S.U.B.'s dearth of gluten-free options prompts negotiations

By KRISTIE DUTRA

Concerns about food allergens in the dining and Conference Services (D&C) because people tend to have combinations of dietary restrictions rather than single allergies. A lack of awareness, rather than a lack of gluten-free products, is also lactose-intolerant and cannot eat animal products. Tropical University's C-Spot as inspiration. "The promise of gluten-free, vegan options was a really big factor in my decision to attend Puget Sound," Casas said. "The school should be honest with prospective students.

"If you are a conservative and having sex, then don't read it. Just like if you don't like conservative, or are at least interested in politics, you might be a few people on campus that like sex, or are at least interested in it," Callahan said.

"We are happy for you." Casas said. "If you are a conservative and having sex, then don't read it. Just like if you don't like conservative, or are at least interested in politics, you might be a few people on campus that like sex, or are at least interested in it," Callahan said.

"Our requirements will be to be respectful, and not to be vulgar, which does not equate to 'do not be explicit.' We are not trying to censor, but we are trying to be respectful to everyone on this campus," Chambers said. "We've been in communication with editors of those publications, and they were super enthusiastic about what we're doing," Chambers said. "We had some people at our ASUPS meeting that were concerned about the perceived 'liberal spin' of this publication. Yet while this is a more progressive publication in that it is inclusive and that there is no public place for the dialogue, it is not a liberal publication. If you are a conservative and having sex, we are happy for you."

"We wanted to start an open, comfortable and safe discourse for these topics on campus because we feel that they are often silenced, ignored or only depicted in mass media representations that can be damaging to individual identity."

"We're not marking them up," she said of Flying Apron cookies. "I was just looking for something nice—a treat."

There are few broadline distributors of gluten-free products in the Puget Sound area, and Puget said it is not feasible to buy single items from the grocery store. She looks for vendors that are local.
students have had their food pre-taught me everything they know peculiar meal preparation. facilities that are convenient for reg -the dorms do not have kitchen fa-

who live on campus, and many of mandatory meal plan for students There is no way to opt out of the
servative, lackluster meals in a dining

year. She is tired of eating expen-
sion semester of her freshman

features e ditor...................................................................................Jack t odd

students have had their food pre-
pared for them for 18 years and have no idea how to do it." If the University continues to insist on assuming this parental role, DCS will have to adjust its practices for a world where serious food aller-
gies are commonplace. Many S.U.B. student work-

ers still are not aware of the pro-
cedures for serving people who have celiac. The line jam up eas-
easily when a S.U.B. worker has to be walked through the process, or when the server has to dig up an ingredients list to find out if the broth used to cook the entrée was gluten-free.

Ted Oja, a gluten-intolerant freshman, said he has experienced the effects of consuming gluten after eating a S.U.B. meal that he thought was gluten-free. Casas expressed a distrust of the gluten-

free menu icons, which she said are not always correct. Flood admitted that a break-
down exists in the communica-
tion chain, but she is not sure where.

"Bear with us," Flood said. "We hear you, we understand; but it’s like turning a ship around. Change like this is incremental." Suggestions for improvement include making DCS more acces-
sible through social media, better training for S.U.B. student work-
ers and online menus searchable by their list of dietary restric-
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tions. "I’m lucky because my parents taught me everything they know about cooking," Casas said. "Most students have had their food pre-

and sustainable, but such compa-
nies are few and far between.
The reality is that gluten-free food is much more expensive when it is not prepared at home. The procedure for serving gluten-
tolerant students involves more time, extra supplies, extra packag-
ing, special equipment, separate storage and special ingredients.

"Ideally we would have an aller-
gen-free station," Flood said. But that’s unlikely because it would require a total renovation of the S.U.B. and a special gluten-free kitchen. "There’s a difference be-
tween gluten-free offerings, which we have, and a gluten-free envi-
ronment, which we do not have," she said.

Despite DCS’ efforts, Casas is seriously considering moving to an off-campus house for the sec-

The Trail is an independent, student-run organization funded by ASUPS. The Trail seeks to produce a credible weekly newspaper that serves as a comprehensive source of information relevant to its readership. The Trail acts as an archival record for the university, serves as a link between Puget Sound and the greater Tacoma community and provides an open forum for student opinion and discourse.

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The following incidents occurred on campus and were reported to Security Services between November 29 and December 5:

Security Report

Drug Violations During the week, Security responded to two complaints of marijuana use in a university residence halls. Students were contacted in one of the occurrences.

Alcohol Violations There were no alcohol policy violations reported during the week.

Malicious Mischief/Vandalism Several vehicles parked on Union Ave near university housing were found covered with a white powdery substance believed to be flour.

Reported Thefts During the week, three bicycle were reported stolen. All three were secured with a cable style locks.

A student reported his vehicle was broken into while it was parked in the

At the beginning of the semester.

Middle-right: Football players enter the field for their game against Occidental. They did not win a game this season.

Bottom: Students participated in the 10th annual Town Crier speaks festival.
Black Friday encourages violence amongst shoppers

By CAROLEA CASAS

Since I was old enough to spend my allowance on Christ- mas gifts, my mother and I have gone Black Friday shop- ping. Personal story: I’ve always found the idea more exciting in theory than in action.

I never know what I’d like to buy my friends and family by Thanksgiving. Christmas may be my favorite holiday, but it’s still a way away from Thanks- giving, especially for someone who stresses over spend- ing money as much as I do. I have to really want something to make the purchase. And if it’s for someone else, it had bet- ter be perfect. Needless to say, tradition or not, my mother and I have never been women who join the masses of people camp outing in parking lots for days in advance to procure a toaster oven at 50 percent off.

Even this year, as my mother and I arrived at a Target in So- Ca during ten minutes after midnight, only to see the longest line we’d seen in years, we were in the store less than ten minutes lat- er and the absence of shopping prob- lems politely finding and paying for our discounted products.

As a single person, I chose the adjective ‘politely.’ It isn’t, I assure you. I may not understand the dedication, but if it pleases, I have no prob- lem politely finding and paying for our discounted products. It really isn’t something that’s my at home in the holiday with violence.

Yet the next morning as- ter naps and snacks, I sat on the couch with my family— puzzled, amused and a little shocked as the local news re- vealed that a woman (apt- ly labeled by authorities a ‘competitive shopper’) had pepper-sprayed 20 shoppers to get to the Xbox section of a Wal-Mart.

LAPD, after reviewing sur- veillance tapes and speaking with eyewitnesses, has recog- nized the possibility that mob mentality and a fear of being trampled may have driven the woman to attack unsuspecting holiday shoppers. However, it seems likely that her intentions were simply to get her hands on a gaming console, considering that she grabbed one and made a bee-line for the cash register as those around her fell.

The Black Friday madness didn’t stop there, though; 226 million people shopped this year. According to a report by Hayley Phelan on Fashionista.com, one of those people was shot and mugged for his pur- chases, one was stabbed out- side a Macy’s, and one suffered death from heart-related prob- lems, only to be stepped over by his fellow shoppers.

At a Wal-Mart near Lit- tle Rock, Ark., a mob of en- trance shoppers beat their way through to a display of $2 waffle makers. A video on YouTube shows shoppers claw- ing and kicking and pulling at one another, audible squealing and screeching coming from the throng. One woman with her back to the camera even seemed to be losing clothing in the struggle. Near the end of the 48 second clip, she can be heard down- abscinding with at least four of the coveted waffle mak- ers. I ask, sincerely, does your kitchen need four of those? It would seem by the size of the crowd that the wom- an’s friends couldn’t possibly need them as gifts, as all of Ar- kansas appeared to be there.

Even the commercials for Black Friday seemed overly ob- noxious this year. I have seen very little television since mov- ing to Tacoma, and I can’t say I was overjoyed to see the weepy, neurotic depiction of a Target shopper gearing up for the big day that formed the backbone of the corporation’s Black Fri- day campaign. The red track- suit clad crazed shopper almost made me want to skip Target’s sales altogether.

I hardly see the need for these shenanigans. You need a waffle iron? Buy one. But don’t wait until Black Friday that you can have the six waffle irons he just bought? Go apply for a job and see if you can buy your own. And for good- ness sake, someone stop airing those obnoxious commercials.

They are awful.

Atheists target of discrimination

By ZANE MULLER

I consider myself an athe- ist. Without venturing too far into hairy theological ter- ritory, suffice it to say that I think atheism is a more robust position to take than agnosti- cism, as it closes the backdoor cop-out of ‘maybe’ and allows one to free-fall through the existential rabbit hole with minimal drag.

Holding this view (and pub- licly expressing it) has many repercussions. In my case, it’s for the prejudice. The Texas state constitution, for example, de- nies anyone who does not be- lieve in God the right to run for public office, and six other states have similar provisions.

Why are there hardly any atheists in office? Because so many Americans view athe- ism with suspicion, if not outright hostility. In a 2006 study, over 40 percent of re- spondents described atheists as a group that “did not at all agree with my vision of Amer- ican society.” Of course, some states go so far as to codify the prejudice. The Texas state constitution, for example, de- nies anyone who does not be- lieve in God the right to run for public office, and six other states have similar provisions.

People often conflate god- lessness with immorality, but the prejudice to be said for acting ethically with- out guarantee of ecclesiasti- cal prizes. The concept of ‘God’ is theism is not even a part of the argument. It’s as if being an atheist means you’re just a bad person.

I’m simple not enough of a bad person, and not bad enough of an atheist, to live up to expectations. I’m just not a believer.

As an atheist, I have been ostracized and marginalized by mainstream society.

Prejudice: Non-believers for too long have been stigmatized and marginalized by mainstream society.

Want your opinion to be heard?
If you have a strong reaction to an article, e-mail it to trailops@pugetsound.edu, or visit our new website at trail.pugetsound.edu and share your voice with us. We will select responses each week to publish in the next issue.
most western religions seem to me to be as much about compelling people to behave as teaching them right from wrong.

It may seem churlish to claim that atheists face discrimination in a society that broadly guarantees freedom of religion. But discrimination exists even where it is not codified—who’s black, who’s white, who’s minorities or non-heterosexual. The fact that so many atheists are unwilling to advertise their beliefs points to the sort of slippery prejudice that characterizes oppression by a silent majority.

This needs to change. The more atheism becomes mainstream, the closer we will be to a world where valid religious beliefs and policies reflect reason and humanity more than habit and superstition. Happily, atheism is on the rise, as is tolerance of it—a 2009 survey of religious identification found that in the prior 18 years, people claiming “no religion” was the only demographic group to have grown.

But while the needle is moving in the right direction, an ansicinity of dead ideas persist. It’s an egregious hypocrisy for a nation founded on the principle that it’s impossible to state to position itself “under God” in its pledge of allegiance and yet allow minorities or non-heterosexual individuals to change it—a 2009 survey of policies reflect reason and humanity more than habit and superstition.

The problem lies within the misconception of a college education. Our culture and our parents forced us to believe that college must happen immediately after high school, and some students are finding that they’re just not ready.

There are various authors, artists, icons and revolutionaries who have dropped out of college or not attended at all, thus influencing our generation to follow in their iconic footsteps (Jane Austen, Jean Parker, Humphrey Bogart, Stanley Kubrick, Walt Disney, Albert Einstein...the list goes on). And admittedly, those icons found success early on and were able to base their lives on dogma in so many public school science and sex-ed classes.

So if you don’t believe in a supreme being, say so, and not just in front of your stoned queer-loving left coast compadres. If you want to change attitudes, do so. Large scale you can’t be content to lurk silently from the fringe and bash in the smug concreteness of the like-minded.

By CHELSEA NOACK

If Thiel is doing this in hopes of finding another Steve Jobs, the amount of pressure on those 20 scholars will be uncompromisingly high. Not to mention that every single one of those scholars make of, and the fact that Thiel hopes to push for technological innovation creates boundaries for students who want to use that time and funding for something just as spectacular, but not necessarily technology based.

And I wonder, what is the foundation that it gives a greater emphasis to the type creative thinking that propels the human race forward? But isn’t that what we’re in school for? It seems that the concept of an idea is the propulsor of society—driven by the hefty amounts of home-work and limited freedoms associating the students to education. We can applaud the insurging of dead ideas perpetual student loan debt had was a major factor.

When it comes down to it, may it be our culture and our parents that attending college immediately after high school is not crucial or mandatory. If not, students may become enthralled with the idea of traveling and working on a farm instead of cramming themselves up in a library for a course for which they were not prepared. With this change in perception, the future of America could look very different indeed.

By ANDREW LUTFALA

If anything, high school students should know that it’s okay to take a year or two before an education. It should be taught from college getting a degree, landing a job, experiencing some life, getting married, and then creating that same life for our children. I would like to believe that the students at the University of Puget Sound are given the freedom of deciding whether they’ll do the “Little Boxes” system that enforces us to attend university in suburban homes with only sweet, intellectual memories left behind.

If that is the design of this institution and the training of its students, then I am not part of the creative thinking that propels the human race forward.

Societal expectations to blame for college dropouts

Inter racial marriage ban indicative of lingering racism

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If that is the design of this institution and the training of its students, then I am not part of the creative thinking that propels the human race forward.
By ED SIZZURPHANDS

Citing the as-of-yet-unnamed quota for one Greek Life article per semester, Stumpy Joe Dargoniw, editor of the Combat Zone, assigned his writing staff an article aimed at the flaws of Greek Life at Puget Sound.

In the ensuing brainstorming sessions, the writing staff sought not to help but avoid running over easy, stereotypical articles with pieces on reckless drinking and drugging. The writers almost wrote "Sorority Girl Officially Hides Hair of All Akin Sisters," but later "Drunks Boro Figh, Pass-Out, Son as Alcohol Tales Hold" and decided both these were probably, and neither of the articles did justice to Greek alcoholism.

The writers then turned to reckless sex and were halfway done with "Why Bros Show their Junk in Odd Places" before "Drunk Sorority Girl Defends," and after "Respect from Frat Boys Before Putting Out" changed up the game.

But it was clear how could a group of young writers respect themselves if they did not at least give due to that subtle mystery of initiation. "Phi Delt Bathing Prac- tice," "Evil Basso" and "Who Turned Off the Lights?" Boy, will Flashlight be Cold, which would have to be a notification to the initiation system over the course of four weeks. But no writer was interested in putting his own ass on the pledge line.

"Socrates does kegstand," or, "Greeks facing beer austerity measures" were also discussions that were probably passed up. The writers then began to probe into the deeper questions of Greek life. Writers began to question whether Greeks would devote time and money to something that actually achieved nothing. Is $600 better spent on several well-con- structed friends or on 40 idiots who, like children, follow you blindly, giving you a blasted sense of your own power and importance?

Do Greeks really think that the connection they have with mem- bers in their house will get them more jobs when almost all adult business owners know the negative stereotypes of the Greek world? Who are, who in God's name, sells roof- tiles to frats?

Ultimately, the writers were com- pletely stumped by these questions, mainly because they could not find any logic in the action of the subjects they attempted to describe.

Once out of jokes, one writ- er took the initiative to write what he described as a "meta-article, or some bulls**t like that. I don't care."

At least one person on a phone every effin' moment of dinner

By BARTLELY SCRIVENER

On Monday, over dinner with friends, junior Emmett Tillamook came to the realization that not a minute went by that one of his friends was not looking at a phone. The epiphany was followed a further feeling of dis- connection with his fellow humans.

The dinner, which occurred on the second story of the S.U.B., began with actual human interaction. Emmett regaled his three friends with a story about running into his ex-girlfriend at a party. The 'vibes' be- tween the four friends were reported as "good."

But that would soon change. As Emmett's story neared its cli- max, Emmett's friend, colored destroyed.

Emmett's story included a phone on the table on the phone. "She started giv- ing us content for the message she sent," Emmett said, "and I was like (da da) talking about how Robin is this and that and blablablablabla. And, as if on cue, the moment the glow dis- appeared from Mirandah's iPhone, Johnny Spicolini, junior, "reached into his pocket in haste and started reading a text message on his phone."

For the rest of the evening, Mi- randa, Johnny and Rebecca Gadbluck, junior, continued the dance of read- ing text messages, turning the four friends into a revolving three person conversation, with none of the conversations beginning or end- ing with the same set of listeners.

"I don't want to seem like a hol- er-thon guy, but if my phone vibrates during a conversation, I fig- ure it's not important enough to dis- engage him right person in front of me," Emmett said.

As the dinner came to a close and the four friends lifted up their trays and stepped out of the booth, "I looked over on the other tables of the S.U.B. and realized that one per- son on every table was looking on their phone. It's more disheartening and terrifying than the realization of the real world."

Emmett has said that ever since his discovery, he "feels out of place in this digitalized world, where the far- away and trivial are more important than the here and now, and people create bubbles around them and dig deeper into public displays of narciss- ism."

Despite Emmett's apparent dis- connectedness from the dinner, his friends were not able to understand his view as he always does.

"Emmett's a bit of a drama queen," said friend and tenter Rebecca Gadbluck, putting her BlackBerry into her purse. "She's from the ru- ral South Dakota and is a philoso- pher major. He has his etiquette and principles, which is bewildering, but I can be a bit more sensible... What was the question again? Sorry, I had to text someone about a group tour request meeting two days from now."

Midnight Breakfast should be at 7 a.m.

By PEARL KNUCKLESON

It's the end of the semester, and that means a number of things for the Puget Sound community. Papers need to be written, tests need to be studied for and reading period needs to have at least two awesome parties. This year, however, see the return of the infamous "Midnight Breakfast," and I, for one, am out.

Let me explain the ways that Midnight Breakfast is straight- up stupid. First and foremost, it's breakfast at midnight. Not only is it a deliberate attempt to shock the students into thinking that eating breakfast at midnight is "cool" and "hip," but it's also not that inspired. Getting drunk on warm Natty Light and shoveling breakfast food down one's gullet already existed before Midnight Breakfast. It's called "go- ing to Denny's." Denny's sound fun now, does it?

However, I find many of the oth- er events at Midnight Breakfast to be interesting, so my solution for fixing Midnight Breakfast is simple. Change the time from midnight to 7 a.m. Research has proven that a majority of Western civilization believes that breakfast food should take place between 7 a.m. and 10 a.m.

One of the added benefits of moving breakfast to 7 a.m. to the morning would be a smaller num- ber of drunken students. Grant- ed, there will always be drunk students at these events, but this change would both weed out the amateur drinkers coughem- cough from the true partiers.

In the opinion of Midnight Break- fast would be better off for every- one involved if it was moved to the morning. That is, unless the cam- pus community is okay with Puget Sound being known as "The IHOP Institute of Midnight Breakfast and Poor Decisions."
Medical Marijuana:

By MARINA BALLERIA

Kittredge Gallery has been displaying student art since Nov. 14, greeting visitors with a bundle of black plaster hands hanging from the ceiling, a six-foot-tall wood en structure resembling a kaleidoscope, and a gown of stitched black plaster hands hanging from it. The rooms are packed with prints, paintings, multi-media installations, films and ceramic constructions, all of which are the results of contrasting activities bringing to mind a quote from Bar- graph: watercolor and Sumi ink. These contrasting activities bring to mind a quote from Bar-

Kittredge Art Show emphasizes quality of students’ work

By ANDREW KROVEL

tions cannot be assured that they will not come under federal investi-
gation, and supply chains often remain well hidden. The non-
monetary social costs of such policies are difficult to calculate, but Beck-
ett and Herbert indicated that these were significant factors in the harm
carried by the policy stance of the Department of Justice.
Beckett and Herbert concluded that their findings indicated
that the choice comes of medical marijuana does not measurably reduce mari-
juana use or any harm that may be associated with the drug. The is the most
treatment regimen con-
versely, popular with applicable state laws.
However, the enforcement of marijuana laws stems from the need to cover up illegal activities concerned with the affect it has
ternalized as the grey area of the co-op. The drug's nationwide remains as uncer-
tised due to its usefulness.
Relief: The Cannabis Club Cooperative provides marijuana to patients with legitimate prescriptions.

Laws, Co-ops, and Users in Washington
The Los Angeles Times report-
ent—and interest in the-legalities of the drug-
aid that her son had autism.
She constantly looked for ways to help her son but could find none."

"Determined, Foster said, had thought it was her fault that her son had autism."

Prof. Foster speaks: Resolute family and ‘Fragile X’ gene

By DANI SAGE

On Tuesday, Nov. 29, Professor Robin Foster presented a lecture dis-
cussing on the story of a family that caused a specific genetic mutation called Fragile X, the gene that causes mental retardation and autism.

In this particular family there are five sisters who are all carriers of the Fragile X gene. Three of the sis-
ter had children, all of whom have a 50-50 chance of inheriting the gene, which can worsen as it is passed on. The opportunuty this family pre-
vented to the scientific commu-
nity was enormous, because they were able to map how the gene was
medicate on school grounds or at school events. The family can face the same sanctions as recreational users if caught. Under the campus-wide policy state-
ment reads, "The University of Puget Sound prohibits the unper-
sonalized possession of marijuana or psychoactive substances by students, faculty, and staff on uni-
versity premises or as part of any of its activities. This Alcohol and Drug Policy is intended to meet, as a mini-
umum, the requirements of all applicable federal and state laws."

The Mormon faith-smoking is an endeavor often fraught with risk. I did not talk to any patients living in the image of a diabetes, as they are medical marijuana patients can-
not be an efficient use of limited federal re-
sources. The guidance regard-
ning resource allocation does not "leg-
alize" marijuana or provide a legal defense to a violation of federal laws. In other words, safety from collat-
eral damage is not guaranteed. Pa-
tients cannot be assured that they will not come under federal investi-
gation, and supply chains often remain well hidden. The non-
monetary social costs of such policies are difficult to calculate, but Beck-
ett and Herbert indicated that these were significant factors in the harm
carried by the policy stance of the Department of Justice.

The carrier of the gene—in this case the mother—shows few, if any,
symptoms. In this case, the gene led to a change in the mother's life,
because of Determined's genetic his-
tory, but the gene can come from ei-
ther the mother or the father. The is the most
treatment regimen con-
versely, popular with applicable state laws.
However, the enforcement of marijuana laws stems from the need to cover up illegal activities concerned with the affect it has

The future of legal medical mari-
juana nationwide remains as uncer-
tised due to its usefulness.
Relief: The Cannabis Club Cooperative provides marijuana to patients with legitimate prescriptions.

The current legal and medical challenges faced by patients suffering from autism and mental retardation are significant. Despite the advancements in medication and therapies, many patients and their families continue to face obstacles in obtaining appropriate care and support.

Prof. Foster spoke about the experiences of a family with a child who carried the Fragile X gene, the gene that causes mental retardation and autism. The family's journey was characterized by resilience, dedication, and a desire to understand and advocate for their child's unique needs.

The Fragile X gene, discovered in 1991, is associated with mental retardation and autism. It affects about 1 in 4,000 males and 1 in 8,000 females. The gene is located on the X chromosome, the sex chromosome that is present in both males and females. In unaffected individuals, the Fragile X gene is usually present in a single copy. However, in individuals with Fragile X syndrome, the gene is present in multiple copies, leading to an abnormal expansion of a repetitive DNA sequence called a CGG repeat.

This expansion causes a decrease in the production of a protein called FMR1, which is essential for normal brain development. As a result, individuals with the syndrome often exhibit symptoms of mental retardation, autism, and other developmental delays.

Foster discussed the social and medical issues faced by families with children carrying the Fragile X gene. She highlighted the importance of awareness and support for these families, emphasizing the need for continued research and understanding of the gene's effects.

The story of the Foster family serves as a testament to the resilience and determination of parents and caregivers in the face of such challenges. It is a reminder of the ongoing need for support, education, and advocacy to improve the lives of individuals with Fragile X syndrome and their families.

In conclusion, while the journey faced by the Foster family is unique, it is also a shared experience for many families around the world. The story of Fragile X syndrome serves as a call to action for further research, support, and advocacy to address the needs of these individuals and their families.
Basketball enters conference with perfect record

By ANGEL JOHNSON

The Puget Sound men's basketball team stayed in perfect form during their weekend of games against Pacific on Friday, Dec. 2 and Willamette on Saturday, Dec. 3. These games also marked the beginning of the Logger's conference season, making them 7-0 overall and 2-0 in the conference.

In the game against Pacific, the Loggers came out on top with a win, but Pacific fought for control throughout the game. Both teams had similar undefeated records, so it was important for the Loggers to win. The Loggers took an early lead, with help from senior Kaleb Shelton-Johnson. Pacific came back strong and attempted to take the lead, but it was useless against the Loggers' defense, and the Loggers beat Pacific 67-61. Shelton-Johnson led the Loggers with 17 points while senior Julian Fernandez (Enmundae, Wash.) added 10 points. Senior Anthony Gittens (Tacoma, Wash.) finished the game with 16 points and nine rebounds. At the start of Saturday's game it was clear that Willamette did not stand a chance against the Loggers. The only time during the game Willamette led the Loggers was during the first three minutes, but not long after, Gittens' layup would put Puget Sound ahead.

When halftime came around, the Loggers had a nine-point advantage against Willamette. At the beginning of the second half, Willamette momentarily came back into the game and closed in the point gap to catch up to the Loggers. However, the Loggers continued to control every aspect of the game and, once again, deepened the point gap between them and Willamette. They also forced 23 turnovers from Willamette, which helped them win the game 73-59. During this game, Gittens led the Loggers in scoring with 17 points and seven rebounds. Senior Edric Eberjuhe (San Jose, Calif.) also added 12 points and seven rebounds for the Loggers, while Fernandez and freshman Derek Jobe (Puyallup, Wash.) each scored 11 points.

It is already apparent that this will be an eventful season for the Logger men's basketball team due to their smart game play, both offensive- and defensively. This undefeated team will be playing their next game on Wednesday, Dec. 7 at Evergreen State.

Swimming second NCAA Division III team in standings at the Husky Invitational

By HANNAH CHASE

The Loggers faced off against fierce competition as they raced against club teams and collegiate teams this past weekend at the Husky Invitational that was held Dec. 2-4 in Federal Way, Wash. However, in the first two days of competition one Logger exceeded all expectations.

Junior Aleksander Jeremikj (Skopje, Macedonia/Novi) turned in a great meet in the first days of the Husky Invitational with a NCAA Division III “B” Cut. Jeremikj achieved his B-cut with a time of 58.19 in the 100 fly. He placed seventh in the event, which was the second highest individual Logger finish during the meet.

The top individual Logger finish was in the 500 free with sophomore Derek Frenzel (Moscow, Idaho) time of 4:40.93. It was the top time of all Division III swimmers at the Invitational.

Jeremikj and Frenzel also added their talent to the Logger men’s 800 free relay team alongside teammates senior Adam Ganzi (Cleveland, Ohio) and sophomore Teale Kitzon (Durango, Colo.). With a time of 7:00.14, the relay team came in fourth place. Kitzon and Ganzi also placed in individual events at the meet. Kitzon placed 14th in the 100 back with a 52.43 and Ganzi finished 21st in the 50 free with a 21.55.

For the Logger women, senior Kenzie Kitzon (Durango, Colo.) recorded the top finish with a 12th place finish in the 100 back with a recorded time of 59.25. Junior Tracey Wormwood (Elk River, Minn.) recorded a 1:07.32 in the 100 breast to finish in 21st place.

The women’s 400 medley relay team took home 12th place with a 3:58.74, and although the 200 medley relay team took 16th place, the Logger women were the top finishers among the Division III teams at the Invitational with a time of 1:50.82.

On the final day of racing at the Husky Invitational on Dec. 4, three Loggers earned NCAA Provisional Qualifying times. Jeremikj recorded his second B-cut in the 200 fly with a time of 1:52.07. He finished fourth and achieved the highest individual finish of any Logger in the meet. Kitzon also finished the day with a B-cut in the 200 back. He placed sixth with a time of 1:52.94. Wormwood recorded the one and only B-cut for the women’s team at the invitational with a 2:23.93 in the 200 breast. She placed ninth, which was the top placing for the Logger women.

Sophomore Caitlin Fuller (Tacoma, Wash.) each scored 11 points. Senior Julian Fernandez and freshman Derek Jobe (Puyallup, Wash.) each scored 11 points. It is already apparent that this will be an eventful season for the Logger men’s basketball team due to their smart game play, both offensive- and defensively. This undefeated team will be playing their next game on Wednesday, Dec. 7 at Evergreen State.

Did you know…..

The game of basketball was invented in 1891.

Basketball became an official Olympic event in 1936 in Berlin, Germany.

The NBA we know today was formed from the merging of the National Basketball Leage and the Basketball Association of America.

The original basket rims were made from peach baskets while the backboard was made form wire fencing.

The three-pointer shot was instituted after the 1978-79 basketball season.

B-cuts for Loggers over weekend

Splash: The Loggers make waves during the Husky Invitational with three qualifying times.

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The original basket rims were made from peach baskets while the backboard was made form wire fencing.

The three-pointer shot was instituted after the 1978-79 basketball season.
By STEPHEN HAMWAY

The Logger women’s basketball team began conference play with a bang, going 2-0 on a roadtrip to Oregon against Pacific University and Willamette. They began this trip under undefeated Pacific on Friday, Dec. 9.

From the very beginning, this was a tightly contested game, as neither team led by more than eight points in the first half. The Loggers looked to be pulling away early, when three straight shots from freshman guard Ashley Agcaico (Kaneohe, Hawaii) keyed a 12-2 run by the Loggers. This run put the team on top 35-27 with just over six minutes to play in the first half. However, Pacific responded, closing out the half on a 14-3 roll to enter the locker with a 41-36 advantage and plenty of momentum.

The Loggers stymied that momentum by shooting out of the gate in the second half, however. Led by three-point shots by seniors Jocelyn Ruardan (Lake Forest Park, Wash.) and junior guard Kelsey McKinnis (Ashland, Ore.), the Loggers began the second half by scoring the first 16 points of the second half. But Pacific continued to show resolve, slowly chipping away at the Logger lead.

Eventually, a layup by Pacific reserve Heather Hitch tied the game at 67 with 16 seconds left in regulation. But the Loggers were able to pull through at the buzzer, as Ruardan sliced through the Pacific defense for a game-winning layup with five seconds to go. In a game defined by scoring streaks, McKinnis was the offensive star for the Loggers, scoring 20 points and playing almost the entire game.

Luckily, the Loggers’ next victory was somewhat easier on the nerves. Willamette went into the game looking for their first win of the season, and the Loggers had to avoid a letdown on the road as they travelled to Willamette on Saturday, Dec. 3.

Puget Sound seized the momentum early and never trailed after scoring the first five points of the contest. Every time Willamette looked to cut into the deficit, the Loggers were able to stem the momentum.

Though the first half ended with the Loggers only up by seven points, their offense found its stride in the second half, putting up 42 points in 20 minutes and burying Willamette, 76-60. The three-point shot was a particularly effective for Puget Sound, as they knocked in eight on the day.

Once again, McKinnis was the leader on offense for the Loggers, as she scored a season-high 25 points, 12 of which came on three-pointers. Junior forward Lindsey Layland ( Homer, Alaska) also made her presence known on the court, crashing the boards and collecting a game-high 14 rebounds.

After starting off conference play on the right note, the Loggers will look to keep the momentum going for the remainder of the season.

Looking back: a second look at Puget Sound’s fall sports season

By HANNAH CHASE

As the semester comes to a close, we would like to take the time to congratulate Puget Sound’s athletes that have completed their fall seasons. There were lows and highs for each team, but every Logger athlete gave their all.

Although the football team did not capitalize on their goals, the returning players look to the coming season with fresh eyes and determination to show their talent on the field.

Men and women’s soccer will once again have the chance to impress the campus with their skills, and women’s volleyball will return to play in the Memorial Fieldhouse.

Congratulations to the seniors who have played their last games on Baker Field or in the Memorial Fieldhouse. You have impressed the campus community and the Logger fans with your dedication these past four years.

Good luck to the Logger winter athletes as they continue the season over the break. Remember to go out and show you Logger pride in January!

Adrenaline Rush: Puget Sound Alpine ski team works through tough times

Team organizes ski weekends, training and travel to prepare to hit the slopes this winter

By ANTHEA AASEN

The Alpine ski team, the group behind last month’s ski swap, is a group of snow-loving, speed skiers who cannot wait for the first snow.

“Skiing is the closest I can get to experiencing a feeling of complete freedom.”

—Alli Phillips

Skiing is a lifelong passion shared by members of the Alpine Ski Team. I’ve always loved skiing from the time I was a little kid. I used to travel with my family for one week a year to ski and I looked forward to it all year long. I think the appeal for me is being able to be outside and to take advantage of the elements—snow, mountains, rain...” Swinson said.

However, it is hard to put a price on how beautiful it is to stand at the top of the mountain on a clear day or on the adrenaline rush the skiers get from racing down the hill.

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Though the Alpine ski team is a group of snow-loving, speed skiers, they must rely heavily on ASUPS, because we do not receive any funding from the Athletics department.

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The Happy Trail is a weekly sex column for the Puget Sound campus. It explores the spectrum of human sexuality, from the personal to the political, from the scientific to the poetic. Each week, we aim to challenge stereotypes, question the status quo, and celebrate the diversity of sexual experiences. Whether it’s through poetry, essays, or letters, the Happy Trail seeks to create a space where all voices are welcome. The goal is to promote understanding, empathy, and respect for the complexity of human desire.

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**SUBMISSIONS WANTED!**

The Happy Trail is always looking for submissions! We accept poetry, essays, personal stories, and letters. If you have a story to share or a topic you’d like to explore, we’d love to hear from you.

E-mail: trailheyyou@pugetsound.edu

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**THE HAPPY TRAIL & A Weekly Sex Column**

Making the bedroom a “happier” place...

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**EMBRACE SEXUALITY**

By ANNA FAPMAN

The other day, I was at a party talking to a very respectable fellow, cute, well-dressed and utterly filthy when drunk. Every conversation would quickly devolve into a deluge of extended metaphors about his monstrous appendage (or so he said).

After a while, this well-endowed rambler dissolved, entirely into giggles. Tears in his eyes, he apologized to me, the only woman in his audience. “Sorry, I think about sex all the time!”

I snorted, “I, too do!” and then plied my face into fakery serious.

No laughs.

The drunken badshirt shifted his eyes, muttered something under his breath and turned to talk to his bros, who in turn glared at me and his breath and turned to talk to his proper when you are the human embodiment of a dick.

Fact 1: your ears rarely function, especially when you are the embodiment of a dick.

Fact 2: to be a feminist is usually to have a side of a criticism. Thanks, society.

At least the other day, I was at a party and all I could do was giggle along like I hadn’t thought about the virgin/whore line.

We can all agree that breaks are great. They distance you from your reality for a short while, allowing you to collect your thoughts about who you really want to be in the world. It’s good to become in the tempestuous soup of sex, studies and spirits that is college life. And while hooking up may be more pleasurable than, say, your impending 12-page paper, sometimes you also need to take a sex (or making out) break.

The same rules apply: you take breaks because you need them, you shouldn’t feel guilty about it. You think about what really makes you feel good.

Sex can be a lot like your homework. If you push yourself to get a lot of it done without really thinking about it, you may end up exhausted and unfulfilled. This is coming from a girl who has watched in one-night stands and regretted nothing but the loss of a precious time when you recuperate a magical time when you recuperate.

But circumstance matters. When you end up in some guy’s bed, because you’re drunk and just found out that your ex has moved on, this can end in tears and trying to find your way home at four in the morning, dramatically sobbing at the Do Not Enter sign on street corner because it is.

Metaphor for your life.

If you’re lucky, Sometimes it ends with you staying the night, waking up the next morning to the taste of stale beer and the weight of regret. Maybe a few ill-placed hickeys.

It’s tough, because you always think you can handle it. You are the human embodiment of a dick. You can handle an essay at 2 a.m., but you can’t handle an empty hook-up?

But in the end, it’s important to acknowledge your own fallibility. You need a break after a semester of school—you may need a break after a relationship. Even if it was short.

We have such a stigma in society against getting emotional—but damn, feelings hurt.

And often, when you’re leading over to that reclusive housemate’s late at night, there’s a little nagging voice that tells you that this is not what you really want. Even if you’re supposed to be strong. Even if you’re supposed to be nonchalant and indifferent.

The moral of this story is embrace your feelings.

Embrace the break. It’s a refreshers course in your own Embrace.

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**TALKING TIME OFF NECESSARY FOR BOTH SCHOOL AND SEX**

By OPHILDE BOTTOMS

Winter break is coming up—that magical time when you recuperate from the stresses of the semester and don’t bother with wearing pants. Perhaps you’re going to spend some time reflecting on what pulled you into the hellhole of academia in the first place.

In the end, it’s important to recognize your own fallibility. You need a break after a semester of school—you may need a break after a relationship.

We can all agree that breaks are great. They distance you from your reality for a short while, allowing you to collect your thoughts about who you really want to be in the world. It’s good to become in the tempestuous soup of sex, studies and spirits that is college life.

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**UNKNOWN ALLERGIES A HAZARD**

By VIRGINIA CUMMINGS

When you’re feeling sick, there’s something you need to keep in mind. Perhaps the skin on her pubic mound is red and purple. Perhaps the skin on her pubic mound is red and purple. Perhaps she is suffering an allergy to the street corner because it is.

Metaphor for your life.

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**WE WANT TO LISTEN TO YOUR STORY!**

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New movie releases to keep in mind for the final weeks of 2011

By Jack Gilbert

By the time this print goes to press, we’ll all be done with class and gearing up for finals. As the semes-
ters come to a close, the last day of classes will be on November 11, and with that, the end of yet another
Hollywood movie cycle.

This year was especially notable for the record-breaking number of summer blockbusters and their
transformations into holiday fare.

Looking at the top ten highest-grossing movies of the year, only two were not sequels. The Smurfs
and Rio, and only one was a New
Harry Potter and the Deathly Hall-
wows, Part 2, Transformers: Dark of
the Moon, and Pirates of the Car-
ibbean: On Stranger Tides all broke
$1 billion in the global box office,
while the other sixteen were sited
a bit closer to $500 million a piece.

So what’s left? With a bit less than a month left in the year, and the Oscars only a few weeks away,
transport a new wave of starry-eyed moviegoers to the theaters to make up the difference.

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transport a new wave of starry-eyed moviegoers to the theaters to make up the difference.

Although it has been in theaters since Nov. 11, The Descendants is one of the more compelling movies to
ward to, I’m sure many a Logger would agree. Although not released until Dec. 8, the film will star
Dunst and Kiefer Sutherland in a
driving role of a lawyer who must
handle a sexual assault case for a
young girl. The movie is expected
to be a must-see for avid film-lovers.

This year was especially notable
er Hollywood movie cycle. By the time this goes to print, all movies that are due for release in
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By MOLLY BROWN

No matter what kitchen she is using, ‘Bakerita’ Puget Sound freshman Rachel Conners, always has a plan. Conners is a long-time baker and has her own food blog on her creations. Since Conners’ arrival to college, her blog Bakerita.com has featured some low-maintenance dorm treats.

When Conners first began baking, it was a personal project, but as her undertaking grew larger, she was encouraged to share her work.

“Baking for me started as a stress-reliever, but as I got more passionate about it, my sister encouraged a food blog. Because I’ve always enjoyed writing as well, I figured it would be a fun way to share my recipes,” Conners said.

Baking for Conners is not just a hobby; it’s a way of life. Her blog illustrates the fact that she loves and breathes each recipe that she posts. Conners also uses baking as a way to reach out.

“I still love the sense of calm that it brings me, but even more than that is how it makes other people happy. Baking at school has been great. Seeing a line of people in my room waiting for a scoop of apple crumble or a chocolate chip cookie is priceless,” Conners said.

Conners understands the limitations put upon those who attempt to bake in the dorm kitchen. Now after experiencing the limitations, Conners has advice for fellow dorm bakers.

“Pick recipes with few ingredients. It will definitely make life easier to have deals with four ingredients in the little dorm kitchen. Also, make a lot. All your dorm mates will want to get in on some home-cooked food,” Conners said.

The ‘Bakerita’ food blog is designed for any level of expertise in baking. Conners’ recipes are clearly written, yet she provides warmth in her instruction. Another fantastic aspect of the blog is the pictures of the food. With each recipe a beautiful presentation is made that looks delicious and is aesthetically pleasing.

The blog is designed to help during the baking process. A section of the page includes “helpful hints” for the baker that’s in trouble. Along with advice, Conners offers her e-mail on the page in the case of any unanswered questions.

However, it’s just Conners’ followers who are learning from her blog—Conners is still learning from her baking experience too. She always includes her knowledge. Holding herself to a high standard of creativity, Conners consistently tries to expand her own sweet touch on all of the treats she creates.

“I try to create flavor combinations that most people don’t think about. I try to put a unique spin on the classics, whether it’s a cranberry lime muffin or a chocolate pumpkin cookie,” Conners said.

From Bakerita.com’s beginning, to its present point in time, Conners’ blog remains impressive. Despite dorm kitchen limitations, Conners continues to update the blog with superb treats. For more recipes and information on Rachel Conners, visit www.bakerita.com.

CELEBRATING THE HOLIDAY SEASON WITH ADELPHIAN CONCERT CHOR

Adelphians: Last Saturday night, the Adelphian Concert Choir and its cappella subgroup, Voici d’Amici, began their set of three performances over the weekend, starting with their holiday concert titled, ‘Before the Marvel of This Night.’ The repertoire included multicultural holiday music which celebrated Christmas and Hannukah in a variety of languages including English, Latin, Hebrew and Yiddish.

The choir was also accompanied by members of the String Orchestra for several songs throughout their masterful set, namely “Silent Night.” Many audience members broke out into smiles throughout the performance, apparently moved by the beautifully sung yet familiar holiday melodies. Mela

Bakertia: Conners’ food blog is peppered with delicious recipes and her own culinary enthusiasm.

Child’s Play, a unique Seattle-based charity provides video games for hospitalized children.

By WALT MITCHELL

Any child of the 90s would remember those sleepless winter nights, the Christmas Eves when the distant, golden mornings promised Gameboys, Pokemon cards and Super Mario. Those of us who still harbor warm memories of the games that shaped our childhood do well to pass on that joy to those who need it most. Children in hospitals across the country receive much-needed toys and games donated by gamers giving back and mediated by the charity organization Child’s Play.

Child’s Play was founded by Mike Krahulik and Jerry Holkins, creators of seminal gaming webcomic Penny Arcade. In its inception in 2008, the organization has filled the negative image of the gaming community as violent and brought light in the minds of those who need it most. Children in hospitals across the country receive much-needed toys and games donated by gamers giving back and mediated by the charity organization Child’s Play.

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