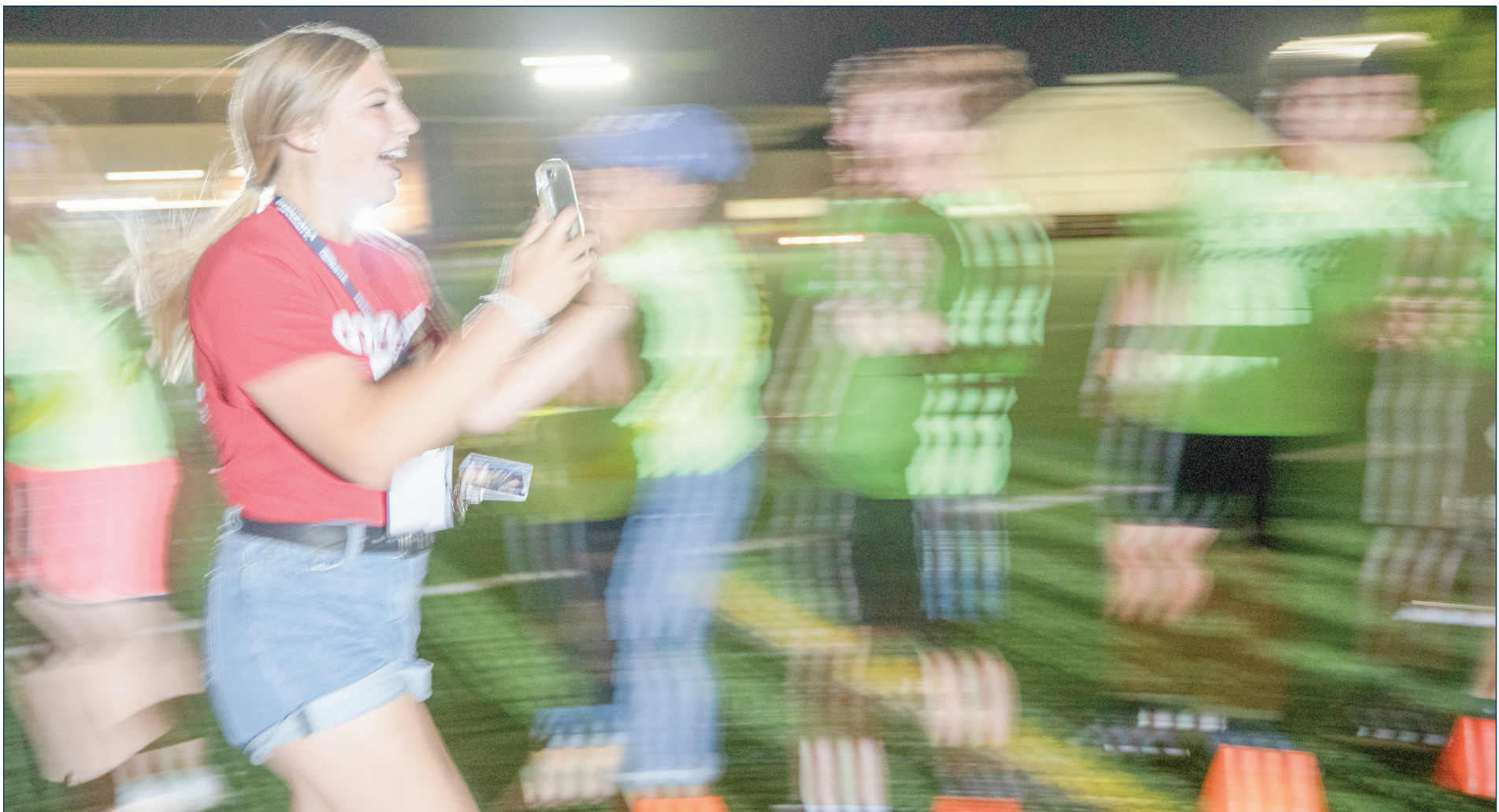


The Gonzaga Bulletin

A student publication of Gonzaga University

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A new student runs through Gonzaga's "best kept secret." Freshman orientation took place last weekend, bringing all the new students together to get to know their classmates and GU.

Gonzaga greets new top academic leadership

By ARCELIA MARTIN

Incoming students aren't the only people starting new journeys at Gonzaga this fall. After a nationwide search, GU appointed a new provost and senior vice president as well as four new deans. Of the five newly appointed academic leadership positions, four were filled by women: three new deans and the new provost and senior vice president. In January, the university appointed Deena González provost and senior vice president after a failed search the previous year and reviewing over 100 applications. González succeeded interim provost and senior vice president for the 2018-19 school year, Lizbeth "Beth" Martin. The provost position aims to boost collaboration between students and the administration to create a more fully-integrated student experience. Prior to arriving at GU, González served as the associate provost for faculty affairs and as a professor in the department of Chicana/o, Latina/o studies at Loyola

Marymount University in Los Angeles. Hailing from New Mexico, González earned a bachelor's degree from New Mexico State University and both a master's and doctorate in history from the University of California, Berkeley. She was the first Chicana to complete the doctoral program at Berkeley. González was recently named one of the 50 most important living women historians in the United States by the Sophia Smith Radcliffe/Harvard project. These attributes were some of the many that convinced McCulloh that the university found the best person for the job. "She has considerable administrative experience and as a result has clear ideas about how processes can facilitate good decision-making," McCulloh said in an email. "She cares deeply about people, has a positive outlook and very approachable demeanor; yet she is not afraid to ask questions and advocate for particular ideas or approaches." And while McCulloh felt confident that

González was the right fit, González felt confident that GU was the right fit for her. The university's vision for its future in the next five to 10 years was a motivating factor for her to choose GU, González said. Other factors included the university's contribution to Jesuit higher education in general, its motivation rooted in the mission, the success rate of students during and after their careers at GU and the different engaged learning practices. Being one of the four new women selected for top academic leadership positions, González said hiring a more diverse faculty is a step in the direction that the university is headed toward and was another motivating factor in her choice. "We know when diversity is at play and when difference is on the table, that you don't get less of something, you get more of something," González said. "Sometimes institutions bring in a lot of women, they bring in a lot of administrators of color, or faculty of color, or students of color, and they're not prepared to handle the differences. They're not prepared for

the kind of insights and ideas that people bring to the table, and they're used to being in kind of a complacent mode and people can really shake that up." So during her interview process, when others admitted to González that GU wasn't perfect but willing and wanting to try and move into a direction of intentional diversity, she took it to heart, she said. The four new deans are located in the schools of Nursing and Human Physiology, Engineering and Applied Sciences, Leadership Studies and Education. Vincent Saylers is the new dean of the School of Nursing and Physiology. Before beginning his term at GU this summer, Saylers served as the founding dean and professor of nursing at MacEwan University in Edmonton, Alberta. Previously, Saylers held other administrative and teaching positions in Western Canada and California. Karlene Hoo is the first women to serve as dean of the School of Engineering and

SEE LEADERSHIP PAGE 2



Tony Epefania (left) and Nat Vargas, of Mixed Plate, use their trucks to feed homeless students.

Food trucks fill student stomachs across Spokane

By RILEY UTLEY

During the first and last two months of the school year, students, faculty and staff have the opportunity to try out a variety of new and interesting food through the food trucks that grace campus every Wednesday. The food served ranges from classic burgers to crepes to island food and everything in between. This partnership between Gonzaga and the Greater Spokane Food Truck Association (GSFTA) began when Tony Epefania, president of GSFTA and owner of the food truck Mixed Plate, reached out to the university a few years ago. "Gonzaga wanted to have checks and balances with us so I worked with them and our food truck association and everybody who's on our website is vetted so they can feel confident that they are insured and have proper mobile food permits," Epefania said. "I was working on that for a long time from pulling the permits to now." Since 2018 trucks have been taking turns outside College Hall on a rotating schedule that Epefania makes. While not all food trucks within GSFTA come

to campus, the variety grows every semester. In the upcoming semester there will be a few new trucks on campus such as The Farmer's Daughter as well as the old favorites like Mixed Plate, Skewers and CRATE. Epefania said the food trucks love coming to campus — it offers them the opportunity to serve a community that might not be able to follow them otherwise. "[We love] the energy," said Eric Johnsen, owner and chef of CRATE, in an email. "The students and staff bring an energy you just don't have at the other venues, especially for a lunch service." Epefania said that these trucks give students the opportunity to try food they might not be able to access easily in Spokane. "A lot of students who come to Gonzaga are from Seattle and California and they're used to having different kinds of food and food trucks," Epefania said. "We thank Gonzaga for working with us and allowing our association to come on to campus so we can bring this to the students."

SEE TRUCKS PAGE 4

New Zagcards include number for suicide hotline

By BROOKLYN POPP

In time for the new school year, the Washington state Legislature passed a new suicide prevention law that requires all public institutions to provide a suicide hotline number on students' I.D. cards. This new law is involved with Senate Bill 6514, which concerns suicide prevention and behavioral health in higher education. Because Gonzaga University, among other private schools, is not a state-funded institution, the school is not bound to comply to this law. However, this does not mean GU is excusing itself from abiding. Eric Baldwin, assistant vice president of student development and dean of student well-being and healthy living at GU, has worked with Judi Biggs Garbuio, vice president for student development, the Health and Counseling Center, Office of Health Promotion (OHP), and other leaders to change the I.D. cards for incoming freshman and transfer students. "Anytime a state institution is required to do something, private institutions take the time to think, 'Is this a good idea?' And if it's a good idea, then we ought to be doing it," Baldwin said. Zagcards now provide the National Suicide Prevention Lifeline phone number, 1-800-273-8255. While Baldwin reaffirmed GU's resources concerning suicide, such as the Health and Counseling Center, the Center for Cura Personalis and the REFER Forms, among others, he agreed with the state that a 24-hour number should be provided at students' fingertips. "This number that we added is the number that we always talk about with our students already," he said. "It's not a different resource — it is one that is answered 24 hours a day, and it is one that is very predictable and very highly rated." While the new Zagcards are not being reprinted for returning students, Baldwin, OHP and the Health and Counseling Center are still concerned with making sure all students have that information available in emergency situations. In questioning how to distribute the number campus-wide, Baldwin said, "We are looking for ways to get that information. If it is good for first-year and new students, it is good for existing students." As of now, resource cards and tent pop-ups

SEE ZAGCARD PAGE 2

INDEX	
News.....	1-4
Opinion.....	5
Arts & Entertainment.....	6-7
Sports.....	8-10

OPINION	
New Title X modifications prompt student's critical response	

A&E	
French bakery miFLAVOUR looks to expand into cafe near GU	

SPORTS	
Photo recap of men's soccer's exhibition against UW	



Courtesy of Gonzaga University

Deena González is the new provost and senior vice president.

Courtesy of Gonzaga University

Yolanda Gallardo Carter is the new dean of the School of Education.

Courtesy of Gonzaga University

Karlene Hoo is the new dean of the School of Engineering and Applied Sciences.

LEADERSHIP

Continued from Page 1

Applied Science. Prior to GU, Hoo served as a professor of chemical engineering at Montana State University and as dean of the graduate school. She also previously held positions as a professor and associate vice president for research and acting vice president for research at Texas Tech University.

After serving the University of Utah in multiple positions for the past 25 years, Rosemarie Hunter will now serve as the dean of the School of Leadership Studies. Before coming to GU, Hunter served as an associate professor of social work, special assistant to the president for campus community partnerships and as the director of the University Neighborhood Partners program.

Lastly, Yolanda Gallardo Carter was hired as the dean of the School of Education. Before beginning her role as dean in the summer, Carter was an associate professor and the Robert Charles Billings Endowed Chair in Education at Berea College in Kentucky. She also held various positions at Georgetown College and at Kansas State University.

With the new lineup of academic leaders, González is grateful for the numerous veteran administrators.

"That much change can be a little unnerving to anyone involved in the institution in the university, but I think people need to be reassured that bringing in new people isn't a revolution," González said. "It really is fresh



Courtesy of Gonzaga University

Rosemarie Hunter is the new dean of the School of Leadership Studies.

perspectives and thinking through what has worked and what has not worked."

And university veterans like President McCulloh are looking forward to the new sets of eyes.

"I think that Gonzaga, which is constantly striving to provide exceptional student learning opportunities, benefits from having both an excellent, established faculty and the fresh perspectives and ideas that come with new leaders and colleagues," McCulloh said. "I



Courtesy of Gonzaga University

Vincent Salyers is the new dean of the School of Nursing and Human Physiology.

am really looking forward to the energy, ideas and opportunities that I believe will emerge out of these new relationships."

Arcelia Martin is the editor-in-chief. Follow her on Twitter: @arcelitamartin.

ZAGCARD

Continued from Page 1

have been considerable methods for extending the information to returning students.

"In communities like Gonzaga that are high-performing and high-expectation, it is even harder to ask for help," Baldwin said. "If it helps one person, it is worth having on the back of an I.D. card."

GU's fellow Spokane private school Whitworth University is not choosing to add a hotline number to student I.D. cards.

Regardless, suicide prevention around college students is a statewide effort in

Washington, and changing student I.D. cards is only the first step at GU.

In the Office of Health Promotion, there are three educators who are dedicated to mental and emotional well-being, healthy relationships and violence prevention and alcohol and other drug abuse. Katie Noble, the health educator for mental and emotional well-being and suicide prevention, is making efforts to continue the discussion of suicide prevention and mental health on college campuses.

"We know that suicide is the second leading cause of death for all students in the U.S., so providing students opportunities to have a conversation that raises awareness and the literacy around suicide prevention is a really effective tool in terms of being

able to prevent it on our own campus," she said.

Noble is not alone in these efforts. She works alongside the alcohol and drug use and healthy relationship educators to encapsulate all factors that may lead to suicide dangers.

"Each of those areas have an intersection with suicide, so these conversations are definitely sprinkled within those different areas," Noble said.

Throughout the school year, Noble holds training sessions in mental health first aid, an eight-hour course designed to teach the warning signs of common mental health disorders and how to provide help and resources. Noble is also available to specific clubs, organizations or departments for

group trainings in suicide awareness and prevention.

In September, Noble anticipates observing National Suicide Awareness Month. Students can expect Health Huts and trainings to raise awareness about suicide signs and prevention practices.

"I encourage students to come to those trainings so we can have those conversations and be better prepared to recognize the ways we can show up and be a Zag and step in when someone needs help," she said.

Brooklyn Popp is a staff writer.

Bulletin Board

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Questions email: classifieds@gonzaga.edu

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Part-time nanny for 2 girls, toddler and baby! Looking for help with childcare on Mondays and Tuesdays in the morning/afternoon- hours are very flexible! Located on the lower South Hill. Email: Anniebrynn.gleason@gmail.com

After School Nanny for 9 year-old

Looking for an experienced nanny to supervise our 9 year-old son after school on weekdays, along with some occasional evening & weekend work. Email: hvj_spokane@yahoo.com

Experienced Babysitter Needed

Looking for babysitter for my two kids. Ages 2 and 1. Either Monday, Wednesday or Friday mornings 8:45-12:15. We live on south hill. Need experience with ages of my kids. Email: katydowns@hotmail.com

Nanny Needed for Two Boys

Nanny needed on Tuesdays and Thursdays from 11:15-4:30. 4 and 7 year old boys! Please e-mail resume to alepisi@ewu.edu

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Seeking a morning nanny to care for 3 sweet girls ages 5, 10, & 12 Mon - Thurs. Hours are 6:45 to 9:15. Must have reliable car, you'll be dropping them off at school. All breaks and holidays would be off. \$15 an hour. Please email a resume and/or call if you are interested. Can't wait to meet you! Email: elgeemaxwell@yahoo.com Phone: 509-216-0814

Nanny Needed for Twin Boys

Need help on Mondays and one other flexible day during the week. Call or text for more information (Katie (509) 999-9043)

After-school Childcare Needed

Looking for after-school pickup and childcare for an 8 and 5 year old on the lower south hill (car ideal, but close to bus lines). Wednesdays and Thursdays 3pm-5:30pm, \$15 an hour. contact Laura at lauraberch@yahoo.com

Childcare for 8-year-old

After school pickup & childcare needed for our sweet 8 year old daughter. Owning a car necessary. Hours 3-6:30pm Mondays & Tuesdays. Pay is \$12/hour. Email: billzr@aol.com

Nanny Needed for Twins

Seeking nanny for 7 yr old twins. M-F (3-4 days per week with flexibility) approximately 3pm-6pm. Pick up from St. Al's school, take to activities, home etc. Must have reliable car. Contact Stephanie at 509-994-3903 for details.

**Advertising Manager Position for GSBA**

The position is paid and 8-12 hours per week. The main duties are designing the posters, flyers, and social media for GSBA and GSBA-supported events! Experience using editing software such as Adobe is required. The application can be found at this link:

<https://gonzaga.campuslabs.com/engage/s/submitter/form/start/334710>

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Solving Spokane's great goat mystery

By JORDAN TOLBERT

Have you ever found yourself wondering why goats are so prevalent in Spokane? This city has a secret goat culture that was perpetuated by the “Garbage Goat” statue in 1974.

Since then, Spokane has added the Iron Goat Brewing Co. and Flying Goat, a well-known restaurants popular for its pizza. These goat-inspired establishments seem to be popular places for students and Spokaneites alike.

Many who travel to Spokane are met with this unexpected citywide love for goats, but the origins are rather unexpected. Kate Hudson, the public relations manager for Visit Spokane, said the goat culture began at Expo '74 in Spokane.

“The garbage goat was created by Sister Paula Turnbull for the 1974 World’s Fair,” Hudson said. “It was the first environmentally themed expo ever and Turnbull created the goat to represent that.”

The “Garbage Goat” is not your typical goat, it actually consumes large amounts of trash, hence its name. The statue has a small vacuum inside that actually sucks in

any garbage it is presented with. Hudson said that since its creation, the goat has consumed more than 14,000 cubic yards of litter.

Nathan Bina (‘23), a new student at Gonzaga, has heard about the famous sculpture, and was amused by its garbage-eating abilities.

“I thought it was kind of amusing at first,” Bina said. “Because you don’t see that everywhere, but I like it.”

Bina said he’d never really known about the goat culture here in Spokane, but enjoyed the Garbage Goat and would recommend going to see it.

The iconic statue eventually led to the creation of another well-known establishment on the Spokane map, Iron Goat Brewing Co. Its mascot was chosen by its Spokane-based owners to honor Spokane’s unique art culture, which is so perfectly represented by our four-legged friend. Iron Goat Brewing Co. opened in 2012 and has become a favorite to many.

The next stop on the goat tour is Flying Goat, which is a north Spokane eatery that serves pizza named after the streets around it. Surprisingly, Flying Goat was not named after Spokane’s trash-eating landmark. Nonetheless, the

preexisting goat culture made Flying Goat fit right in. Its street-named pizzas and local beers on tap make it a local’s playground, with roots in the community around it.

“Iron Goat Brewing was named after the sculpture, Flying Goat Pizza was not,” Hudson said. “It was named to mimic the type of pub name one would find in the U.K.”

This goat-loving lifestyle has been transformed by Spokane and its people into a whimsical but historical culture now integrated into life in Spokane.

“I would say this culture we have is all thanks to Sister Turnbull and her Garbage Eating Goat,” Hudson said.

Goats are not local to the Spokane area, but thanks to the Garbage Goat, they are a thread that ties together many different areas of Spokane.

The Garbage Goat can be visited and fed in Riverfront Park, next to the historic Loeffl Carrousel.

Jordan Tolbert is a staff writer. Follow her on Twitter: @Jordanvtolbert.



The Garbage Goat was put in Riverfront Park during Expo '74.



The Flying Goat is a pizza restaurant at 3318 W. Northwest Blvd.



The Iron Goat Brewing Co. is a brewery at 1302 W. Second Ave.

Ethnicity, Race and Indigenous Peoples Conference (ERIP)



Ethnicity, Race and Indigenous Peoples Conference (ERIP)

Gonzaga University | September 12-14, 2019

This conference will be a space to listen and learn and engage in dialogue as scholars and activists from Afro, Latinx, Native, and other communities of color gather to define and discuss issues important to them in their own voice and through their own cultural and intellectual frameworks.

Members of the GU community are offered discounted conference registration, \$30 for a one-day pass, and \$60 for a three-day pass. GU community receive complimentary registration to panels and keynotes.

For more information or to register:
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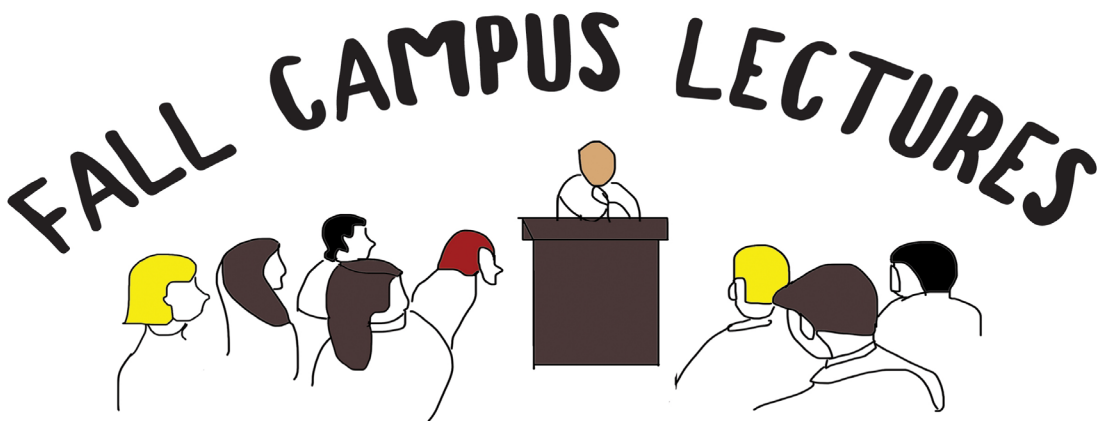
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SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10 What are Strong Towns: Lecture featuring Charles Marohn	11	12 A Ryan Federson - ART - ERIP Lecture	13	14
15	16	17	18	19 People for Effective Government(PEG)	20	21
22	23 Jeff Schauer Lecture	24	25	26	27	28
29	30 Spokane Community Adaptation Project					

OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Gender and Pop Culture Speaker Series	4 Leadership & Culture Care + Visiting Artist: Makoto Fujimura Jundt 3 - 4 PM	5
6	7 Fall Flannery Lecture	8	9	10	11	12
13	14	15 Environmental Studies Lecture Series- EAGER by Ben Goldfarb Jepson 114 6 - 7:15 PM	16	17	18	19 PSIA-NW Fall Seminar
20	21 Lecture: Did America Have a Christian Founding?	22	23	24 Annual Arnold Lecture John Thornton ACCT Ethics Lecture	25	26
27	28 AG Ferguson Lecture	29 Speaker: Paulette Jordan The Politics of Race and Class in America	30	31		

Not all dates, times and locations are finalized for some events. They will be posted to gonzagabulletin.com as they are released.

GRAPHIC BY MILA YOCH

TRUCKS

Continued from Page 1

Between Mixed Plate’s island and Asian food, CRATE’s globally inspired menu (which includes Thai, Cuban, Italian and Tex-Mex) as well as authentic Mediterranean food from Skewers, students can get food inspired by the world and break out of the Spokane food bubble.

All the food trucks that come on to campus accept Bulldog Bucks. It acts as the main point of sale for the trucks, specifically when they go on to a campus.

“For our lunches we do accept Bulldog Bucks,” Epefanio said. “Those are the majority of our sales, like 70% of our sales are through Bulldog Bucks.”

The trucks are eager to get back on campus and feed students again. Johnsen said he wishes they could be scheduled more frequently on campus because they love serving students so much.

What some may not realize about these trucks is how much work they do for the community.

This summer Epefanio started a pilot program to feed homeless students. This began after Epefanio attended a roundtable event where he discovered that there are 800 homeless students in Spokane Valley alone. Immediately after hearing this, he knew he wanted to do something to help these kids.

“What we did was start a little pilot program,” Epefanio said. “There are 59 students from the Valley in middle and high school who are homeless. I called Spokane Valley Partners because they have a program called Food for Thought and during the school

year they send food home with the kids. But, there’s nothing during the summer.”

“We put signs in our trucks that say ‘Buy a meal, feed our youth’ to show we’re participating in this,” Epefanio said. “We gave all these kids punch cards with 55 punches on them so that’s five meals a week for the 11 weeks of summer.”

Through this program kids can get meals for one punch at any of the GSFTA food trucks and free desserts. However, one problem they had was getting the kids to the food trucks.

This is where recent GU graduate Rick Clark comes in. Epefanio partnered with Clark’s organization Giving Backpacks to get bus passes for the students so they could get to the food.

“I was a starving student in high school. I remember being so hungry in school and I ended up dropping out,” Clark said. “That food element is huge.”

This program was implemented over the summer and Epefanio along with the GSFTA hopes it will grow in the coming years.

“I can’t even imagine how hard it must be to have to deal with homelessness, school and not knowing where your next meal will come from,” Johnsen said. “We’re just a small part of a lot of good people coming together to try and make a difference.”

The owners of these food trucks love their work and their community and ultimately just want to make Spokane an even better place to live.

“Bottom line is that this is how we make our living and we’re just trying to make a great life and serve great food,” Epefanio said. “One of the greatest things is when people come back and they’re just so happy. It’s so rewarding.”

Riley Utley is a news editor. Follow her on Twitter: [@rileyutley](https://twitter.com/rileyutley).

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Trump's Title X changes creating a new battleground: the female body

When women dress in the red cloaks and white bonnets to protest the anti-women legislation that has become a hallmark of President Trump's presidency, some folks love to roll their eyes because they may think it's hysterical and overdramatic. But Trump's decision to put a gag order on recipients of Title X grant money is something straight out of Margaret Atwood's "The Handmaid's Tale."

Title X is a federal program that guarantees equal access to health care services by providing care to low-income patients at low or no cost. Planned Parenthood and many other health care providers used to receive this money to provide services such as birth control, gynecological exams, cancer screenings and STI tests (among many other things) to their patients at a reduced rate.

However, the recent changes to the Title X regulations state that programs that receive Title X money may not provide or refer abortion services. Clinics may not even tell patients that abortion is a potential option or they risk losing their federal funding.

Some people refuse to wrap their heads around it, but abortion is a legal health care option. In some cases, it is the best health care option. Imagine being a doctor who can't tell your cancer patient about chemotherapy, simply because



By ERIN SELLERS

someone in the government who's never had cancer finds it distasteful and wants you to recommend essential oils instead because they smell nicer.

By refusing to let doctors provide or recommend legal, valid health care options, the government is saying it doesn't care about women. And not only does it not care about women, but it doesn't care about people in marginalized and lower income communities. President Trump is fully willing to sacrifice their care to make a point about how he, a man who thinks he is made with a finite amount of energy and shouldn't exercise, doesn't like a certain medical procedure.

Whether or not you personally agree with abortion services, they are legal. They are health care options. There should be absolutely no issue with doctors

recommending or providing services that are legal, and yet this amendment to Title X seeks to police health care providers based on some warped sense of morality rather than legality.

This regulation is already hurting clinics and, by extension, the patients those clinics provide care to. Planned Parenthood and other health care providers have bowed out of the program, standing its ground on the right to provide and recommend legal procedures. Without that grant money, it will be difficult to continue to provide low-income patients with pregnancy tests, vaccine screenings and contraception at such discounted rates.

Patients who can no longer afford these services will suffer. President Trump likes to boast that he represents the best interests of the lower class. He clearly doesn't, and he cares about women even less. Lack of access to these services will disproportionately impact those in marginalized groups. This is how it all started in "The Handmaid's Tale": treating women and marginalized communities like second-class citizens because of religious morality.

Here in the U.S., we like to pride ourselves on freedom. Being able to do and say whatever legal things we please, solely because its our inalienable right to do so. But yet, doctors cannot do

the same. If their organizations want to keep funding, they are no longer free to recommend legal and basic services to their patients.

What can you do to help keep the U.S. free and ensure that clinics are continually able to provide cheap and free health care to low income and marginalized communities? The options are endless.

You can call your senators and representatives at both the state and federal level. You can show up to their offices and demand to ask why they aren't protecting your freedoms. You can post about this online so others are aware of this injustice. You can donate money to clinics like Planned Parenthood to help them stay operational without raising prices. And, you can march. Even wear your red cloak if you want to, because if this pattern continues, it wouldn't be shocking to see women banned from using birth control, banned from going outside without their husbands or even speaking in the near future.

Make your voice heard now, before it's too late.

Erin Sellers is a staff writer.

Vital GU program providing smooth transition for transfer students

Starting college can be extremely intimidating and nerve-wracking for all students. For transfer students, dealing with the switch from one college to the next adds to the stress of transitioning to Gonzaga.

Not only do transfer students have to navigate all of the challenges that come with the freshman year experience, but they also have to try to break into already-formed friend groups and jump straight into upper-division classes alongside a cohort of returning GU students.

Transfer students also have to navigate the proper transfer of credits from another institution and the sending of transcripts from a previous college.

With all of the potential difficulties of the transfer experience considered, GU staff and administration were extremely helpful easing the stress of this challenging transition even before orientation began.

The simplicity of the initial



By EMILY GOLDBERG

transfer application process set the tone for what would prove to be a very easy and orderly transition to GU.

Once admitted, GU has clearly-designated transfer specialist staff. Housing staff is available to match transfer students with students of their same year, and there are specific academic advisors for transfer students to help guide them through the process of choosing classes and transferring credits.

Having this help prior to orientation eases a lot of stress and worry when arriving on campus.

When transfer students arrive at orientation, GU staff and students do their best to welcome all students, no matter their educational background.

The one-day Transfer/Veteran/Returning Adult Student (TVRAS) Orientation was jam-packed with information and encouragement. The well-planned event was led by fellow TVRAS, who offered invaluable advice and personal anecdotes about their own unique GU experience.

While the session was aimed toward all TVRAS, the majority of those who attended were incoming sophomores and juniors, making it a great place for second and third year transfer students to meet some new faces.

Staff members from multiple departments on campus came to talk during the session, providing information about the library, professional and career center, parking, TVRAS services, studying abroad, on-campus

ministry and much more.

In the afternoon, students were broken up into small groups based on their major and representatives from Academic Advising and Assistance came to answer any and all questions about schedules and how credits transferred.

This personalized explanation helped to clear up academic worries that may have been plaguing transfer students.

While a lot of information was shared, the one message that truly stuck was that the staff were there for TVRAS's success and that each student taking this less conventional path to an undergraduate education was a priority to the GU community. Not only was this promise made in words, but it was relayed to students via action, including the multiple presenters who reinforced the validity and value of taking different educational paths.

This message was also reinforced by President

Thayne McCulloh, who hosted and spoke at a luncheon for TVRAS.

TVRAS orientation is an extremely important and helpful event to attend, specifically for any transfer students worrying about making friends or with concerns about academics at GU. Further, GU staff and students successfully put to rest the idea that a student not taking the traditional college path should be viewed as an outsider and affirmed that transfer students are an equally important part of the GU community.

In fact, they expressed the importance of having people from all different backgrounds and educational paths to add diversity and depth to conversations on campus in and out of class.

Emily Goldberg is a contributor.

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Earth's lungs set ablaze

The Amazon Rainforest, home to 20% of the planet's oxygen supply, remains endangered by inaction from Brazil's leaders

The Amazon is a green, tropical paradise filled with countless animal and plant species that help our planet, including the organisms in it.

The importance of the Amazon to the climate is immeasurable, but it also houses indigenous groups of people and financially benefits the countries it is included in. Brazil, Bolivia, Peru, Ecuador, Colombia, Venezuela, Guyana, Suriname and French Guiana are all areas that contain parts of this great rainforest.

As you read this, the lungs of the earth are burning at an alarming rate. Why should we care about this? Well, the roughly two-million-square-mile area has always been a source of concern for countries beyond those surrounding it, mostly due to its importance to the environment and the wealth of resources inside it.

The health of the Amazon rainforest is directly correlated to the well-being of the earth as a whole.

According to the World Wildlife Fund (WWF), the plants and trees in the Amazon Rainforest help to reduce pollution levels by converting large amounts of carbon dioxide produced by humans and cars into oxygen.

The Amazon also contributes to the regional climate and surrounding



By JORDAN TOLBERT

bodies of water, not to mention it has countless indigenous plant species that have health benefits for humans.

According to Brazil's National Institute for Space Research, Brazil has had about 74,000 different fires this year alone, with 40,000 of them occurring in the Amazon itself.

The fires go hand-in-hand with another huge threat, creating a devastating threat for the forest. Deforestation is a huge issue in the Amazon rainforest and, lately, it's growing worse.

Deforestation has been made more prevalent by the new leader of Brazil, Jair Bolsonaro. According to the New York Times, more than 1,330 square miles of Amazon forest have been destroyed since Bolsonaro took office in January, a 39% increase compared to last year.

Bolsonaro's lack of concern regarding the well-being of the Amazon has led to a lack of action with the current blazes annihilating the rainforest today. This absence of action

has caused other national leaders to offer both help and criticism. Bolsonaro does not appreciate outside help but, without it, putting out the fires seems nearly impossible.

President Trump even tweeted about the fires and said the U.S. would help if needed.

"Just spoke with President @JairBolsonaro of Brazil. Our future Trade prospects are very exciting and our relationship is strong, perhaps stronger than ever before. I told him if the United States can help with the Amazon Rainforest fires, we stand ready to assist!"

Other countries want to help as well. According to NPR, world leaders pledged \$22 million in an effort to end the fires at the G7 summit on Monday. The Amazon is a place that benefits the Earth as a whole, and saving the Amazon is nonnegotiable for many leaders. This proposed aid package from other countries made Bolsonaro angry, and he tweeted that outside countries treat Brazil "as if we were a colony or no man's land."

It is up to Bolsonaro to decide whether or not to accept aid and make moves concerning this fire.

The climate is at stake, and the Amazon Rainforest deserves to be saved because it is saving us every day, and has been since the beginning.

Jordan Tolbert is a staff writer. Follow her on Twitter: @Jordanvtolbert.

‘Good Boys’ is the adventure comedy of the summer

Review by MILA YOCH

The 2019 summer adventure comedy film, “Good Boys,” manages to perfectly encapsulate the plight of an average middle schooler through wild and absurd antics. Every person who once was a preteen can remember fondly as well as be grateful that they are no longer 12 years old. Directed by newcomer Gene Stupnitsky, and produced by the always funny Seth Rogen, “Good Boys” follows friends Max (Jacob Tremblay), Lucas (Keith Williams) and Thor (Brady Noon), who attempt to attend a “kissing party” hosted by the cool kids at school get caught up in a bizarre race against time and teen girls with the drug Molly.

While the plot does sound a little absurd, this South Park-esque movie successfully shows what many middle school based movies have failed to do so in the past: the fact that when you’re a preteen, everything that happens and everything that you do feels like the end of the world.

To fifth- and sixth-graders, being on the Earth for 11-12 years feels like you have finally made it big, that you have been around long enough to know it all and do it all. The characters say things with such certainty — everything is forever or never without any sort of in between.

Tremblay’s character Max even says with such confidence, “she’s a nymphomaniac! She has sex on land and water,” and of course his friends believe him since Max is the most mature of the group which obviously makes him the smartest about those kinds of things.

Not only do the kids think they are



Photo courtesy of Good Boys' facebook

Good boys premiered on Aug. 16.

always right, but they also think they know best.

For instance, looking up porn to teach them how to kiss and running across a highway to get to a mall. The writers also accurately incorporate the thing that pre-teens do when they just figure out how to swear, they make sure to add at least two swear words into every other sentence, just to be sure that you know that they know how to swear.

The movie shows that the film really understood what it meant to go through the change of child to young adult and how that causes a shift in personal identities and goals that may not be on the same path as your peers.

Similar to films like Olivia Wilde’s “Booksmart,” and Judd Apatow’s

“Superbad,” the main pair of friends are challenged to think beyond their friend group and think about who they are as individuals. Each of the boys has his own hobbies and interests, Max is interested in girls, Lucas is interested in following the rules and respecting God, and Thor has a passion for singing.

As these passions grow with them, the kids have to come to terms with the fact that they are distancing from one another. The film raises the question that are the kids friends because they have similar interests and genuinely like each other or is it because their parents are friends and they live in proximity to one another.

The film is a sort of coming-of-age, except that it is understood by the end of the film that the kids have far more

adventures left to go on and development left to be had.

Whether their adventures will be together is left up to the audience to decide for themselves when they leave the theater. This rather wholesome film will leave a nostalgic pang in your heart, not exactly wistful of the past, but allows you to chuckle about the silliness of your former behavior and mistakes you once made yourself at that age.

Mila Yoch is a news editor.

A long weekend well-spent: Where to go, what to do

Commentary by
JULIETTE CAREY

After a painful four-day school week, an extra day that we didn’t even know we needed has luckily sprung into our lives extremely early into the school year. Labor Day is right around the corner. The Spokane weather is at its prime so it’s a good move to bask in its warm beauty.

“I think just being outside and doing something in the warm weather because usually this time of year, it’s going to be nice out. It’s before school gets hard so going swimming, biking, hiking, stuff like that is fun to do,” junior Sophie Dewitt said.

You could go for a more local option or trek somewhere a bit farther with that extra day. Regardless, there is a wide array of options for this upcoming three-day escape.

Let’s start with some local options.

Pig Out in the Park is underway. It is a beloved and iconic food and music festival which embodies the happy medium between a classic county fair and laid back

outdoor concert. It began Wednesday and goes through Monday. This event is a great way to get to know and enjoy Spokane’s personality. There is free admission with four stages to discover new bands, and endless booths with delicious food to try. You may even discover a local Spokane restaurant you love at Pig Out in the Park and then go check it out in the future.

Another community event is the Spokane Symphony’s Labor Day Concert at Comstock Park on Spokane’s South Hill. The event is on Monday from 6 p.m. to 8:30 p.m. Bring a foldable chair, a picnic and positive vibes and you’ll be set.

With a polar opposite musical vibe to the Spokane Symphony, Spokane will be hosting a SOB X RBE concert at the Knitting Factory Saturday at 8 p.m. SOB X RBE is a hip-hop group. According to Genius.com, in early 2018 the group released their sophomore project “Gangin.”

A local activity which one wouldn’t necessarily consider is

learning about one of Spokane’s incredible creatures through a Bison Farm Tour. WinTur Bison Farm offers farm tours where you can interact with bison at the same time as touring its scenic Spokane property. It is an hour drive to get there. The Bison tour slogan is simply a question: “Have you ever fed a buffalo?” If the answer is no, be sure to squeeze in a trip to WinTur over the holiday weekend according to their website: winturbisonfarm.com. Tickets are \$6 for adults and \$5 for seniors and kids.

If you’re looking for an adventure that is close but feels like a different atmosphere, checking out Coeur d’ Alene may be the right move.

“Last Labor Day weekend, I went to Coeur d’ Alene and we went cliff jumping and swimming and it was really fun and got lunch over there,” Dewitt said. “Spent basically the whole day on Sunday there. On Monday we just hung out downtown.”

A 40-minute drive away, Coeur d’ Alene is surrounded

“
It’s before school gets hard so going swimming, biking, hiking, stuff like that is fun to do.

Sophie Dewitt, junior

by beautiful lakes and hikes in addition to a cute downtown worth moseying around in.

If you’re in need of a nature fix, visiting Glacier National Park is a long drive, but with a major payoff in views at the end of the road. Located in northwestern Montana, it’s a 5-hour, 15-minute drive. The upcoming cold weather makes the park unavailable for certain portions of the year, so fitting in a trip to

feast your eyes on the 1 million-acre park sooner rather than later is advised.

According to Washington Post writer Justin Franz, enjoying Glacier National Park’s quiet season is important and the sweet spot to visit is just beginning. Glacier holds some rare sights being the home to some of the last remaining glaciers in the lower 48 states. Step out and experience Glacier on foot. Glacier is home to a variety of extraordinary plants and animals. One of the most famous hikes in the park is the 5-mile trek to Grinnell Glacier.

Last, but not least, is a trip to Canada. Nelson, B.C., is a three-and-a-half-hour drive away. It has a quaint downtown with an abundance of shops and stellar restaurants and has many hiking options nearby. Side note: the drinking age in B.C. is 19 and this tidbit could potentially be a game changer.

No matter where you end up this Labor Day weekend, just make sure you are living it up and recharging as best you can for the upcoming academic mountain that is school.

Juliette Carey is an A&E editor. Follow her on Twitter: @jujcray.



Bulletin File Photo

Pig out in the Park began Wednesday and runs through Monday.

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POSTS TAGGED

BE THE CHANGERS FOR POSITIVE CHANGE

Bonjour: French café coming near GU

Review by SPENCER BROWN

Some may be familiar with miFLAVOUR's pastries from various places around Spokane like My Fresh Basket, Huckleberries and Rocket Market. Recently, the bakery moved its kitchens and its delicious macarons to a more permanent location at 3403 E. Sprague Ave. It is only an eight-minute drive from Gonzaga's campus. They bake all kinds of pastries from macarons, to tarts, to cakes and pies, and many other treats.

While a French-themed bakery seems kind of niche in a place like Spokane, it is the very reason why owners Maximus and Ella Pitskin decided to open miFLAVOUR.

"We chose to start a French bakery because there wasn't that many here," Ella said. "We love the French style of baking where it's not too sweet. We don't use American buttercream we use an Italian buttercream. We really just liked the flavor and how their pastries taste."

Their philosophy is true. All the pastries they sell are the perfect level of sweetness and they make you want to never stop eating them.

"We are really passionate because the European style of food is unique and presents a lot of options like mousses, cake and macarons," Maximus said. "They are elegant and detailed, and we loved the way

they looked."

The display case inside miFLAVOUR is absolutely packed with beautiful looking desserts which are almost hard to eat because they are so aesthetically pleasing. However, the look of the products is not the only thing that the owners of miFLAVOUR are concerned with when they are baking.

"We make everything from scratch with the highest quality ingredients," Maximus said. "We try to find the best chocolate, the best flour, the best almonds, we just want to use the best of the best in our food. People taste the difference."

With their dedication to high quality baking miFLAVOUR took time to grow and gain the popularity and customer base it has now.

"We grew slowly starting with commissary kitchens which is kitchen space that is rented out which we outgrew," Maximus said. "Then we had a spot downtown across from the Martin Woldson Theatre at the Fox. After we outgrew that spot we decided that we needed a more permanent location. This location has been great and very accommodating to the construction we've been under. Now that the kitchens are built we are in the process of building a café."

In order to give their new café a true feeling of a Parisian café the Pitskins took a trip to Paris.

"We went to Paris a few weeks ago



Photo courtesy of miFLAVOUR's Facebook page

MiFLAVOUR bakery is an eight-minute drive from campus.

to really get an idea of the French style of bakeries from the architecture, to the service and presentation, to the music they were playing," Ella said. We brought a part of Paris back with us for people who want to see what it's like."

The feeling of Paris in Spokane brings a unique atmosphere to the café.

"Our employees love working here too because they get to grow their career in an artisan kitchen with all the freshest ingredients," Maximus said.

The more complicated menu items become easier to whip up once the process

is mastered.

"There isn't anything that's super difficult to make although sometimes the macaron shells are a bit tricky," said Esther Wakemen, a pastry chef at miFLAVOUR. "To make the ice cream macaron we just make the regular macaron shell and then add ice cream. We get the ice cream from Brain Freeze so it is all very local."

Getting elements of food locally is an important aspect of the café.

"It would be easier to name all the things I didn't like here because it's all so good," Wakemen said. "Although the lemon meringue tart is my favorite of the tarts because it is the perfect combination of tart and sweet"

Even with all the aesthetic changes that their new space is going under the Pitskins came back from Paris with even more ideas for their menu.

"We were so impressed with the food scene in Paris that we are looking to launch several new products like morning pastries like croissants and danishes," Ella Pitskin.

The new miFLAVOUR café is scheduled to open Nov. 10, but their bakery is open all week long Monday through Saturday, 8 a.m. until 8 p.m. and Sunday, noon until 8 p.m.

Spencer Brown is an A&E editor. Follow him on Twitter @spencerbrownaz.

'Swifties' are in love with new album 'Lover'

Review by SAMANTHA DIMAIO

The only thing I have been listening to for the past week is Taylor Swift's new album, "Lover." It is different from anything we've ever seen from her, but it also has its typical Taylor traditions.

Angst. Boys. Emotion. In the past, most of her songs revolved primarily around different boys she has been in a relationship with and her various feelings about them. This album has so much more depth.

We are blessed with a song about her mom's cancer diagnosis ("Soon You'll Get Better"), a song relaying a message about homophobia ("You Need To Calm Down") and several ballads about true love.

We can tell that Swift was emotionally in a different place while recording this album because of those love songs. All of them are about a single man: her long-time boyfriend, Joe Alwin.

"I would guess that she wrote it in a good and healthy headspace," junior Brianna Smith said.

"Lover" is the perfect title because the album is all about being in love with one person. It is about growing up and meeting a significant other who you want to spend the rest of your life with. Swift appears to be in a blissful place in her life and her fans love seeing her so content for a change.

"I think she sounds like really happy in this album, and like good for her you know," junior SP van Niekerk said.

The album cover itself is gorgeous with pinks, purples and blues, and the word "Lover" written in cursive across the top. It creates this inexplicable vibe. It's like watching a



Photo courtesy of Taylor Swift's Facebook

Taylor Swift released an album titled "Lover" on Aug. 23.

sunset but in some kind of perfect fantasy land.

Furthermore, every song matches that artwork, especially "Lover," "Daylight" and "Afterglow." The word choice is so intricate and satisfying throughout the entire album that it reminds us of just how talented she is as a writer.

Even after listening to the album from beginning to end dozens of times, there are still things to pick up on. Hidden

within certain songs are references to her older songs, other celebrities or something else well-known by her fans.

In the song "Daylight," she sings, "I used to think love would be burning red," a reference to her album, "Red."

Not only are the lyrics beautifully clever in every single song, but her high and airy voice makes it sound even more alluring. With that, we get a great variety of moods, from sorrowful and slow to elated and upbeat. We even hear some jazz in "False God."

The wide range of sounds is what contributes to such an amazing album. It is why every single song is catchy, not just one or two.

Taylor Swift has come a long way. Looking back to her days singing country, her first album dabbling in the pop genre and her rebellious phase, there is so much growth. Some would argue that she can never top her older albums and maybe she can't, but she can at least match them.

"Reputation" was my favorite, but ... that's like a completely different side of Taylor than this one is, so it's really hard to compare them," van Niekerk said.

We keep thinking she can't possibly do any better because every album she releases from "Fearless" to "Red" to "1989" is so successful, and she just keeps on going with hit after hit after hit.

Considering she is only 29 years old, we still have so much to look forward to in her career and it will be fascinating to see what comes next.

Samantha DiMaio is a staff writer.

Universal Crossword

Edited by David Steinberg September 1, 2019

ACROSS

1 Spine part

5 "The Favourite" Oscar winner

11 Proof-ending abbr.

14 Crumbled sundae topping

15 Security guards carry them

16 Sport— (rugged vehicle)

17 Hobby involving thread and patterns

19 Roth plan

20 Removes from a spool

21 Under an awning, say

23 Thompson of the "Creed" films

24 Predict-ability?

27 Start for "week" or "wife"

28 Alternative to mass transit

33 "___ me, you ruffian!"

37 CBS drama that lasted 15 seasons

38 Use a swizzle stick

39 Pop-Tart cooker

41 Contrived sentimentality

43 Hit the ground

44 Kool-___

46 Steer clear of

47 One Direction member with the solo hit "Sign of the Times"

50 Sound in a pasture

51 Elongated swimmer

52 Common default font

57 Increases

60 "If I Were a Boy" singer

62 Well-suited

63 Wisconsin nickname, with "the"

66 Casserole tidbit

67 Make lovable

68 Needed to settle up

69 Show on which Kenan played

70 Jackson Hole range

71 Many lipstick shades

DOWN

1 Glazed goody

2 "Fame" singer Cara

3 Tarot deck users

4 Writes an app, say

5 1988 World Series MVP

6 Needed renewing

7 Ringing endorsement?

8 Sundial numeral opposite 1

9 Electrolysis particles

PREVIOUS PUZZLE ANSWER

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Oh, Bother! by Doug Peterson

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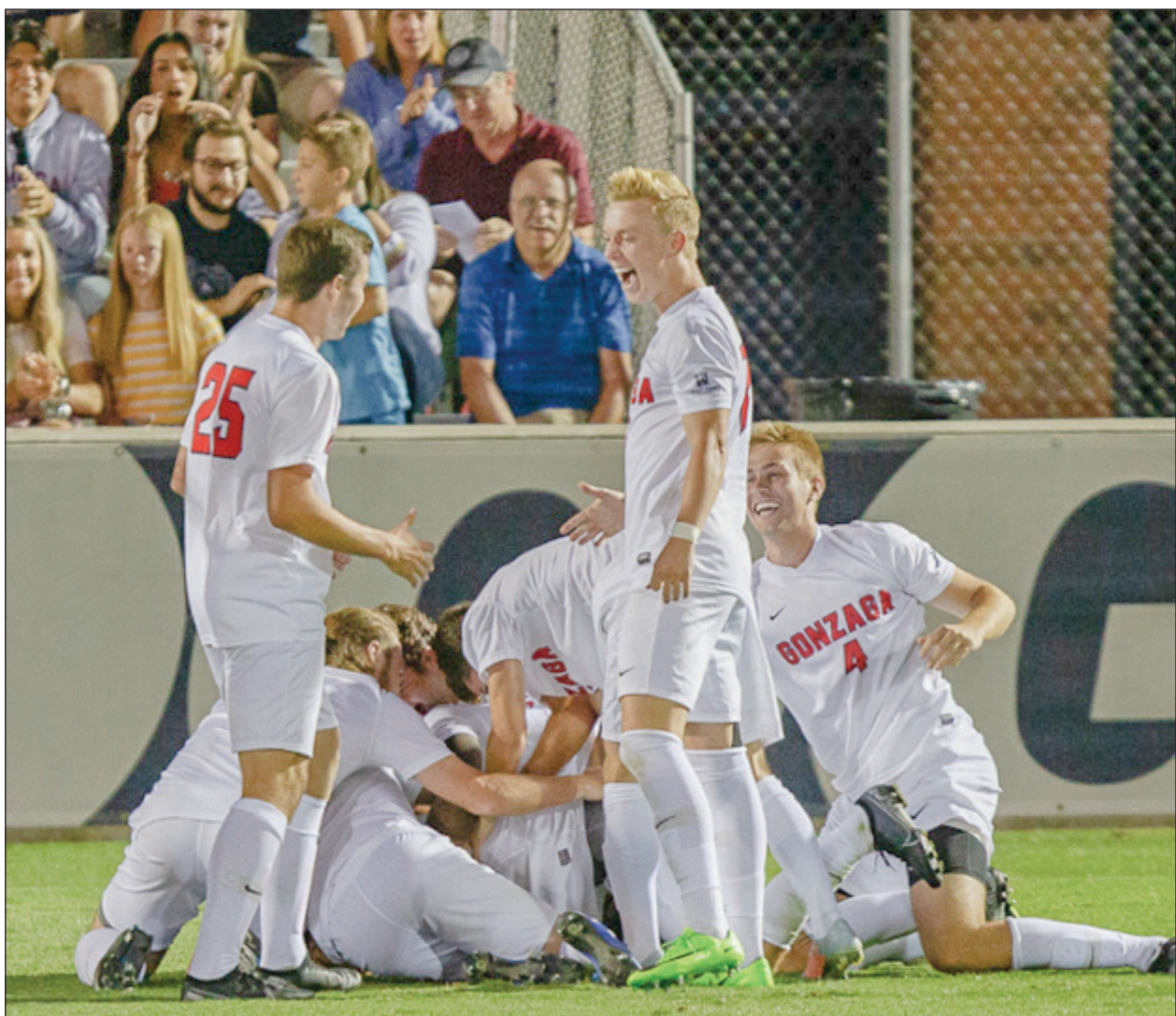
DIFFICULTY RATING: ★★★★★

Today's puzzle solution

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5	1	7	2	8	3	6	4	9			
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Gonzaga vs. Washington: A battle between dogs

GU scored the opening goal before coming to a 1-1 draw with UW in Monday’s exhibition match



PHOTOS BY LILY KANESHIGE IG: aka.lilly

A group of Zags celebrate midfielder Frankie Ljucovic's goal in the 48th minute.



Defender Garrett Wilson approaches the ball.



Four GU players brace to defend a free kick from the Huskies.



Assistant coach Aaron Lewis shouts commands to his team on the pitch.



Goalkeeper Johan Garibay launches a pass down the field.

Men's soccer moves forward

Young team seeks fresh start this fall, with a host of new faces

By JORDAN TOLBERT

Gonzaga men's soccer is back in action this fall with a new assistant coach and a variety of new players, hoping to build upon its efforts from last season.

Alongside head coach Paul Meehan is the new Assistant Coach Aaron Lewis, who hails from Corban University in Salem, Oregon. Lewis was the head coach for six seasons there before making the transition to GU.

In addition to a new assistant coach, there are six new players to look out for this season, from a variety of amateur club programs. Among them is Michael Ambrose from Omaha FC in Nebraska, Cam Bain from the Westside Timbers in Oregon, Kupa'a Fernandez from Shattuck-St. Mary's in Minnesota, Shaun Matney from Albion SC in San Diego and Cole Rovegno of Sacramento Republic FC.

Despite a 2-14-2 record last year, Meehan's team is working toward focusing on this upcoming season. Garrett Wilson, a redshirt senior defender, is optimistic for this season and excited for what lies ahead.

"Last year was a struggle for sure. We can't ignore the results," Wilson said. "We're just kind of putting that in the past and focusing on switching it around 180-degrees."

Wilson and his team are determined to make this season great through hard work and improved camaraderie.

Wilson says that getting to know each other better is another way to move forward. The team holds bonding days and student-led practices where the team really gets to know each other and create the vital team chemistry that leads to success. Wilson said this helps bring in new players and make them feel at home.

"You're going to spend so many minutes with them and there's more support which makes better performance," Wilson said. "I mean, the second I stepped on campus I felt like I was at home with all the guys."

Roster turnover occurs every year, which leads to unique team dynamics each fall. This year, the team is fairly young, with 16 underclassmen on the roster.

The upperclassmen, like Wilson, said that while this team is young, they are determined to make this season great and are working hard to get there.



Demetrius Kigeya moves the ball upfield against Portland in 2018.

“Last year was a struggle for sure. We can't ignore the results. We're just kind of putting that in the past and focusing on switching it around 180-degrees.

Garrett Wilson, senior defender

"Everybody is very determined," Wilson said. "We're on the same page about moving forward and growing, which I think is going to be unique and play to our advantage."

This year, Wilson and his teammates are set to face difficult foes both in and out of conference, including two rival teams in St. Mary's and the University of Portland.

Wilson said they set a goal to play in the West Coast Conference tournament. In order to achieve that goal, it is

crucial to perform well in those tougher matchups.

"There's going to be like two really really big conference games for us that kind of define our season," Wilson said. "They're always very good and so we're going to try and match them this year."

So far, the Zags have played Air Force, Denver University and University of Washington in exhibition games. The first game of the regular season will be against Tulsa on Friday at 5:30 p.m. in Oklahoma.

Heading into his final year, Wilson wants to continue to inspire the rest of the team that he will leave behind next year. He hopes to instill the hope he has for the program into the younger players.

"I want to just enjoy this last year and try and instill a feeling of hope in this program," he said. "The hope of moving forward."

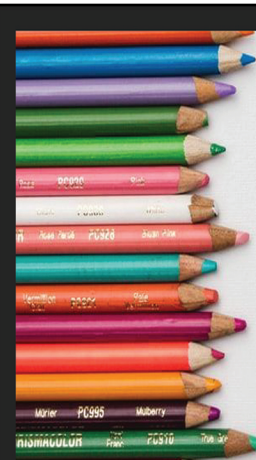
Jordan Tolbert is a staff writer.

GU SPORTS CALENDAR

- Thursday, August 29**
➤ **Women's soccer vs. Colorado State, 7 p.m.**
- Friday, August 30**
➤ **Volleyball vs. University of Connecticut: Pentagon Invite, Arlington, Virginia, 9:30 a.m.**
➤ **Volleyball vs. Navy: Pentagon Invite, Arlington, Virginia, 4 p.m.**
➤ **Men's soccer vs. Tulsa: Tulsa, Oklahoma, 5:30 p.m.**
- Saturday, August 31**
➤ **Volleyball vs. Air Force: Pentagon Invite, Arlington, Virginia, 9 a.m.**
➤ **Cross-country: Clash of the Inland Northwest, Cheney, Washington, 10 a.m.**

- Sunday, September 1**
➤ **Women's soccer vs. Montana, 1 p.m.**
➤ **Men's soccer vs. Sacramento State, 7 p.m.**

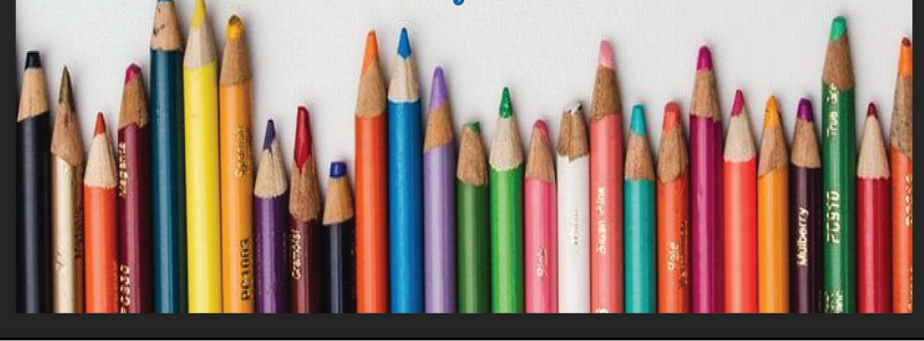
*Home games in bold



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A bond fortified over hundreds of miles

The men’s and women’s Gonzaga cross-country squads have different goals for this season, though both are relying on team unity to help them get there



Redshirt junior Jake Perrin (70) and redshirt senior Sam Truax (39) could be key members of the GU men’s cross-country team this fall.



Seniors Aimee Piercy (front left) and Lauren Bourgeois (5) are two of GU’s six returners from last season’s top seven.

By SAMANTHA DIMAIO

Soccer players pass the ball between one another until they get a solid shot on goal. A quarterback spirals the football down the field to a receiver sprinting toward the end zone. Volleyball players bump and set the ball between them before a fierce spike over the net.

All of these sports and others involve teammates interacting and working together to reach a specific goal. Though it is less obvious, Gonzaga’s cross-country teams are the same. There may be no ball to keep them in harmony, but they still need a mentality in order to be successful.

“We’re like really, really connected as a team,” sophomore James Mwaura said of the men’s team.

The men encourage each other when energy is low. They go on runs together in the offseason. They support each other on particularly rough days. The freshmen look up to the upperclassmen.

On the course or off, they are a team.

“One of our goals is to be a good pack team,” said Pat Tyson, director of cross-country and track and field. “We’re running for the team; we’re not running as an individual.”

Though the group as a whole is the top

priority, there are a few runners who stand out on the men’s team.

Redshirt junior Peter Hogan and redshirt sophomore Yacine Guermali are two of the team’s top athletes and will likely suit up for GU at the NCAA West Regional meet in November. Mwaura is another top returner and finished 10th at the NCAA West Regional in 2018.

Since the singular scores of the top-five runners contribute to the overall team score, there are some gaps that need to be filled. Hogan, Guermali and Mwaura may have led the show last year, but this season is expected to bring several more athletes who are just as talented as they are.

“You got to have a supporting cast,” Tyson said.

Those who emerge could come from the slew of talented freshmen, a returner whose skill has improved over the summer or a redshirt who finds the chance to prove himself.

Some of the athletes with the potential to step up are redshirt juniors Jake Perrin, freshmen Myles Bach and Evan Bates and senior Stefan Bradley. But nothing will be certain until the season begins and training is underway.

With the ultimate goal of qualifying for the NCAA Championships on Nov. 23, the team is preparing for a lengthy and

challenging season of competition. It is part of the strongest region in the nation, facing off against highly ranked teams like University of Portland (No. 6 in the country) and BYU (No. 2).

The GU women’s cross-country team faces its share of challenges as well. This season, it involves running courses not previously traversed against unfamiliar opponents.

Despite this, head coach Jake Stewart is taking an optimistic approach to the season.

“We’re going to see teams that we don’t normally see, so we can definitely go into it just kinda focusing on us, not comparing ourselves to anybody,” Stewart said.

Though he spent the entire year as head coach, Stewart initially arrived at GU only days before the start of the fall season last summer. He was playing catch-up for those first few months.

By now, he is accustomed to the change and is familiar with the team, which can ultimately accelerate the development of his athletes.

Stocked with many talented women on the roster, the team is optimistic that it will improve from last year. Not only does it have a formidable group of incoming freshmen, but six of its seven runners from the 2018 NCAA West Regional meet are

returning this fall.

The returners include Lauren Bourgeois, Claire Gillett, Katherine Gustafson, Ally Legard, Caroline McCarthy and Aimee Piercy. The Zags also gain Claire Manley, who redshirted last fall, and graduate transfer Natasha Bernal.

Considering most of the top athletes remain from last year, their bond stays strong. Like the men’s team, it’s a close group of athletes. Some of them lived in Spokane over the summer to train together.

“Very organically, these women want to spend time around each other,” Stewart said. “They want to be around their teammates.”

GU placed 24th out of 36 teams at last year’s NCAA West Regionals. This season’s group should bring significant improvement. As for the men’s team, it finished ninth out of 29 teams.

Both teams will lace up for the first time on Saturday in Cheney at the Clash of the Inland Northwest, hosted by Eastern Washington University.

“Every year we’ve gotten better,” Tyson said. “If you saw a graph or a stock market that was always on the rise, on the rise, on the rise, that is Gonzaga XC.”

Samantha DiMaio is a staff writer.

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