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The long road

Zavala grew up undocumented, now she is Gonzaga's newest assistant professor of marketing

By LUKE KENEALLY

n addition to getting her doctorate from the University of California Irvine and writing an awardwinning short film, Gonzaga University's newest assistant professor of marketing has spent a significant portion of her life as an undocumented immigrant in the United States.

Mariella Zavala grew up in the Rio Grande Valley region of South Texas, an area just miles away from the U.S.-Mexico border. Because of her immigration status, Zavala said her options were heavily limited, and with immigration officials stationed in the north she was confined to this region.

"There are checkpoints along the Mexico-Texas border, but you drive a few miles north and then there are checkpoints again." Zavala said.

Thus, undocumented population resides there due to the inability to return where they fled from and to cross the border.

Growing up, Zavala did well in school and often worked under-thetable jobs that paid cash to help her mother provide for their family, such as waitressing and working at nightclubs. But because of her undocumented status these jobs could often be inconsistent, and at times hazardous.

Zavala said her lack of access to legal work meant that she could be subject to employers refusing to pay her, and despite a lack of compensation for her work she had little recourse.

It was because of this, Zavala wrote a short film that dealt with topics like gender roles and domestic violence. It went on to win a contest and was produced, providing Zavala

opportunity to work with a Hollywood director who

gave her tips on writing.

Looking back, Zavala said that this experience fueled a passion for creating.

"It was my first experience with doing research on a topic, making something and then watching the impact on society," Zavala said.

Zavala followed her

success with the short film by applying to and being accepted into the prestigious Tisch School of the Arts at New York University.

However, shortly after her acceptance she learned that she wasn't able to attend the East Coast school because of her lack of access to federal financial aid, and her inability to leave her geographic area.

"I was devastated and of course my mother watching me be devastated was awful for her too, because she risked everything to provide me with a life of new opportunities," Zavala said.
"That was one of the first times that my whole world came crashing down. I didn't know what to do."

said Zavala this experience emphasized her exclusion from the promises of the United States.

"You grow up in a system that says, 'Get good grades and you're going to go to college and get a good job.' So, you do that and you're faced with, 'No, actually not you' on top of the other disadvantages of being a woman of color and everything else that slows down your participation," Zavala said.

Despite this setback, Zavala kept moving forward. She cites her mother as someone who kept her motivated during this time.

"She said, 'You have to keep moving, no matter

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This year Pilgrimage will end with a reflective virtual gathering on Sept. 19. The photo above is from the 2016 Pilgrimage.

Reflect and gather ... virtually

For the first time, Gonzaga's 50-year-old tradition will be online

By LINDSEY WILSON

Gonzaga's annual Pilgrimage has been known as a way for Zags from all walks of life, from students to alumni, to gather and reflect together. Last year, a group of around 150 people traveled by foot for 11.5 miles throughout the Northern Idaho wilderness, ending their trip at the Cataldo Mission outside of Coeur D'Alene.

Due to COVID-19 concerns, this year's annual

Pilgrimage hosted by the Office of Mission and Ministry has been moved online. Despite the need for social distancing, the office has worked to create a safe event for all who attend, although it may look a little different

The director of Mission and Ministry, Luke Lavin, along with the rest of the team, has been preparing for this event since this summer, with the knowledge that this year would not look like Pilgrimages held in the

past.
"The way we've done Pilgrimages in the past has been big busses of people, starting with a collective meal and ending with a collective meal, hiking in very close

proximity," Lavin said. "Weighing all those risk factors it became very evident that there was really no way to do something like this given all the restrictions."

With those restrictions in mind, this year's Pilgrimage is being hosted as a personal Pilgrimage, where participants walk or hike on their own time in between Sept. 5 to Sept. 19. The Pilgrimage will wrap up with a digital gathering where the pilgrims can discuss their personal journeys, while reflecting on the past year.

'Anyone who's registered and done the Pilgrimage will gather together on Sept. 19 via Zoom and do a quick reflective exercise, and hopefully have folks gather and share what their experiences were, what commonalities there were," Lavin said. "Noticing that we are doing things on our own but acknowledging the community

With the restrictions in mind, the Office of Mission and Ministry teamed up with GU Outdoors to map different hikes around the Spokane area for the pilgrims to walk on their own time. GU Outdoors provided

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GU faces **ZALI** demands

By ASHER ALI

At 5:15 p.m. on Sept. 5, every Gonzaga student should've received an email from the Office of the President that elucidated the circumstances concerning COVID-19 within the GU community and the services available to help students stay informed.

A few hours before that email's release, Zags Against Labor Injustice (ZALI), known by their wider constituency as United Students Against Sweatshops (USAS) Local 14, published a list of demands they are asking the university to accommodate throughout the remainder of the semester.

"I reached out to the national USAS and we created a campaign where we launched a Twitter storm that we added President Thayne [McCulloh] in and demanded that he release a dashboard or a tracker for the number of cases on campus as well as the amount of students that were tested," said Makayla Heiser, vice president of ZALI. "A short three hours later, after-hours, a dashboard was released alongside a six-minute video and an email, so we counted that as a victory in getting one of our demands met."

The dashboard which McCulloh brought to the attention of the student body accounts for the current and cumulative number of COVID-19 cases confirmed by testing throughout the GU community. This includes students on-campus, student off-campus and employees, organized by the month that the test was administered.

The dashboard serves the function of informing community members of the rates of infection around campus, but ZALI members don't feel that the dashboard is as comprehensive as it should be.

"I know for a fact that there are confirmed cases of students on campus and it is kind of saddening that the university is still trying to put their image first in the public eye," said Frida Curiel Cota, president of ZALI. "The best way to control any outbreak is by letting students know



Zags Against Labor Injustice (ZALI) is concerned GU values its image over student well-being.

so they can take care of themselves, quarantine, isolate and that's what is going to keep everybody safe instead of pretending that it's not an issue oncampus."

dashboard doesn't present an accommodating model for student or faculty contract tracing, but it does include an outsourcing link to the Spokane Regional Health District as well as a brief statement explaining that the university has hired a team of contact tracers that are now part of Health and Counseling Services.

Heiser said that the dashboard is not as comprehensive as ZALI was hoping to see, but that the inclusion of its services does fulfill the first of the club's demands for this school year.

The next three demands vary in scope and capability, but all still pertain to various circumstances around campus that have to do with COVID-19.

"We wanted to make it required that all students were tested at least once, hopefully regularly," Heiser said. "[McCulloh] said that there was going to be a random selection but didn't touch on how that would be decided or really what that looks like."

In the same email promoting the university's COVID-19 dashboard, McCulloh also relayed to students the inception of random testing procedures which would commence the following

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Professors face new online teaching style

By DEVAN IYOMASA

For many professors, this semester's unprecedented set of challenges has thrown a wrench into the status quo of typically in-person courses. With many deciding to teach virtually, professors have been tasked with learning entirely new skill sets to reach across the screen and deliver

effective and engaging instruction. Seeing no effective or rational way to deliver her course inperson, mathematics professor Katharine Shultis decided to teach her 300 and 400 level courses

remotely this semester. "One of the things that really impacted my decision was that I like to have students engaged in small group conversations in my classes," Shultis said. "Knowing that we would have to keep 6 feet apart and that we couldn't share pieces of paper or markers meant that I didn't see a good strategy for doing that in a physical classroom whereas the tools we have on Zoom and other collaborative platforms seemed much better equipped to have that sort of discussion.

In some ways, Shultis said she felt more prepared going into this semester than previous semesters. Teaching remotely meant she could rely on the course consistently being online as opposed to having to worry about switching midway through the semester, as was the case in the spring.

professor Communications Juliane Mora also said this semester required more preparation and contingency planning on her part than previous semesters.

Teaching virtually is something Mora never imagined herself doing. For almost 20 years, Mora has been able to build upon her experiences standing in front of a classroom, but when teaching via Zoom, Mora said she always has to have a backup plan in case there

are technical difficulties. You also have to be a little bit fearless," Mora said. "You can't do this if you're scared because I think technology knows when you're scared. You have to be willing to say, 'OK this isn't working, I'm not going to keep trying it."

Mora utilized on Blackboard and communication platform Slack to help facilitate and engage her students in large and small group dialogue. These resources have allowed her classes to virtually mimic conversations they would typically have in the classroom as best as possible.

With math courses, Shultis said the challenge with virtual classes lies in the inability to turn in handwritten assignments when for many students, that is the only way they know how to communicate their work.

"Teaching students that there are tools and ways they can share their handwritten work with me was a big challenge back in March," Shultis said. "Moving into this semester, because I'm prepared and because these are

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Hiring of Robin Kelley comes at a time of amplified dialogue on diversity at GU

By NOAH WONG

his summer, Robin Kelley was hired as Gonzaga's associate chief diversity officer for the Office of Diversity, Equity, and Inclusion (ODEI). The search to fill this position came amid a hiring freeze due to the pandemic, but President Thayne McCulloh and Provost and Senior Vice President Deena González authorized the hiring because of GU's belief in the importance of this position.

'She has expertise and the knowledge and she has the organizational background," said Naghmana Sherazi, the office and communications coordinator for the ODEI.

The ODEI office works to educate GU on the values of diversity, equity and inclusion, not only through compliance and economic perspectives, but through moral and ethical reasons.

"Gonzaga started as an intercultural encounter 133 years ago, this university is here because of the Black Robes, the Society of Jesus and their relationship with the Interior Sage Plateau Indian people in this area. It's just a contemporary expression of it now," said Raymond Reyes, the associate provost and chief diversity

Kelley holds experience working at the State University of New York at Buffalo, Iowa State University and North Carolina State University at Raleigh.

She has worked as an employee of labor relations, been on diversity committees and has conducted strategic planning work around diversity, inclusion and cultural competence, priming her for this position.

"She's a great writer, great analytic thinker, but it's her experience working in larger systems," Reyes said.

Kelley began her journey because of what she saw while working in the employee relations office. She saw that biases affected employee discipline, who would receive training or who had good rapport with their supervisors. She noticed that often times, the leadership team didn't reflect the demographic she was a part of.

She also faced encounters of bias herself, where supervisors couldn't believe her articulateness and how good her English was, despite being a native English speaker.

As the associate chief diversity officer, her role is to focus on workforce development, diversifying GU's workforce and working on equity and inclusion.

Key initiatives she's working on include a campus wide training program on diversity and creating common language among faculty and staff. She strives to build deeper understanding through facilitated discussions, workshops and courses.

"Robin Kelley is going to assist me in being able to support faculty to reevaluate what, how and why they teach what they teach," Reyes said. "Is their implicit bias or unconscious incompetence perpetuating structural racism by the very nature of what our syllabi are about, how they're designed, how they're structured, the content itself, the assignments and the learning objectives?"

Her first month and a half at GU has been focused on an underrepresented minority postdoctoral program, which diversifies faculty, pairs postdocs with mentors and allows them to teach at GU for two years and eventually attain tenure.

Not only does the program attract postdoctoral researchers to GU, it helps build relationships between GU and other Jesuit institutions, historically Black colleges or universities, Hispanic serving institutions and tribal colleges. Kelley also plans to revise the faculty handbook for faculty diversity recruitment and to add intentionality to attract and retain diverse

She also works with affinity groups, the bias team and cultivates relationships between faculty and the office so that difficult conversations can take place on campus in a timely fashion concurrently to emerging issues.

To cater to contemporary times, the ODEI office has talked about expanding their presence on social media.

"I want to affect change," Kelley said. "I want to make places, especially predominately white institutions, more welcoming, more safe, more supportive environments where people can actually build community."

Authenticity is a key tenant in her leadership style, as she advocates for others to be themselves in the work environment, an act that allows diversity to be tangible.

Kelley chose to come to GU to create structure and support faculty, students and staff to work collaboratively. Having never worked at a Jesuit institution, she found its principles aligned with values of social justice, diversity, equity and inclusion.

She also cites a personal touch during the hiring process influenced her decision. Phone calls with the chair of the search committee, the provost and Reyes allowed her to ask about the surrounding area, the challenges of the position, support that's offered to the position and the vision for the office.

Having never lived in the Pacific Northwest, she has started integrating herself in Spokane.

"If you re a large higher education



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Working to diversify GU's faculty and staff is one of Kelley's many responsibilities as the new associate chief diversity officer for the ODEI.

institution, you have some obligation to the surrounding community to reach out to different populations. Your role is bigger than just what happens on campus," Kelley said. "If you have a better connection with the surrounding community, you're able to attract more people to your institution because of that connection that you have with the community."

Her hiring has come at a time where issues surrounding diversity, equity and inclusion are amplified because of the outrage over police brutality against Black Americans.

"Over the years, it was an individual problem or situation," Kelley said. "It was put in a way where a person may be dealing with discrimination, harassment, or some microaggressions or implicit bias in their own work environment. It wasn't an effort that looks more systemically at things. And I think right now, people are starting to look more systemically and people want to be involved."

Noah Wong is a staff writer.

ZALI

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week. However, according to Curiel Cota, there have been 1,500 tests administered to GU students so far this semester and while random testing does help spot potential uprisings of viral spread, a random testing process isn't thorough enough to best ensure all students' safety.

To fulfill that second command, ZALI is looking for the university to implement protocol for students where their temperature must be taken before entering large communal buildings on campus, as well as providing free mandatory tests for all employees due the high frequency at which they interact with students.

ZALI's third listed demand is particular to Zag Dining, as the club is asking for indoor dining within the COG to be discontinued for the remainder of the semester.

'The lines are really long in the COG, which is due to the parameters set up so that's good, but with the seating inside, I have concerns about the safety of students eating so closely to those waiting for food," Heiser said. "My concern is why are we eating inside the COG when there's the third-floor ballroom which can hold a lot of students, and it's way more open and airy for students to eat at."

ZALI doesn't find it sanitary to conduct consumption in the same vicinity where students are also getting their food, and the group is worried that the current set up in the COG may infringe upon current Centers for Disease Control and Prevention (CDC) guidelines.

"I am very aware that CDC regulations for dining do

We wanted to make it required that all students were tested at least once, hopefully regularly.

Makayla Heiser, vice president of ZALI

not allow people from different households to eat indoors with each other, especially if they're not 6 feet apart, and that's happening in the COG," Curiel Cota said.

According to GU's ZagOn 2020 webpage, the COG and all other on-campus dining options have been strictly adhering to and are in compliance with all local, state and federal guidelines.

ZALI's fourth demand asks the university to ensure severance pay and offer means of financial supplements to all sub-contracted and student workers in the case that on-campus operations are terminated at any point during the semester.

This demand was prompted by an alleged instance

in the spring where Sodexo abruptly laid off many of its staff once campus operations were halted, and some didn't receive their severance pay.

"We learned that last semester, 60 Sodexo workers were laid off by Sodexo without severance pay," Heiser said. "The communication between Sodexo and its employees during that time was practically nonexistent, employees were told not to worry and that they would be taken care of, but that didn't happen."

ZALI also wants the university to collaborate with Sodexo in setting up paid-leave packages for workers who will have to take time off if they test positive for COVID-19. The worry among the group is that if such amenities aren't guaranteed to workers, then employees will still show up to work even when feeling under the weather and subsequently won't decide to get tested because they'll risk losing a substantial source of income.

"Gonzaga isn't doing what it should be to protect the students and workers," Curiel Cota said. "We shouldn't have indoor dining, people should get tested, people should know who they've been around that tested positive and people should also have some sense of job security during these times because I can't imagine working at a university and knowing that if an outbreak comes, then I lose my main source of income."

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What's up with the COG: Changes made to adapt to COVID-19

By RED KWENDA

here have been many changes to how Gonzaga University will function this year, none more noticeable than the COG in the Hemmingson Center.

This year's COG will be vastly different than in years past due to dedicated focus on social distancing and the prevention of the transmission of COVID-19.

new processes implemented, including strict sanitization schedules, ample distance between tables and only allowing up to five patrons per table," said Pat Clelland, the resident district manager of ZagDining by Sodexo, in an email. "ZagDining has worked hard to safely operate in a restaurant-style fashion and is working diligently to create a memorable experience for our students."

Upon entering Hemmingson, students are met with a rope system reminiscent of airport TSA security lines. These ropes allow students to safely move throughout Hemmingson while respecting COVID-19 policies on social distancing.

Each lane is covered in stickers set six feet apart in order to enforce policies during overflow times such as lunch. Additionally, there are ample opportunities for students to sanitize their hands with hand sanitizer stations located near each of Hemmingson's entrances and exits in addition to a station in front of the COG

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Once inside the COG, students find themselves in a similar scenario. At the entrance, the rope forks into two paths: one leading to Zagriculture and Spike's Grill stations and another to 360 Degrees and Daily Bread stations. A similar layout was adopted for the COG's second floor, though this area is only opened in anticipation of overflow.

"I don't think anyone really likes walking all the way around. I understand why we have to do it though. I'm just happy to be on campus," said Garrett Lim, a first-year student who has subscribed to the unlimited swipes meal plan.

The food served in the COG has undergone a change as well. In previous years, each station would serve its own unique cuisine in order to better accommodate students' cultures, palates and tastes. This year, however, has seen the COG being split into three parts: A vegetarian and vegan option being served at Zagriculture, a meat-based dish located at both Spike's and 360 Degrees and a sandwich option located at Daily Bread.

'Students can still expect the classic staples within The COG, including a full Vegan format, dedicated allergen-free format, sandwiches and salads from Daily Bread, [and] diner classics from Spikes," Clelland said.

Because of the changes to meal accessibility, table arrangements and waiting lines, a greater number of students are choosing to subscribe to meal plans that are more generous with Bulldog Bucks. The appeal being that in the area around GU, one can find restaurants such as Tasty Bun, McDonalds and Froyo Earth.

Students who eat at these locations find that they offer a welcomed relief from the rotation of COG food. Other students,

however, still prefer the familiarity of the COG cuisine.

I know a lot of people like to hate on the COG, but I like it," Lim said. "The eggs are not as bad as people think they are.'

Whether students dine in the COG or elsewhere on campus, they should know that the COG is doing everything in its power to ensure that students have a safe and fulfilling time on campus.

'We understand that this semester will include challenging transitions for everyone, but we want to remind you that we are listening to your feedback and are making changes daily to better serve you," Clelland said. "ZagDining welcomes your feedback via our website ZagDining. com, and together we will overcome this challenge as a community."

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PILGRIMAGE

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hikes of different difficulty levels, as well as places for those participating to stop and reflect while on their journey.

'Usually we rely on a lot of other collaborators, we have the folks from ROTC that will be out with us, we have port-a-potties on the paths, we have vendors that are bringing in food," Lavin said. "This go around we've had to nix all of that and engage with different collaborators. Not only GU Outdoors, but finding ways to communicate this and market it the right way."

The Office of Mission and Ministry has worked this year with Housing and Residence Life to market that this would be a safe, socially distant activity that Resident Assistants can share with their residents, and relaying that this is something that is valuable for students, staff, faculty and alumni.

"This is a much more open availability to this approach," Lavin said. "Hopefully it brings much more diversity to the experience."

The Pilgrimage being held virtually means that Zags can participate from no matter where they live. Senior Paulina Thurman is participating in the Pilgrimage from her hometown in the Bay Area in California.

Thurman has been doing daily walks during the duration of the Pilgrimage, and has to wear a mask while outdoors, according to recommendations made to those living in the Bay Area. Breaking up the Pilgrimage into daily walks has limited the long amounts of time outdoors that has been advised against in

Thurman's daily walks have always been a staple of her spiritual development, which she has been regularly doing since the beginning of quarantine back in March.

"I feel like I am at my most creative and engaged self when I'm able to express that in a physical way," Thurman said.

An unexpected obstacle for

many of the pilgrims that live on the West Coast has been the wildfires and the hazardous air quality. GU has issued warnings for those living in Spokane to stay inside due to the poor air quality in the area.

Thurman's hometown has made headlines in the past few weeks for having some of the



BULLETIN FILE PHOTO

The photo above is of Pilgrimage 2016. This year participants will walk or hike on their own time from Sept. 5 to Sept. 19.

worst air quality in the world, coupled by the bright orange skies that illuminate the town for the majority of the day.

It was recommended that people who would like to participate in outdoor activities wear masks that block out the smoke.

"It does kind of prevent that sense of community I feel because whenever anyone is wearing a mask it's kind of harder to get that emotional connection," Thurman said.

The smoke that is harboring over all of the West Coast seems symbolic to the true meaning of a Pilgrimage, as well as this year's events.

"One of the nice parts about any kind of pilgrimage is that you don't really know what to expect," Lavin said. "Hopefully something good and something beautiful finds you along the way."

Registration for this year's virtual Pilgrimage can be found on the Office of Mission and Ministry page on the GU website under 2020 Gonzaga Pilgrimage tab until Sept. 18.

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ZAVALA

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what. Even if you don't know what you want to do or what

you're going to do next," Zavala said. This advice allowed her to move on from the loss of film

Zavala's mother encouraged her to attend their local university: The University of Texas Pan-Am, now the University of Texas Rio Grande Valley. There she double majored in philosophy and marketing and was encouraged by professors there to continue her education in the field of

She specifically remembers one professor taking time out of his schedule to meet with her.

"He had no obligations like office hours with me but it was really impressive to me that he made time for that, and actually it was through him that I made the decision to focus on marketing," she said.

Zavala excelled in school, although her status as undocumented once again provided cause for uncertainty because post-grad success and economic comfort was far from guaranteed, even with a college degree.

It was in her sophomore and junior year that good fortune came through in a big way.

In 2012, the Deferred Action for Childhood Arrivals (DACA) was passed. DACA is an executive order that protects children brought into the U.S. from deportation, which included Zavala.

"Suddenly I had the opportunity to choose what I wanted to do with my life with a broader set of options than before," Zavala said.

She was now able to get a driver's license, work legally and look for graduate school options outside of the Rio Grande Valley.

After a professor connected Zavala with a colleague of his at the University of California Irvine (UCI), she chose to participate in a marketing doctorate program there, where she was the first DACA doctoral candidate at UCI's Paul Merage School of Business.

While at UCI, she wrote her dissertation on "disruptive marketplaces" which focused on consumer experiences in the settings of different marketplaces. This topic allowed Zavala to address and research issues in marketplaces involving representation and accessibility.

Although she was the program's first undocumented student, Zavala has high praise for the university and its support for its undocumented community.

"Of course, when you're the first at anything or the only person that looks like you or has your background its isolating in some ways. But for me, my experience at UC Irvine was really, really good," Zavala said.

A moment Zavala remembers from her first week there was when she received an "undocu-newsletter" a weekly newsletter for students that were undocumented, designed

to provide resources on campus. "Just reading this email, I cried. I had tears in my eyes. This was so meaningful to me because it was institutional level support," Zavala said. "I'd always navigated systems that were not made for me. They had been specifically designed

In addition to emails like this, the school supported Zavala fully in matters as minimal as filling out forms, a formerly major source of anxiety for her, she said.

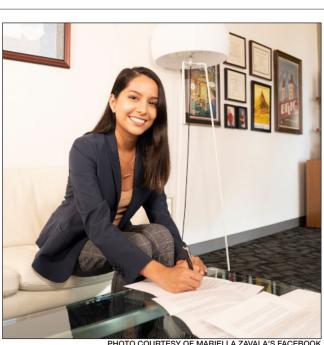


PHOTO COURTESY OF MARIELLA ZAVALA'S FACEBOOK

New GU professor Zavala was the first DACA doctoral candidate at UCI's Paul Merage School of Business.

'My doctorate journey was a very good one that also continues to instill this idea in me that I definitely wanted to be at a place that focused on helping students succeed," she said on the impact of her experience at UCI on her job

"I of course was looking at a place where I could grow as a scholar but it was important to me that there was also a student focus," Zavala said. "If it wasn't for those professors who really cared to get to know me and to answer all my questions and really open up a whole new realm of possibilities in terms of career paths, I may not even be here today."

Looking back at the sequence of events and obstacles that led to her accepting a position at GU, Zavala has gained some inspiring perspective.

"Now for the first in my life, all of these disadvantages have grown into as I see it, a great advantage because I'm able to support students with this broad, in depth understanding of different students," Zavala said.

Currently in her first year working at GU, Zavala is still getting settled in.

"It's a tough time to be new anywhere but my colleagues have been very helpful and supportive with my move here. I'm excited to get to know my students and Spokane a bit more," she said.

'[Zavala] is a fantastic hire," said Ken Anderson, dean of GU's School of Business Administration. "We were very fortunate to be able to attract her to Gonzaga. We think she will have a tremendous positive impact on all we do.'

"She brings a fresh set of skills and perspectives to our marketing area," Anderson said. "Her teaching philosophy and her areas of interest also fit very well with us.

Zavala would like students to know that her door is open. "Even if they're not my current students or advisees, but particularly for undocumented students my door is always open. Of course, it'll be my virtual door," Zavala said.

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upper division courses, I've been able to teach the students different tools they can use to type their mathematical works."

In addition to having students submit high quality scans of their handwritten work, Shultis has implemented new programs such as LaTeX, which is a software used to turn type into mathematically accurate equations.

Some courses, however, still require in-person instruction, such as nursing professor Martin Schiavenato's senior level practicum course.

Students in this course go into the community to complete clinical time at Sacred Heart or Holy Family Hospital as well as view asynchronous lectures posted to Blackboard.

Since the nursing program is a professional training program licensed by the state of Washington, students must complete a certain number of required clinical hours. When classes were moved online back in March, the nursing department petitioned the state board to accept some of their time as virtual clinic hours.

Virtual clinic hours consist of videos of "patients" or case scenarios where they are presented with a patient and must utilize different products and resources.

According to Schiavenato, the original plan was to implement this format after Thanksgiving break when all classes would be moved online. However, Schiavenato said they are already having to utilize virtual clinic hours for students who have come in contact with positive COVID-19 cases or have tested positive themselves.

"Students appreciate that they can still practice some skills, but they don't feel that it's the same as actually taking care of a patient, so the reality level is lacking and that's something they miss," Schiavenato said.

Shultis, Mora and Schiavenato said the one thing that could not be emulated virtually was the interpersonal connection and chemistry built when you're together in a classroom.

Despite all the challenges this semester has thrown at them, professors said above all, the student's willingness to adapt and learn can make all the difference.

They're really resilient kids, they're happy to be back, they're excited to be in school and they look forward to making the most of it," Schiavenato said. "You know they have a very positive attitude so I think that goes a long way and you can tell they're ready to just roll with it and that's just wonderful

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ZAGS VOTE

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Selfie police? Khloé Kardashian selfie leads to controversial new legislation

t has been 13 years since the Kardashians graced us with a leaked sex tape and one of the most influential reality TV shows of all time. In that time they have turned their small show into arguably the biggest lifestyle brand the world has ever seen.

Kris Jenner said in a roundtable interview with The Hollywood Reporter, that the reason their show has been on for so long and has done so well is because there is one person in their family that everyone can relate to. This is true, every member of the Kardashian clan has a very distinct personality and even though they come from unimaginable wealth they are still somehow relatable.

For me, Khloé has always been the most relatable — from the way she bluntly talks about everything to the way she tries to act as a peacekeeper within her family. However, the most substantial thing that Khloé Kardashian has done, at least in her earlier years, was to give much needed representation to those who didn't have an insanely perfect body like the rest of her sisters.

Throughout her many shows and episodes she depicted her struggle with weight loss and her love of working out. As someone who has struggled with their body image it was great to see the same thing represented on TV.

There was a certain power and strength about Khloé which is what made her such an icon. I mean you would have to be a pretty strong person to be continually referred to as "the fat sister" by the whole



@GonzagaBulletin

By SPENCER BROWN

country. While that is a difficult thing to endure she didn't let what the media said about her body keep her from loving herself and knowing her worth as a person.

However, the level of airbrushing and photoshopping Khloé now uses on photos she posts on Instagram has increased exponentially. Her pictures are altered to the point beyond recognition. Everything about her is smaller, thinner and as perfect as can be.

And while I can understand why she would want to do this, I wish she would realize how important it would be for someone with a platform like hers to promote body positivity instead of perpetuating a culture that actively fights

While it is important to like what you see in the mirror you shouldn't make people who don't have half the resources at their disposal feel like they aren't living about their own bodies then it is totally

up to a basic human standard of beauty. worth it because the consequences editing Like it or not the Kardashians are the gatekeepers of fashion and beauty in American society as well as globally.

If they could harness their platform to promote other body types they would be able to make much needed change in the world, rather than sending these mixed messages about what it means to truly be beautiful.

A new law that started in France but is gaining popularity among other European countries, is one that makes posting edited pictures illegal if they are not explicitly marked as retouched. This might seem extreme to some people, but the ways people are now editing photos is also extreme.

There are countless apps that help you shave off the parts of your body you don't like and give yourself a six pack. It's time we really took a look at what we are doing to pictures of ourselves and ask why we are even doing it in the first place.

This new kind of law or standard could help those who suffer from eating disorders and body dysmorphia. Many of these diseases begin with someone looking through magazines or Instagram and thinking that their body doesn't look the same as the ones in the pictures.

Plus it could be so easy, I mean we already spend way too much time calculating what time of day gets you the most likes and what lighting you look best in. If this law could help anyone feel better

a photo can have on a person's mental health is too serious.

Kardashians just recently The announced that the very show that has brought them their empire and their influence will be airing its final season in 2021. While this announcement has been met with a mix of sadness and relief that their iron grip on media might be loosening, I don't think they will be going anywhere anytime soon.

Yes, our time watching them beat each other up with purses while they consume comically large salads might be over. But they will always have a hand in shaping our culture. In the same vein that Paris Hilton has continued to set trend after trend once her time as a reality star came to an end. The Kardashian clan will continue to pervade all aspects of global

Much like everything else about the Kardashians, I wish they could be better as they have so much influence over us and our values. I think if we could all be honest about what we do to make ourselves look better both in photos and in real life we would all be happier. It's a lose-lose game when we try to compete with computers, I mean their abs are hard as steel.

Spencer Brown is the managing editor. Follow him on Twitter at @Spencer Brown .

Let the games begin: 2021 Olympics are a go

All around the world from a very young age elite athletes choose to sacrifice having a "normal" childhood and adolescent life, in hopes of achieving glory and success. Training their whole lives to perfect their respective sport, and then if they're lucky enough, they are offered the opportunity to compete on a world stage for a chance to chase their dreams of a gold medal.

Then all of a sudden, the world turns upside down, and their dreams are taken from them. The only shred of consolation being this is a temporary situation, and they must wait it out "until further notice."

dedicated athlete Any understands the time and energy that goes into training for a sport or event, and athletes competing at the Olympic level take this dedication to the extreme. Blood, sweat, tears and hours upon hours of training occupy the lives of these Olympic athletes.

The Olympics is one of thousands of events that were cancelled or postponed this year due to COVID-19, and Olympic athletes all around the world were forced to shoulder this crushing blow that they would not be able to "go for the gold" this year as they had dreamt of.

Now, with just over 300 days until the newly postponed Opening Ceremonies, International Olympic Committee Vice President, John Coates, declared that the 2021 Olympics will happen "with or without COVID."

Although it is controversial, this decision to go forth with the 2021 Olympics gives the athletes a more concrete foundation upon which to plan their futures round. A luxury that has been so rare this past year. By making this promise to these athletes and to the world, we are given a sense of certainty about our world.

The extensive training that these athletes endure is



By SARAH VAN LIEW

challenging to say the least. But the motivation to train is truly only present if you know what you are working towards and you can see the "light at the end of the tunnel."

The decision to host the Tokyo 2021 Olympics no matter what the state of the pandemic is it also gives the athletes the ability to choose for themselves if they wish to potentially risk their long-term health and compete.

Many people disagree with

the decision to host the 2021 Olympics if we do not yet have a vaccine or some sort of treatment for COVID-19. Coates' statement left some people with a sour taste in their mouth, perceiving this decision as risking too much for

too many people.

The Olympics is an event that brings athletes and spectators from all around the world together in one place, often under one roof, unfortunately making it probable that should we not yet have a COVID-19 cure, it could be a "super spreader" event.

This decision calls into question not only the safety of competing athletes, but the safety of all their respective countries to which they will flood back to after the games have ended.

However, now that the decision has been made with certainty to host the Tokyo Olympics in the International O 2021, Olympic Committee can focus their attention on making it as safe as

possible for everyone involved.

The 2021 Olympics will unlikely resemble any Olympics we have seen thus far, but the determination to make it happen reflects the importance of the Olympics as more than merely a stage for athleticism. By hosting such an event in such uncertain times, it will demonstrate how we can all come together even in a time of such uncertainty.

Already the Tokyo 2021 Olympics have been described as being "the light at the end of the tunnel," and have been promised by Coates and the rest of the Olympic International Committee in their latest address, to be the "Games that will conquer COVID-19."

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

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Novak Djoko-victed from the U.S. Open

The world of tennis is reeling after number one-ranked Novak Djokovic was disqualified from the U.S. Open tournament after accidentally striking a line judge in the throat with a tennis ball out of frustration.

Diokovic who had previously remained undefeated since 2019 — was automatically defaulted from the tournament as per Official Grand Slam regulations. His removal meant that he will lose all ranking points earned in the tournament as well as \$250,000 in earned prize money.

Djoković was losing 6-5 to Spain's Carreño Busta when he fired off a spare ball behind him, unaware that a line judge was in his path of trajectory. The ball hit the judge a mere second after leaving Djokovic's racket, leaving her with no time to move or even react as the ball struck her in the throat.

scandal caused by The Djokovic's dismissal led to many fans taking their anger out on the line judge instead of the governing officials or Djokovic himself. In recent days, she has become the target of vicious attacks and even death threats from angry fans who feel she had no right to stand in their player's way of an eighteenth Grand Slam singles title.

In response to this, Djokovic apologized for his actions on the court and called for his fans to be "supportive" of the judge on his social media accounts.

While it can never be proven exactly what Djokovic was thinking as he fired off his shot, the expression on his face is less than empathetic towards the judge. With his lips pursed together, the offending player ran



By RED KWENDA

to the official, then immediately began pleading his case to the higher-level judges.

"She doesn't have to go to the hospital for this," Djokovic said to a referee upon hearing the decision. "You're going to choose a default in this situation? My career, Grand Slam, center stage."

This is the matter that is the most concerning in this event. Upon hearing these words, it becomes clear to everyone that regardless of his original intent, Djokovic only cared about himself during that match. The line judge's duty was to stand behind the player to see if an incoming ball was out of play; the fact that she was struck meant that Djokovic forgot he wasn't the

only person on the court. It was also hurtful to hear him speak of his career. In a stadium nearly empty due to restrictions in place in the time of COVID-19, the gasping coughs of the judge echoed for all to hear as she collapsed after being struck in the center of her throat. For Djokovic to downplay her pain, for him to even factor it into his punishment, was sickening to see, especially as she had to retire for

the rest of the match. This isn't the only moment of carelessness displayed by tennis's number one player. Earlier this summer, Djokovic originally planned to skip the U.S. Open after contracting COVID-19 at a tournament and party he organized with no social distancing involved. He has also described himself as against a rule that would make vaccinations mandatory for players to continue

to compete. What Novak Djokovic fails to recognize is that his actions directly impact others. A ball struck in anger always has the potential to strike someone else regardless of intent. A party in close quarters following no COVID-19 protocols can always lead to the possibility of an infected guest. Playing against someone who is unvaccinated can always lead to an infection, as Djokovic himself knows

Sure, he said the right things by apologizing after the match. It was also good for him to defend the judge after abuse and death threats were leveled at her. But in the moment, Djokovic only cared about himself and the fact that he was no longer going to remain undefeated in 2020.

This Sunday saw Austrian Dominic Thiem victorious at this year's Men's U.S. Open. Hopefully, this new champion will understand what it means to show sportsmanship both on and off the court.

Red Kwenda is a staff writer. Follow him on Instagram: @RedKwenda.

Take a hike

The Beacon Hill trail complex offers hikes for all from complex to beginner terrain

Commentary By MATTHEW DOBNER

he Inland Northwest boasts some of the most impressive natural landscape in the United States. From the rolling hills of the Palouse to the impressive peaks of the Rocky Mountains, Spokane is situated as a gateway to the great outdoors.

With the ongoing COVID-19 pandemic significantly altering the daily lives of Gonzaga students, exploring Spokane's natural landscape is a great way for students to socialize in a socially distant manner.

The Beacon Hill trail complex, located four miles from GU up the Spokane River offers plenty of space to explore the outdoors. With over 1,000 acres of undeveloped land, the park provides a fabulous space for hikers, bikers and students who want to get outside.

The Beacon Hill trail complex consists of two designated parks, Camp Sekani Park and John H. Shields Park. Both parks are joined together by an intricate trail system through the unprotected natural landscape that surrounds Beacon Hill.

The south end of the park system borders the idyllic Spokane River. Near Camp Sekani Park, Boulder Beach offers convenient access to the water, whether you prefer to swim with friends or spend some quiet time fishing.

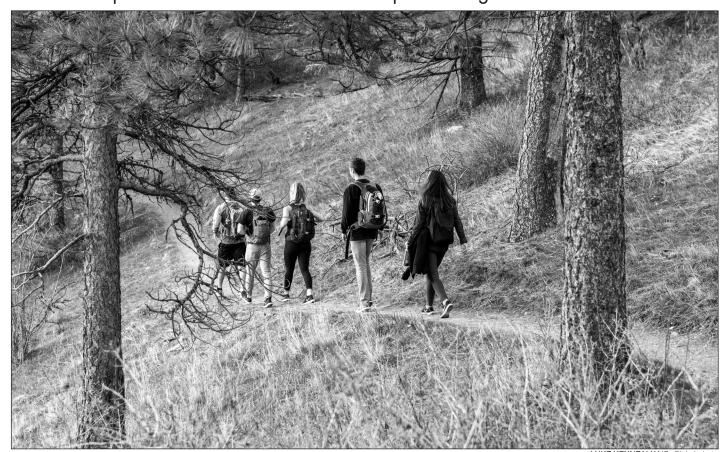
Additionally, Camp Sekani offers a frisbee golf course that climbs through the surrounding hills.

John H. Shields Park, while smaller, boasts a trailhead that will allow access to the Beacon Hill trail complex. For rock climbing enthusiasts, the park offers massive boulders that can be summited using proper equipment

using proper equipment.

The main attraction of the Beacon Hill Parks is the massive system of trails that connects Camp Sekani and John H. Shields Parks. These trails are fabulous for hiking, mountain biking and traversing the beautiful natural landscape of Spokane.

Both Camp Sekani and John H. Shields Parks have parking lots with access to trails that lead to Beacon Hill. Additionally, students can access the



Students should use hiking to get out of the house for socially distanced fun during the pandemic.

western part of the trail complex at the Esmerelda Golf Course off Courtland Avenue The Esmerelda trail is a favorite for students looking to spend time outdoors.

Departing from the golf course along the Esmerelda trail, students are enveloped by the natural landscape. The first half-mile is light hiking, as the trail courses through spruce forests without gaining much elevation.

The trail transitions to switchbacks to gain elevation, and before long the first ridgeline will be in sight. Summiting the ridge, the trail dips downhill before beginning the final climb to Beacon Hill.

The second climb is more strenuous but should be capable for all levels of hikers. There is another series of switchbacks that helps gain altitude and at this point the evergreen forest starts to thin itself out.

The final climb of the trail is the steepest and most exposed to the elements. Tall grass surrounds the trail and the first views of the summit will come in to focus. Plenty of electric wires converge at the summit, so it will be impossible to miss the peak.

The view from the peak of Beacon Hill is impressive and unparalleled. On a clear day, one can easily see downtown Spokane and a trained eye can pick out the twin spires of St. Al's Cathedral. The open view extends down the Spokane Valley towards Idaho and the picturesque Rocky Mountains.

Hikers on the Beacon Hill trail complex should come prepared. With roughly a 2,500-foot elevation gain, it's a good idea to bring a full water bottle on

The complex system of trails around Beacon Hill can be tricky to navigate as well. Downloading a trail map of the area via the internet or the Trailforks app (available on the App Store or the Google Play) is recommended.

With the crackdown on traditional social gatherings on and off campus, turning to the outdoors is a great solution to spend time with friends in a safe, socially distant manner. The Beacon Hill area offers a wide variety of activities to GU students from fishing to hiking and every activity in between.

Matthew Dobner is a staff writer.

Printmaking for people: the MATRIX press exhibition at GU

By ANDERS SVENNINGSON

Despite the continuing trials of a global pandemic, Jundt Art Museum at Gonzaga University remains wholly committed to bringing beautiful and thought-provoking art to as many students as possible.

The current exhibition of printmaking on display at Jundt Art Musem is that of MATRIX Press, founded by Professor of printmaking and drawing at University Montana-Missoula James Bailey. The show features work by contemporary masters of the printmaking arts, while showcasing the rich history behind the varied styles of printmaking.

The relationship between GU and MATRIX press is a long-standing history of collaboration and artistic cooperation.

"Jundt Art Museum has a very good relationship with the University of Montana, we've purchased prints from them before, and their students have come up here to look at various projects in the collection," said Karen Kaiser, curator of education at Jundt Art Museum. "We already had a relationship, but it was just an idea that came up. It's probably been three years since we started talking about whether or not the museum would be interested in doing something like this."

Students can learn about the wide varieties of printmaking techniques utilized in the MATRIX studio as well as view the tools used and behind-the-scenes photographs.

In addition to unique prints, faculty at Jundt Art Museum are very excited to be exhibiting original matrices or templates for many of the prints on display.

Matrices are often destroyed after original inscription by the artist, thus obtaining original templates for galleries can be difficult. Kaiser said this process is incredibly fruitful for this exhibition.

Printmaking is a medium frequently utilized to make impactful statements on politics and culture. MATRIX exhibition is no exception, featuring prints that engage in new ways with themes of politics, culture and society.

MATRIX specifically encourages collaborative work between students and masters of printmaking. Many prints were produced with the help of students, giving those involved the unique opportunity of thoughtful discourse on the significance of each print.

At GU, students always have the chance to engage with printmaking at any desired level. With one of the largest print studios in the region, printmaking faculty work diligently to pass on printmaking to the next generation of printers.

Kaiser said students who wish to be involved in printmaking could do so even without necessarily taking a class.

"The museum has a very rich and extensive print collection, we have close to 6,000 works now on paper from very historical old prints like Rembrandts, up to even very recent contemporary expressionist works," Kaiser said. "Even if students don't have the opportunity to take a class they can always make an appointment, and I'd be happy to bring out prints that [students] would like to see."

While recent times have certainly made it more difficult to appreciate artistic expression in person, Jundt Art Museum faculty have made certain a safe and healthy environment is maintained for all who wish to visit.

"The museum closed to the public on March 13 per state and local health mandates, and that was sadly the final day for two exhibitions in the spring we were proud of," said Paul Manoguerra, lead curator of the art museum in an email. "Museum staff continued to monitor the building and the collection, and to work on projects, throughout the shutdown... We have been permitted to re-open to the GU community by appointment only and with mask and social distancing restrictions and hope to soon re-open to the

public under the same guidelines."

The Jundt Museum, like many institutions affected by recent COVID-19 guidelines, has found creative ways to maximize healthy practices and minimize the spread of the disease.

As of Sept. 1 the museum is open to students and faculty by appointment. Tours will be limited to five people or less and occur between the hours of 10:00 a.m. to 3:00 p.m. on weekdays.

Zags can even request a guided tour with staff in order to dive deeper behind the showcased creations to gain better understanding of the skill and effort required to produce such unique works.

"This show really provides that educational aspect, as well as being a beautiful and graphically striking show with lots of different perceptions and materials," Kaiser said. "Printmaking is kind of the people's art, this show lends itself to that and maybe you don't have a background with printmaking, but this show can help make those connections visible, between the art and the message."

Anders Svenningson is a staff writer.

Big Sean gets intimate with his latest project 'Detroit 2'

By DEVAN IYOMASA

For 71 minutes, rapper Big Sean pulls no punches on his latest album as he lays into the highs, lows, blessings and curses that life has had to offer him.

In his fifth studio album "Detroit 2," rapper Sean Michael Leonard Anderson, better known as Big Sean, gives us a lyrical memoir with a refreshing sense of genuineness as he does not shy away from expressing the true struggles and triumphs that ultimately culminate in the balance of his life. The album is a sequel to his 2012 mixtape, "Detroit."

Listening to "Detroit 2" feels like eavesdropping on one of Sean's therapy sessions as he shuffles between inflections of vulnerability and a familiar sense of brashness. If you are not listening carefully, you could miss some important revelations like Sean's heart disease diagnoses at 19-years-old or the miscarriage a former partner suffered.

"Detroit 2" also weaves itself into the fabrics of social issues such as racial injustice with lines like, "got tired of white silence, so the riots started / and the robbers robbed / you wylin' 'cause your product gone? / we mad that Eric Garner, Breonna, Gianna father gone / a lot of trauma, we tired, exhausted."

The album represents a time of renewal, healing and resilience for Sean, as he delves into his experience with meditation and alternative medicine on songs like "ZTFO" and "Lucky Me."

Sean is candid about his struggle with mental health on the track "Deep Reverence" featuring the late rapper Nipsey Hussle. "Deep Reverence" is a stand-out track that tugs at the heart strings having Sean's verse, following Hussle's, react to the sudden passing of Hussle in 2019 and how his death affected him.

As if mimicking the fast-paced nature of his life, Sean never spends more than a few lines on any one topic before ultimately deflecting to a new issue. He lets us in just enough to show us what is going on behind the scenes, but never for long.

True to Sean's style of music, his quick lipped quips show how focused and locked in he is and demands the same energy from listeners.

a range of songs from slow burners like "Body Language"

Stylistically, the album offers

and "Everything That's Missing" to fast-paced beats like "Harder than my Demons" and "Don Life." Sean enlists the help of a few A-list musicians such as Post Malone, Jhené Aiko and Travis Scott to add their personal touches to a few select tracks.

Lil Wayne and more.

The tracks "Body Language"

COURTESV DE GOOD MISIC RECORDS

"Detroit 2" was released Sept. 4 and features Travis Scott, Post Malone,

and "Time In" feature Sean's onagain, off-again partner Jhené Aiko and their hip-hop duo alter ego Twenty88. Collaborations between the two are historic fanfavorites, and these tracks are no different with their smooth, sensual R&B style of love songs.

The album is also peppered

with narratives from fellow Detroit lovers, Dave Chapelle, Erykah Badu and Stevie Wonder about their ties to the city. Nonmusical tracks on albums are a difficult feat to pull off, but these tracks hit the nail on the head as they tell three different love stories to the Motor City that only strengthen the heart and drive of this album.

Sean's confidence and preacher-like lyrics on "Detroit 2" is reminiscent of his mentor Kanye West, who he pays tribute to with the line "the product of old Ye chopping up the sample flow" on "Why Would I Stop?"

Sean ultimately invites us to take a step back and reflect on the lives we lead, as he has done, when he says, "and you can't believe how much you made, not money or difference / and you find out everything you had was everything you missing."

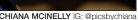
Favorite tracks:
"Guard Your Heart," "Why
Would I Stop?," "Deep Reverence"

Rating: 8.5/10

Devin Iyomasa is a staff writer. Follow her on Twitter: @devoniyomasa.



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Bulldog Band brings unmeasurable energy and Zag pride to all Gonzaga events.

Bulldog Band members are hopeful for their return next semester to cheer on the Zags at basketball games.

Masked and musical

GU's Bulldog Band makes COVID-19 alterations

By CAITLIN RELVAS

en's and women's basketball have been fueled by the Bulldog Band for many years, as they charge the fans with clamorous cheering and familiar, brassy songs. But just like many activities and events this semester that thrive in large groups, Bulldog Band must adapt and be creative in this COVID-19 world.

Typically, a normal Bulldog Band semester begins with an informational meeting for new members, who will then join the rest of the band in October. After two rehearsals, games begin and everyone starts playing.

Zoom meetings replace in-person meetings this semester. Sign-up information for new members is in an announcement on Morning Mail, flyers and an informational video. "I just want everybody on campus to know how to

join," said David Fague, the director of Bulldog Band. Whether they want to be in it, that's up to them." While waiting to know for certain what the NCAA

guidelines for basketball are, Fague has begun to brainstorm possible ways the band can still hype up the players.

"Band is super tough because you have to be able to hear each other," said senior trumpet player Ellen Rowan. "So, you have to be close to each other. And then you also have to push your respiratory secretions through an instrument."

Several of the other music ensembles on campus are using special masks for wind instruments, which cover the end of the instrument and only slightly impede sound.

"If they are playing, they will end up needing to wear a mask with a split for the mouthpiece," Fague said, "which is how the jazz band and wind ensemble are rehearsing currently, as well as a special fabric bell cover that goes over the front of the bell, [which is] the part that goes out."

What is more likely is that the drum line will expand, as they can easily wear masks without impeding their sound and still keep up the spirit.

'Maybe we'll just have a really big drum line this year," said junior Britton Erikson, the president of the Bulldog Band and trumpet player. "They're already spaced out pretty well as is, so it wouldn't be too much of a change for them. The [rest of the] band is shoved up into that corner, but the drum line needs room for their equipment. So we're trying really hard to be optimistic, but we also want

Fague said another option in addition to the drum line is creating more of a rock band, with an electric bass, electric guitar, electric keyboard and possibly a vocalist and instrumentalist.

'We're 50% music and 50% pep," Fague said. "We're there to cheer and go crazy and get the crowd going, so we'll take care of that other 50% no problem, whatever we got to do, but the music 50% is the part that's going to be a challenge. Whatever happens, we're going to be there to do whatever we can to make the team win."

Until the NCAA announces for certain what basketball will look like, the band will not rehearse together. Fague said he respects the students' time too much to possibly rehearse for nothing.

Members are confident that the tight community Bulldog Band fosters with intense games and traveling will still thrive, although apart.

'It's not about the instrument anymore," senior piccolo player Dagny Albano said. "It really never was. It's about the fun and the friendships and just being as loud as possible. So I'm totally fine with that. I'm really excited for whatever happens."

Albano said that Bulldog Band means the world to her. Erikson said Bulldog Band members strongly bond throughout the duration of the season.

'[Bulldog Band] is like watching a movie by yourself versus watching a movie with your friends," Erikson said. "It depends not so much on what movie you're watching, but who you're watching it with."

In addition to playing at games on campus, the band travels for two to four weeks in the spring together. Many students see each other in other instrumental classes or ensembles outside Bulldog Band.

Fague also reminisces about the excitement of the first rehearsal every year and preparing to play in high emotional situations, as the band becomes super fans of

GU basketball and a family. When I look out there at that first rehearsal, I just get chills every single year," Fague said. "I'm just like, 'Oh man, it is so good to see you,' and they're so excited to be there. And so it's a real positive experience and it's the most fun

any of them will ever have playing their instrument." Bulldog Band students especially miss the nowgraduated seniors who played their final game last March without realizing. Rowan said he mourns the experiences new members will miss this semester with basketball

'But I know pep band's in good hands [with] our sophomores and juniors who are awesome and Mr. Fague," Rowan said. "He'll try to make noise in that building no matter what, so I think it'll be okay. Everything is just going to be a little strange for 2020."

While safety is the primary concern, Fague and other members are more hopeful basketball and Bulldog Band can more fully return next semester. First-years and anyone else interested in joining the band can currently do so, and Fague, Erikson, Albano and Rowan encourage anyone to apply.

'I just know people are going to be missing it," Fague said. "They're going to be so ready at the drop of a hat. If I sent out a text and said, 'Guys, we're playing,' my phone would blow up, everybody's phone would blow up. We would probably get 100 more members in that week.

Caitlin Relvas is a staff writer.

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DIFFICULTY RATING: ★ ★ ★ ★

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Today's puzzle solution										
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COURTESY OF LISSA TRIPE

Lissa Tripp (middle row, far left) and her friends chat with former Gonzaga men's basketball players, including Rem Bakamus (middle row, far right) and from the bottom row left to right Eric McClellan, Nigel Williams-Goss and Matt Bouldin.

Chatting like a champion

Fans' conversations with Gonzaga men's basketball members past and present leads to new connections with the team

By VINNY SAGLIMBENI

Throughout quarantine, connecting with our friends, family and others continues to be a main way to keep our minds sane during a time of confusion and questioning with COVID-19. From Facetiming to phone calls to the increasingly popular communication outlet Zoom, social interaction online has also found ways to create new connections with new people.

That's exactly what Lissa Tripp did with her friends and the Gonzaga men's basketball connection. Infamously known as "@ZagsChick" on Twitter, Tripp and her group of friends went out on a limb and formed strong connections with members of the GU men's basketball team in a great way.

Tripp and her friends had been previously doing Zoom calls with each other around when quarantining from the pandemic started, as they live in different parts of the country.

Tripp said one of her friends saw a photo on Twitter of a child with a birthday cake with former GU men's basketball player Jeremy Jones' face on it. As a running joke, her friends had told her they were going to do the same thing for her, and after one of the Zoom calls, Tripp messaged Jones to see if he would want to join the Zoom call, and he eventually did.

"I didn't expect much out of it," Tripp said. "He was totally in."

At that point, Jones had been living with former Zags Killian Tillie and Rui Hachimura, along with current Zag Joel Ayayi, and from that point on, a snowball effect was

put into play, and on April 7, the first Zoom call with Jones, Tillie, Hachimura and Ayayi began, and the rest was history.

"Every week, I threw it out to whoever, messaged a whole bunch of players and people were just willing to do it," Tripp said. "We didn't really expect it, but it's grown."

Another former Zag that has joined Tripp and the friend group in the chat is Eric McClellan. At one point Tripp said McClellan had become a regular attendee of the Zoom calls, and McClellan has enjoyed being on the Zoom calls every time he is asked to be on.

On his first appearance, McClellan had the intention of staying on the call for only 30 minutes, but as time flew, McClellan ended up staying on the call for 3.5 hours.

"They have a great thing going with those Zoom calls and I'm so glad they welcomed me with open arms because I had a blast every time," McClellan said via email.

McClellan said his favorite parts about joining the Zoom calls are getting to know the women on a personal level and the openness and vulnerability that they possess with their guests. He also said he has gained so much respect and has so much admiration for Tripp and her friends for hosting the Zoom calls.

Tripp expressed similar sentiments as McClellan when saying her favorite parts of the Zoom calls is hearing about the players' personal lives.

"Most of these guys would hang out or be on the Zoom call for at least an hour and a half with us," Tripp said. "It just really shows you that the Gonzaga community is super strong and really open and it means a lot to these

guys

Most of the time, Tripp reached out to the different members of the men's basketball team via social media. During each meeting, all seven women repeatedly come back and change the guests on a weekly basis. Three women in the group are GU graduates, and the remaining members are connected to GU in different ways. Everyone in the group either has season tickets or travel together and go to away games.

Tripp is a Spokane native who attended Washington State University. She was drawn to Gonzaga when she moved from Pullman to Spokane, and her boyfriend at the time went to Gonzaga, and went to games in the early 1990s. After experiencing the 1999 season, Tripp said once GU basketball became big, living in Spokane became an easy transition for her.

Even when times get tough, Tripp and her friends were able to take a shot at getting to know a team they love, and the connections they have been able to form with the GU and Spokane community do not go unnoticed.

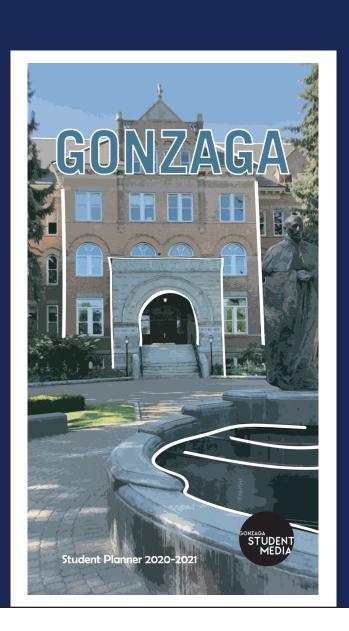
"That's become our connection now with these people and our friends and traveling, and so it's just really become this huge part of our life," Tripp said. "I've met a lot of people off of Twitter that have become my friends because of Gonzaga basketball. It's a very tight knit small community. I like it."

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

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The Gonzaga Grind

Basketball teams find creative ways to stay in shape despite COVID-19 restrictions

By NOAH WONG

ith the West Coast Conference (WCC) delaying its fall season, Gonzaga athletes will not be able to face their opponents just yet. But they will have more time to get in shape for the season and get back in the gym, something they were not able to do this summer with local gyms, fields and courts closed due to the coronavirus pandemic.

Without access to workout equipment in gyms, athletes were limited to what they had-mostly their own body weight-to maintain their strength and fitness.

"We were able to send them some bands, jump ropes, things like that where they could use a minimal amount of equipment," said Travis Knight, strength and conditioning coach for GU men's basketball. "But most people didn't have access to a gym or a basketball court unless it was an outside court, so it was very limited."

The athletes' voluntary workout programs consisted of lunges, pullups, pushups, balance, mobility and flexibility exercises, as well as conditioning and running. But modeling the energetic and encouraging practice environment was difficult without the presence of teammates.

"They just missed their teammates," said Mike Nilson, strength and condition coach for women's basketball. "Basketball is such a team sport and so much of it is relationship based. It's really hard to replicate that by yourself, especially when you're not really sure what you're training for, when the next thing you have to do is. What they were really missing was just a community that comes with being on a

While the workouts were voluntary, athletes were able to ask their trainers questions or share their comments, similar to when the drills were especially grueling during practice.

Even as athletes return to campus with the start of the new school year, the NCAA, WCC, GU and Spokane Regional Health



CHIANA MCINELLY IG: picsbychian

Gonzaga basketball's workouts have no more than five people practicing at a time due to COVID-19 safety protocols.

District (SRHD) pandemic guidelines still restrict athletic teams from hosting normal practices. Athletes are limited to practicing in groups of five, social distancing while in the same vicinity as one another, having their temperatures taken and filling out health surveys to ensure that they are not exhibiting coronavirus symptoms. After all workouts, meticulous cleaning takes place to reduce any chances of transmission.

"It wasn't anything like what we would normally have in practice, but at least the new guys got to learn how some of our workouts look and just learn how some of the offense works," Knight said.

In addition to adhering to the SRHD pandemic guidelines in place, athletes and trainers had to follow NCAA and Next College Student Athlete guidelines when restarting training after having prolonged time off.

"Now that our ladies have been training for long enough, they're ready to go," Nilson said. "I'm assuming that we're going to start practice in October and we'll take it day by day. That's how I'm training them until I hear otherwise."

Delays and uncertainties with all of the athletic seasons have kept the trainers on their toes, with guess work on the malleable dates' athletes need to be game ready. Athletes aren't able to play their sports yet, so it has given them more time to build their strength and get in game shape, benefiting the players who still need extra time to develop. While these physical

characteristics can be improved on, the lack of game scenarios or drills resembling game time events hinders athletes' abilities to work on positioning and put the strategic facets of their games into play.

'Until we can play basketball and guard each other, and do all the things that you have to do in basketball, we just work on the other skills that we are cleared to do," Knight said.

Our players have done a really good job of being responsible and being motivated. They've done a good job of handling the ups and downs of the emotions of all of this," Knight said. "I think they're ready to have a great year."

Noah Wong is a staff writer.

New sports media course innovates GU's Integrated Media Department

By LILLIAN PIEL

Sports media is being offered as a course for the first time ever at Gonzaga this semester, but it will continue to be held consistently in subsequent fall and spring ers as long as an adequate enrollment nun

The new class combines both journalism and public relations perspectives to give students a better understanding of the connection between sports and media. Students will also learn the necessary skills for sports writing from this class.

"My goal with the course is a few things, one of which is for our students to gain a better understanding of the relationship between sports and media and how they are very much connected," said John Collett, who teaches the sports media class and is the director of public relations for the Spokane Indians, Spokane's Minor League Baseball

"It would be really hard to be a sports fan today at least with most professional college teams if there wasn't some role by the media."

Sports media is an updated version of a class the integrated media department used to teach and used to be more closely connected to the broadcast department, said Susan English, associate professor and chair of the integrated media department.

There had been some discussion with the sports management department about a sports public relations class, because some of the students wanted to pursue a career in sports media.

The sports media class came to be after English

approached Collett about the class.
"The stars lined up for us last year when John Collett joined our faculty full time," English said.

Collett worked as a broadcaster at KHQ, where he did everything from anchoring to creating sports news

I want to encourage our students who want to work in sports to really have a good foundation to go out and get a job in four years.

John Collett, lecturer of the Integrated Media Department

packages. English said Collett was exactly the right fit to teach the class since he had all of the skills necessary to combine a variety of sports media topics into a single class.

Collett said the sports media class is a great opportunity for students to engage in a dialogue, since both journalism and public relations majors are enrolled in the class. He also said a lot of the learning in the class will be done through the projects students will complete.

Students will work on projects such as creating a preview story, live tweeting a game and writing a post-

They will also get to participate in fantasy football and create social media posts about their fantasy football choices and results.

"Another one of my goals for the course is at the end of it, I hope those who want to work in sports are affirmed

that this is definitely a career path that [they] would like to do and those who are kind of on the fence have a better sense of what it's like to work in the industry," Collett said.

This semester's class filled up quickly and has a long waiting list as well. English said the department is working make it a permanent part of the curriculum as an upp division elective, and as expected, it is hugely popular.

"This meets all of our high expectations of a brand-

new course," English said.

Collett said another aspect of the class that will be beneficial for students is the guest speakers.

"One of my goals is to bring in a bunch of different perspectives," Collett said.

Students in the sports media class will get to hear from a sports journalist who is a beat writer, some of the sports information directors for GU and the videographer for the NFL team the Carolina Panthers. Collett also mentioned how many professional sports teams have their own newsroom. This creates more opportunities for journalism and public relations jobs and is another piece of the conversation about sports media and careers in

"I want to encourage our students who want to work in sports to really have a good foundation to go out and get a job in four years," Collett said.

English also said students in the sports media class will learn all the necessary skills of media creators—how to recognize what makes a good sports story, how to write feature stories, and how to determine what people want to hear about in the world of sports.

"They will absolutely learn how to do sports from both a PR viewpoint and a journalistic viewpoint," English said

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

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Picking up the clipboard

Former Zag Keani Albanez hired as assistant coach for hometown community college men's team

By SAMANTHA DIMAIO

t took her awhile to get back, but Keani Albanez has returned to the beach that she calls home. In August, Albanez officially became the lead assistant coach for the men's basketball team at Santa Barbara Community College, making her one of the first female assistant coaches for men's basketball in the California area.

Albanez, a native to Santa Barbara, played for Gonzaga from 2011 to 2015, but it quite literally wasn't as far as her basketball career would take her. She played professional basketball overseas for nearly five years, playing primarily in Egypt, but also in China, Greece and

Despite her close proximity to various world wonders during her tenure abroad, Spokane remains Albanez's favorite place to play away from home.

"Playing at GU was like a once in a lifetime experience and you never really understand it when you're going through it," Albanez said. "I miss it so much."

According to GU women's basketball head coach, Lisa Fortier, Albanez didn't often have a bad day on the court. If she did, she always put in the extra work to redeem herself, whether that meant having more drive defensively or staying late after practice to get some extra shots in. She was the kind of player who went down fighting and never quit.

"She was really fun to coach," Fortier said. "She has tons and tons of energy."

Albanez attributes a lot of her success to GU. It all started when Fortier recruited her. Once she graduated from GU in 2015, she knew she wasn't done playing but wasn't sure she wanted to go to the WNBA. The only other outlet for female players is playing overseas, so that's what she did.

"I knew that I could evolve more, and I wasn't at my peak or my highest performance level," Albanez said. "So I was really excited to get going on that and expand my game and be more versatile again."

Besides eventually sending her on to a professional career in basketball, GU helped Albanez overcome a learning disability she had been struggling with since she was a kid. GU's small, personal campus made it easier to find support for her dyslexia; the team and staff were a major part of her success as well.

Up until college, Albanez was constantly in summer school, taking extra classes and meeting with tutors just to reach the bare minimum.

"It was just a horrible experience," Albanez said. "But Gonzaga totally changed that and now I'm actually going back to get my master's and I never would

have ever thought that in my entire life."

Not only did she face obstacles with her dyslexia as a kid, but she also ended up sacrificing a lot of her childhood because of the demands of the game. She played



Albanez joins a niche group of women to have been assistant men's basketball coaches in the California Community College Athletic Association.

for one of the top club basketball teams in Santa Barbara and was ranked No. 1 in the nation as an eighth grader.

She was always working to be the best of the best but considered quitting a couple times when she didn't live up to her own or other's expectations. Looking back, she realized how irrational it all was.

Considering her father has been a basketball coach for a club team in Santa Barbara for decades, Albanez first started playing basketball the moment she could walk, and she grew up playing with boys. Now, at 27-years-old, she has found unbounded success - not because she has played at a nationally-ranked college, or because she has played professionally overseas or because she earned a breakthrough coaching job, but because she is constantly doing what brings her joy.

"My goal is just to be happy with what I'm doing and stay passionate for it," Albanez said. "If it's coaching, it's coaching. If it's training, it's training. If it's being a mom, it's being a mom."

Head Coach Engebretsen has now offered Albanez her first opportunity to pursue her burgeoning passion. For the Vaqueros program, Albanez presence brings a swift combination of experience and enthusiasm, as Engebretsen looks to bring an invigorating atmosphere to SBCC.

"I wanted to bring a female in so that some of our guys get a perspective from females and learn about respecting women and being able to take direction from women," Engebretsen said.

Albanez is in charge of agility, footwork and conditioning, but she is taking her duties to the next level. With COVID-19 still an ongoing threat, Albanez has turned to technology by leading team discussions and posting videos of herself performing a

drill for the players to repeat. Apart from the technique of the game, Albanez is also involved with the recruitment process.

"She's way ahead of a lot of coaches in terms of experience," Engebretsen said. "She's so energetic and just really positive. It's like she has this infectious vibe where you want to be around her all the time... but she's also demanding... she's encouraging and fun, but she also knows her craft so well that all of our players get an immense learning curve out of what she's teaching."

Engebretsen said there are four general areas in which Albanez will help to improve the SBCC men's basketball program.

The first is simply helping the players develop their ball skills and game play. Second, her dedication to academics will encourage the players to work hard themselves to receive good grades. Albanez knows what kind of grades and effort it takes to get into a Division I school, and she will set an example for the players looking to transfer with a scholarship

The third area Albanez will help to improve involves her desire to give back to the less fortunate, especially in a way that uses her own passion. She has coached at many children's summer camps and even has her own basketball academy at a nonprofit in Santa Barbara called, Page Youth Center. Her eagerness to help those with fewer opportunities in life will help the SBCC players develop as people.

And fourth, Albanez will be exceptional at recruiting players. She has many connections in the area already, and even more outside of Santa Barbara.

Albanez has only just started coaching at SBCC, but Engebretsen already sees her success and views her as a prominent lead on the team; she is more like a co-head coach than an assistant coach.

"She does her thing," Engebretsen said. "I don't have to go over there and oversee it or anything.

Engebretsen knows that he will only get to work with Albanez for a few years because she is bound to move onto bigger things, but that is part of his goal. He wants to train Albanez to be an excellent coach and send her off to her next adventure. As of now, though, Albanez is content being close to home and making a living doing something she loves.

"I feel like I've really come full circle at this moment in my life," Albanez said. "To really be able to give back, make a living for myself, and do what I love and what I'm really passionate about, I feel like that's my biggest success. Then, I get to share it with my friends and my family. I feel like that's just success in itself... To get to here is just... I'm on cloud nine right now."

Samantha Dimaio is a staff writer. Follow her on Twitter @samantha dimaio.

Finding the right links

Spokane golf courses have gained traction among the GU student body since quarantine

By COLE FORSMAN

■inding ways to stay active during a time of quarantine and lockdown can be challenging. With gyms only open to a certain extent, home workouts have been increasingly popular, but those are not always effective. Trying a new sport can be fun, but social distancing has seemingly nixed out that idea.

Well, maybe not actually.

"A lot of people are taking up golf because they can't do anything else," said Doug Phares, general manager and head pro at the Indian Canyon Golf Course in Spokane. "It's a weird phenomenon."

Phares began seeing new faces on the fairway right after Indian Canyon was able to open on May 5, over a month later than it originally planned.

"Our junior programs have been off the charts because there's nothing else for kids to do," he said. "It's been great." All of this has been made possible with newly enforced

guidelines and safety protocols that the course has put into place. Hand sanitizers have been placed at all exits and outside of restrooms, while all high-touched surfaces are cleaned every two hours. On the course, shareable items such as ball washers, benches and rakes have been removed to limit the spread of germs. Even grabbing a golf ball out of the hole has been modified.

We have boosters in the holes that keep the ball from falling in so far, so you don't have to remove the flag," Phares said.

Tee times have also been spread out to every four to five minutes for twosomes, while foursomes are only allowed if they are from the same household. Single players are encouraged to play with each other but are not required.

Access to the driving range has also been changed, as players who have a tee time within 30 minutes are allowed into hitting areas while keeping a 10-foot distance from others

"Golf is pretty good for social distancing," Phares said.

"People are accustomed to what they're supposed to do." While there are not many risks involved on the green itself, Professional Golf Association (PGA) tournaments still pose safety concerns, resulting in many cancelations and postponements. The Indian Canyon Golf Course was slated to host the Franz Bakery Pro-Am at the Rosauers Open in July, but that will no longer be happening. The Rosauers Open Invitational has also been cancelled, which was also supposed to occur in July.

'We're back at it next year," Phares said. "2020 is almost

a lost year for that kind of stuff."

Despite no PGA events, the Spokane City Golf Championship was held during the last weekend of



BULLETIN FILE PHOTO

The Spokane City Golf Championship this August was a testament to the game's increasing popularity among college students, with a handful of Zags participating in the event.

August. The three-round event featured a few Gonzaga University participants, including Cole Heinsen, a junior majoring in management information systems.

'It was a good time out there, especially playing with all of my good buddies and watching them play," Heinsen

Heinsen, who enjoys playing at courses all over the Spokane region, has also noticed the game's growing

"Courses are more busy than usual," he said. "But not

so bad that you can't get a tee time." Most GÜ students will spend their time at the driving range or putting greens, according to Phares, especially during the summer. The beginning of May would normally bring in a lot of seniors and their parents with graduation around the corner, not this year. But with school starting, Phares expects to see students back on the fairway.

Members of the GU men's golf team also make regular appearances at the course, usually right before their season starts.

"We see those players a lot," Phares said. "We have an arrangement with the team on the practice range, so I see them frequently out here."

However, with a bleak forecast on the outlook of Division I fall sports this year, Phares doesn't expect the same turnout from the GU team like he has had in the past, with the exception of a few players every now and

"They come up and practice, just not as a unit," Phares said. "Maybe two or three of them at a time, it's not a formal thing at all."

With a majority of sports suffering through what feels like an endless shutdown, golf has been able to thrive under unprecedented circumstances, as people have started taking up the gentlemen's game for fun.

Cole Forsman is a staff writer. Follow him on Twitter @CGForsman.