athletic programs. Recently in March of 2020, SAAC reevaluated its board and decided to expand. The position that was added to the board was diversity and inclusion chair. This role was filled by Shyh Saenz.

Saenz has applauded SAAC's efforts to be more involved with minorities and student-athletes of color.

"I think it is really good what SAAC is trying to do in the current climate to get more involved with minorities and underrepresented groups," Saenz said

As diversity and inclusion chair, Saenz has worked alongside SAAC president Lauren McCallum to create new events on campus focused on social justice. SAAC has been heavily involved in NCAA initiatives and on-campus initiatives focused on social justice and current movements taking place in America.

The new event that Saenz and Lauren

McCallum, the president of SAAC, created was the Social Justice Series. The first part of the series was on Nov. 4 and was open to all student-athletes.

"We had Dr. Raymond Reyes come lecture for us, and he came with a lot of good suggestions and ways to talk about these difficult issues," McCallum said.

Along with events that are being planned on campus, the NCAA and the West Coast Conference (WCC) have also started several initiatives and webinars to help with education and discussion on the current issues of race and diversity.

"The WCC has started anti-racist webinars and conversation circles where they invite specific student-athletes from different universities and it allows you to talk about these issues with other student-athletes, and step outside of your comfort zone," McCallum said.

The NCAA has a new initiative called the NCAA unity pledge, which GU athletic teams will be displaying their solidarity by wearing a representative patch on their jerseys.

"There are 10 points that discuss unity and civility that team members will have to sign, and we are slowly but surely working this initiative into place," Walde said.

The SAAC is currently made up of all-

white student-athletes except for the diversity and inclusion chair.

"We try really hard to get more diversity on the board but being on SAAC is something you have to want to do, and you cannot force someone onto the board," McCallum said.

"I think we have been doing a better job at getting more people involved, but especially with the new remote nature of meetings you have to be engaged."

Saenz, as the only minority represented on the board, feels a unique responsibility as a voice for student-athletes of color.

"As a POC athlete on campus I may not have the loudest voice, but my voice can help speak for others," Saenz said. "I really want GU and SAAC to be a place where everyone feels welcome in the community."

In the spring semester, SAAC plans on continuing its Social Justice Series, along with more events that focus on unity and inclusion.

"We are going to do our best to support our minority student-athletes and are going to work as hard as we can to create a more welcoming space for everyone," Walde said. "No one deserves to feel like an outcast at GU"

Tommy Connolly is a contributor.

DAY

Continued from Page 1

period. But once she became familiar with the perpetual regiment and was able to create a routine for her treatment, Day ended up figuring out how to best her opponent and took home the first set victory.

Day's second set against cancer were her final three rounds of chemo, where the doctors upped the dosage to ensure that the lymphoma would subside.

"Some days you'll win your set after your round of chemo and other days you'll lose your set after a round with chemo," Day said. "Rounds four, five and six I felt horrible like I lost the set."

Day's white blood cell count dropped to 0.3 which is dangerous for anyone's immune system normally, but with COVID-19 rapidly spreading, Day's situation became more precarious.

Still, Day was able to find the good in the apparent misfortune of her situation, recognizing the benefits to having her friends now all readily available to FaceTime whenever she wanted to.

"The pandemic was honestly kind of nice because it relieved me from excusing visits from

my friends and let me actively participate in the things I was used to being involved in at school," Day said.

While actively going through her chemotherapy, Day was present at Zoom meetings for both the tennis team and Student-Athlete Advisory Committee once GU went online. Last year, Day was the co-health and wellness chair for SAAC at GU, and she made sure that she wasn't just a bystander in that role during her treatment.

Day was the one who came up with the idea for SAAC to put out a video to thank front line workers

"I didn't want to be thinking about chemo all day, I want to do stuff for other people because I have this weird mentality where I enjoy doing things for others," Day said.

She decided to start going back to school in April while still enduring chemo to finish her degrees in marketing and international business, taking online courses through GU and Central Washington University.

"You can tell more about a person when they lose rather than when they win," GU women's tennis head coach DJ Gurule said. "The big thing is how people are going to react and Katie's characteristics and her mentality

really showed through when things got tougher than what any of us have ever experienced."

Day headed into the third set of her fight in May, once she started waiting to see if she was cancer free.

Day said that she felt healthy and was prepared to hear that her cancer had gone into remission, but the initial results came back still showing a sign of disease. Disappointed but not deterred, Day pressed ahead on a six-month journey of getting tested and going through other, lighter forms of treatment to curb her illness.

Psychologically, awaiting the results of each test with bated breath in hopes that she would be declared cancer free was a struggle that she felt particularly alone in going through.

It was in the thick of this struggle that Day was introduced to Kam Shalk, a University of Washington student who was diagnosed with lymphoma in September.

The two newly acquainted friends found solidarity in their shared experiences as they could empathize with one another on an empirical level. Both she and Day decided to expand their outreach to find young adults around the world who



Photo Courtesy of GU Athletics

Day finished her junior year with 7-2 doubles record and was an ITA Scholar Athlete.

fighting through different stages of the disease, and they ended up amassing a social media group chat of over 30 individuals from seven countries.

"We can talk about anything and everything in that group chat because we all understand, so it's cool to have people who are at all different stages of the process and can give advice and encouragement to each other," Shalk said.

Day clinched a third set victory on Nov. 19, when the results of her fourth PET scan indicated that she was finally in remission and has decided to continue to impart the sagacity she's gained in life as

a result of her bout with cancer within whoever may benefit from hearing it the court of life.

"I'm going to reach out to Katie for advice all the time on what's happening and what she thinks, and that's a pretty quick turnaround for somebody who just graduated," Gurule said. "But she's seen it all so I'd reach out to her first because her perspective on things, her confidence and her understanding of the bigger picture is truly exceptional."

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

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



Marianne

Cheers to Gonzaga cheer

Cheerleading team keeps spirits high with new practice guidelines

By RILEY UTLEY

It's hard to bring the hype into the Kennel when most people aren't allowed to go into the Kennel. However, this challenge is not stopping the Gonzaga cheerleading team from bringing the hype to the GU community.

While they won't be cheering "We are GU!" from courtside for the foreseeable future, they are coming up with new and innovative ways to keep that spirit typically seen on the court alive.

The team has been able to continue practicing and preparing to get into the Kennel and have also increased their social media presence to keep the community updated on what they're doing.

"I stayed up all night and wrote down a bunch of different scenarios," said Paige Bruland, a captain of the cheer team and a senior at GU. "I wrote down ideas of what we could still do so we could still have that cheer presence and still bring the spirit to Gonzaga."

Bruland spoke with marketing about writing letters to alumni to thank them for their support, making virtual fan videos, ideas for community events and making a TikTok.

They also partnered with the Kennel Club to teach students new cheers and traditions each week. This has included teaching "Zombie Nation," "The Hum" and the "We are GU" cheer.

By doing this, the cheer team not only reasserted their presence on campus but found ways to keep team morale up.

"We started doing all these things and it really lifted everyone's spirits," Bruland said. "It didn't feel like we were working for nothing anymore. It felt like we're modifying and preparing for our season, whatever it may look like."

Bruland and co-captain Jacob Evanger have had to pivot quickly because their roles have changed immensely this year as a result of the COVID-19 pandemic.

"In the past the captains and I are constantly thinking about game day," said Michelle Wilson, coach of GU cheerleading. "They have been very creative trying to come up with ways to keep team morale up because we don't know if we're ever going to see a game day."

"They're constantly trying to figure out a fun trick to put on Instagram or what game can we do at the end of practice to still learn skills but get everyone laughing. They both have a real lighthearted goofiness to both of them which I think makes them great leaders."

Wilson, Bruland and Evangers' mentalities have transferred over to the team. Wilson said everyone bought into the protocol immediately and was willing to do whatever was necessary to continue practicing.

"They're so thankful to be in the gym and be together," Wilson said. "They got used to the masks pretty quickly. No one is complaining or whining about it because they get to be there. They're happy to do anything to get into the Kennel and they know that's the end goal."

With each passing week the goal of getting into the Kennel gets closer. Throughout the semester the team has been able to go from practicing outside in pods of five, to being inside in pods, to practicing with half the team, to eventually the whole team being able to practice together for their full two-hour practice, three times a week.

"Now that we've gotten into full team practices



CODY BUCKLEY IG: @codypb

The Gonzaga University cheer team lines up in a formation to practice for future GU athletic competition.

something that's really cool is seeing how well the freshman and younger people are doing and how quickly they're learning," Evanger said. "Also, it's cool to see how quickly the upperclassmen are getting back into it even without having camp and having full team practices for most of the year."

The team makes sure to be extra diligent in following their COVID-19 protocol because they know if one fails to follow it, it could ruin their progress, Wilson said.

"They're being very cautious and careful with each other," Wilson said. "They know that if they are not following the rules it could shut us all down. They have been tightening their friend groups and they're all being as careful as they can."

The team has to wear masks throughout all of practice. Wilson said she thought there would be push back about this but there has been none. They haven't complained at all, they just need to take some extra breaks to catch their breath.

"They bought in immediately. I don't have any of them ever push back on the rules," Wilson said. "I don't have to

remind them to take it seriously, they do it themselves."

They do this because the ultimate goal is to be back on the Kennel floor at some point during this basketball season.

"It's fun to be in the Kennel and it's fun to get timeouts and show off new skills but our job is to support our men's and women's basketball teams and keep their energy up and make it harder for the opposing teams," Wilson said. "That's our job and that's what we want to do."

Overall, the team is just grateful they still get to practice together. They want to get to the Kennel but will ultimately be happy as long as the team can stay together.

"This team, Jacob and Paige, they have done such a good job making everything OK and finding the positive," Wilson said. "I've learned so much from watching how resilient they've been through all of this."

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

Corner kicking it into high gear

By SAMANTHA DIMAIO

Joe Corner, senior midfielder for Gonzaga men's soccer, had a ball at his feet since the moment he could walk. By 12 years old, he was playing for a competitive soccer team in Portland, Oregon. Even though he lived in Salem. His parents committed to driving him an hour each way for practices and even more places for games.

"Their attitude with me was like, 'we'll always support you, like any team you make, we'll support you as far as it goes,'" Corner said. "So, when I kept making teams, they had to fulfill that promise I guess."

His experience playing for numerous teams as a kid and his commitment to the sport in general landed him at GU when it was finally time to sign with a college. During his first year playing with the team, he received the 2017 WCC All-Freshman Team honor.

"To be recognized as a big contributor on the team as a young player when I was surrounded by what felt like mostly older players, that meant a lot," Corner said.

Paul Meehan, head coach for GU men's soccer, was still an assistant coach when Corner was a freshman. He noticed Corner's impact and impression not just on their team but on the teams they played against as well.

"He was a guy who was on the field a lot in a sport that's dominated by upperclassmen, and as a freshman, still caught the eye of opposing coaches," Meehan said.

Theo O'Malley, senior midfielder for GU men's soccer and one of Corner's roommates, said Corner specializes in beating defenders one-on-one. His technique, speed and IQ for the game help him get around anyone that's between him and the goal or a great pass.

As a senior and player, Corner also acts as a leader on the team.

"Him being around makes the team better," Meehan said. "I think he's a really good role model for the guys."

Corner leads by example on the field with his hard work but thinks his leadership is needed more off the field. The team has brought in somewhere around 10 new players this year, and a lot of them are freshmen, who are transitioning into college and enduring it in the middle of a global pandemic. Because of this, Corner has worked to support them and the rest of his teammates, especially emphasizing the importance of school and making good decisions that will benefit them in



BULLETIN FILE PHOTO

Gonzaga senior midfielder Joe Corner looks to lead GU in an unprecedented season.

the future.

"He's always there for people and he works hard, and he brings everyone along with him, which is awesome," O'Malley said. "He's just someone you can go to to talk about different things that's going on in your life and in the world."

Meehan said Corner is also personable, a good communicator and has a great sense of humor.

"He's a great Zag," Meehan said. "He's just a good guy. You can count on him to do the right thing. He's funny. He's smart. He's got all the good attributes."

Corner's intelligence and commitment to the "student" part student-athlete is one of the reasons he has been so successful. He graduated in three years at GU and is now working toward a master's degree in finance during his fourth year.

With daily practices, strength conditioning and working over 20 hours a week at an insurance company, Corner still makes time for classes and homework.

Nearly every hour of everyday is filled, but this was not a new idea to him as he entered college. When he would travel to Portland for practices as a kid, he often had to do homework in the car because there are only so many hours in a day.

"As a student athlete, you just have to be used to being busy," Corner said.

Fortunately, getting good grades is not too difficult for him. Since being successful in the classroom has always been important to him, he simply makes the time for his studies.

"Anything that he does just kind of comes naturally," O'Malley said. "He's just very, very intelligent, so school comes easy to him, as well as soccer."

Corner's dedication to school over the past several years was recognized in 2019 when he received the All-Academic Team honor.

"That was just exciting for me because, you know, you do all this hard work in the classroom and a lot of the time it

sort of goes unrecognized, but sometimes it doesn't," Corner said. "And that's fine with me because I know it will pay dividends in the long run, but to get a little bit of recognition for the time and effort that I put into my schoolwork was great."

As his last season playing for GU approaches, Corner looks back and notices the great bounds the program has made since he first arrived. Since his freshman year, the team has been in a sort of rebuilding mode.

"When I eventually get to play my senior season here, my hope is that I can look back and, throughout my time, I can say I left this program better than when I showed up," Corner said. "And I think that's certainly going to happen. I think we're a much better program today than we were when I showed up here."

Corner said that in previous seasons, the team always talked about winning the WCC tournament and going to the NCAA tournament. This year, these are more realistic goals. With all of the new players they have welcomed, there is so much more depth to the team than ever before. Plus, the fact that the coronavirus pandemic moved their season from the fall to the spring means they have more time to prepare and become a close-knit team before their first game.

Corner said their team is just like most other GU teams. There are no cliques, no rivalries, no fighting, just love and support.

"I think the Gonzaga athletic community and community as a whole is just so special," Corner said. "I'll feel so good leaving this place having lifelong connections and being a Zag because it's just a really special place, so I'm really thankful that I've had the opportunity to be an athlete here."

Looking toward the future, Corner has no plans set in stone but knows soccer will remain an integral part of his life.

"I think soccer will always be a big part of who I am," Corner said. "I could see myself being a little more removed from the game right after college just as I try and kind of set up a life for myself outside of what I've known for a long time. But will I always be a big soccer fan? Absolutely. Would I like to coach in some capacity in the future? Absolutely. Do I expect my kids one day to be soccer players? Absolutely. I will always be very involved in the game."

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