



WELCOME TO GONZAGA!

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The Gonzaga
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Home away from home: Gonzaga freshman dorm reputations

By ALLIE NOLAND

As a freshman coming to Gonzaga, there are numerous options for first year living. It is hard to know the vibe and the feel by looking at a list of 12 housing selection names. Each dorm is known for its own unique atmosphere.

Catherine Monica, more commonly known on campus as CM, is known for being the most social coed freshman dorm on campus. The building was originally built in 1963 and still has the charm to make it almost every freshman's first pick while looking through dorm options.

"It's super social," said Peter Jonas, a junior. "You can definitely just go into random people's rooms and swing by some common rooms. Sometimes it would take an hour or so from the front door to get to my room because I would stop and talk to so many people."

For many freshmen, the social scene and location makes up for the old bathrooms and tiny rooms. Squeezed between Madonna Hall and Coughlin Hall and just across from Mulligan Field, CM offers a prime location for visiting other dorms and going to the COG.

"I knew that CM had a reputation as a crazy party dorm, so I was a little worried about how loud it would be at night, but it honestly didn't bother me at all," said Bella Going, a junior. "I'm glad that everyone was so willing to invite other people into their rooms. I have so many good memories from times where we crammed a lot of people in those tiny rooms."

In CM, it is important to maintain a balance between social and personal time. Sometimes reading a book or journaling alone can go a long way.

"Determine whether you want your room to be social or not," Jonas said. "Mine was kind of quiet which was perfect because there was always another open room in the hall to socialize at and then come back and find my room restful."

Coughlin, also known to students on campus as Hotel Coughlin, is known for being a coed freshman dorm focused on community living, campus engagement and their beautiful, new, clean and hot showers.

Just to the right of CM, Coughlin offers students the most luxurious freshman living on campus. It was built in 2008 and many compare the living style to hotel living.

Coughlin is unique in that each floor has a different theme and its own community. The second floor houses the Learns 2 Lead Living Learning Community (LLC), the third floor houses the Cura Personalis LLC, the fourth houses the Women for Others LLC and the fifth floor houses the Global Citizenship LLC.

"I lived on the Women for Others floor, where I instantly had a community of supportive and caring people. The girls on my floor are still some of my closest friends at GU," said Claire Tollan, a junior.

The sense of community is strong in Coughlin.

"It is also one of the largest dorms on campus," Tollan said. "I would say that because of this, the sense of a tight-knit community comes more from your floor than the dorm as a whole. But being such a large dorm, I'd often meet people on campus and find out they



CM is known for its tight-knit community and smaller rooms.

“I have so many good memories from times where we crammed a lot of people in those tiny rooms.”

Bella Going, junior who lived in CM her freshman year

lived in Coughlin too, which made it really easy to hang out."

Coughlin residents are often known for heavily engaging in the GU community through clubs, sports and committees on campus.

Madonna is the third coed dorm located on Cincinnati Street. Madonna is known for housing both sophomores and freshmen and for having sinks in the rooms. Similar to CM, Madonna is an older dorm with prime location, and it offers students a bit of a quieter atmosphere.

The community is tight knit in Madonna and freshmen are likely to all know each other in this dorm. The common spaces are frequently used, which makes it easy to hang out and meet people.

Living in Madonna makes the COG a less than minute walk away. This is prime during the winter when no one wants to leave their warm dorms to make

the trek to dinner.

Welch and Desmet are the two dorms located in the center of campus between The Hemmingson Center and College Hall. Both of these dorms offer tight knit communities and prime location.

Welch has traditionally been a female-only dorm, but this year, GU is opening it up to coed living. Storage and the cozy atmosphere are the main highlights of living in Welch. The built-in wooden cabinets maximize room space and make it easy to find room for clothes and belongings.

"It was the perfect place to live freshman year, because it was so central," said Hannah Presken, a junior. "I could come back from class for 15 minutes and it wasn't a walk at all to get back to College Hall or Hemmingson. It was also nice that since it wasn't as social, it was an easy escape when I wanted alone time."

Desmet has been an all-



Desmet is known for being an all-boys hall and the infamous DJ Desmet.



Welch is known for its great location in the middle of campus between Hemmingson Center and College Hall.

boys dorm for freshman and sophomores since 1925. The community in this dorm is strong and can be a lot of fun. There is a lot of room to room interaction, and is home to DJ Desmet, who you can hear while walking up and down Bulldog Alley. The rooms are fairly small, but the central location makes up for tight quarters.

Alliance is the only all-girls dorm on campus and it is located right behind Rosauer and Welch. This dorm offers female students a place of community and quieter living. If incoming students aren't wanting an overwhelming amount of social interaction but want to meet a group of solid friends and community, this is the place to be.

"I loved Alliance. I found so much comfort in the building and living there. My roommate was the best and it was easier than I thought to make friends outside of my dorm," said junior Lina Maurice.

Marian Hall is known for being the outdoors dorm. Located a short few blocks off campus, Marian offers sophomores and freshmen a place to meet people who love nature and to engage in outdoor activities.

The rooms are spacious and have built in cabinets which makes living easy. Marian also has sinks in the rooms, which is an added bonus.

Community in Marian is unmatched compared to many of the other freshman dorms. Each year, strong, bonds are created between residents. This makes Marian a popular choice among people looking to meet friends to go on excursions with.

Dooley House is another coed dorm on campus that is located next to the Kennedy Apartments. It is one of the

freshman dorms farthest from the center of campus, but it offers suite style living for both sophomores and freshman.

"For freshman living in Dooley, I would say don't be afraid to put yourself out there and reach out to people living on your floor/side of the building," said sophomore Sadie Vincent. "You're all in the same boat and they'll probably be glad to know a classmate nearby."

Goller and Dillon are two almost identical dorms that house both sophomores and freshmen. They are known for being the LLC engineering dorms, but it isn't only engineers living in these suites. Unlike traditional dorm living, both Goller and Dillon offer suite style with a shared living space, two bathrooms, and three bedrooms.

Kenneth Rasmussen lived in Dillon his freshman year and he believes that it has made his GU experience full of support and friendships.

"Being a part of a suite made my time substantially better," Rasmussen said. "Living with my five suitemates turned out well and they are still some of my best friends today. I would say to really give Dillon and Goller a chance. The community really stood out to me."

No matter which dorm you end up in, you're guaranteed to make friends and connections from other residence halls. GU offers countless opportunities to create relationships in and outside of your living quarters.

Allie Noland is a staff writer.

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Your Gonzaga experience is not a movie

I would be lying if I said I didn't cry several times in my first couple months of college.

That is not to say I was having a terrible time, I was actually was having a great time. But, when I thought back on every representation of college I had ever seen, my experience looked nothing like that.

I know there are plenty of movies that depict college, but the two coming to mind right now are "22 Jump Street" and "Legally Blonde." Before I say anything else, I am in no way trashing "Legally Blonde." I love "Legally Blond." It was a big factor, probably too big, in my decision to become pre-law.

However, in both "Legally Blonde" and "22 Jump Street," all of the people portraying college students look well above 35 and are far more attractive than most people I've met in college, including myself. I'm aware that in "22 Jump Street," Channing Tatum and Jonah Hill are supposed to be older and undercover, but all the normal college students are also ridiculously old looking.

If you don't look like Reese Whitherspoon or Channing Tatum by the time you are a senior in college, that's perfectly OK.

Another misleading component of those movies are the first year living spaces. Usually bright and shiny with cream colored walls and cute window seats, my experience was less than bright and shiny.

Although the Catherine and Monica (CM) cleaning crew were true saints, the actual structure was less than impressive and I had bronchitis not once, not twice but three times my first year. My only saving grace was that little square of antibiotics that the health center gave to everyone regardless of their medical issue known as Z-Packs.

Actually Tatum and Hill's dorm in "22 Jump Street" is a pretty accurate representation of a first-year dorm. Most notably, the questionable bean bag chair from a thrift store and the unholy trinity of electronics that is a gaming console on top of a microwave, on top of a mini fridge.

For me, the biggest source of insecurity was my social



By THEA SKOKEN

life. I am an extrovert but that does not mean I don't doubt my friend-making abilities. When you see people in movies immediately going to huge parties and effortlessly making friends in college, it's a bit daunting.

Especially in the age of fear of missing out (FOMO) and all things social media, you are constantly having every event you didn't attend or every person you are not friends with thrown back in your face.

Hopefully I am not the first person to tell you that not everything is as it seems with social media. It's so easy to make anything look like something else, and one of those things in college is that everyone looks like they are having the time of their life.

This was one of the biggest lessons I've learned at GU — the true meaning of "the time of your life." It's a common expression but does it actually mean the best time of your life?

During one particularly tough cry session, I called my mom. I will spare you the gruesome details of all my complaints and anxieties, and the truth is I don't even remember exactly what triggered this particular cry, but the gist was that I felt like I was doing college wrong.

My life, my room, my classes and my friends did not look at all like I thought they would. My only thought was

“
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Thea Skoken, news editor

that I must be doing it wrong, after all this was supposed to be the time of my life, and that's exactly what I relayed to my mom.

What she said changed my perspective and I think about it to this day when things are not going exactly as planned. She said college is not the time of your life because everything is fun and perfect and nothing goes wrong ever, it's the time of your life because you have the lowest of lows and the highest of highs.

So, if at some point this year you find yourself in a low and you feel like things aren't looking exactly how you thought they would just remember what the time of your life actually means.

It's the extremes that make it the most complicated, fun, formative and crazy years of your life.

Thea Skoken is a news editor.

Finding solace amid a tumultuous year

Decades ago when people thought of the year 2020, they thought of flying cars, humans riding on jetpacks and the colonization of Mars. Instead, our delusions of grandeur have been replaced by a much harsher reality.

In actuality, 2020 is debatably one of the worst years in recent human history. From the Australian wildfires causing insurmountable environmental damage, to the widespread outbreak of COVID-19, the unjust murder of George Floyd and countless others at the hands of the police, there are plenty of profoundly negative events that have marred the entire world. But what if I told you there were plenty of positives to go along with those negatives?

Sure, the pandemic has destroyed our economy, our plans for this year and essentially our way of life. But it's undoubtedly brought us together in certain ways and will continue to do so.

Two emotions have surely been in abundance since the start of the pandemic: stress and pain. A study from 2012 found that acute stress may actually lead to greater cooperative, social and friendly behavior. Furthermore, a study from 2014 found that shared pain served as an impetus for



By LUKE MODUGNO

social bonding among strangers.

Once we can look back on the COVID-19 outbreak, it will surely be something we take pride in overcoming. In a country as polarized and divided as ours, coming together to practice social distancing and wearing a mask for any period of time is incredibly impressive.

Of course, these studies could never match the enormity and scale of the pain and stress produced by the circumstances surrounding the pandemic. But despite the fact that the coronavirus has pushed us apart physically, it seemingly will only

bring our relationships with one another closer in the long run.

Additionally, now that the world has nearly stopped spinning due to the pandemic, we have the time, the attention spans and most importantly the empathy to sit down and examine the myriad of troubling defects and faults that plague our society.

Without the distraction of demanding work schedules, entertainment avenues in the form of sports, movies and TV shows, we are able to engage in collective discourse on pertinent social issues. We've seen meaningful progress made toward racial equality, the elimination of police brutality, the establishment of things like a social safety net through federal stimulus checks, placing an emphasis on voting in the upcoming election in November and so much more.

Officers and people in power are finally being held accountable for upholding a prison system and system of policing that disproportionately oppresses people of color. Companies, organizations and citizens are using their platforms to spread awareness about noteworthy issues we should be informed about.

As much as we want the world to "go back to normal" after this absurdly cruel year, that will never happen. We are in the long, yet necessary process of creating a new normal.

Instead of a year people look back on with disgust and heartbreak, 2020 will symbolize an indelible turning point in the history of our world. It's a year that has laid the foundation for a long-overdue revolution in the way we treat human beings, not only in this country, but around the world. This is an imperative time in our history, as we get to restructure society in a substantial way that will benefit millions of people.

For many of us, this year is one of the worst of our lives. And no, 2020 won't mark the invention of the jetpacks or of robots who will do our laundry for us. What it will symbolize instead is humanity coming together to change for the better, even under the most unlikely of circumstances, as we very slowly but surely move toward a better tomorrow.

Luke Modugno is a a&e editor. Follow him on Twitter: @lmodugno5.

Tips and tricks on finding success at GU

Welcome to Gonzaga. You've made it to campus, ready to start a new chapter of your life. The world is a different place than you perhaps thought it would be, but this in no way means you won't be successful or find your niche.

Your first few weeks on campus can be daunting while you try to find your footing and your place here at GU. I promise you that this feeling is only temporary, and to help you with your transition I've compiled a few tips and tricks to help you feel at home on campus.

Experience everything you can. In the event your classes and other events are moved online, getting involved is still an essential part of creating your GU community. Participating in whatever format and capacity is offered is a great way to build relationships with your peers, roommates and even professors. Be sure to look around campus to find out what events are taking place.

Step outside your comfort zone. It is perfectly OK to be nervous or even scared coming into your first year, but don't let fear stop you from trying new things or sparking up a conversation with someone new. You never know where a little courage can lead you.

Be authentic. Being vulnerable and honest is difficult, especially around people you've just met. The payoff of this is immensely rewarding and can help you find ways to feel fulfilled on campus. Don't be afraid to switch things up week by week, you aren't obligated to stick with every activity you try.

Start good study habits now. Experiment and find a routine that works best for your style of learning. Maybe you need to always sit in the same chair in class, listen to music when studying or wait a few hours to process information



By CAITLIN RELVAS

before starting homework. Whatever your style is always make sure to set aside enough time for assignments and studying to avoid last minute cram sessions.

Academics are important, but so is your well-being. Take time out of your week to spend with friends and practice self-care, however that may look for you. If it's watching a movie, calling home, taking a walk or all of the above, care for your mind, body and spirit. It will inevitably make you a better student as well.

Learn about the different resources on campus and don't be afraid to ask for help. Whether you are seeking academic tutoring or someone to confide in about your feelings, GU has resources for all our students' needs.

Talk to your RA. In addition to being lovely people who are excited to get to know you, the resident assistants are here to support and guide you in anything you may need in your

first year. They know first hand the jitters that come with being a freshman and are here for you as you transition to life at GU.

Explore Spokane. From Centennial Trail and Manito Park, to the downtown Riverside area, Spokane has much to offer all year round and will quickly start feeling like a new home.

Go to office hours. Office hours are a great tool even if you're not struggling in a class. They are beneficial to establishing a good relationship with your professors and help create that sense of community that GU is known for. Your professors are as excited to meet you as you are to meet them.

Call your mom. It's simple but it's true. Make sure to keep in contact with friends and family from home often to help ease the feeling of homesickness. This feeling is completely normal and many students experience it whether they're honest about it or not. Hearing a familiar voice, even for five minutes can help you feel calmer and ready to take on the day.

At the end of the day, remember that GU is here for you no matter what. Whatever your needs may be there is always someone on campus to help you, all you have to do is reach out.

This year will certainly have its ups and downs, as like any new school year, but if you engage in the community and stay safe, you can thrive and find your place on campus. We're happy to have you and excited to meet you.

Caitlin Relvas is a staff writer.

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Remembering GU student Sienna Rettig

By RILEY UTLEY

Sienna Rettig lived her life with the mindset of a shark. Always moving forward and never dwelling on the past. Described by her friends as their angel, Sienna was the light in a lot of people's lives. "We all know people at Gonzaga who bring us that kind of joy and laughter, and that was just who she was as a person, all the time," said Josh Bulawa, one of Sienna's friends and a GU graduate. "She was there with me and all her other friends through every peak and valley we went through these last four years, and she knew what it meant to show love and compassion regardless of a situation." On April 29 she died at the age of 22, a few weeks before she was set to graduate from GU with a Bachelor of Arts degree in psychology and a minor in business marketing. She is survived by her parents, John and Diane Rettig; her sister, Mateya Rettig; and her brothers, Dom and Max Rettig. "She really looked out for so many people," said Tom Frigon, Sienna's boyfriend and a GU graduate. "She was someone a ton of people would go to talk to. I had that same experience with her. I felt like I could talk to her about anything. I know I only knew her for about seven months, but it really felt like I knew her for years." This sentiment was true for just about everyone Sienna came in contact with.

"She was such a big part of people's lives even if she had just met them two days ago or had known them for years," Frigon said. "It's crazy how small of a time it takes for her to leave an impact on people." More than anything Sienna loved her family and friends. She spent her life prioritizing them and making sure she spent quality time with every one of them. "She was my best friend," her sister Mateya said. "She always gave really good advice and was kind of that guiding person for me. She never made me feel like the little sister. We were just friends and that was my favorite part of our relationship. We were sisters and we had that bond, but it felt like even if we weren't sisters, we would still be best friends." Sienna made sure everyone in her life felt welcome and comfortable. Mateya recalled a story about Sienna becoming friends with a student a year younger than her and her friend group. "When we were up in Spokane a few weeks ago someone was talking to me about Sienna and Karlie [Murphy] and how when Sienna met Karlie she immediately took her in and was like: 'You're with me now. I'm your friend. Don't worry, I got you,'" Mateya said. "That was her. No matter who it was Sienna was always that person for everyone." She wanted to make sure everyone was OK and was always trying to find ways to help out her friends and family in



PHOTO COURTESY OF JOSH BULAWA

Rettig is remembered as someone who put her family and friends first and an angel in the lives of those who she loved and loved her.

SEE RETTIG PAGE 3

Autumn athletics fall through due to COVID-19

By VINNY SAGLIMBENI

Imagine you're playing a game of UNO with your friends. You had a very strong hand, and you have one card left, but you also do not know what cards your friends have. It gets around the circle, and then all of the sudden, your friend next to you puts down a wild plus four card, ending your chances of winning the game at the moment. Gonzaga fall sports unfortunately received that UNO plus four card last week. The West Coast Conference announced Thursday morning via a WCC news release that all fall conference competition will be postponed due to the coronavirus pandemic. The decision was made in consultation with WCC commissioner Gloria Nevarez, the WCC presidents' council and the conference's 10 athletic directors over several weeks of discussions. Mike Roth, GU athletic director, said there have been preliminary discussions about how scheduling would look in the spring for postponed fall sports. He is waiting to hear what the NCAA plans to do with fall championships in the spring. Roth also said the schedule will be set based on the dates of the championships.

Roth said GU will have lots of flexibility figuring out a schedule if the NCAA decides not to hold fall championships in the spring. "We empathize with our student-athletes," Nevarez said via the news release. "This is a difficult decision, but it is the responsible decision based on the available information associated with conducting competition in the current environment. WCC programs compete for national titles and we never want to take these opportunities away. However, health and safety will always be paramount in guiding our decisions." Men's and women's soccer and cross country, along with women's volleyball will not be competing in fall sports this season. GU spring sports that have fall seasons, such as tennis and golf, will also not be participating in fall competition this season. Members of the GU community and athletic department, including President Thayne McCulloh, Roth and the head coaches of each fall sport, released statements in the news release expressing the same sentiments of the WCC. The

SEE FALL SPORTS PAGE 7



BULLETIN FILE PHOTO

Scheduling of postponed fall sports and championships in the spring are is discussed.

Construction of ISE building resumes after temporary hiatus

By HUNTER HAUSER

Gonzaga has strived to practice Jesuit tradition in an interdisciplinary way. GU has pushed for the development of the whole person rather than focusing on solely one aspect of learning. Bringing the concept of developing the whole person to light shines through in the construction and purpose of the new Integrated Science and Engineering (ISE) building. "The new Integrated Science & Engineering (ISE) building will provide more and modern classroom space to serve our growing student body; make our graduates more competitive in the global market space; provide more contemporary lab space and equipment / instrumentation and identify new interdisciplinary opportunities," Karlene Hoo, dean of the School of Engineering and

Applied Science, said in an email. Ideally, Hoo said, the building will attract a more diverse student body as it's a more visible commitment to GU's STEM discipline. The new ISE building is to become a hub of activity for STEM students. An important aspect of this building to note is though it is catered to STEM students, all students can use the facility to grow and express their interdisciplinary thoughts, spanning beyond engineering. "Some of the other buildings really are dedicated to one particular discipline," said Annmarie Caño, dean of the College of Arts and Sciences. "As you're learning sometimes you do need that focused attention. But its also good to have the interdisciplinary piece." The focus of the ISE building is to unite students of all disciplines and bring new ideas and concepts

together to face real-world issues of today. At the beginning of the pandemic all construction projects were put on hold due to COVID-19 and were allowed to resume by approval from the Governor of Washington's office. On April 27, the construction continued after being on hiatus for over a month. "There has been a need for more modern space that can house equipment, facilities, and people arranged in different groups of teams to be able to do that work," Caño said. "One purpose of that building is to provide more modern classrooms to serve the students needs. Engineering and the sciences have seen an explosion in the number of students across the country."

SEE ISE BUILDING PAGE 3



CHIARA MCINELLY IG: @picsbychiara

The kickoff ceremony for the Integrated Science and Engineering (ISE) building was held on September 26, 2019.

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Tips and tricks for success in virtual classrooms

By HANNAH HISLOP

Walking down Bulldog Alley this fall is going to look a little bare as many students transition to remote learning. The personal connection, Gonzaga community, friends and memories will be made primarily over Zoom this semester due to the ongoing COVID-19 pandemic.

GU finalized the fall semester schedules for students, giving professors the option to run their classes online, hybrid or in person. With a majority of undergraduate classes online, the GU community is learning how to adjust to remote learning.

For some, online learning is difficult, but GU professors are here to help with some tips and tricks on how to ace online classes and develop a connection with your professors and peers.

A common theme for succeeding in online classes is communication and regular participation.

“Succeeding is not any different than in-person. As long as they are coming to class and engaging, they are going to be fine,” said Ute Perz, a German language professor.

Professors are urging their students to ask questions and participate in class, just as if they were in face-to-face classrooms.

“We aren’t getting as much participation from our classes because people are so afraid to unmute themselves and then ask questions,” said Dr. Kevin Measor, pre-health adviser, biology professor and affiliate instructor department of Biological Structures at the University of Washington School of Medicine.

Measor suggested that students ask their professors on the first day of class what the best way to participate in their class is. That way students eliminate the fear of speaking out in their Zoom lectures.

“Understand basic Zoom etiquette. Most importantly, work at connecting

in many of the same ways you would in-person,” Kenneth Anderson, dean of the School of Business, said in an email. “Be present, stay engaged, ask questions, participate.”

By participating in class, you are also engaging. This means doing the homework, having your camera on for Zoom class and taking advantage of the opportunities professors and the university offer.

Utilizing resources that GU offers will help set students up for success. GU offers tutoring resources and for the language department, Perz suggests students use them.

Along with utilizing tutoring, Anderson has some advice.

“Do the homework and offline work prior to class so that our face-to-face time is more productive and interesting — you’ll be more engaged in the conversation if you’re prepared,” he said.

Along with participation in class, office hours are a huge part of making connections with professors. Taking advantage of the time professors set aside for their students is a great way to also ask questions.

Office hours online look a lot like in-person office hours.

“You can do Zoom office hours, just like regular office hours,” Perz said. “You are just available on Zoom, during that time. You have a set meeting and students can just pop in.”

Anderson said to take advantage of not only office hours, but common events on campus.

“It’s just trying to keep that personal connection, rather than doing everything over email,” Measor said.

Community is a big part of the GU experience. Although it seems nearly impossible to create that connection and sense of community with classmates online, professors have tips for that too.

“Take advantage of breakout groups



BULLETIN FILE PHOTO

Professors recommend completing all material before coming to class for a more focused, beneficial environment.

and small groups in classes as an opportunity to learn a bit more about a handful of people. It can be an easier way to get to know a whole class by taking it a bite at a time,” Anderson said.

Break out rooms lead to bonds formed by students, where phone numbers are exchanged and the GU camaraderie is back.

Perz taught her first all Zoom class this summer, German 101, and she said the community among students was strong.

“I was pleasantly surprised how much of a classroom community we created,” Perz said.

Study groups via Zoom also help create that community with classmates but also allow you to study.

“I think this will also help students when they get back into the classroom,” Measor said.

Measor suggests that students look into using Microsoft Teams. This application is available to all GU students and gives tools like chat, video calls, games and allows for social meetings among students.

However, professors acknowledge that looking at a screen on Zoom all day is not the best for mental health, especially in the middle of a pandemic. Finding a balance

between screen time and off-screen time is important.

“It can have a detrimental effect on your mental health because you are somewhat making a connection, but not like you were before,” Measor said.

Finding ways to get off the screen is important for students to do, Measor said. This can mean different ways for each person, but walking, running or another exercise is necessary for online classroom success.

Besides being present and engaged in regular communication in classes, feedback from students is welcomed to help students with virtual classroom success.

“The No.1 thing students can do is give feedback and often,” Measor said. “[Professors] know in this environment we don’t always know the right answers. We are doing workshops and learning, but we don’t know if that’s going to work for our students unless our students tell us.”

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

Q & A with senior Benjamin Seckington

History major reflects on his last four years, imparting wisdom on incoming students

By KARLIE MURPHY

The Gonzaga Bulletin (GB): What has been one of your most memorable moments at Gonzaga?

Benjamin Seckington, history major: My most memorable experience was during my freshman year orientation when my Resident Assistant, JD Valle talked to us about the year. I was incredibly nervous coming into the year knowing that everything was new and outside of my comfort zone, but when JD talked to us he expressed the importance of trying everything and building a better relationship with ourselves. Since then, I think about that when I have to make big decisions.

GB: How have you made the most of your time here at GU?

BS: I have made the most of my time by doing what was best for me and realizing that my experience does not have to mirror anyone else’s. Through trying out clubs and activities and getting to know my friends I have prioritized things that will make me happy, and I think that has gotten me a lot further with a lot more enjoyment than trying to get involved in the same way everyone else is.

GB: What is one thing you wish someone would have told you during your first year?

BS: I wish someone would have told me that feeling unprepared is natural. A lot of people spoke about how Gonzaga prepared you and how if you want to succeed you can learn everything and prepare for every situation. While I know so much more than I did then, one thing I know is that I find comfort in the natural feeling of being



CHIANA MCINELLY IG: @picsbychiana

Seckington said feeling unprepared is natural and can actually fuel you.

unprepared. Not knowing which direction things will go has left me open to so many options and has let me not put too much pressure on myself to be the best at everything.

GB: What advice would you give to incoming first year students?

BS: For incoming first year students I would say

something that has been said time and time again: “School goes fast.” Too fast in my opinion. There’s so much more I want to do with the people I’ve grown to love, and while I know that my experience has been enough and I’m proud of how I spent my time, I naturally wish I had more.

GB: How would you describe what makes GU special?

BS: Gonzaga is special because it brings out the value in everyone. GU has spaces for everyone to shine in what they do best and enjoy, and that confidence and success is so good for academic and personal cultivation.

GB: In what ways has GU left an impact on you?

BS: GU has left a massive impact on my life. More than GU itself, the impact comes from the friends, professors and all the moments I’ve experienced related to my last four years. This is a time in life where everyone is growing immensely, and having a diverse array of experiences is absolutely invaluable. I definitely would have had a life-changing experience anywhere I chose for the past four years, but I chose GU, and never regret doing so.

GB: What is your favorite spot on campus and why?

BS: My favorite spot on campus is wherever people see value in themselves. The most positive experiences of my GU years come from so many different spots on campus that I would rather categorize them as times when I have been with other people rather than a physical space.

Karlie Murphy is a staff writer and the copy editor.

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An inside look

Gonzaga professors offer advice to incoming first-year students



PHOTO COURTESY OF GONZAGA UNIVERSITY WEBSITE

Clarence Barnes has worked for Gonzaga since 1973.

By LAUREN THOMAS

The process of starting college and joining a new community can be an exciting but nerve-wracking experience. Here are some tips from faculty members to help you along the way.

Once you finish the big step of moving in and meeting your roommate(s), be sure to complete your freshman orientation and get your updated schedule. Then find a good map of campus to help you locate your academic buildings and the places you'll visit for food, recreation and study sessions.

The college experience is going to be quite different from high school, so developing new habits will definitely help you adjust.

Clarence Barnes, and economics professor, offers great advice on time management.

"Set a plan for the day: your classes, where they are and when they begin, when you should eat, nap, socialize and most important, study," Barnes said in an email.

If you happen to experience any academic difficulties, Barnes said you should address learning and comprehension issues early by visiting you advisor or professor.

First-year advisor for the school of Business Administration, Jane Hession agrees.

"Professors value feedback and opinions from college students and always appreciate questions if a student needs assistance," Hession said. "You and your teacher are partners in your learning experience."

Don't let academic problems go unaddressed, see your professors as soon as possible.

A key advantage to the college experience is that students learn to become more independent in everything they do.

In developing this independence, Hession advises that "college students learn to be flexible, adaptable and need to trust in themselves."

Trusting in your new community, most importantly your new professors, is one of the keys to success when beginning your college journey.

Adapting to your new college environment will be a different experience, but following these tips can make it a whole lot easier and allow you to enjoy your new surroundings and concentrate on growing as a member of the Gonzaga community.

Lauren Thomas is a staff writer.



CHIANA MCINELLY IG: @picsbychiana

The ISE building is projected to open in Fall 2021.

ISE BUILDING

Continued from Page 1

classrooms to serve the students needs. Engineering and the sciences have seen an explosion in the number of students across the country."

The building has been seen as an essential addition in terms of GU's growth.

"Making sure that Gonzaga has facilities for students who want a [shared resource] from the Gonzaga community and get their STEM training all in one spot," Caño said.

The ISE building serves to house the expansive student populous looking to study in fields of engineering and science.

With GU having an engineering and applied science program in the top 10% of the nation, this building is important to the student body and reputation of the community.

Hoo said Fall 2021 is the projected finish date.

The original projected date was also set to Fall 2021 so the pandemic has not halted the overall progress of the construction but has only setback the construction minimally.

The ISE building will help incoming and current students find their passions in only a year's time, improving the learning for STEM fields and the whole student body.

Hunter Hauser is a staff writer.

RETTIG

Continued from Page 1

ways to help out her friends and family in any way she could.

"I think that we were spending so much time together and we got so close that it got to the point where Sienna would be the person I would go to or call," said Erin Beall, Sienna's friend and a GU graduate. "She was the person I could tell anything to, and I trusted her with anything."

Her love for life and the people around her was infectious.

"She was caring, loving and very kindhearted," Frigon said. "She meant so much to so many people. It's not necessarily something where you'd look at her and automatically assume that she is someone who would be very caring, she's very quiet and shy, but if you get her going she is one of the most fun people to be around and just had this energy to her."

Sienna was the friend who organized the Tent City group for basketball games, got a group together to go on a coffee run to Dutch Bros and was always down to for anything spontaneous — like getting \$13 tattoos on Friday the 13th with Bulawa.

Lake Tahoe and her home state of California were also near and dear to Sienna's heart. She had a tattoo of Lake Tahoe on her wrist and a California necklace that never left her neck.

"That was her special place," Frigon said. "You could try to say the skiing was better somewhere else and she would say 'No. You're wrong.' It was her special place growing up and she loved it with all her heart."

The Rettig family had a house in Lake Tahoe and every year when Sienna and her siblings were children, they would go up every weekend. It's why the Rettig siblings are so close, Mateya said.

"I think I can speak for my brothers and say that they feel the same way," she said. "I think that's why we feel that connection to Tahoe, Sienna included, because that's our home and that's where we have so many

childhood and family memories."

When Sienna left California to attend GU she found community in her friends and her faith. She was very involved in the Search Retreat and went to student Mass and Thirst Worship with her friends.

Sienna had a tattoo of Luke 1:37 from the Bible which says, "For with God nothing is impossible."

Though she didn't know exactly what she wanted to do after college she still had big goals that she was ready to work for.

"She loved her major and she always said that she wanted to find a way to incorporate psychology into determining marketing strategies in fashion design," Bulawa said. "That was something that she didn't know if she could do in her future but that was always her dream."

What mattered most to Sienna was the present moment and being with the people she loved. The love Sienna had for everyone in her life was reflected right back on her from her family, friends and all those who interacted with her throughout her life.

"I think that obviously, now that she's gone, these are the things, we say but honestly she was our angel even before this happened," Beall said. "There aren't enough words to give justice to the way she really used these last four years to touch so many people. She's very special."

Editor's Note: Josh Bulawa was a graphic designer for Gonzaga Student Media and Karlie Murphy is currently a staff writer and copy editor for The Gonzaga Bulletin.

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

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Gonzaga's Jesuit roots provide students with a strong foundation

Many students at Gonzaga University are drawn to GU because of the Jesuit values and mission statement. This was true for me initially, but I have found it difficult to live out these values in my daily life while away from GU and those with a similar mindset.

Whether on campus or not this semester, whether very familiar with the Jesuits or not, anyone can apply the teachings of the Jesuits to help you live your life to the fullest and help others achieve this as well. These ideals are there for you, wherever you are in life.

I spoke with three Jesuits for a different article and wanted to share some of their wisdom that I believe to be applicable to not only this story, but to life as a whole right now.

Fr. Timothy Clancy, S.J., is a philosophy professor at GU and was first inspired to become a Jesuit after reading the works of Pierre Teilhard de Chardin, a Jesuit philosopher. Clancy studies and teaches the Intersection of Religion and Technology and Religion's Adaptation.

"One of the things that I focus on is that everybody's religious, even though a lot of people don't think of their religion as a religion," Clancy said. "Religion is about reconnecting to what you hold sacred. In other words, what gives your life meaning and purpose? What do you think is most meaningful that makes life worth living?"

For some, this is attending Mass or other church services. For others, this may be hiking or painting or social justice. Whatever this is for you, it should help you direct your life where you wish it to go. I am passionate about writing, so I read novels and interact with other forms of storytelling.

"It's good to [reflect over life] with other people because they can give you support and encouragement," Clancy said. "It's hard to be spiritual on your own. You need



By CAITLIN RELVAS

someone to connect with. You don't want to figure it out all by yourself. It's good to learn from others. Human beings have been thinking about the meaning of life for thousands of years. You don't have to start over. You can learn from other people."

Learning from the Jesuits as an undergraduate student at GU inspired Fr. Tom Lamanna, S.J., the pastor at St. Aloysius Parish, to become a Jesuit. He reflects on many of issues our nation currently grapples with, and how we can begin to act with kindness.

"We keep tripping over and forgetting that we are all creatures that are loved by God," Lamanna said. "And we're supposed to follow that love. We're supposed to mimic that love."

After finding spiritual meaning in our own lives, we can then begin to apply this to how we interact with others, with humility and knowledge of a common dignity.

Reflection and discernment are important elements of a Jesuit's life. Lamanna models this as he remembers closing the parish in early March due to COVID-19 restrictions.

"It was a moment of discernment. I remember looking at the church, a spring day, with that clear blue sky, it was beautiful. And [feeling] this deep sense of this isn't

“

Religion is about reconnecting to what you hold sacred. In other words, what gives your life meaning and purpose?

Fr. Timothy Clancy, S.J., philosophy professor

permanent. And God is bigger than all. And just to try to remember that there is a coming out of the tunnel that will happen eventually. Something that's easy to forget," Lamanna said.

Fr. Bryan Pham, S.J., a law professor and the School of Law chaplain, also tries to live his life through Jesuit values. He decided in his sophomore year of high school to become a Jesuit after reading in the newspaper about Jesuits martyred after protesting the corrupt government in El Salvador.

"I was reading this and I thought, you know, we have one life to live, right?" Pham said. "What a great way to live your life, to actually believe in something that you're willing to die for. Now, I wasn't wanting to die, and I didn't want to die, obviously. But to live authentically like that is to say, it's all or nothing."

Jesuits are often sent to difficult cultural or physical locations to evangelize and educate. Even with their training and focus, Jesuits can struggle. And perhaps we may never be called to die for the Jesuit values, but centering our life around these ideals helps us overcome difficulties.

"The prayer of the Jesuits is always about where is God in this? Am I following God," Pham said. "Because the name 'the

Jesuit Society of Jesus,' is called companions of Jesus. When you're a companion to someone, you accompany them, you follow them, and for us, wherever Jesus is, that's where we go. And it may not be comfortable, but it requires a complete commitment. Now, do I live my commitment 100% all the time? Probably not. But at least it's something that I strive for."

Take these messages how you will, instantly altering an aspect of your life or ruminating on them for years. The lives and words of these three Jesuits are an invitation for you, to start or continue a journey.

"Coming to Gonzaga is an opportunity for you to learn about what you hold sacred, whatever it is, doesn't have to be Catholicism," Clancy said. "It's an opportunity for you to think and reflect over what matters in your life. We're not just giving people surveys of education. We're trying to form people... So, take advantage of Gonzaga to go deep and explore who you are and what you're called to do in your life and how you can contribute to make this a better world."

Caitlin Relvas is a staff writer.

Letter from the editor

Becoming editor-in-chief of The Gonzaga Bulletin during a global pandemic

When I began the application process to become The Gonzaga Bulletin's fall semester editor-in-chief (EIC) the idea of a pandemic changing the world wasn't even a conceived thought in my mind.

I was preparing for my interview thinking about new ways to share basketball games and theater performances through social media. I was thinking about ways to integrate our writing and photo staff into one big productive community. I was thinking about what a normal semester as EIC would look like.

A month later when I scheduled my interview none of those normal things came to mind.

I was thinking about how to

run a newspaper fully online if we didn't return to campus in the fall. I was thinking about editors I might have to replace because they could go aboard. I was thinking of a new logistical nightmare that no one could have thought of just a few months ago.

When my interview rolled around, I wasn't speaking with the person scheduling me casually over donuts in our office and worrying about what shoes I was going to wear like I expected. I was doing it via email not so patiently awaiting my Zoom interview and trying to figure out if my childhood bedroom was a professional enough background or if I should move into my parents' office for the interview.

Being EIC was a dream I had since I applied to be a staff



By RILEY UTLEY

writer at the end of my freshman year. I knew I wanted this job but when it came to be my turn to take the reins the world had changed, and the way news is presented changed right along with it. And meanwhile I'm here holding onto those reins trying desperately to not fall off with the view of a normal stint as EIC fading away in my rearview mirror.

I knew that even though taking on this job in this time terrified me and the future of our work was changing on literally a daily basis it was important for me to hold on tight and get ready for a wild and incredibly unprecedented ride because the importance of what we do in the next year overrides any anxiety I have about this whole situation.

Going into next year no one really knows what it is going to look like. We try to know, and we make plans as if we know but the reality is we don't and we won't know until September when school starts and even then what follows after the school year begins is unpredictable.

All I know for certain is come

hell or high water The Gonzaga Bulletin will publish work be it online or in print because even if school stops the news doesn't and we have a responsibility to report it.

When we moved to online only publication in March my former boss at The Bulletin, Morgan Scheerer, tweeted: "For anyone wondering, @GonzagaBulletin WILL continue to produce digital newspapers and share all news. The news stops for nothing and no one, and neither does my incredible staff."

When we were faced with a situation that none of us could have expected in even our most outlandish predictions of what would happen in the world our boss immediately got back up and so did we and that's the mentality we will go into next year with.

We know the importance of what we are doing and even though we are sailing in uncharted waters my staff and I are ready and willing to take on this uncertainty.

Our "big stories" this year won't center around acclaimed speakers and our nationally ranked basketball team but rather it will focus on documenting Gonzaga's history as it makes its way through a year unlike any before it.

Gone are the photo stories of happy students on Welcome Night and now comes a photo story about a new staggered and socially distant move in.

Gone is the classic basketball game coverage and now comes stories about the survival of the

athletics department when sports are pretty much nonexistent.

Gone is the holiday season celebration with the staff and now comes planning for producing news when we are finishing finals from our homes after Thanksgiving.

Our work now will look different and it will be challenging but it will be remembered.

We've learned from day one at GU that the work we do matters and has the potential to change the world. That is true now more than ever.

Every story we write, every photo we take, every page we design, every interview we schedule and every post on Twitter we will be truly creating the first draft of history — a chapter of history that will eventually be taught in classrooms.

It may not have been what I expected when I began my journey at The Bulletin but it's an adventure and more importantly an opportunity. An opportunity to take on a challenge no one before us has ever faced.

I'm more than willing to take this on with an incredible staff made up of students who are committed to telling important, truthful and responsible stories.

This pandemic won't stop for anyone, but this pandemic will be hard pressed to find us stopping for it.

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

The Gonzaga Bulletin

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Hoopfest forced to reimagine event because of COVID-19 risks

The world's largest 3-on-3 tournament is putting the ball in the player's court with online activities this year

By KARLIE MURPHY

Spokane is home to the Gonzaga basketball team, sure. But it is also home to the largest 3-on-3 basketball tournament in the world, Hoopfest. Beyond playing basketball, with Hoopfest comes an outdoor festival with food, vendors, music and more. “Hoopfest weekend brings in about a \$47-million impact to the Inland Northwest every single June since 1990,” said the Hoopfest website. Originally, Hoopfest was postponed from its original date, which always takes place the last weekend of June. Hoopfest 2020 was scheduled to take place Aug. 22-23. Eventually, the event was canceled all together due to a resurgence in COVID-19 cases. “Under the continued guidance of the Spokane Regional Health District, Hoopfest 2020 will not take place as previously planned...The rising number of COVID-19 cases has made Hoopfest 2020 unplayable for the first time in its storied 31-year history,” said Matt Santangelo, Executive Director and GU Alumni in a news release. Blake McBroom, a recent GU graduate, said he was disappointed he couldn't return to Spokane and participate in Hoopfest. “Even with all the circumstances going on there was still that glimmer of hope...I love basketball, and I love 3-on-3 competitions,” McBroom said. “I’ve made some great memories at Hoopfest in the past, and as a GU alumni I was stoked to come back to Spokane for Hoopfest,” said McBroom, “I’ll definitely be back for more.” In place of Hoopfest, a virtual event will take place Aug. 20-23, called Hoopfest HomeCourt 2020. “In this unique and challenging year, we are excited to offer all of you Hoopfest on HomeCourt 2020, a virtual event. We are fortunate to announce a new partnership with the HomeCourt app and NEX Team Inc,” said the Hoopfest website. “Through their artificial intelligence platform, we can deliver challenges, drills and contests to your front door that everyone can enjoy.”

Players who do not wish to participate in the virtual event, will be receiving a full refund. Senior Crissy Belle Lubke said her internship in marketing for Hoopfest and Hoopstown USA was affected by both COVID-19 and the cancellation of Hoopfest. “COVID-19 turned my in-person internship to a remote one for the most part,” Lubke said. “The postponement of Hoopfest originally impacted my internship quite a bit. With the original June date, I was going to be able to work both my summer job and continue to intern with Hoopfest. However, with the postponement, there wasn't really a clear plan of what my internship was going to look like.” Lubke said that she had always admired the Spokane Hoopfest organization, and was a player when she was younger. “I was always enamored by the monstrosity of the event, so when I saw their advertisement on social media [for an internship application] I immediately reached out because I wanted to know how the event operated from the inside,” Lubke said. Although Hoopfest is the largest 3-on-3 basketball tournament in the world, the Spokane Hoops and Hoopfest organization is still a small business. Lubke said Hoopfest has set up a "Hoopfest Champion" campaign to encourage players who were signed up for in-person Hoopfest to maintain their registration and/or consider a donation to the 501(c)(3) non-profit organization. Already registered teams for Hoopfest had the option to stay registered, donate to Hoopfest and Spokane Hoops organization or get a refund. The new competition will consist of four challenges for each Hoopfest player to participate in. If the participant completes all four challenges, they will receive a championship shirt. Each activity will have a leaderboard with the chance to win special prizes.

Karlie Murphy is a staff writer and the copy editor.



BULLETIN FILE PHOTO
Hoopfest plans to have virtual activties replace its 3-on-3 tournament.

A Swift transition from revenge to storytelling: 'Folklore' album review

With her eighth studio album, Taylor Swift appears at peace with her personal and artistic development

By THEA SKOKAN

“Folklore” is the answered prayer to those of us who grew up on Taylor Swift. A return to lyrical mastery that is both simple, yet incredibly complex. The album is almost entirely acoustic with mostly guitar, piano and storytelling depth Swift has only brushed in the past. Album hits “Cardigan,” “August” and “Betty” explore the same teenage love triangle from all three perspectives and although they transport the listener back to age 17, the relationship is sophisticated in only a way young love can be. From start to finish, the album is exactly as the title describes — a collection of stories detailing the most intimate moments. Deeply personal lyrics are not uncharacteristic for Swift who has spent much of her career subtly dropping names into songs like “Teardrops On My Guitar.” “Drew looks at me / I fake a smile so he won’t see.” The only difference here is these stories are no longer about her. Despite this they still maintain an uncanny level of relatability. Swift has collaborated with artists in the past, notably Kendrick Lamar in “Bad Blood” or Ed Sheeran in “Everything Has Changed,” but the chemistry with Bon Iver’s Justin Vernon and simple piano notes in “Exile” create a new kind of union. “You were my town / Now I’m in exile seeing you out,” are lyrics that metaphorize heartbreak in a way only Swift could’ve written.



COURTESY OF REPUBLIC RECORDS

The unannounced 'Folklore' album was released July 24, shocking Swift's fans.

For fans and the rest of the world, uncovering the truth behind Swift’s lyrics is a game, a testament to your level of dedication or a tabloid headline waiting to materialize. This time, “Folklore” didn’t require listeners to chase after it, it requires an hour and three minutes of digesting. It’s a slow

burn that ultimately leaves you feeling dissected. “The 1” will leave you grasping for a love you let go of a long time ago with three lines: “I persist and resist the temptation to ask / If one thing had been different / Would everything be different today?” While exploring the other

side of this with “Peace,” Swift addresses what that relationship would look like: “The devil’s in the details, but you got a friend in me / Would it be enough if I could never bring you peace?” An unsettling look at what settling for a relationship that wasn’t “The 1” really looks like. Perhaps one of the most

storied songs on the album is “The Last Great American Dynasty.” Inspired by Rebekah Harkness, the “middle-class divorcee” heiress and previous owner of Swift’s Rhode Island mansion, Swift lays out the parallels between herself and “the loudest woman this town has ever seen.” Simple plucky guitar perfectly matches the glittering walk-through of past memories sung about in “Invisible Strings.” In a turn away from her typical vengeful writing when it comes to boys of her past, this track sees Swift finding peace in the nostalgia of her early relationships: “Cold was the steel of my axe to grind / For the boys who broke my heart / Now I send their babies presents.” It really is the most beautiful in terms of its simplicity. Swift has not been without controversy in the last couple of years and while previous records seemed only to serve the purpose of exacting revenge, “Folklore” is the work of an artist with absolutely nothing to prove. Storytelling has always been one of humankind’s most powerful tools, and with it in her arsenal, Swift will never run out of material. Favorite songs: “Invisible Strings” “August” “Betty” Rating: 9/10

Thea Skokan is a news editor.

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How to pack with a purpose for dorm life

By VINNY SAGLIMBENI

The 2020-21 Gonzaga school year is just around the corner, and it's that time of year to start making the same tough decisions every year. No, I'm not talking about questions like "Do I need to change my major?" or "Should I go to the basketball game or study for finals?" but what might possibly be the toughest questions of them all.

What the hell should I bring for clothes and where the heck can I store my extra clothes?

Well, if you just so happen to be reading this, look no further, because if there is anyone who knows anything about what to bring to campus, it's me. I mean, who knows more about packing than a sports editor, right?

After two years of living on campus, I will (hopefully) give you first-year students all the tips and tricks you need to know about what to pack and how to pack it when you come back to campus.

Here are some suggestions that will help you feel more at ease:

Put multiple pairs of pants on pant hangers.

Pants are tough to store, especially if you love your jeans and khakis. So, in order to help you store the pants, I suggest putting multiple pants on the same pant hanger. It doesn't affect spacing in your closet, and it also allows for you to bring fewer hangers so you can pack even more stuff. Try to stick to keeping your longer pants together and your shorter khaki shorts together, as it tends to look more



BULLETIN FILE PHOTO

Pack lightly, as dorm rooms have limited space.

aesthetically pleasing to your visitors.

Leave room for the Zag Shop.

This is a very important tip, because more likely than not, you are going to end up buying at least one article of clothing from the Zag Shop, if not more. Especially if you want to buy a warm Gonzaga sweatshirt for the future winter, leaving room in your suitcase and other bags to

bring back GU gear for yourself and your family is extremely important. This will not only teach you what you need to bring in the future, but will also keep you fresh and cool with the new GU drip you buy at least once a semester, especially if there is a great deal.

Do NOT bring heavy winter clothing for the fall semester.

Especially with a shortened semester on campus, there's not really a huge need to bring snow boots, giant overcoat jackets or thermals. As some of you who are reading this might already know, the Spokane cold really turns up in November, but that doesn't mean you shouldn't still bring warmer clothes. Still bring your long sleeved T-shirts and sweatshirts to GU, but there's no need to bring any exponentially cold clothing.

Do not hesitate to ask friends for help.

The "Zags Help Zags" motto goes for anything GU related. It is most likely that you will make a friend or know somebody who has a friend who is from Spokane. For myself, I was fortunate enough to have a family friend who let me store some of my belongings at his house. GU students and families are always willing to help other GU families with anything, especially out-of-state students. And if you feel like it's too forward for you to ask for help, it's not. Plus, you can always repay the people that help you out in the future.

Whenever you decide to come back to GU, hopefully these tips on clothes will help you adjust to the times ahead. Even though many things may be uncertain at this point in time, just know that packing for college is one less thing you can worry about if you do it the right way with care.

Vinny Saglimbeni is a sports editor. Follow him on Twitter: @vinnysaglimbeni.

Home away from home cooking: How to meal prep at GU

By AUDREY MEASER

The transition to college can bring about a lot of new lifestyle and routine changes in a student's day-to-day life. They are expected to shoulder more responsibility in both their academic and personal lives, as they learn to juggle the obstacles that come with living on their own for the first time.

First- and second-year students at Gonzaga are required to have a meal plan while they live on campus and as such do not have to master the art of grocery shopping or cooking right out of the gate.

Being able to rely on a meal plan the first few years can help ease students into life without their parents or home cooked meals, but students should use this time to learn to budget for food and learn some go-to recipes while they have the safety net of their meal plans.

One of the biggest struggles students face when grocery shopping on their own for the first time is just how much food does one person need? Going into a store blindly without a plan can be overwhelming, and the cost of food can add up quickly.

Senior Sarah Miceli recommends laying out a monthly or weekly budget for yourself. This way, you can avoid the midcheckout panic after realizing you've miscalculated the cost of your groceries.

"Go into it with a plan in mind so you don't overspend

or overbuy," Miceli said.

Her biggest recommendation to students who are either food shopping for the first time or who are doing so on a tight budget is to utilize the URM Cash and Carry located right behind Coughlin.

"Cash and Carry takes Bulldog Bucks and always has lots of student deals and discounts happening," Miceli said.

Shopping in bulk can be overwhelming the first few times, so Miceli recommends shopping with friends to help split up groceries and save money.

"Buying in bulk is a great way to save money and stock up, especially when you're buying carbs or long-lasting foods," Miceli said. "Going with other people is a great way to divide up the cost of groceries as well as split up bulk products."

Miceli said while many students associate Cash and Carry with carb items such as pastas and long-lasting grains, she recommends the produce section just as highly.

"I've learned throughout my years at GU that if you go there [Cash and Carry] at 11 a.m. that's when their daily shipments of produce come in, so you can grab the freshest foods first," Miceli said.

"You've just got to be on the lookout for deals because they're always happening," Miceli said. "Safeway here is

for some reason much more expensive than any other Safeway I've ever shopped at, but they often have great deals on meats and produce."

If your body and mind can get through it, Miceli recommends a vegetarian diet as it's much less expensive and less work to prepare and store, not to mention better for the planet.

If being a vegetarian isn't a lifestyle you're up for, she recommends meal prepping in bulk over the weekend to save time during the week and spending a little extra to make sure your meat is good quality.

Junior Maren Beauchamp frequents Trader Joe's for all her shopping needs. She highly recommends the trip there for those with a transportation method available.

As far as prices go, Trader Joe's is a great place to do your shopping if you're on a tighter budget. Monthly Trader Joe's emails are always full of deals and discounts to keep an eye out for.

Grocery shopping, cooking and meal prepping on your own for the first time can be a daunting experience for many students coming to college. If you tackle the grocery store with a plan and a list it'll be a piece of cake.

Audrey Measer is the opinion editor.

Universal Crossword

Edited by David Steinberg February 16, 2020

ACROSS

1 Possible diagnosis for a distracted kid, briefly

5 Saturday, in Spanish

11 Isn't sold out of

14 Crystal ball user

15 Season starter

16 Frequently, poetically

17 "C"obra and others?

19 "Who am ___ judge?"

20 Take into custody

21 "A pox on you!"

22 What geysers do

23 Went for drinks, say

24 "I"ndigo and others?

26 Fit of pique

28 Cave-dwelling meanie

29 Widespread, as appeal

32 Word after "chocolate" or "corn"

35 Salsa singer Cruz

37 Old ___ (London theater)

38 "T"ankard and others?

40 Not quite right

41 Senate investigation

43 Women in habits

44 Nutritional New Year's resolution

45 Source of big bucks?

47 Toy with a box variety

49 "Q"uarterstaff and others?

52 "Becoming" author Michelle

56 Basics

57 Marxist Guevara

58 They're often tough for students to raise

59 Lakers' org.

60 "P"aparazzo and others?

62 Canon offering, briefly

63 Animated anthropomorphic aardvark

64 Name hidden in "believer"

65 Ref. that added "safe space" in 2020

66 Prescribed amount

67 Sinks below the horizon

DOWN

1 Indian state famous for silk

2 John ___ tractor

3 Artichoke part

4 "Green Eggs and Ham" author

5 Put in order

6 Candy/Crush Saga, for one

7 Super muscular

8 Lennox or Leibovitz

9 Pick up on

10 Hosp. surgery locales

11 Common people

12 Years to come?

13 Packs away

18 Victory shower?

22 Gin flavoring

24 Revolutionary Allen

25 Foes of elves

27 ___ cream sundae

29 Super Bowl VIP

30 A beginning swimmer may blow one

31 Sheet in a golfer's pocket

33 Critical hosp. locale

34 Rock fans who may have mohawks

36 Toward the stern

38 Teepee, for one

39 Trident-shaped Greek letter

42 Person who reviews you, usually

44 Wars of words

46 Orator of old Rome

48 Pamplona runner

49 Playground retort

50 Talks casually

51 "Tik Tok" rapper

53 2009's one-named Best New Artist

54 ___ badge (Scout's award)

55 Donkeys

58 Horror film staple

60 Stamp's ink source

61 Warm embrace

PREVIOUS PUZZLE ANSWER

ARC	SCAT	NOMAD
LEO	PAIR	ARABIA
IDS	ALLYEAR	LONG
STPAT	MAN	LUGE
TALLORDER	ASTIN	
PAWNEE	PPS	MET
EYE	VAL	LOSERS
SKIN	GRAFT	
COSTAS	SIC	ITO
ANA	TEE	LINGER
DAUBS	GOLD	AMEIR
EDINA	UGG	RANGE
TITLE	HOLDER	DAM
SEESTO	EURO	AMA
TRASH	SHAW	DIX

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2/16

Letter Sounds by Alex Eaton-Salners

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65					66							67

Bulletin

Zoom Info Session

Learn about Gonzaga's Student Newspaper and its open positions

Sept. 9th 6-8pm

Email entring@zagmail.gonzaga.edu for the link.

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UNIVERSAL Sudoku Puzzle

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

DIFFICULTY RATING: ★★★★★

Today's puzzle solution

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

Back in time with the Bulldogs

A look into the 2016-17 Final Four men's basketball team

By ZACH WALLS

Gonzaga University welcomes its greatest recruiting class ever this fall as the ‘tricky trio’ of Jalen Suggs, Dominick Harris, and Julian Strawther, in addition to graduate transfer Aaron Cook, help the Zags reload in search of a national title. The 2020-21 squad looks to eclipse the heights of 2016-17 team that took GU to its first Final Four.

The 2016-17 squad propelled GU men's hoops to unprecedented heights, all thanks to the depth of talent and high team morale.

“We were so close both on and off the court,” Rem Bakamus, a redshirt senior guard on the 16-17 Zags team said. “We hung out all the time, guys 1-15, to the point where we weren’t afraid to call one another out if guys weren’t doing their job.”

The team cultivated the Gonzaga community, both in Spokane and around the world.

“I was in Poland during the Sweet 16 matchup against West Virginia with half the Gonzaga-in-Florence program,” Will Foley, a GU graduate, said. “When [Jordan Matthews] hit that corner 3, Zags were sprinting up and down the hallways of a five-star hotel in Krakow at 1:30 in the morning, it was madness.”

Such a historic run will never be forgotten by Zag basketball fans, but where are the players four years removed from college basketball’s greatest stage?

Bryan Alberts, RS So G: Despite racking up 10 starts the previous year, Alberts logged just 142 minutes on the 2016-2017 squad. After completing his degree that spring, Alberts transferred to Long Beach State University where he was a two-year starter. Professionally, Alberts plays for Djurgardens IF in Sweden who signed him in 2019.

Rem Bakamus, RS Sr G: A fan favorite of the bench mob, Bakamus made a name for himself as the hype man on the best bench in the nation. Following graduation, Bakamus spent a year working at Scorebook Live before his basketball itch returned. In 2018, former Gonzaga director of basketball operations and current Baylor University assistant coach John Jakus offered him a grad assistant gig. Bakamus is entering his third year in this position while he wraps up his sport pedagogy degree.

Jack Beach, So G: Beach redshirted the 2016-17 season. The Torrey Pines High School grad quickly filled the Rem Bakamus-sized hole in the handshake line and earned GU fans a handful of free tacos with garbage time 3s over his career. The San Diego product currently works as a Regional Manager for SBLive Sports.

Zach Collins, Fr F/C: The first one-and-done in Gonzaga history, Collins was one of the premier shot blockers in the nation during his lone season in Spokane. Following a stellar NCCA Tournament, the Las Vegas native was drafted tenth overall in the 2017 NBA Draft by the Sacramento Kings and was traded on draft night to the Portland Trailblazers. Currently playing his third season in the Rose City, the 22-year-old averaged 7.5 points and 6.3 rebounds per game this season.

Ryan Edwards, RS Jr C: Appearing in 17 games during the season, the 7-1 Kalispell, Montana, product transferred



BULLETIN FILE PHOTO

The 2016-17 Gonzaga men's basketball team won its first Final Four game in school history.

to Portland State University following the season. As a Viking, Edwards averaged 9.7 points and 4 boards in 30 starts. After his collegiate eligibility ran out, Edwards signed with CB Valls in Spain who he last played for in 2019.

Rui Hachimura, Fr F: Despite not playing much in his freshmen season, Hachimura blossomed into a superstar for the Zags. Spending his sophomore campaign as an offensive dynamo in the sixth man role, Hachimura collected a cornucopia of accolades his junior year including Second Team All-American, WCC Player of the Year, and finalist for both the Julius Erving Award and the Naismith Trophy. The Washington Wizards made Hachimura the second lottery pick on this squad by selecting him ninth in the 2019 NBA Draft. Hachimura averaged 13.4 points and 6.1 rebounds in his rookie season.

Jeremy Jones, RS So F: The former Rice University quarterback, Jones became the epitome of the ‘glue guy’ in Mark Few’s squads over his career. Most memorably, Jones scored a crucial 14 points against Illinois in the 2018 Maui Invitational to help the Zags advance. Jones signed with Kapfenberg Bulls in Austria in August 2019.

Przemek Karnowski, RS Sr C: - The NCAA’s all-time leader in wins, Karnowski anchored one of the nation’s best backcourts his senior season. Following a stellar senior campaign where he averaged 12.2 points, 5.8 rebounds and one block per game, Karnowski signed with Morabanc Andorra of Liga ACB in Spain. After one season, Karnowski returned home to Poland with Zielona Gora of the Polish Basketball League.

Jacob Larsen, Fr C: This center hailing from Denmark, Larsen redshirted the 2016-17 season following a knee injury. Larsen bounced back the next season to appear in 34 games, yet departed the team to focus on academics prior to the 2018-19

season.

Jordan Mathews, Sr G: - The hero of GU’s nail-biting win over West Virginia in the Sweet Sixteen, Mathews led the squad with 85 3-pointers. The graduate transfer from University of California, Berkeley spent one season in the G-League with the then Erie Bayhawks before departing for Europe where he played the 2019-20 season with Vanoli Cremona of Italy’s Lega Basket Serie A.

Silas Melson, Jr G: A do-it-all guard for Few, Melson played significant minutes across all for years of his GU career. The Jefferson High School graduate started every game of his senior season, scoring in double figures 15 times. A lockdown on-ball defender, Melson signed a professional contract with Greek outfit Lavrio after graduation and currently plays for Kouvolos in Finland.

Zach Norvell Jr., Fr G: The epitome of a microwave scorer, Norvell redshirted the 2016-17 season following leg surgery. Once fully healthy, Norvell showcased his scoring touch exploding for 28 points against Ohio State University in the 2018 NCAA Tournament. Following a sophomore campaign that earned All-WCC First Team honors, Norvell went undrafted in the 2019 NBA Draft and signed with the Lakers. Norvell appeared for the Golden State Warriors on a 10-day deal during the 2019-20 NBA season and currently plays for their G-League affiliate in Santa Cruz.

Josh Perkins, RS So G: One of the greatest guards to don a GU jersey, Perkins started 35 games of the Zag’s run to the national title. Perkins led the team in minutes both his redshirt junior and senior seasons, en route to becoming GU’s all-time assist leader. The Park Hill product spent the 2019-20 season in the G-League with the Greensboro Swarm and Texas Legends and recently signed for GTK Gliwice in Poland.

Killian Tillie, Fr F: A four-year contributor with deadeye range from three,

Tillie was a crucial piece off the bench for Few’s runner-up squad. Despite dealing with multiple injuries over his college career, the Parisian’s talent was never in question, punctuated by his incredible WCC tournament performance as a junior. Currently, Tillie is working out in preparation for the 2020 NBA Draft.

Dustin Triano, RS Jr G: A walk-on hailing from Canada, Triano is the son of current Charlotte Hornets assistant coach Jay Triano. The younger Triano transferred to Western Oregon University for his final year of eligibility and started 31 games. Currently, he is the assistant men’s basketball coach at South Delta Secondary School in Delta, B.C.

Jonathan Williams, RS Jr F: In his first season of eligibility following his transfer from Missouri, Williams started all 39 games of GU’s historic run. After earning AP All-American Honorable Mention honors as a senior, he spent one season with the Los Angeles Lakers. Currently, Williams again shares a front court with Hachimura on the Washington Wizards.

Nigel Williams-Goss, RS Jr, G: The floor general of the squad, Williams-Goss averaged 16.8 points, 6.0 rebounds, and 4.7 assists per game en route to WCC Player of the Year and second-team All-American honors. The Utah Jazz selected the University of Washington transfer 55th overall in the 2017 NBA draft, but Williams-Goss ended up signing a two-year deal with Serbian outfit Partizan, where he was named Serbian Cup MVP in 2018. Following a season in Greece with Olympiakos, Williams-Goss signed with the Utah Jazz where he has appeared in nine games so far this season.

With just as much depth, talent and leadership on the current squad, it’ll be must-watch TV to see if the Zags surpass the heights of the 2016-17 season.

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

“

If we do joke around about [coronavirus], then who knows when we are going to be racing again, and who knows if we're going to stay in school and go about our lives as we hope to in the future.

Peter Hogan, redshirt senior on the men's cross country team

FALL SPORTS

Continued from Page 1

health and safety of the student athletes was put first, and the coaches said their teams will be ready to play whenever the season returns.

“Our first obligation is to keep the health and safety of all of our students always at the forefront of our decision-making,” McCulloh said via the news release. “Gonzaga supports, together with our colleagues from the West Coast Conference member institutions, today’s decision and we will stay committed to supporting our student-athletes intellectually, spiritually, culturally, physically and emotionally as prescribed in the university’s mission.”

Roth said the student-athletes will continue to practice on campus, adhering to all health protocols to GU and the state of Washington. Teams have been training in groups of five with coaches, wearing masks when not training and keeping social distancing protocols.

A hotly debated topic during the conference during the discussions was mentioned in the news release, “The postponement of WCC fall sports seasons and championships does not preclude member institutions from scheduling non-conference competitions in low risk sports in the fall.”

This gives schools the opportunity to decide individually if they want to compete in non-conference fall competition for low risk sports, which for GU is tennis and golf. Roth reiterated that GU will not be competing in any sports of any kind in the fall season, including spring sports that have fall competition such as baseball and rowing.

With all of this in mind, the WCC said it will

be working with campus leadership closely and are committed to continuing plans for a 2020-21 men’s and women’s basketball season. Both teams are scheduled to start conference play in December, and Roth expressed similar hopes.

“We are committed to continuing to move forward with doing our best to compete in men’s and women’s basketball this year,” Roth said.

Multiple GU athletes felt the inevitability of a postponed season came around a couple of weeks ago when the Big 10 and Pac-12 conferences postponed their football seasons and their subsequent fall sports due to the coronavirus pandemic. Men’s soccer player Frankie Ljucovic was entering his junior season with the Zags after an underwhelming season last year, finishing with a 4-10-2 record. With this stoppage, Ljucovic and the team are even more motivated now to begin their revenge tour adding a large and talented group of freshmen to the squad.

“I think having this break only leaves more room to get better and to grow,” Ljucovic said. “If anything, it’s going to help us out, and we’ll just keep training to be prepared for when [the] season comes.”

Volleyball players Katelyn Oppio and Chapin Gray are entering their senior seasons at GU. After an 11-19 season, Oppio and Gray are excited to use the time to build chemistry with their teammates, especially with sophomore Tia Andaya and freshman Lindsey Russell, who are the setters for GU. Gray said the time spent with Andaya and Russell will help her establish a connection with her fellow setters, allowing for a transition to success when the season returns.

Not only does this decision affect student athletes on the court, but it also translates to off the court adjustments. Oppio said an adjustment she had to make was changes

to her class schedule. As a redshirt senior, Oppio got into the routine of loading up her class schedule in the spring in anticipation for the fall season, and now with the circumstances at hand, Oppio and her teammates will have to change things up.

“I would say that myself and other teammates were on Blackboard and Zagweb trying to figure out more classes we could take in the Fall just in preparation of having a spring season,” Oppio said. “It’s definitely going to be an adjustment, if we do have a spring season, having it flipped.”

Cross country runners Brittney Hansen and Peter Hogan are excited to get back into the swing of things once their respective seasons return. As one of the veteran leaders on the team, Hogan said the team has high expectations for themselves, and the mentality to want to get better is instilled in each cross country runner.

“If we do joke around about [coronavirus], then who knows when we are going to be racing again, and who knows if we’re going to stay in school and go about our lives as we hope to in the future,” Hogan said.

Hansen has been using her offseason to get better individually, and as a sophomore, looks to set an example to her teammates. Hansen said she was able to add more miles this summer, increasing her ability to run 45-50 miles a week to 60-65 miles a week. Hansen is looking to continue to stack up mileage and show consistent growth.

The thrill of a long rally in a volleyball match, a game winning goal in a soccer match and crossing the finish line in a cross country meet are what make the emotions of sports unparalleled to any other form of entertainment. The hard work and commitment put in the offseason pays off for every experience college athletes go through, the good and the bad.

This fall, GU athletes will continue to be in their offseason period. And just because GU fall sports received the plus four UNO card, that does not mean that the game is over, and there is an inevitability that they will come out on top and win the game.

“Gonzaga, both myself as athletic director and Dr. McCulloh as our president, are very supportive of this decision,” Roth said. “As painful as it is for our student athletes, we believe strongly it is the right thing to do at this point in time...We, Gonzaga University, have been through over the years some tough times with some tough situations, and we, Gonzaga University, will come out of this one, and will come out of it ahead in a positive way because that is who we are.”

Vinny Saglimbeni is a sports editor. Follow him on Twitter: @vinnyasaglimbeni.



Brandon Bailey is a pitcher for the Houston Astros organization.

BULLETIN FILE PHOTO



Taylor Jones is an infielder for the Houston Astros organization.

BULLETIN FILE PHOTO



Eli Morgan is a pitcher for the Cleveland Indians organization.

BULLETIN FILE PHOTO

Hopping in the taxi

Gonzaga alumni Bailey, Jones and Morgan take next step up into Major League Baseball

By ASHER ALI

Gonzaga baseball fans and Seattle Mariners fans have a lot to cheer for on opening day this year as Marco Gonzales picks up the ball for the Mariners to start a season that has been on a protracted hiatus since Major League Baseball's shutdown on March 13.

But Gonzales isn't the only former Zag who has been given a significant role to play in the MLB season's restart. Three other Bulldog alumni, pitcher Eli Morgan of the Cleveland Indians, infielder Taylor Jones and pitcher Brandon Bailey both of the Houston Astros, were invited to join their respective organizations for training camp after the season's restart was announced on June 23. Jones moved up to the 30-man active roster on July 26.

For the duration of training camp: Morgan, Jones and Bailey participated as members of their teams' taxi squads, alternate practice groups consisting of an organization's prospective talent. Taxi squad players, along with a handful of guys on the back end of each team's 40-man training camp roster, primarily practice at an alternate location separate from the major league stadium while occasionally participating in inter-squad games at the big league field against the MLB team.

All of those who are on a taxi squad once the season starts will continue to train together at the alternate sights. In Morgan's case at the Indian's low-A affiliate Lake County Captains' stadium and at the University of Houston for the Astros' taxi squad, in case of an injury or positive COVID-19 test on the major league side that would require a player to be called up.

"When I got the call that I was invited to be a part of the taxi squad I was obviously very excited because there's only a select few minor league guys that are getting this opportunity, and there's a lot of guys that are staying home and won't be able to play baseball this season," Bailey said. "For me to have the opportunity to progress, try to get better and work on my game was a great opportunity within itself; but to know that there's a realistic possibility that with an injury or if something happens to someone on the big league roster, I might be asked to step in and fill that role — that gives me confidence."

For younger guys like these three who have spent their entire professional careers up this point in the minor leagues, the opportunity to participate in MLB training camps for the remainder of this year gives them the unique chance to experience what playing in the majors is like.

But the road that ended in the presence of this opportunity was not without its adversity for these players, as they had to overcome a great amount of uncertainty to keep up on their craft during that time when no baseball was being played.

Since the MLB preemptively shut its season down during spring training due to COVID-19 concerns, the MLB and the MLB Player's Association had been engaged in labored talks discussing the parameters of the 2020 season's restart. While talks between the two parties appeared so strained at times that the prospects of the MLB's 2020 season seemed to be in jeopardy, it became apparent during that time that the resumption of any minor league baseball this year was not in the cards.

"It was a constant battle of knowing that it was extra time to get better so I have to stay on top of my routine and get things done, but battling that with the constant thoughts that there was no way there could be a season," Morgan said. "Having doubts about if there would be baseball this year was something I had to work against because if I stopped believing that there would be a year then that could've potentially affected my workouts."

Each of the players pushed through that period of malaise and stayed true to their work ethics in order to develop during that time off. They all said it was treated like an additional offseason, and they made sure to get constant training in at gyms after-hours, on empty fields or in their backyards.

All of the extra dedication and progress achieved during that limbo period became ever more worth it for Morgan, Jones and Bailey once they received the calls that they would be joining their teams for summer training camp.

After arriving to camp on July 1, every player had to quarantine inside their hotel rooms for one to two days before receiving their initial COVID-19 tests as well as getting blood drawn to check for antibodies. They then had to sequester themselves for an additional two days while waiting for the results.

"That's four days in a row where you can't throw, can't workout or do

anything, and then all of that progress you feel like you made when you're at home just took a step in the wrong direction," Bailey said. "At the same time, the MLB and everybody is really stressing safety which is the most important thing at this point because with this virus being really serious, I'd rather be overly cautious than pretend like this isn't a serious matter."

The players have since been getting saliva tested every two days of training camp and will continue to be tested at that rate for the remainder of the season.

Within the day-to-day operations, players have their temperature taken twice every day when they get to the ballpark, log it into an app on their phone, and then fill out a symptoms and contact survey so their teams can track their health. The players practice social distancing while going to and from the practice facilities on buses, they're required to wear masks at all times that they are not actively working out or on the field, and in the club house there is a wide berth between lockers with plastic dividers to separate each player's section.

Both the MLB roster and taxi squad for each team are broken up into multiple groups that practice at different times, all baseballs are wiped down after use and then are left to sit for a few days, and each player throws with the same partner every day all to limit excessive contact.

Outside of the ballpark, teams request that players don't go out to eat and use the food stipends they're provided to pick up dinner instead, as breakfast and lunch are supplied by each team.

"Everybody is taking the health situation really seriously because we know the implications if one guy gets sick, that virus can spread so quickly and do a lot of damage to a team," Jones said. "Guys are policing themselves really well, and there's a lot of veterans on this team, so they know what's at stake here and how to handle themselves."

Players' daily routine revolves around practicing at the ballpark for four hours and then coming back to their hotels where they generally spend the rest of the day. It could foreseeably be this way for all players until Sept. 27, but that doesn't bother Morgan, Jones or Bailey because they're comfortable with the routine so far and know that it serves the betterment of their teams' health.

"I'm a big fan of laying low and hanging out, I'd say I'm more of a homebody so I haven't minded it all too much," Morgan said. "Call me back in two months and I might be saying different things but basically everything here besides socializing is taken care, and it's just one of those things where we can't go out and get sick, so stay inside because our main focus is to stay healthy to hopefully help the major league club if they need us."

Regardless of the limitations in place that restrict players' day-to-day happenings off the field, their goals on it haven't wavered. All three former Zags want to improve their own game throughout the year as well as help their team in any way they can to win the World Series. They understand that they have the opportunity to learn from major league players and staff, which can benefit their own careers as well as bolster the depth of their teams throughout this 60-game season.

"My whole goal for this season is to lock in and sure up some elements of my game so I'm ready to go if [the Astros] need me," Jones said. "This is a good opportunity for me to learn about how those big league guys approach the game and think; everything I learn from them are like coins that I can put in my bag for when I get to the big leagues."

Baseball is back, and those who are a part of its restart like Morgan, Jones and Bailey are just as excited about it as everyone who'll be glued to their TV screen on July 24 to watch Marco Gonzales take the mound for the start of the 2020 MLB season.

"In about 20 to 30 years from now, I'm going to look back on this time with my wife and tell my kids about how back in 2020 there was this crazy pandemic and it was such a weird season with nobody in the stands," Bailey said. "Simply to be a part of it and being one of the select few players given the opportunity to play baseball and contribute to this MLB season is truly an honor and a humbling experience overall."

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