Wolf down new campus eats

Wolfgang Puck Pizza replaces Einstein Bros. Bagels with personal pies, sandwiches and salads

PHOTOS BY MATT REPPLIER

Making those first steps a little easier

Homesickness effects everyone: Here are some tips from a CCP case manager to make the most of freshman year.

By KAYLA ZOCEL

That smell of emotions you’ve been feeling over the last 24 hours, week, month or year about college and your ability to be amplified. The step you’re taking is a big transition and negotiating this transition can be a circle rather than emotionally. You’ve been welcomed into a new community, new friends with a new routine, new responsibilities, and the homesickness hit the first night and continued throughout most of my first semester of college. While you may be missing home during the first couple months, going home can be a roller coaster both emotionally and significantly for you, these changes also add challenges as you adapt to college.

A decade ago I was at a similar point in life moving into my first-year residence hall, feeling excited about my classes, and, to be honest, feeling overwhelmed by orientation. The homesickness hit the first night and continued throughout most of my first semester of college. While you may be missing home during the first couple months, going home can be a roller coaster both emotionally and significantly. Your room is your new space for the first time. It is not only to miss the familiar comforts of home, your old routine, your College Year Survey. "According to HERI’s "2016 Your First Year of college" survey, most of my first semester of college. While you may be missing home during the first couple months, going home can be a roller coaster both emotionally and significantly for you, these changes also add challenges as you adapt to college.

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It is natural to miss the familiar comforts of home, your old routine, your childhood bedroom, your pets and other conveniences. But, instead of avoiding the conversation or struggling through on your own feelings of homesickness, let’s talk about what you can do to cope.

Don’ts

Become familiar with campus

Explore Gonzaga’s campus and the Spokane community! When we become more familiar with our surroundings, we begin to feel more comfortable. Plan a week to take a walk or ride around the campus, and try the most diverse area from your home. While you may be missing home during the first couple months, going home can be a roller coaster both emotionally and significantly for you, these changes also add challenges as you adapt to college.

Develop a ‘friend family’

Building new relationships takes time and vulnerability. Ask someone new to grab coffee, lunch, or explore Spokane with you. Everyone is in a similar situation where they want to make new friends and take this moment to meet new folks.

Try a new club or activity

Now is the time to try something new! There is a variety of clubs and organizations available for students.

Don’ts

Isolate yourself

Taking time for yourself is healthy but be cautious about isolating yourself from your new friends and community-mates. Even spending time in the common area can be a great way to connect with others in your residence hall.

Schedule frequent trips home

While you may be missing home during the first couple months, going home can be a roller coaster both emotionally and significantly for you, these changes also add challenges as you adapt to college.

Find out the most of your experience on this campus, but burnout seems to be a trend in Gonzaga students. Try different things for yourself, and remember that you have plenty of time here to do everything you wish to. I encourage you to take advantage of all the wonderful opportunities GU has to offer, whether that is clubs, jobs, part-time, academic, spiritual, or a little bit of everything. It is important to take time to try out different things and figure out what you are most passionate about, and then dedicate time toward it.

Amanda Oliver is the Ad Manager for Student Media.

Fresenius year is best with a balanced schedule

By AMANDA OLIVER

Like most incoming Zags, I came into Gonzaga two years ago excited and ready on doing everything I could possibly fit into my first year. I wanted to join every club I could, I wanted to make my own room the most comfortable and exciting opportunity for you, these changes also add challenges as you adapt to college. I signed up for Bulldog Alley, in hopes of finding a new niche, my group of friends, the place where I fit in. Spoiler alert: Things don’t always work out as planned.

My experience at Gonzaga was like nothing I had imagined. As the end of my first semester, I had a moment of realization while attempting to make time to study for my finals. I had to determine the want and replace them with needs. I needed to adjust a major or course. That was the start of my time here to do everything you wish to. I encourage you to take advantage of all the wonderful opportunities GU has to offer, whether that is clubs, jobs, part-time, academic, spiritual, or a little bit of everything. It is important to take time to try out different things and figure out what you are most passionate about, and then dedicate time toward it.

I quickly declared as a public relations major and haven’t looked back. In my major. Some of my co-workers were public relations professionals and were prepping for college-level classes, and are spending more time away from home, feeling excited about my classes, and, to be honest, feeling overwhelmed by orientation. The homesickness hit the first night and continued throughout most of my first semester of college. While you may be missing home during the first couple months, going home can be a roller coaster both emotionally and significantly for you, these changes also add challenges as you adapt to college.

Building new relationships takes time and vulnerability. Ask someone new to grab coffee, lunch, or explore Spokane with you. Everyone is in a similar situation where they want to make new friends and take this moment to meet new folks.

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I quickly declared as a public relations major and haven’t looked back. I made myself and ice cream, and I set aside time to call my family. I needed to dedicate time toward that.

So, I withdrew from the clubs I was a part of. I began focusing on school work, in particular exams and ice cream, and I set aside time to call my family. I needed to dedicate time toward that.

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I.

By KENDRA ANDREWS

A Gonzaga senior, Matthew Boulet, was arrested on Sunday for breaking into a Safeway on Mission Avenue, it was that he would always check in on his brothers. It wasn't his assigned role in the fraternity, but it was just who he was.

He was the one to ask everyone's day was a joke, resulting in words from anyone he talked to. He didn't like to超级thing people around him, especially when they were in a good mood. He talked to them for his five roommates, and not just classmates or fraternity members.

He was the one who would eat like a king, but fast food. He would always check in on his brothers. It wasn't his assigned role in the fraternity, but it was just who he was.

"I would sleep in there sometimes just so I could be there for them," Boulet said. "I would always ask if there was anything I could do for them. I would always say, 'Let me know if you need anything.'"

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"I would sleep in there sometimes just so I could be there for them," Boulet said. "I would always ask if there was anything I could do for them. I would always say, 'Let me know if you need anything.'"
City Council sets new citywide goal for renewable energy

The ordinance to change Spokane’s energy sources by 2030 passed with a 6-1 vote

By KATIE KALE

Spokane just took the first step toward becoming a city powered by clean energy.

Monday night, the Spokane City Council re-evaluated the city’s renewable energy plan to adopt a language allocation that supports a 100 percent renewable energy source by 2030.

The ordinance, sponsored by Councilman Breean Beggs and Councilwoman Candace Mumm — representative to Gonzaga students and Logan Neighborhood residents — passed with a 6-1 vote.

Described as an “aspiration strategic goal” in the law, the new ordinance calls for the city to create a sustainability panel to support the renewable energy plan through new policies and support the renewed energy whose directive would be to create a sustainability panel.

“Dream over…”

In his address to the rest of the city’s elected officials, City Councilman Mike Fagan said he believes in climate change, but he does not believe that it is human caused.

“I can’t support something that is based in lies,” he said.

In his address to the rest of the city’s elected officials, City Councilman Mike Fagan said he believes in climate change, but he does not believe that it is human caused. “Fighting an unjustified strategic goal is good… but once again, this document is unforgivably laden with sin,” he said.

In opposition to Spokane Mayor David Condon’s vision to win the mayor’s seat, said Councilmember Linda Mearns.

Moving forward, the ordinance calls for extensive participation from the community, including student interns to work with 350 Spokane, a nonprofit organization that has been at the forefront of support and implementation for this ordinance.

Kate Kales is a news editor. Follow her on Twitter: @katiekales.
Culture shock: To Beijing and back

By Loren Carrillo

During the fall semester 2017, I decided to study abroad in Beijing, China with four others. It was a wild adventure that we never thought we would experience this summer, I decided to do it again — but this time, I meant business. I returned to Beijing to complete a summer internship.

Now, after completing a full textbook semester of Mandarin and working as a staff writer for Project Pengyou, I’ve returned home with more than just graphic design skills and event planning experience. I’ve returned home with a chest full of memories, a band full of lifelong friends, and an eye full of opportunity for how all we got getting elected and frightened about what was ahead for me now.

The evening paragraphs capture just a snippet of the memories I’ve left while traveling back and forth between China and America, encapsulating the emotions I’ve felt as I’ve reflected in order to make some of my experiences.

So, what’s the hook? Culture shock anyway?

By definition, culture shock is the feeling of “disorientation” you feel when subjected to “an unfamiliar culture, way of life, or set of attitudes,” according to the Oxford Dictionary. This sounds kind of magical, but in reality it can feel like you are just being abrasive.

When I’m getting out in front of it now while getting to feel or getting involved around the notion of being around this way of their way, I’m not feeling “disoriented,” I’m just pissed. But, I know better than to actually feel that they’re just not right. It’s internationalization 101 — they’re just living their life as they do in Beijing.

Though, to be fair, I’ve asked my former roommate from Beijing, and my former roommate from Beijing thought this behavior was normal, and his response was just “Michael.” If you ever get to know Michael, I’d really be impressed if you could get this straight (but not):

But you’ve got to understand there can be a lot of other ways to make things right. Beijing — simply because there are so many people and places here.

Oh, so obviously culture shock is a clear cut as if it’s not as magical as it’s definition makes it out to be, but nonetheless you can learn a little something from it. Whether you learn how to appreciate a new culture or not learn how to tolerate things that annoy you, you also just end up getting something away from it.

I was experiencing culture shock all over during my first semester. I’m not even sure it’s the appropriate name of a new kind of culture. It was more like the feeling of disorientation that you’d feel with anything. So, when I see little culture shock longings happened to land right.

By the end of the semester, I had come to somewhat of a conclusion about its origin.

I had been abroad for four months, in a new environment, with new friends, discovering new passions; I was developing into a new person — but then I was ripped away from all that when it was time to return home.

It was like watching the world’s greatest movie, then being yanked out of the theater just as the orgasm was about to happen. That was me when I was the only one watching, the only one capable of knowing what it felt like to be yanked out.

This new person who was developing got left behind, only pieces of him could be carried in my mind. These pieces would never be forged, but it also seemed they would never be known because ideas and expectations of who I was to be were already well established at home. So silence fell heavy on the one from abroad as he left the world of licorice to be replaced by a new world. I was passing and was soon to be gone.

The presence was fleeting like a fast fading dream, so restructuring his presence was like swimming upstream. Instead of fighting I just went with the flow — which was good, because that I began to notice something in the water’s reflection: branches that had been.

The first of many was the Bulletin, so what I saw I was passing, I reached out my hand and clung tight. Since leveraging that branch, I’ve come across even more. Using the voice memos app on my phone, I started by describing the feelings they would never be known because ideas and expectations of who I was to be were already well established at home. So silence fell heavy on the one from abroad as he left the world of licorice to be replaced by a new world. I was passing and was soon to be gone.

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By RILEY UTLEY

Gonzaga Center for Cara Personalis will debut a new internship aimed at promoting overall health and wellness.

CPP’s main focus and mission is to provide “practical and educational programs about healthy choices and interventions for students who may be struggling with alcohol, drugs, or other issues.”

The staff at CCP are looking for “responsible, enthusiastic, dedicated student leaders.” These interns will have opportunities to put on workshops, facilitate discussion and sponsor events.

According to Erin Tieve, an educator for healthy relationships, they have trainings and ongoing projects for students to take on.

“Something that I think is really cool about this internship is the opportunity for students to be mentors. We’re looking for mentors or an advocate for mental and emotional health. We want to make sure there is a way we are talking about well-being and taking care of oneself in a way that matters to everyone.”

Cutting hopes students gain skills both personally and professionally through this internship experience.

She said they want this internship to allow students to gain skills that will apply to them in the “real world” in a way that translates to all aspects of their lives.

Tieve said that students of any major can apply and benefit from this internship as long as they have a passion for well-being and the motivation to live a healthier lifestyle.

CPP will use these interns to help with projects pertaining but not limited to, “alcohol and other drugs, mental and emotional health, dietary wellness, sleep, self-care, healthy relationships, student wellness, resilience, violence prevention, healthy eating, nutrition body image, healthy lifestyles, health education and prevention.”

“We really want to make sure that students have the autonomy to direct projects that really light their soul on fire,” Tieve said. “It’s great if you have a project that is already-existing but then have a passion for something they will be able to draw a program proposal.”

According to CPP’s website, it is devoted to following its mission: “that along each of our life journeys we need the ‘help of a companion of the way.’ The ‘help of a companion of the way’ is devoted to following its mission: ‘that along each of our life journeys we need the ‘help of a companion of the way.’”

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Here is what you can do to make sure you are doing a good job:

1. Ensure that you are doing your job properly.
2. Ensure that you are doing your job properly.
3. Ensure that you are doing your job properly.
4. Ensure that you are doing your job properly.
5. Ensure that you are doing your job properly.
6. Ensure that you are doing your job properly.
7. Ensure that you are doing your job properly.
8. Ensure that you are doing your job properly.
9. Ensure that you are doing your job properly.
10. Ensure that you are doing your job properly.

Only 38% of those who receive help.

Only 13% of those who receive help.

Only 15% of those who receive help.
Let us not forget the name of Jordan McNair — the former football player at the University of Maryland. McNair's tragic death on May 29, 2018, was a powerful reminder of the importance of moral responsibility and the need for us to take action to prevent such incidents from happening again.

Although Maryland is across the country from our GU community, this just as easily could have been one of our own athletes. Our athletics department had a responsibility to care for players in all athletics, and was not fully equipped to do so.

The lack of privacy was not something that I had experienced as a student athlete. I was able to share my vision. Moving the furniture around was a lot more difficult than I imagined. My roommate and I settled on the closest furniture layout, which we could both feel comfortable with. I was glad that I stepped out of my comfort zone and befriended some new people instead of just being a couch potato.

Spencer Brown is a staff writer. Follow him on Twitter: @spencerbrownaz.

McNair himself ran 110-yard sprints until he experienced a heat stroke. McNair reportedly forced players to overheat during workouts before any bystanders reached out to get around campus: most involve going to new students during this week of endless orientation week: Don't overdo it.

Despite all my efforts, I could still see the residue from our previous conversations. I really enjoyed the opportunity to talk to a coach. Find others who share your vision. Moving the furniture around was a lot more difficult than I imagined. My roommate and I settled on the closest furniture layout, which we could both feel comfortable with. I was glad that I stepped out of my comfort zone and befriended some new people instead of just being a couch potato.

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WHAT TO DO ON AND OFF CAMPUS

THURS. 8/23
- Browne’s Addition Summer Concert Series
  Hemmingson Center: 7:00 PM
- Early SpikeNites
  University Park: 7:00 PM
- 27th Annual Gathering at the Falls Powwow
  University Park: 7:00 - 11:00 AM

SAT. 8/25
- Art in the Park
  University Park: 1:00 - 4:00 PM
- Free First Year and Family Portraits
  Hemmingson Center: 10:00 AM

SUN. 8/26
- 27th Annual Gathering at the Falls Powwow
  University Park: 7:00 - 11:00 AM
- Spokane Theater Fest
  Martin Woldson Theater at the Fox: 1:00 - 4:00 PM

WED. 8/29
- Adjusting to Life at GU Health and Counseling Center
  Lunch provided, no cost, join anytime: 11:00 AM
- Kendall Yards Night Food Truck Night & Concert:
  The Rub
  Kendall Yards Night Market: 6:00 - 9:00 PM
- Coffeehouse-Fort Vine
  Hemmingson Center: 7:00 PM
- Spires Launch Party
  Foley Quad: 11:30 AM

THURS. 8/30
- Adjusting to Life at GU Health and Counseling Center
  Lunch provided, no cost, join anytime: 11:00 AM

FRIDAY 8/31
- Adjusting to Life at GU Health and Counseling Center
  Lunch provided, no cost, join anytime: 12:00 PM

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Spo Summer doesn’t suck

By Brianna Vasquez

Gonzaga University’s campus is a welcoming and comfortable place to be, but the city of Spokane offers so much more. When the school year ends, most students go home to be with family and friends and family. But, many students choose to participate in the Zag favorite of Spo Sum.

During Spo Sum, students in the summer gain unique opportunities to explore without worrying about the stresses that come with the school-year. It is something that is considered a must-do before you graduate. There are some Zags who do it for just one summer and others who love it so much they come back for another. Two Spo Sum participants are Sydney and Lauren Meany.

“I wanted to come back again because it’s fun to stay in the Logan Neighborhood and hang out with friends, without worrying about school,” Lauren said. “I just feel more in the groove of living in my own house during the school year than when I was living here all summer.”

The streets of Spokane are lined with hidden gems and the warmth of summertime has the Zags looking around for spots to become favorites in the school-year. For some, it’s a chance to escape from the long, cold or rainy weather, Spokane is always something to do.

With cold or rainy weather, Spokane is always something to do. Whether it is somewhere to grab a quick bite, a hiking spot or shopping, there are plenty of options of food and activities. A majority of the fun summer events go on into the school-year and some are able to do all year-long. When it comes to food and drinks, downtown’s The Oldtown Pub is a favorite find of the summer because there is plenty of food to choose from along the beautiful Spokane sunsets,” senior Indra Sadao said.

“Another place sneaking into the hearts of many Zags is Kendall Yards. This new area of town is developing quickly and it is a favorite among the downtown’s, and is a neighborhood favorite.”

Another place making into the hearts of locals is the newly opened Hallo-finer donut shop which has quickly become beloved by Zags. This is just one of the many things that brings so many to the stretch driving Gonzaga’s area.

“Even though it is so much to do when school isn’t a priority and those Zags have managed to find a almost every summer activity that they could think of,” Brianna Vasquez is an A&E editor. Follow her on Twitter: @ptmeany.

While most of the school-year is filled with cold or rainy weather, summers offer plenty of sunshine and longer days for exploring. For some students, their hometowns don’t offer warm summers, so Spokane is the perfect place for outdoor fun.

“Spokane in the summer is nothing like the cold foggy summers that I am used to back home,” senior Georgia Davey said. “My favorite aspect of Spo Sum was going to Manito Park, where you can hang out on the inner tubes or going to Bowl and Pitcher.”

A few other Spo Sum favorites that are only available in the summer time include, running in the Logan Neighborhood, feeling so carefree, and having access to a city that is full of fresh experiences and memories as long as you aren’t afraid and know where to look.

Another good investment for Spokane aficionados is a Discover Pass, which will get you into state parks, the Cove, and many hiking locations.

While many adventures outside of Spokane it is fun to grab a group of friends, jump in a car and drive to Priest Lake or to Coeur d’Alene.

With a new school year starting there is plenty of opportunity for new adventures. Spokane is full of fresh experiences and memories as long as you aren’t afraid and know where to look.

My favorite aspect was going to Manito Park, walking around the beautiful flowers in the warm sun and feeling so carefree.

Georgia Davey, Gonzaga senior

A Bridge above a pond in the Nishinomiya Tsutakawa Japanese Garden at Manito Park.
The only real way to drive a car is to drive faster and more furiously than Vin Diesel. When you can’t do that, what is the point of actually driving a car? Any minor inconvenience or detour completely ruins a drive. What is driving without the chance of reckless endangerment of those around you?

The roads running through Spokane are under so much construction that not even Billy Ocean himself could force me to get out of his dreams and into his car. Like the countless infomercials airing on TV, we are left to scream, “There has to be a better way!” to an empty room. Conveniently spanning the entire length of campus, Sharp Avenue has been entirely shut down from Hamilton Street to Ruby Street. Yet, as much as I love stallion-walking down the street to only the hottest tunes on my iPod, there is no point when you have to walk 30 minutes to simply buy groceries. While these boots might have been made for walking, these legs are strictly ornamental. Walking too far in any direction would be like recreating the Donner Party without the freezing cold or imminent cannibalistic death.

Unfortunately, while Red Bull might give me enough energy to never fall into a resting state, it does not give you wings. Nor should you try flying from any tall building after ingesting any sort of food or drink that might make you believe you can fly.

The idea of filling the Spokane River with enough salt so we could all gently float down it much like the Dead Sea is tempting. However, to mention the fact that a) I don’t have a boat and b) you probably won’t use. We could always build a raft and sail off to land and, however I’m not handy enough to build a raft and lack the upper arm strength to move it in any direction. The rowing team would make a living as the newest aquatic version of Uber. You’d just have to remember to not rock the boat or buy too many things.

The best option is incredibly clear. All that is needed is to hijack all the work the engineering school is doing and force them to build every student a personal drone that we could fly to do errands for us from the comfort of our dorms. The engineers get an

I am on fire in my dream of allowing my legs to atrophy to come to fruition. It seems like a win-win situation.

Spencer Brown is a staff writer. Follow him on Twitter: @spencerbrownaz.
The best study spots on campus

By GRACE NAKAHARA

It is a truth universally acknowledged that a stressed-out college student with a deadline must be in want of a distraction. Naps and Netflix may not be the most productive coping mechanisms, but they are the most seductive and although you tell yourself ‘I’ll just study in my room for an hour so we both know you’re first to try to stream two hours’ worth of Bob’s Burgers (season 8 is on fox.com for free, you’re welcome). The best way to break out of that trap is to leave your room and find a study spot on campus. If you’re a pro, you already have a location stashed away where the rest of the student body (and the sweet call of your Netflix account) can never find you. But for those of us still looking for our perfect match, here’s a few places that might have exactly what you need.

If you’re looking for a cozy, semidark space to really spread out, look no further, because the Hemm Den is for you. The likelihood you’ll find a table for yourself or a quiet group project is, well, not great so go early or nest into one of the sofas around the edges. Just a floor up is where all the action is. Yes, you will recognize and talk to just about everyone who comes through the first floor of Hemmingson, but if you’re struggling with your homework and a classmate walks by, you’ll see why it can be both a distraction and a godsend.

If you’re hardcore, the upstairs study rooms are the way to go. It’s a weird combination of privacy and being on display, but hey, you get a whiteboard out of it. They’re best for group projects or cram studying the day of because you’ve got Starbucks just one mid-study-break away.

Foley Library works the same way, with different floors for different dedications to your work. The basement is great for long projects or long stretches on the floor. The top floor is for you to reflect that, you can study it absolute silence among the rare books all the way on the top floor.

The other most common study spot is wherever a class isn’t in session in College Hall. No matter what classroom you settle into, you’re surrounded by a familiar aura of academia. The building can accommodate anything. Need a whiteboard? College Hall. Need a projector to watch a movie with friends? College Hall. Need long hallways to run up and down for when you get too frustrated with part of your project? College Hall.

There are plenty of places students have and will study across campus. Herak, Hughes, Jundt tower — there are plenty of places scattered throughout. It’s all about the environment you work best in, so go explore because there’s a study spot out there for everyone.

Grace Nakahara is an A&E editor. Follow her on Twitter @A&E_is_News.
Zags, let’s not lie to ourselves. Not this early in the year. Classes are hard and sometimes the day can drain you. Sometimes a bubble bath, a good book or a brief nap just aren’t enough to get you back on your feet. That’s why we are here to help you discover the fourth best ‘B’ word; Bars!

From 5 p.m. to 7 p.m. is a 21 and up Zag’s happiest of hours. Here are five to seven of our local favorites to help you in these trying times:

No-Li Brewhouse (1003 E. Trent Ave.)
No-Li is about as local as it gets. With the restaurant and brewery’s emphasis on local sourcing and local production, this review could be summed up by repeating the word local for several sentences. But the local-love isn’t the only reason No-Li made our list. Happy hour here shaves $1 off pints or $2 off pitchers. On Sundays, growlers get filled for $3 all day long!

Litz’s Bar & Grill (204 E. Ermina Ave.)
It is physically impossible to be bored at Litz’s. Zags flock from all over campus to enjoy the bar’s outdoor sand volleyball court, the pool tables, arcade games, shuffleboard, beer pong, karaoke, trivia night and other fun activities. And if that isn’t enough, there’s a drink special almost every night and some of Spokane’s best bar food. You could say it’s Lit(z).

Borracho Tacos & Tequila (211 N. Division St.)
Let’s taco-bout Tuesdays; $1 tacos, $3 Mexican bottled beers, $4 chicarrónes, $5 milagro margaritas. If you’re feeling really bold, there’s a taco eating challenge of 25 tacos in 30 minutes. Winners will receive a free shirt, their name on a plaque hanging in the restaurant and boasting rights. If you’re crazy enough to break the record (45 tacos in 30 minutes), you can get 25 percent off until your record is beaten. Good luck.

The Logan Tavern (1305 N. Hamilton St.)
What busy GU student doesn’t value convenience? Two blocks from the Health Center lies the famous Logan Tavern. This beloved watering hole has a pool table and a lot of GU spirit. Happy hour consists of $1 off wells and mixed and $2 off shareables. Come for the drinks, stay for the late-night food.

Jack & Dan’s Bar & Grill (1226 N. Hamilton St.)
How could we mention local bars without including GU’s closest, most convenient company? The history between campus and this tavern is too intricate to mention offhandedly. Instead, we’ll tell you the need-to-know info: Happy hour here is a little later than most. From 9:30 p.m. – 2 a.m. Jack & Dan’s offers $2.50 pints of Blue Moon and $6.50 pitchers of the beer.

Grace Nakahara is an A&E editor and Ben Wahlman is a contributor. Follow her on Twitter: @A_&_E_is_News.
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For schedule information, visit SpokaneTransit.com.
There is no limit to exploring the inland northwest, and Gonzaga Outdoors is there to help students seize every opportunity to do so. For adventure seekers and all Zags alike, GU Outdoors serves as the ideal outlet to take in the outdoors while traveling outside their comfort zone.

The GU Outdoors Office kicks off Zags’ outdoor experience by offering a variety of different trips going out just about every weekend. Skiing, snowboarding, hiking, rock climbing and rafting are just a few of the program’s featured activities. Behind the power of student trip leaders and office staff, GU Outdoors ran nearly 100 trips last year.

Beyond trips, GU Outdoors offers affordable rental equipment, a bike, ski and snowboard shop, and a library complete with maps and guidebooks to assist students in planning their own journeys. The program also promotes getting outside through clinics and Adventure Week once a semester.

GU Outdoors also partners with faculty and the Study Abroad Office to offer the Gonzaga-In-The-Wilderness program, a field-based course offered during summer session.

With something for everyone, GU Outdoors strives to make the outdoors more accessible to the whole community. Students have much to look forward to this year as GU Outdoors works to offer even more trips. The office staff is in the process of opening more weekday trips to go climbing, paddling and hiking in the afternoons.

“We want to make sure students have opportunities to incorporate being outside into their weekly schedules and not just on the weekends,” said Matt Edenfield, Outdoor Program Manager. “GU is so fortunate to have amazing outdoor resources in our own back yard. People forget that Washington’s two largest state parks are in Spokane.”

Big expeditions can be expected on long weekends like Founders Day and Presidents’ Day weekends. In the past, Zags traveled to world-class venues near Moab, Banff, North Cascades, Hells Canyon, Red Mountain and the Olympic Peninsula.

For students and trip leaders like Luke Schumm, the desire to become involved in GU Outdoors began before class even started. Gonzaga Out of Bounds, or GOOB, is a pre-orientation program, hosted by GU Outdoors where incoming first-years enjoy a trip to western Montana and the Crazy Alps to introduce students to the outdoors before they even set foot on campus.

With everything the GU Outdoors program has to offer, this is a great time to get involved with GU Outdoors! For more information about the program, visit their office in lower Hemmingson and ask to be added to the email list. GU Outdoors is always available as a resource for all outdoor needs.

Matthew Beaird is a staff writer.

Get out and explore with GU Outdoors

Tackle the Inland Northwest with Gonzaga Outdoors. Whether you’re a seasoned outdoorsman or a beginner, GU Outdoors has something for everyone. From hiking and camping to rock climbing and rafting, there’s no limit to exploring the inland northwest. GU Outdoors offers a variety of different trips every weekend, including skiing, snowboarding, hiking, rock climbing, and rafting.

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Get out and explore with GU Outdoors
Cross Country coach's run back to Washington

By TREVOR BOND

For most, relocating from Illinois to Washington is a big move. Not so for women's cross country and track coach, Jake Stewart.

"I love up north," Stewart said. "I'm from the southeast Washington town of Kelso, running was always a part of Stewart's life." Stewart then ventured across the country to continue his running career at Iona College in New York. During his time there, he found great success athletically, being a part of four teams that finished top-10 at the NCAA Championships.

After his undergraduate experience, Stewart entered the coaching arena as an assistant coach at his alma mater and helped achieves some of its best years in program history. While recently, he looks back as one of his most recent accomplishments, being a part of Stewarts' life.

"The kids seem to be getting younger every year and I don't," Stewart said. "I give them an unrolling advantage!"

With taking a hiatus from coaching between 2006 and 2016, Stewart will return to the program for another season.

"I know the type of coach that coach Tyson is," said Stewart. "I've seen what the women's team did a couple years ago, and in Illinois and start building a foundation for what he hopes will be some of their best years in recent history."

Under the leadership of Tyson and formerly Ley, Stewart has kept an eye on the program through his connections with his dad. Cross country quickly became more than just a pastime for the Stewarts, running was always a part of the family.

"My dad was the high school coach of Kelso, running was always a part of Stewarts' life." Stewart said. "It gives them an unfair advantage. "

Noon ball attracts all members of the Gonzaga community, including Eddy Birrer — who has been playing since 1966.

The games have hosted Zag legends like David Stockton in addition to former GU students, many of whom played high school ball, so the games are generally pretty competitive," Birrer said.

McEvoy remembers back to his first time walking into the RFC for noon ball as a frightening experience, but he still encourages freshman come out and play.

"Obviously, you can pet people who take it a little too seriously I'm not saying to have a bar stool that prevents noise or music, but I don't think that should deter anyone from coming out." McEvoy said. "If you want to have fun and have a good time please come out. We'll say 'Welcome All'!"

The games are a great way to stay in shape and to prove since I was 50 years older than I was.

"Of course people always want their name called when I play around with Surprise, Birrer said. "Of course people always want their name called when I play around with Surprise, Birrer said. "It gives them an unfair advantage. "

Noon ball has been shared by those across the GU basketball landscape and continues to be a competitive, " Birrer said. " Obviously, you can get caught up in the moment experience, Birrer said. "But if one chooses to do so they better bring their A-game."

"Bring your shoes, bring your game and be ready to play," Birrer said.

Ian Davis-Leonard is a sports editor. Follow him on Twitter: @ilowe714.
With air quality in Spokane hitting well above the healthy limit, Gonzaga sporting events are currently in limbo.

“With the air quality in Spokane hitting well above the healthy limit, Gonzaga sporting events are currently in limbo. While the women’s match against Cal State Bakersfield will not be rescheduled, no word has been given about the status of the men’s match against Oklahoma State.”

Paul Meehan returns home as GU men’s soccer head coach

By JAKE WILSON

On Aug. 14, the Gonzaga men’s soccer team defeated Utah Valley University in a neutral-site exhibition match, but former head coach Kurt Putnam, now an assistant coach at Oregon State, was a milestone in Paul Meehan’s career: his first victory as head coach of the Zags.

“Paul brings a passion to succeed and a ‘trio’ of people I really feel like those blind spots are covered” Wortman said. “[Athletic Director] Mike Roth believes the collaboration of our staff members will really align with my holistic approach to how I take away the parts of the training that are really crucial and building the team into, not only a program but a culture that really supports the success of our student-athletes.”

Marisa Wortman, who served a three-season career as an assistant coach at GU’s soccer program, was promoted to head coach this June.

Wortman, a 2015-16 season, has been coaching high school teams in Portland and Seattle. In 2017, has been coaching high school teams in Portland and Seattle.

“Creating a staff that really fills in those blind spots is important,” Wortman said. “I'm looking forward to learning from Marisa and bringing her with us more forward with this. I'm happy to have people with different rowing perspectives Wortman finds will be integral to their future success.

“Specifically, the athletic department has been great experience everywhere I have been, ” Meehan said. “It’s cool to have people with different expertise and I really support and believe that this staff is going to work really well together.”

“[GU is] special and the sense of community is amazing.” Wortman said.

“[The] collegiate coaching, technique, how to measure; I think this blend of staff will work really well together.”

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