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Breaking down the class of 2024

GU set to welcome large class despite COVID-19 complications



MILA YOCH TWITTER: @milagrosyoch / Source: Gonzaga Office of Admission

By NOAH WONG

This school year will be atypical in more ways than one. But whether it is virtually or in-person, members of the class of 2024 will have their first college experiences this fall.

The class of 2024 has enrolled 1,104 students and 126 transfers. Enrollment has fluctuated over the summer as some students have deferred and some have applied late due to circumstances that have arisen because of COVID-19.

“We have kept our application open, it is still open if students want to put in a late application,” said Erin Hays, director of undergraduate admissions. “It’s really open for students who don’t want to go as far away as they had planned.”

One of the most notable statistics of this class is that 28% of students are students of color.

“It’s our most diverse class racially and ethnically,” Hayes said. “We’re really proud of that. And we keep working hard to continue to diversify Gonzaga and make sure that there’s great representation on campus and multiple perspectives and voices and that’s really important.”

First generation students make up 14% of the incoming

class.

Like previous classes, there are more women than men, with a split of 52% to 48%.

The class is tied for second in academic excellence with an average unweighted GPA of 3.82. The average SAT and ACT scores are 1258 and 28.

Although Gonzaga is a private institution, 60-65% of students are from public high schools.

While admissions does not have the exact breakdown, students were involved in serving their communities, leadership activities through clubs or student government, working part time and athletics.

Another first is that this class has the largest honors class in GU history, with 80 students.

There are 37 states represented, with the top 10 in order being Washington, California, Oregon, Colorado, Arizona, Montana, Idaho, Alaska, Minnesota and Hawaii.

International students hail from 16 countries ranging from Azerbaijan to the Philippines and more.

The college with the highest enrollment is the College of Arts and Sciences with 359, and the School of Business Administration is second with 248.

The School of Engineering and Applied Sciences has 230, the School of Nursing and Human Physiology has 153

and the School of Education has 55 enrolled students.

Financial aid will be received by 98% of the class, and 90% will receive a merit scholarship.

Jim White, the student financial services dean, said the university has seen about three times the normal level of appeals due to changing financial standings of families.

While GEL Weekend became an online event, about 70% of enrolling students participated, making it possibly the largest GEL ever.

“All of it got canceled,” Hays said. “Students had to make a decision without really getting that Gonzaga experience that is very critical to a college decision.”

The students have had perseverance through the whole pandemic.

“The love they have for others, the care for the world and wanting to do good things and wanting to make a difference and do good things for society and just loving to learn and wanting to be a Zag,” Hays said. “I’ve just been impressed by all of that.”

Noah Wong is a staff writer.

COVID-19 return protocol



LILY KANESHIGE IG: @aka.lily

Gonzaga is offering a combination of in-person and online classes for the fall.

By DEVAN IYOMASA

As Gonzaga prepares to reopen for the fall semester, university administrators have implemented key guidelines to contain the spread of COVID-19, meaning this semester will look very different from those before.

On July 31, GU President Thayne McCulloh sent an email to undergraduate students and families containing a 48-page document detailing the university’s plan for reopening.

In response to COVID-19, GU created the Pandemic Response Task Force, led by Charlita Shelton, to develop the necessary protocols to reopen in the fall.

“President McCulloh was very intentional about having as many individuals as possible from the community involved with the task force,” Shelton said.

The task force is comprised of over 100 students, faculty, staff and administrators who have been working closely with the Spokane Regional Health District.

Mary Joan Hahn, director of community and public relations, said the situation is ever changing and plans may be updated, but regardless, the year will certainly look and feel different.

“This is not business as usual,” Hahn said via email. “Many restrictions and limitations will need to be observed by everyone in order to create as safe of an environment as possible.”

Here is what you need to know about current safety protocols and campus guidelines before the first day of class.

Returning to Campus

Upon arriving in Spokane, GU asks students to quarantine at home for at least seven days before coming to campus. The arrival

guide states this preemptive step is crucial in mitigating exposure on campus.

Each student will receive two cloth face masks, which can be picked up during the first week of class. Face masks must be worn at all times when on campus or in the community.

According to the arrival guide, students must utilize a self-screening mobile app using their GU credentials to monitor symptoms and possible exposure to COVID-19. Students are required to complete daily self-certifications before arriving on campus.

Academic Instruction

All courses, including hybrid and in-person models, will be offered in a remote option, allowing students to pursue their instruction virtually.

“As a mid-size, private university, we have the ability to offer flexibility to our students and families, so they can make their own decisions regarding the best academic model and their personal preference for living arrangements for the coming year,” Hahn said via email.

Following Thanksgiving break, all courses will be delivered online.

Housing and Residence Life

GU’s strategy regarding on-campus housing involves changing many factors of typical residence life to minimize close contacts with students. These efforts include using a phased move-in schedule and closing common areas, for example.

On-campus living requirements for first and second-year students have also been suspended, but the option will remain available.

SEE PROTOCOL PAGE 3



PHOTO COURTESY OF FESE ELANGO

Fese Elango has been on GSBA since her freshman year at Gonzaga.

Meet GSBA president Fese Elango

By NATALIE REITH

With a positive and open mindset, senior Fese Elango aims to make a memorable year for Gonzaga students despite challenges brought by COVID-19, as she serves as the Gonzaga Student Body Association (GSBA) president this fall.

Student government has always been a passion for Elango. She has made leadership a priority throughout her academic career at GU. Elango is a biology major and is involved in Black Student Union outside her position with GSBA.

“Gonzaga is really cool because there are so many different ways to serve people and be involved in the community,” Elango said. “I like doing the student government aspect of it because you’re listening to your peers and then advocating for them in different settings.”

Elango has been determined to be involved in student government since her freshman year at GU. She won her first election her freshman year and served as election commissioner. Sophomore and junior years she served as the director of diversity and inclusion.

Elango said her favorite part of GU during her academic career has been her involvement in student government. She has enjoyed working with many like-minded students who love GU and the student body.

GSBA Vice President Taylor Sipila said it has been a blessing working with Elango in preparation for this fall semester during these times of uncertainty.

“Fese is someone who embodies what it means to be a Zag,” Sipila said. “Her focus is constantly geared to how she can best support those around her. As GSBA president, she will be a natural binding force for our student body.”

During her time serving with student government, Elango said her favorite experience has been the white privilege event her team planned and hosted in 2019. The event was held in Cataldo Hall by the former inclusivity chair and had over 200 attendees.

“It was a cool space to talk about white privilege and its impact on different people in our community,” Elango said. “I feel that event helped create the space for it to be talked about more, which is something that I hope becomes a good move towards having conversations.”

Elango said that her and Sipila aim to make this school year as

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GU alumna in fight against COVID-19

By LILLIAN PIEL

If you're looking for an example of someone who truly embodies what it means to be a Zag, look no further than Helen Xun.

Not only does she embody all of the qualities encompassed in Gonzaga's mission statement, but she is also working on a project that will help fix the problem of ventilator shortages as the coronavirus sweeps the country.

Xun graduated from GU in 2015 with a degree in biochemistry and is now a student at The Johns Hopkins University School of Medicine. She is working on a startup aimed at increasing ventilator capacities using 3D printing technology, which helps create prototypes at an accelerated rate. This will help ease the problem of ventilator shortages, a pressing issue since coronavirus cases around the country are increasing.

When Xun was a student at GU, she participated in lab research during her sophomore, junior and senior years. She worked closely in lab with Professor Jennifer Shepherd, chair of both the chemistry and biochemistry departments.

"Shepherd was a keystone mentor and role model for me. She challenged me daily and had a thirst for knowledge and research that inspired me to push myself," Xun said via email.

Xun credits both Shepherd and GU as the reasons she is where she is today.

"[Xun] is a giving person. She's so smart, but she wasn't ever super competitive [or] super cocky, just a very easy personality," Shepard said. "She was very mature, she's very independent and she's a go-getter."

Xun also said how supportive the environment at GU is for women in



PHOTO COURTESY OF HELEN XUN

Helen Xun is a graduate student at The Johns Hopkins University School of Medicine.

S.T.E.M. fields.

"My mentors at Gonzaga in the department of biochemistry and biology taught me to be courageous, and never to make myself smaller or underestimate myself or my team," Xun said. "It is a privilege to be surrounded by strong women faculty from diverse backgrounds, in both chemistry, biochemistry and molecular biology, and supportive male faculty."

With her current work on her startup involving increasing ventilator capacities, Xun is combining medical research and engineering techniques, an innovative combination that she dubbed as being a "surgeiner."

She said the GU community was influential in allowing her to pursue her passion.

"[The] nurturing environment and

supportive community gave me the confidence to pursue my dreams of becoming a surgeon scientist, a dream that was unfathomable and unattainable prior to my matriculation to Gonzaga," Xun said.

Shepherd also said how creative Xun is and how she had hoped Xun would use this to her advantage in the future.

"I had hoped that she would continue doing some kind of research and not just be a clinician because she's so innovative, and I think the surgeon is good for her," Shepherd said.

David Boose, chair of the biology department at GU, said Xun's work developing ventilator adapters and working to help fight against coronavirus doesn't surprise him.

"This is exactly the kind of thing that we want to prepare our students to do in

biology and chemistry and biochemistry," he said. "It's not that she's just out there doing research, but she's actually using that research to solve societal problems. That's exactly what you want science graduates from a Jesuit university to be like."

Xun mentored younger students while she was at GU and taught them techniques as well as helped them set up experiments, Shepherd said.

"[Xun's] whole person is educated very well," Shepherd said. "She's engaged in the community and she's definitely a lifelong learner. You could read the Gonzaga mission statement and find all of these qualities."

According to GU's mission statement, GU strives to educate its students for lives of leadership and service for the common good, inspire a commitment to solidarity, social justice and global engagement and to educate the whole person.

"She's extremely bright. She likes to take charge of things and she likes to lead projects, and it sounds like she's doing the exact same thing where she is in medical school," Shepherd said.

For current GU students, Xun said finding your passion is important, as well as being humble and always open to improving yourself and of listening to others.

"You can always learn something from anyone, it's a matter of listening and reflecting" Xun said. "Just stop and listen. Listen to what the world needs, what people need and what you need."

Lillian Piel is a staff writer. Follow her on Twitter: @Lil_Piel.

Street construction around Gonzaga progresses

By AUDREY MEASER

Summers in Spokane are often a busy time for construction projects, and although this summer looks drastically different because of COVID-19 restrictions, the work must go on. Returning students may remember the newly reconstructed Sharp Avenue that was unveiled late last fall.

This year the construction sites spread farther out into parts of downtown Spokane, in a move to create safer flows of traffic in and around campus as well as throughout much of downtown.

Karin Janssen, the Spokane City Council's construction relations manager, explained the bulk of the construction occurring near campus will be centered around the Hamilton corridor, and is designed to help both pedestrians and drivers have safer traffic experiences.

The Hamilton corridor work began just over a month ago and is projected to be completed in October (subject to change because of COVID-19 restrictions).

"Six intersections will receive new signals with protected left turns: DeSmet, Sharp, Mission, Indiana, Illinois and North Foothills," Janssen said via email.

Like with many aspects of life right now, the Spokane City Council had a projected end date for the construction near the beginning of the school year, in order to minimize inconveniences for students and parents driving to and from campus. However, much of the timeline had to be altered in order to comply with state mandated COVID-19 restrictions.

The sites on Mission and DeSmet were set out to be done by August, and other constructions sites were initially planned to be completed by late in the fall.

"Unfortunately, COVID-19 has thrown a wrench into things. LaRiviere (the construction company hired by the city council) is making every attempt to get through on time, but the northern section of the project may be delayed into next spring," Janssen said.

In addition to the efforts being made to create a smoother and safer flow of traffic, the Spokane City Council has also begun construction on a new busing system.

This new rapid bus system is not expected to be up and running until May of 2022, but



BULLETIN FILE PHOTO

The main construction happening around campus takes place in the Hamilton corridor.

operations have already begun in hopes of getting ahead of the curve and preventing any setbacks that may arise from COVID-19 restrictions.

Brandon Rapez-Betty, the communication and customer service director with Spokane Transit, spoke about the two-part phased plan for getting the system set up and functional on time.

"There is a two-season construction cycle in 2020 and 2021 to construct all 21 stations, after which service testing will begin (testing how the buses operate along the route and at the stations) to be ready for the spring opening in the following year," Rapez-Betty said via email.

In terms of how this construction will directly impact students living in Spokane this fall, whether on or off campus, they can expect heavier traffic and some road closures until the construction is finalized.

"Gonzaga will be impacted by the closure of the West half of DeSmet...work here will last a month," Demi Sanders, a representative for LaRiviere construction said via email.

"Two other projects, the Cincinnati Greenway Project (NNAC is the contractor), and the STA project (with Cameron Reilly the contractor) in the Sharp and Mission intersections of Cincinnati are also greatly impacting the Gonzaga area."

Sustainability is an issue many students and staff at GU are passionate about, and the new traffic signals going up around campus will help decrease air pollution and carbon emissions.

"The addition of traffic control/flow measures should reduce the amount of traffic that stacks up at these intersections, thus reducing congestion, carbon emissions, fuel waste and frustration," Janssen said.

The city's decision to implement a more efficient and widespread busing system within the next few years will also help decrease fossil fuel emissions in and around campus. Not only will the new rapid bus system help reduce CO2 emissions, it will also help accommodate students who wish to explore downtown Spokane but do not have cars with them at school.

Students arriving back on campus in August should anticipate some level of road closure and commotion, but should rest assured that the City Council and everyone working on the construction is doing everything they can to make the move back to GU as quick and painless as possible.

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

ELANGO

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memorable as possible for GU students despite challenges that come with current circumstances.

"Taylor and I are really trying to work to figure out what event programming and GSBA will look like during COVID-19 times," Elango said. "We've been trying to work with the administration to get answers and ideas of what the semester will look like. We don't want this part of the Gonzaga experience to be forgotten."

Events that would typically be held in person will be moving to a safer online/virtual format.

Students can expect to get involved in creative conversations. Weekend events will manifest in small group settings accordingly as COVID-19 guidelines develop and change throughout the semester.

Elango said the GSBA team is working to plan enjoyable and entertaining events for this fall semester.

Elango reminds incoming or current students who are interested in student leadership to not get discouraged if their first few elections do not go in their favor and to embrace failure along the way. It wasn't until her third attempt that she was elected a position.

"I think my biggest advice would be to think about why you want to serve the university in this way and what is motivating you to be a part of it and hold onto that," Elango said. "Have that guide you through the process because not every election goes in your favor."

Elango emphasizes that she and Sipila would love to answer any questions related to GSBA and student leadership at GU for anyone interested in getting involved.

"I want to see that Gonzaga looks pretty good for the people who get to be here after me," Elango said. "That's something that excites me and motivates me to be a part of the team and something that I have a big passion for."

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

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A look into GU's Jesuit history

By CAITLIN RELVAS

At Gonzaga University, the word “Jesuit” is often used, as it is a Jesuit university founded by Jesuit priests and steeped in the Jesuit mission. But who are the Jesuits, and what do they do?

In about 1534, Ignatius of Loyola and nine other companions founded the Jesuits, or the Society of Jesus, to be a fraternal order within the Catholic Church. Unlike other religious orders, bound to a specific mission or location, the Jesuits traveled wherever they were needed.

“The world is our monastery,” said Fr. Timothy Clancy, S.J., philosophy professor at GU.

The Jesuits number at about 16,000 worldwide and take 10-12 years to be ordained but then undergo another decade of formation. Their lengthy training is essential for them to be sent to remote cultural or physical places, not to bring God there but to share where God already is.

“Think of the world as black and white,” said Fr. Bryan Pham, S.J., the GU School of Law chaplain and professor. “But there are also those gray areas, which are very uncomfortable for people. Jesuits are trained to go to those gray areas, but that’s where we get into trouble because sometimes the black says we’re not black enough, the white thinks we’re not white enough. We go to that gray area where it becomes controversial.”

Fr. Joseph Cataldo, S.J. and the Jesuits traveled to the Northwest by invitation from the Native Americans and intended to build a school for Native American children. To Pham, this invitation is very sacred and the primary mission of the Northwest Jesuits, especially as GU instead educated white settlers.

“Gonzaga is one element within the larger work, [...] the overarching invitation of the Jesuits to come out to the Northwest to work with the natives that from day one happened and continues to happen to this day,” Pham said. “And the Jesuits in the Northwest can never forget the fact that we were out here by invitation. We are the visitors. We are the foreigners. We are here at the request, and this is not our land. Gonzaga is part of that.”

While not initially part of the Jesuits’ mission, education became essential, and Jesuits founded schools and universities across the nation. Clancy likes to think of the Jesuits at GU as leaven in the dough or salt in the stew, steeped in the Jesuit mission and filling in where needed.



BULLETIN FILE PHOTO

Gonzaga's Jesuits welcome engagement and conversation with students to be able to learn from one another.

“Gonzaga’s mission is to educate people, but to educate them in a way that forms character and gets them hopefully to approach [their future work] as a religious calling, rather than simply as a paycheck,” Clancy said. “To help people find something that they find meaningful. Hopefully you’re assessing all your abilities and asking, ‘How can I help people? How can I help build the kingdom of God?’”

Currently, there are about 30 Jesuits in the Spokane community, and eight work at GU. All these Jesuits go where they are needed in the community, doing spiritual direction, education, parish work, visiting hospitals and supporting vulnerable populations.

“Our mission keeps getting re-articulated so that it’s updated to the world within which we live, which is a characteristic of judgment of Jesuit spirituality,” said Fr. Tom Lamanna, S.J., pastor at St. Aloysius Parish, which sits next to College Hall. “It’s a Christian spirituality that is aimed at being in dialogue with society.”

St. Aloysius focuses on social justice and charity and raises awareness around these issues, often with GU. About 200 GU students attend one of the four Masses St. Al’s offers on the weekends, and many students receive their Baptism or Confirmation there.

Pham, Clancy and Lamanna were each drawn to the Jesuits after feeling inspired by the authentic living and passion of other Jesuits they witnessed, at GU and from around the world.

Each engages with the gray area in the way they are most suited: Pham through the Indian Law General

Practice Clinic and responsible investments (changing problematic companies from the inside), Clancy through teaching the intersection of religion and technology and Lamanna through his parish engagement with the Spokane community.

“It’s never about converting people to become Catholic or Christian. It’s about converting them in order for them to recognize their own sense of goodness,” Pham said. “But in order to do that, we have to learn how to speak the language of the people. And not everyone speaks Christian, not everyone speaks the Vatican and not everyone speaks Catholicism. Jesuits train as engineers, at mathematics, business, because those are the languages of secular society [...] in order to be with people wherever they’re at.”

The Jesuits encourage students to engage in conversation with them and not be afraid to ask questions or challenge their own beliefs, because that is where growth occurs.

“We’re probably not that visible because there aren’t that many of us on this campus,” Lamanna said. “We’re not always wearing our black shirts with the white collar. But I’d say, if you’re a student, try to meet some Jesuits that are working in the university. Some are teaching or working in Mission and Ministry or helping out here and there. They like to talk, so don’t be shy and start to ask questions.”

Caitlin Relvas is a staff writer.

PROTOCOL

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Dining and Facilities
The COG will offer both dine-in and takeout options with an emphasis on grab-and-go meals. Dine-in seating will be limited to allow for physical distancing. Simple serving and vegan options will be available at 1887 at Cataldo, which will expand seating into the Globe Room.

Other facilities such as Hemmingson, the Zag Shop and the Rudolf Fitness Center will have modified operations with traffic flow control and physical distancing in mind. Efforts to meet these requirements include access-controlled buildings, requiring a GU ID card for entry, visitor sign-ins and signage indicating traffic flow directions. Hours of operation and capacity will be limited at the Rudolf Fitness Center, requiring appointments for use through a


reservation system.
Campus Events
Under Washington’s current state guidelines, large gatherings are prohibited, meaning campus events such as Mass of the Holy Spirit and Fall Family Weekend will occur in a virtual or hybrid manner. While decisions regarding NCAA seasons are still being evaluated, spectators are currently prohibited from attending athletic events. As the year progresses the Pandemic Response Task Force will become the

COVID-19 Compliance Task Force, which will ensure the university follows Washington’s four phase approach as well as GU’s own protocols. “A global pandemic is not a spectator sport – we are completely dependent on each other now, and each of us has to be vigilant in our behaviors and actions to help keep everyone safe,” Hahn said via email.

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

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Golden nuggets of wisdom for Gonzaga's incoming freshman class

Ask any upperclassmen at Gonzaga about what kind of advice they would offer incoming freshmen and the tidbits of wisdom you'll find are endless. Many pieces of advice are discussed during orientation, however most of the golden nuggets come through trial and error and actually experiencing your first year of college yourself.

I could continue writing this list for days after reminiscing on my freshman year here at GU. Reflecting on the challenges and experiences I faced, I came up with a list of what I believe to be the four most important lessons to be learned as a first year student.

Making Friends

When it comes to making friends in college, I feel that there are many misconceptions that we are led to believe before beginning school.

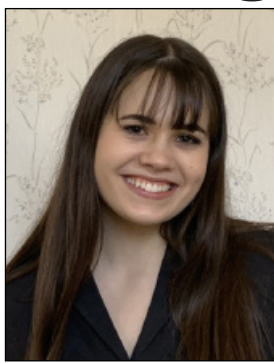
For me, I had always been told that college friends are your forever friends. They will be in your wedding party and are the ones you will actually keep in touch with into your adult years, unlike your high school friendships that often fall out of touch.

I was incredibly frustrated at the end of my freshman year when I hadn't yet found a solid group of friends and began to question my place at GU. I felt incredibly lost. But then it finally clicked for me my sophomore year when I realized how different the social atmosphere is in college from high school.

Daily scheduled bells, passing periods and break/lunch social hours are not the backbone of our college schedules. We each have our own unique routines depending on our studies and interests and we are not bound to see the same faces at given times day after day.

That being said, if you meet someone that you'd like to become closer friends with be upfront and open. And I literally mean walk up to them and say, "Hey, want to get coffee sometime? We have a lot in common and I'd like to get to know you better!"

It sounds awkwardly confrontational, but it wasn't until I took this approach that I started to find my closest friends here at GU. And remember, don't get frustrated if this takes some time. As a junior I am still taking strides in this field.



By NATALIE RIETH

Homesickness

Everyone experiences homesickness their freshman year. Some more than others and in different ways as well, but do not be ashamed of feeling this way.

Talking to fellow Zags who had shared experiences with homesickness all said they struggled with a similar concern: a sense of missing out and being excluded from what family and friends are doing back at home.

During family birthday celebrations and events that I would typically experience annually, I felt a gaping hole in my social life and relationship with them.

If you find yourself struggling in this way remember that your family is rooting for you in these new life experiences. Yes, you are not able to be a part of these routine events that you have been a part of for years, but it is truly for the best.

You are finding yourself through this new path and sometimes distance from family and high school friends is what it takes for you to become the refined, mature, adult version of you. Trust me, you will be complimented over winter break for how grown-up and well-rounded you have become. It is mind-blowing what a single semester of college can do to transform your character.

Decorate your room like it is home

Growing up my room has always been a major form of self-expression. I have displayed my interests, passions,

creations, pictures of loved ones, trinkets, etc. In my room I've always felt a sense of comfort and happiness.

Starting my freshman year, the atmosphere of my dorm was a big priority for me, and I am certain that it was a massive factor in what helped me get through the challenges of homesickness and adjusting to this new college atmosphere.

In addition to the new decor that I found for my dorm room, I made sure I brought some items from my bedroom back at home to give my new dorm a touch of the sanctuary I had spent so much time curating in my high school years.

During orientation and your first week of school things will be in constant motion. It's perfectly fine to take a deep breath and make sure you are comfortable and moved in. After all, this is your new home.

Don't be afraid to get too involved

The last thing I wish I had known my fall semester of freshman year is to not fear getting over-involved your first year at GU. Personally, in the semesters of my last two college years where I was busiest, I was not only the happiest, but I was also the most productive.

Sitting around all day long with only homework on your agenda is a recipe for procrastination. Don't get me wrong, grades are still very important in college, but it's more important to give yourself some grace and remember that this is a time of transition.

It's essential to find the perfect balance between social life and academics your first year at GU. I placed so much pressure on academics and grades that I almost completely forgot how important it is to get involved in clubs and activities around campus.

Not only is this a way to meet new friends but it is also a great stress reliever and distraction from this homesickness you may feel when you first embark on your college journey.

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

Multitude of resources help students check in with minds, bodies

Life as a college student is a busy time, there's no denying it, and sometimes it can be difficult to keep your mental and physical health in top shape. With classes, homework, work, spending time with friends and other activities, it's easy to get caught up and neglect your health without realizing it.

I was one of those students who unintentionally sacrificed their mental health while adjusting to college. I was too afraid to give myself a break from socializing and instead be by myself and relax because I was worried about missing out. In actuality, I desperately needed to take the time to recharge to be both happier and healthier.

One of the most obvious ways of taking care of yourself is exercising, and Gonzaga has many great resources geared towards promoting physical health.

As of right now the Rudolf Fitness Center is closed for safety reasons, but once it reopens, it's a great place to get your workout in. Going to the gym a few times a week is a sure-fire way to keep

your body and mind healthy.

I loved going to the RFC every week with friends because we bonded over our love-hate relationship with the exercise bikes, while also getting a great workout in. After working out we would head over to the COG for dinner, which I always looked forward to. Having a routine like this keeps you motivated to work out and helps establish and nurture relationships with your new friends.

GU offers one-credit fitness classes each semester as well, from yoga to Zumba to CrossFit and even bowling. If you're interested in any of these classes, they are another a great way to incorporate regular workouts into your week.

Once it is safe to reopen, the RFC also holds weekly fitness classes that are accessible to students after an additional membership fee is paid. Students are able to sign up for a plethora of classes, including cycling, barre and circuit training.

These classes are another great way to meet people who enjoy similar workouts as you,



By LILLIAN PIEL

while also finding a fun physical exercise outlet.

GU has many great resources for both mental and physical health, and it is important to familiarize yourself with them and to utilize them when needed. There is no doubt college can be stressful, but putting aside your physical and mental health needs is only going to add to your stress.

You may find that sometimes everything feels overwhelming, but I promise there are people who are here to help you every step of the way.

Reaching out to Health and Counseling Services helped me adjust to college life, and I recommend a visit if you're struggling with mental health or even if you're simply worried about the transition to college. Counseling can also help you become more focused and confident, and give you someone in your corner who you know you can turn to should you need

anything.

Don't hesitate to reach out to counseling if you're considering it, as spots fill up quickly. It's easy to shoot them an email or make a quick phone call, and they'll help you get connected with a counselor.

Health and Counseling Services is also a great resource in case you're feeling under the weather and would like to see a physician. During the fall they set up a flu vaccine station where students can pop by and get vaccinated and check that off their to do list.

Even though many of your classes will likely be online, you will still have access to GU's counseling services. Whether you're on campus this fall or staying at home you are still able to use this resource and reach out to someone to get the help you need.

Having knowledge about the different ways GU is here to support you is an essential part of the transition to campus life. Whether you think you'll use these services or not, having their information is important not only for yourself but for your friends and peers around you.

I've learned thus far in my college journey that to be a good friend means knowing your limits on what you can and cannot help others with. Another helpful resource on campus designed for this exact purpose is the Center for Cura Personalis, CCP.

Any student can anonymously recommend any other student for a CCP appointment, and CCP will reach out to them to check in and get them connected with any resources they might need.

These referrals can range in topics anywhere from a close friend struggling with anxiety, to someone just acting a little off and blue.

Between balancing everything going on in the world right now as well as learning to adjust to life as a college student, the last thing you should do is neglect your health.

Fall semester will see a lot of students either opting for completely remote learning or participating in some sort of hybrid schedule. Either way, lots of time will be spent in your living space (and I know quarantine has many of us feeling cabin fever), so it's important to stretch, move your body, and get some fresh air as often as you can.

Mental health matters, especially now. It's not something to forsake or shove to the side, because when you stop taking care of your mental health, your physical health and other aspects of your life are impacted too. Do yourself a favor and don't be afraid to ask for help, because GU has plenty of resources designed to be there for you from your first day on campus to your last.

Lillian Piel is a staff writer. Follow her on Twitter: @Lil_Piel.

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Finding grace in a chaotic time

On March 20, a week after the world shut down, I turned 20 years old.

Twenty is a loaded age. You feel simultaneously pressured to go a little crazy and to make sure you have a good credit score - two completely opposing ideas. Naturally, as I entered my 20s I had some semblance of a plan for my life. No exact career or anything, but I was supposed to be leaving for Chile in July to complete my Spanish major, and the rest kind of filled in from there.

Needless to say, I am not writing this from Chile. The small bit of security I had as I entered some of my most formative years - gone. Panic was a natural first response, and for someone who is genetically predisposed to overthink everything, anxiety followed closely. I didn't want to think that there was anything wrong, and that is the root of the problem.

Recently I've noticed a natural, almost comedic objection to self-reflection. During quarantine it was pointed out many times on social media that most of us would rather make



By THEA SKOKAN

banana bread than think too hard about what's going on in our lives.

Then with the resurgence of the Black Lives Matter movement along with several other issues of social justice, came a new kind of distraction. This isn't to say that any of those movements are distractions by any means, quite the opposite, they need to be addressed.

However, when large social media movements arise, so do things like "cancel culture," and suddenly we aren't even sure what exactly we are defending anymore, just that we're doing it to be on the "right side of history."

We are coming of age in an incredibly difficult time, a time in which growing up too quickly

is relatively normal. I absolutely encourage everyone to speak up and act on issues that they are passionate about as early as possible, but when sustainable mental health practices aren't taught or learned at an equally early age, we are left with a fear of self-reflection.

Even in an age where activism is seemingly the way of the world, we don't always like to think that sometimes the lens needs to be turned on ourselves. All those times we tell share that it's OK to not be OK, we don't always realize that same advice applies to ourselves.

To avoid this and keep your mental health in check, it needs to be known that it's OK to give yourself some time to breathe and to take some time off of social media, to check in with yourself.

Most importantly, if during that check-in you realize you're feeling worse than you realized or even just a little off, you also acknowledge that feeling for what it is. Whether that's anxiety or depression or some feeling that you don't even have a name for, validate it.

When your Apple

watch tells you to breathe for a minute, do it. If you don't have an Apple watch, set a couple of your own reminders throughout the day.

Honestly, the power of a deep breath has been mind-blowing for me lately. Not only does it physically calm you down, but for those couple of seconds you can't really think of anything else.

Taking a few deep breaths doesn't require more than a minute of commitment and it'll take your racing thoughts and slow them down just enough for you to sort through them, and to validate the ones that need attention.

The last thing that requires validation right now, is the world as a whole. It's hard right now, and it probably won't be easy again for a long time. Whether you've just turned 20 and you feel you've had the rockiest start to adulthood ever, or you're 13 years old and this has made you grow up a bit too fast, remember that and give yourself grace.

Thea Skokan is a news editor.

Adapt & survive: Kendall Yards Night Market makes do with COVID-19 restrictions

By SPENCER BROWN

We all had plans. In fact, making plans for how we would spend the summer is one of the only ways many of us could get through the cruel days of winter.

And while this might not be the hot girl summer that we all wanted, some of the plans we had made are finally coming to fruition—even if they are slightly altered.

The Kendall Yards Night Market is one of the classic summer traditions of Spokane that takes months of planning in order to draw crowds of people out to enjoy summer nights and to celebrate Spokane’s local businesses.

Regardless of the extra challenges that COVID-19 has foisted on large gatherings, the Night Market has been able to keep its season going.

“I’ve been involved in the Night Market for a few years but this is my first year acting as the director,” said Angela Schultz, director of the Kendall Yards Night Market. “It has been a bittersweet experience. It’s wonderful to be here but it’s also heartbreaking since this is the livelihood for our vendors and seeing how this pandemic has affected them.”

According to Schultz, the Night Market is different from other farmers markets because it is located on public property. So, in order to keep their permit they must abide to a certain set of protocol given by the city.

“The biggest change we made to the market is being on the north side of Kendall Yards,” Schultz said. “We have given each vendor enough space so that



COURTESY OF KENDALL YARDS NIGHT MARKET

The Kendall Yards Night Market is held every Wednesday from 5 p.m. to 8 p.m.

they are exactly 6 feet apart. We also just sent the city a proposal to change our permit, so starting Aug. 5 we will be able to have food trucks for the rest of the season.”

While many establishments have experienced some level of resistance when asking people to abide by certain COVID-related rules, the Night Market has a different experience.

“These are not the markets rules, but they are the city’s rules for everyone, but it has been really calm and peaceful so far,” Schultz said. “About 95% of people have honored the rules. It shows the people are really in support of the market and its vendors. The biggest issue is that people are used to bringing dogs to the

market, but they are unfortunately no longer allowed at the market.”

The Night Market typically consists of 50 to 60 vendors, however now they cut that number to about 25 to 28 vendors per week.

Some of the vendors are veterans of the Night Market while others started their businesses weeks before or even during quarantine.

Jared Kuck, owner of K2 Greens, is one of these vendors, who originally planned to work at the market on the side but is now mainly selling at farmers markets around Spokane.

“We were honestly a little bit shocked when this all started,” Kuck said. “Last fall we thought we would have a viable

business so we started growing our crops in January with the intent to sell to restaurants. Then March came around and we had to pivot to selling at farmers markets.”

Pacific Produce has been a vendor at the Night Market before and has found this season to be particularly challenging.

“About one third of our revenue has been slacking this,” Kia Xiong of Pacific Produce said. “This market is more of a night market than a farmers market which drives the younger generation out and we are really missing them right now.”

The crowds aren’t the only thing hurting vendors during this pandemic, some of the social distancing protocol mandated by the city can also hurt the sales of fruits and vegetables.

“We usually have samplings which draws a lot of people in,” Xiong said. “Since we can’t have them during the pandemic sales have gone down. People like to try our crops before they buy it, especially if it is something they have never tried before.”

The Kendall Yards Night Market takes place from 5 p.m. to 8 p.m. every Wednesday. Even though sustaining a farmers market can be difficult during the time of coronavirus, the Kendall Yards Night Market continues to make plans.

“We are so grateful to have this and do this and we are just planning for how the market will look next year and for the rest of the season,” Schultz said.

Spencer Brown is the managing editor.

Out for the Nite: SpikeNites moves online this fall

By HANNAH HISLOP

Gonzaga’s beloved SpikeNites is adjusting to the new COVID-19 guidelines set forth by the university as students transition to online, in-person, or hybrid learning.

SpikeNites, which is run by the Center for Student Involvement (CSI), hosts weekend activities for students to partake in.

Delaney Carr, an incoming junior said SpikeNites events are social gatherings for students to help de-stress after a week of studying.

“SpikeNites are social events and activities organized by students and staff to create an opportunity for GU students to have fun, try a new activity, or participate in a hobby they already love to do,” Carr said. “There’s an array of SpikeNites varying from silent disco to gingerbread house making around Christmas time. There’s a lot of thought and effort put into these events to let students have fun after studying all week.”

Even though SpikeNites will look a little different, Zags still encourage underclassmen and incoming freshmen to attend the events virtually.

“As a freshman, I don’t think there’s any harm in attending some SpikeNites to see what they’re like and to see if you want to continue to participate in those events throughout the rest of the year,” Carr said. “I feel like anyone should try any of the SpikeNites that interest them, and if they don’t like it then they now know and don’t

have to participate if they don’t want to. If they don’t try it they won’t know if they’re fun for them or not.”

Lucy Reed, student coordinator and event planner for SpikeNites, said that they plan on having virtual events with the possibility of Grab ‘n Go activities for students on campus to pick up.

“We are planning on doing virtual events, kind of like how we did after spring break,” Reed said.

Virtual events in the past have been Jeopardy, at-home arts and crafts, Kahoot, virtual scavenger hunts and a virtual escape room.

Carr, who has attended many SpikeNites events during her years at GU, said virtual experiences change the interaction between students at these activities.

“However the virtual experience can almost make it easier to work or team up with others for SpikeNites and that can form a bond between students as well,” Carr said.

The number of students who attended the SpikeNites events during the spring was down Reed said. This is one of the challenges they hope to overcome in the fall, seeing more students interact with the virtual events.

“[SpikeNites] is a huge part of Gonzaga for a lot of people. Having something to do every night of the week. I think it is really important to keep that going even though we’ll be at home,” Reed said.

SpikeNites events bring a sense of community to students.

“It’s a great way to meet other Zags who might be interested in similar things to you,” junior, Zach Bowers said in an email. “I’ve definitely met a few big-time friends from a few SpikeNite events, plus it’s a nice way to clear your mind when classes get busy.”

Events are subject to change, Reed said, but they have events planned out to Thanksgiving. The results of the survey sent out by President Thayne McCulloh on Aug. 3 will help SpikeNites determine if they are able to go forward with small group activities on campus or if events will have to be online.

“Then we will know if there are enough people on campus, who are interested, for it to make sense to keep those events,” Reed said.

The first SpikeNite event is planned to take place with First-Year Experience during the planned orientation for incoming students.

Back by popular demand, Bingo will be hosted twice by SpikeNites during the fall semester Reed said.

Reed hopes that SpikeNites will help get students excited about coming back to school and provide them with some normalcy going forward.

Follow SpikeNites on Instagram, @spikenites, or look out for MorningMail, to see when the Fall semester activities are posted.

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



BULLETIN FILE PHOTO

SpikeNites will be holding virtual events this year as well as Grab 'n Go activities for students to take back to their dorms.

Spike Nites

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Club sports at Gonzaga provide athletic opportunities for all

By ZACH WALLS

While high school senior night might mark the end of some sports careers, over 700 Gonzaga students participate in club sports each year. With more than 25 clubs covering 20 sports and activities, there is ample opportunity to extend a high school athlete’s career at GU.

Soccer

The world’s game is represented by both a women’s and men’s club soccer teams on GU’s campus. Both clubs hold tryouts in early September, with semiweekly practices occurring on Mulligan Field. Additionally, each club participates in a rigorous fall season and club tournaments. Keep an eye out for College Hall whiteboards with tryout information.

Hockey

Easily a fan favorite, the Gonzaga Hockey Club practices and plays home games at the Eagles Ice Arena about 10 minutes north of campus. While practices are late in the night during the week, weekend home games draw hundreds of Zags to provide a true home ice advantage. The squad is coed and open to all hockey lovers on campus.

Volleyball

Perhaps the most competitive club teams on the national stage, the men’s and women’s volleyball teams more than hold their own against larger schools. The men’s team won the DIAAA Championship in 2018, with the women’s team finishing third.

The teams practice during the early morning hours in the RFC and have matches all around the region.

Baseball & Softball

Both the club baseball and softball teams can be seen honing their craft on Mulligan Field, home of most outdoor intramural sports. Club baseball is a member of the National Club Baseball Association and competes in the Northern Pacific North League each spring. The club practices twice a week, with weekends consisting of three-game series resulting in around 15 games a semester. Softball, meanwhile, is a member of the National Collegiate Softball Association and battles the University of Oregon, Boise State University, Washington State University and Eastern Washington University during its season.

“Being able to balance social life, classes and participate in other activities while also getting to play [softball] and have fun with a team is such a great opportunity,” said Abby Morris, a junior.

Basketball

Gonzaga offers both men’s and women’s club basketball teams. Both clubs practice twice weekly in the Rudolf Fitness Center (RFC) and play competitive schedules against other universities’ club teams, local community colleges, and, in the men’s case, local adult recreational teams.

Rugby

Two additional fan favorite club sports teams are the men’s and women’s rugby football clubs. One of

the oldest and most historical clubs on campus, the first Gonzaga men’s rugby match was held in 1892. Recently moving into the Northwest Collegiate Rugby Conference, men’s rugby draws dozens of students to Mulligan Field for home matches. Furthermore, the club has a vast alumni network.

“Freshmen should come out for the squad because it’s a great chance to instantly gain 30 friends and build a great network around campus,” said President of the men’s club Will Dodds. “We have a great alumni network and I know a bunch of the guys have been a big help to graduates getting jobs.”

In turn, the women’s club plays its matches against other clubs teams, both collegiate and recreational. The matches take them all over the Pacific Northwest and even north into Canada. No experience is needed, and all incoming freshmen girls are encouraged to come out.

Additional club sports offered include tennis, men’s and women’s lacrosse, men’s and women’s ultimate Frisbee and Spikeball. Recently, a trio of esports clubs have popped up on campus. GU boasts clubs in League of Legends, Overwatch and Super Smash Bros.

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

Correction: We misprinted this story in the print edition of The Zag Mag. The misprint was a repeat of the softball and baseball section in the rugby section. It has been fixed online.

Brains and Braun

Women's soccer co-captain Sophia Braun's commitment, intelligence and strength transfers on and off the field

By RILEY UTLEY

Using her natural strengths while also finding strength in her weaknesses is how Sophia Braun, a junior midfielder and co-captain on the Gonzaga women’s soccer team, has found incredible success in both her soccer and academic careers.

Over the past three years she has managed to maintain a high GPA as a computer science major, been an important player on the GU team and got invited to play with the U20 Argentina national team.

However, her journey to this point was no easy feat. She remembers being recruited to play at the collegiate level as a tough process.

“I went to a bunch of tournaments with my club team and I talked to a ton of coaches and nothing really felt right until Gonzaga,” Braun said. “A lot of the coaches said I was small and not super athletic. So, I didn’t feel like I had any good options before Gonzaga. Which was stressful and I felt like I just needed a chance.”

Then the GU coaches came to one of Braun’s games, not even to watch her, but they ended up loving her game, leading to her to commit to GU.

“She came in and was pretty quiet,” said Chris Watkins, head coach of the GU women’s soccer team. “She contributed right away — she was more of a role player at first but now she has developed into a

player who has to be really dynamic for us and a playmaker. She’s our quarterback.”

This year Braun will take on a major role within the team — a role that she deserves and has worked hard to get.

“She has so many gifts and so many of them are obvious but she’s not the fastest or strongest player,” Watkins said. “But she’s chosen to work really hard and make sure she’s become great at those as well. It wasn’t a gift at first, but she was going to fight to play, fight to contribute and fight to be a valuable part of our team on gameday.”

But, before she could be a valuable part of the team on gameday she had to put in the work to show her team and her coaches that she was deserving of the spot.

“I think I’ve had a lot of hurdles soccer wise, even here at GU,” Braun said. “I’m a captain now and I have a pretty big role on the team but last year, especially at the beginning I didn’t start and I played like 10-15 minutes a game and there were some games where I didn’t even play at all. By the end of the season I was playing the whole game, every game and starting. Being able to deal with that and overcome that is something I’m really proud of.”

Now, after three years of hard work, Braun sets the tone for the team said Jordan Thompson, a senior center back and co-captain on the team.

“She is the hardest worker on our team,”

Thompson said. “She sets the standards for everything. She’s superwoman.”

This hard work has paid off in more places than just GU’s soccer field. This year Braun was invited to play on the U20 National Team for Argentina.

Braun’s mother is from Argentina and her father from the United States so with dual citizenship and family in South America Braun has been to Argentina and trained with the teams just for practice since she was 12.

She said the biggest lesson she took away from the experience was learning how to adjust to how that team plays and work around the language barrier.

“Even when you don’t speak the same language you’re all still playing the same game,” Braun said.

This accomplishment was one that Braun’s teammates and coaches at GU also take great pride in.

“She came up to the office and told us she thought she was going to get the invite and then I think it was two days later and she came in with a piece of paper with the invite,” Watkins said. “She was so happy and so proud and so was I.”

Thompson recalled the story of the team finding out about the U20 team in the locker room. She said that they were all screaming happily immediately.

“I’m pretty sure people could hear down the hall,” Thompson said. “We were so happy for her she has worked so hard for it and she deserves it. We were so proud of her and representing Gonzaga but also representing herself and showing off her talents on the world’s stage.”

The coronavirus threw a major wrench in the U20 team’s plans, but Braun is still in communication with the team and hopes to move up to the national team next year with the ultimate goal being playing in the World Cup in 2023.

Braun also has big goals for herself when it comes to her academics. As a computer science major, she has worked hard to maintain her grades while playing a Division 1 sport and traveling internationally for soccer.

“School is super important to me so being able to juggle it all is something I value a lot and I would never want to lose my education because of soccer but I also don’t want to soccer because of my education,” Braun said. “Finding that perfect balance has been super nice.”

She said it’s been challenging to take on a major that not many athletes pursue but has enjoyed the challenge.

“I like being able to find people who are outside the athletic world,” Braun said. “I definitely think it’s made me work harder



COURTESY OF SOPHIA BRAUN

Sophia Braun was invited to play for the U-20 Argentina women's national team.

knowing that there’s really not someone I can turn to get help anytime I want.”

Once her time at GU is over Braun hopes to not only continue her soccer career but find a way to intersect computer science and athletics.

“Right now, our world is shifting to such a technology needed environment so to bring STEM into everything is super important,” Braun said. “I’ve seen firsthand with Nike how they incorporate that and I think it’s super cool.”

In the next two years Braun hopes to help lead her team to the NCAA tournament in soccer and maintain her grades and graduate.

She is expected to play a huge role on the team both on and off the field in the coming years.

“She is so smart, and she has developed her game so much in the last three years that she has the whole teams’ respect,” Watkins said. “They look at her as a great example of how to progress as a player both through her strengths and her weaknesses. She’s someone we hold up in front of the team all the time because we want the players to want to emulate what she has done.”

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



CHIANA MCINNELLY IG: PICSBYCHIANA

Gonzaga midfielder Sophia Braun was promoted to co-captain this season.

Few joins initiative for diversity

McLendon Leadership Initiative seeks inclusive networking for minority students

By COLE FORSMAN

For generations, sports and activism have been linked one way or another. From Muhammed Ali to Colin Kaepernick, the platform has allowed sports influencers to use their social and economic status to push for change in society and the impact an athlete can have on their community is exponential. Many have their own foundation or charity geared toward a certain cause while also participating in social movements and protests. The impact sport influencers can have on their community is exponential.

Yet, despite continual effort by the sports base, many calls for action have gone unheard, as the sports platform can at times not be large enough to overcome the power structure that overrules the issue at hand. But as more significant figures of the athletics community come together to beget social initiatives, change becomes more eminent.

And thanks to Gonzaga University's men's basketball head coach Mark Few, with the help of other collegiate coaches, change is on the way.

Few, along with over 35 fellow collegiate coaches from across the nation, will be a part of the McLendon Minority Leadership Initiative (MLI), a program recently established by University of Kentucky's John Calipari and Harvard University's Tommy Amaker.

According to the group of coaches, the purpose is to "provide minorities a jump-start to their careers through practical experiences, opportunities to build their network, and instilling the values of John McLendon," according to the MLI's website.

McLendon was a Hall of Fame coach who is recognized as the first African American head coach at a predominately white university, as well as the first Black head coach in any professional sport.

"The thing I love about this, is that this is action," Few said on Coffee with Cal. "And we're finally doing something."

Coaches who have committed to the MLI will serve as ambassadors and mentors to minority candidates on their respective campuses.

Whether it's for basketball or social justice, the GU men's basketball coach believes that actions are the only way to have



BULLETIN FILE PHOTO

Mark Few is one of 35 coaches to join the MLI.

an influence.

"We can talk about playing defense, but you know, your actions show where your values are," he said.

Just like before playing a big game, everyone involved in social justice has to know the game plan in order to have success. At GU, it came down to the athletic department having an open dialogue to generate awareness. Chris Standiford, GU's deputy director of athletics, was involved in many conversations aimed to educate and enhance understanding of the situation regarding social justice.

"It's one thing to hear words and rhetoric," Standiford said. "It's another to have context and understanding. That to me has been a real awakening."

Standiford admitted that it was easy for him to set aside the seriousness of the situation, but after hearing certain experiences, he's come to the realization that it's time for change. He even talked to Tommy Lloyd, assistant basketball coach, about what could be done at GU and how the athletic staff could do its part to change the culture.

"We were brainstorming and talking one day," Standiford said. "I think the idea of an internship had actually come up in that conversation."

While no official plans to start such a program were set in place, the concept of creating opportunities for others was in the minds of everyone in the department. There exists a willingness to bring diversity to a region that, for the most part, isn't diversified. Standiford believes that the MLI could possibly change that narrative.

"This initiative at Gonzaga specifically is going to give us the ability to bring somebody here that would not normally be attracted to come here," Standiford said.

This potential obstacle for some has limited a diverse range of applicants from applying to GU in the past, according to Standiford. But with the MLI, candidates from a select pool will be provided to the school and have an opportunity to succeed in an environment they may not have considered in the first place.

The hope is that as this program progresses, more candidates from the MLI will feel comfortable that they can gain valuable experiences at a university like GU.

Mike Roth, GU Athletic Director believes that these experiences can not only lead to careers, but also change the perception around hiring minorities.

"It doesn't matter what you look like or what your orientation is, what matters is what you can do," he said. "A lot of that gets developed through experience"

However, as everyone knows, getting that first taste of experience can be challenging in a competitive job market. Employers typically lean toward the more qualified applicant over hiring a newcomer, making it difficult for many to get their foot in the door. Those who are fortunate enough will eventually receive a chance to get their career started, while others are continually passed up time and time again.

Roth noted the importance of luck when it comes to job searching.

"We all had to start somewhere," he said. "Somebody gave us all a break at some point."

This initiative aims to provide that "break" to minorities who might otherwise fall short of landing a job elsewhere.

"The biggest thing for us is that we can't be bystanders," Roth said. "If we stand by, then we are part of the problem, so we have to take action."

Even the little actions can have a large impact; it's a matter of seizing opportunities to spark change, from creating initiatives to simply stopping inappropriate

behavior.

Few has certainly taken charge in this effort to change the culture from GU's perspective, but that doesn't mean he has to be the only one.

"We all have a place where we can make an impact," Standiford said. "Mark has a larger platform than others, but that doesn't mean we all don't have individual responsibilities."

Finding avenues to make a difference can be challenging, especially when there's a lack of awareness and perspective. Just another reason why having open dialogue's is a crucial first step when deciding a course of action.

The latest plan of action involves the West Coast Conference, which recently implemented the "Bill Russell Rule." This act states that each WCC school is "required to include a member of a traditionally unrepresented community" when considering leadership positions. While this rule differs from the MLI, it's still a step forward in the right direction.

Because it's time for action.

Cole Forsman is a staff writer, follow him on Twitter: @CGForsman

Have a field day: Best sports to play on Mulligan Field

Commentary by VINNY SAGLIMBENI

Mulligan Field is a great place for students at Gonzaga University to get outside and enjoy the beautiful sunshine and sunsets of Spokane. Whether you want to just sit out on the field and soak in the sun or play some sports with your friends, Mulligan Field offers you the space to be active.

If you're an incoming first year student who's not sure what Mulligan Field is or how to best utilize it's space for your enjoyment, here are the five best sports to either play with your friends or try out:

SOCCER

Whether it's kicking the ball around with your friends or playing a small sided game of 5 versus 5, soccer is a great sport to have fun with on Mulligan. With it's two full-length soccer fields, full-sized goals as well as smaller goals are available for any type of game.

Additionally, skill level isn't a huge barrier when it comes to soccer. Whoever is playing on the field at the time will almost surely welcome any extras who want to join, as the more people playing adds to the fun.

FOOTBALL

Similar to soccer, different variations of playing football is what makes it so fun. From running 1 vs 1 routes against your friends, playing two-hand touch or waiting for the intramural flag football season to come around, everyone can get a kick out of throwing the pigskin.

A great tradition at GU is the DeSmet vs CM football game held every year known as the Bulldog Bowl, where the two residence halls go head to head to see who can win the game. However, the class of 2024 may have to wait to witness this spectacle if the game is put off due to COVID-19.

BASEBALL/ SOFTBALL

Baseball is another great sport to play on Mulligan because it is more leisurely than soccer or football. The relaxing aspects of playing a game of catch is what draws so many people to play baseball at Mulligan.

If and when intramural sports seasons come around, be on the lookout to sign up for intramural softball and play with your

friends, as that's one of the more popular intramural sports held at GU, and a fan favorite for students across campus.

FRISBEE/ ULTIMATE FRISBEE

Given the wealth of space available on Mulligan Field, hucking the Frisbee across the field is constantly a favorite among students on campus. Ultimate Frisbee is a great way to meet new people, get a healthy workout in and play with as many people as you wish. Similar to soccer, skill level isn't a requirement, as no one is excluded from throwing the frisbee around with the squad.

"I like how we can get a big group

of people and play with more than four people," junior Nick Nelson said. "[Ultimate Frisbee is] more of a group activity."

SPIKEBALL

Perhaps the most popular sport to play on Mulligan Field, Spikeball nets are always out not just on Mulligan, but all over campus as well. The 2 vs 2 volleyball-esque game takes some time to get used to, but once you get the hang of it, you will be making your own Spikeball highlight reel in no time.

"My favorite sport to play on Mulligan is definitely Spikeball," junior Emma

Chichester said. "There's honestly nothing better than getting a group of friends to play with the sun setting and some music in the background... I've seen anywhere from one to 10 nets set up across the field, and there are always plenty of levels."

"Spikeball on Mulligan Field is an awesome way to meet a lot of people, to get some fresh air, and to enjoy the game whether you're learning it or you're an expert," Chichester said.

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Students play intramural flag football on Mulligan Field.