Testing THE water

ASUPS support allows for purchase of new equipment by university sailing team

By PHILLIP BRENFLECK

Due to recent ASUPS support, the Puget Sound Sailing Team is now able to enjoy the use of several new boats out on the waters of Gig Harbor.

This is the group’s fifth year as a club, but only their first of practicing for competition in regional conferences in Washington, Oregon, and British Columbia.

Students are now able to sail in Gig Harbor because of a recent partnership with the Gig Harbor Yacht Club, which has allowed all of the roughly 25 Puget Sound students in the club to use their facilities at minimal cost.

Co-president of the Sailing Club and university senior Mike Knape is very excited by the support generated by the community after two years of the club’s hard work to get access to Gig Harbor.

“It’s really cool to see the sailing community come together, because we’re the only team at the collegiate level in the area. Being out there and representing Puget Sound and having the local community support us in that is just great.”

Most of the members of the Yacht Club are older Tacominians, and Knape jokes that in e-mails they refer to club members as “whispering nappers.”

A good portion of the students involved in the club have sailing backgrounds. Co-presidents Knape and Ellen Ytterberg are no exceptions.

Knape lived on a boat until he was eight years old, and Ytterberg has been sailing for a few years. Some students in the club will even be teaching sailing through summer positions.

Still, the club stresses that if students are interested in learning how to sail, that that is exactly the sort of thing they can do with the club.

The club has plans to offer sailing lessons to the interested students at a nominal fee, giving the campus community the opportunity to learn from both club members and seasoned professionals at Gig Harbor.

While Puget Sound students have been able to learn the ins and outs of sailing in years past through the sailing class taught by faculty member Mike Rice, Knape says that the sailing club offers a more intimate experience on the water, as the sailing course focuses on piloting small keel boats – the new boats purchased by the club are small dinghies that carry 1-2 people.

Additionally as Gig Harbor is about 45 minutes from campus, Knape says it has been easy for students to work sailing into their busy schedules.

Club members have the opportunity to sail over weekends all along the western coast, near Oregon, British Columbia, and the greater majority of Western Washington.

The club meets Tuesdays, Wednesdays, and Thursdays from 3-5pm. Any students interested in participating in the club should e-mail upssail@gmail.com to get started.
Students work toward goal for Senior Gift Campaign

SCGC soliciting pledges from seniors for annual $75 donation, which goes directly to financial aid. Leaders hope to have highest participation percentage since 2009

By MIKE KNAPE

The Puget Sound class of 2012 wants to be the best ever and when it comes to donating to the annual Senior Class Gift Campaign (SCGC), they have a good chance of success. The SCGC’s leadership is looking to best the mark set by the class of 2009, which had 59% participation. Participation in the SCGC, which is run through the Office of Annual Giving with student support, entails making a five year pledge to donate to the University annually for a total of $75.

According to Assistant Director of Annual Giving Clay Ross, this year’s senior class is on track to set the record.

“We have been ahead from the start, since our kickoff event in early November,” Ross said. “We are winning and beating the other years, because of the volunteers. They’re killing it. This is the only class that really hit the ground running.”

The SCGC is steered by Ross, a 2009 Puget Sound graduate, and an executive committee of students from across the campus community. The focus of the SCGC is on networking through the senior class to solicit support for the fund, which goes directly towards financial aid.

“I think the fund is really important because it has a bigger impact on the school and the student body than a physical gift like a bench. It is really important to me to see my friends and others giving,” Senior Class Gift Campaign Co-Chair Amy Roll said. “I understand that most seniors don’t have that same perspective, but I hope that through the campaign they can come to see that this does matter, and that their five dollars does make a difference.”

Although the total contribution from each senior class is relatively small, $1,530 in 2009 for example, Ross and Roll stressed the importance of making a commitment to future giving. Ross, over and technology, pledged to the SCGC.

“Our campaign is not even about getting the five dollars this year, it is about getting people to recognize the importance of giving annually,” Ross said. “There are some seniors that say why don’t I just give the $75 now. Well yeah, but why don’t you give next year too. It is not about how much you give, it is that you give.”

Despite the SCGC’s success, some seniors remain hesitant to participate. Roll believes the two most common reasons for not giving are that seniors sometimes connect the SCGC with unpopular policies of the administration or they feel that they have contributed enough to the University directly through tuition fees. Those don’t want to see their university’s reputation damaged.

“If you don’t support the university, you can’t really say you think the university should run,” Ross said. “By giving, you’re making a public statement to the entire campus community that you are a part of this community, that I want to impact it and I want it to impact me.”

Seniors interested in giving can pick up pledge forms in Jones 304 or call 866-GO-LOGGERS. Volunteers will also be tabling in the SUB for the rest of the semester.
Depictions of natural body image trump idealized form

By ANDREW LUTFALA

By ANYA CALLAHAN

Do you ever flip through fashion magazines, see images of beautifully thin women, compare them to your own body and wish to yourself you could look more like models? If you answered “yes” to this, then you are not alone. College women ages 18-25 are noted to have more body image issues than any other population. The manifestations of these issues range from anorexia to overeating.

While recognition of women’s rights has greatly improved over the last forty years, advertisements and media depictions of women have become much more objectifying, demeaning and dehumanizing. Real women are not shown in the media. You never see honest portrayals of beautiful, imperfect women. No, to the contrary; only extreme ideals of what a “real” woman should look like are shown and they are unreal, unhealthy and way too thin.

I spent my Super Bowl Sunday doing nude meditation with a Tacoma community group called Women Body Beautiful. When I first got to the meditation studio I was nervous and a little self-conscious. After forming a meditation circle, we discussed the 20-minute nude body sculpture we were about to create and began to undress as far as we desired without exceeding our individual comfort levels. Holding pose, surrounded by 15 other beautiful women, I felt pure, relaxed. I felt beautiful, open and loved. I realized that in our society nudity is perceived as bad, and in turn, it makes us feel insecure about our own bodies. Our culture is failing to see the beauty in all women, ignoring each individual’s unique form and rejecting natural physical diversity.

There needs to be a conscious effort in the media to show women and men that beauty comes in all shapes and sizes, that skinny does not always mean healthy and that big can be beautiful too. Luckily there are people who strongly advocate a shift in how we perceive beauty, and push for a more accepting attitude.

"BodyAsHome" blogger Olivia Green strives to relay these messages to the Tumblr community as she explains how in your unique body, “we are programed to want to be smaller as women, and in turn this makes us attempt to take up less space. So we literally have less power because we are smaller. Why are we trying to get smaller? I almost feel like we should get bigger and just be more in your face.”

I share these sentiments with Green, and as a tall, strong woman, I have always felt big. Society told me big was bad. Like many other women, I became obsessed with numbers, comparing my weight with my friends, calculating my BMI wanting these digits to make me feel beautiful.

But what is not told to us in health class or Cosino is that people can be healthy at many different weights, and there really is not one solidified way to calculate your body’s health. Women and men need to stop obsessing over numbers. Healthy means eating and exercising regularly, indulging on the good things in life and finding happiness from within.

I urge you to stop counting calories and comparing your unique, beautiful bodies with photoshopped, airbrushed and clearly starving magazines, step off the treadmill, pause your Master cleanse and try to see what real beauty is. Take a look in the mirror.

We must learn to love and accept ourselves before we can achieve any genuine serenity and calm to appreciate the female figure in its many different iterations.

Ulterior motives drive Russia and China’s opposition to sanctions

By Andrew Lutfala

The unfolding revolution in Syria is a continuation of the “Arab Spring” that stemmed from the Arab Spring’s effects on tyrannical authoritarian regimes in the Middle East. The international community, led by the United States, has called for military assistance to be given to the Free Syrian Army in order to help bring an end to Syrian President Bashar al-Assad’s regime. A lack of inter- vention that would resemble the removal of Gaddafi from his position may have Libya.

However, the situation in Syria is a more delicate problem, as Syria’s economic ties to Russia and China have forestalled any decisive military action against Assad.

Syria is currently in a state of crisis, yet Russia and China have put economic and political interests above humanitarian causes, turning a blind eye to the horrific and brutal mass murders of civilian protestors being orchestrated by Assad as he attempts to strengthen his hold upon the Syrian people.

The decision to veto the U.N. resolution was an act of desperation by Russian Prime Minister Vladimir Putin to preserve Russia’s failing influence in the Middle East.

Since the fall of Gaddafi’s regime, Syria has lost its military base in Libya, leaving only its military base in Syria as the nation’s strategic foothold in the Middle East. Assad’s removal could drastically reduce Russia’s influence over Middle Eastern politics even further and threaten its security concerns as the United States continues to acquire military bases across the region.

Putin’s veto acted as a symbol to the Russian people that he intends to preserve Russian prominence in Asia, a stance he intends to use in order to appease the political masses that have openly and fervently challenged his decision to once again run for the presidency.

The domestic backlash Putin has received may have forced his hand in the matter, yet his actions are based upon the faulty inference that Russia’s influence in the Middle East is now tied to the survival of the Assad regime.

Although the United States is the predominant foreign influence in the region, Putin’s fears are baseless and only serve to further an air of distrust between the two global powers.

Economically, Russia relies upon both Iran and Syria as its major buyers of weapon technology in the Middle East. The arms trade is a significant source of Russian revenue and the loss of Syria, specifically Assad, as one of its main customers would be devastating.

However, ideological motives serve as the most likely explanation as to why Russia and China would veto the U.N. resolution dismantling Assad. What Russia and China are witnessing in Syria resembles their own government’s respective strategies aimed at consolidating power and silencing the opposing masses.

Syria’s upheaval, as well as the Arab Spring movements, represent Russia and China’s greatest fear: that the upspring of revolution could lead to the ousting of Putin as well as the fall of the Communist government in China.

By derailing the U.N. resolution, China and Russia have indicated to the rest of the world where their interests lie, fore- shadowing future conflicts if the revolutionary overtones of the Middle East take hold in their countries.

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‘Freeganism’ challenges wasteful attitudes towards perishable foods

By CAROLEA CASAS

As a gluten-free vegan, I consider myself relatively knowledgeable of dietary choices and restrictions. That being said, over winter break, I was sitting at a vegan café in my hometown talking with my father about the Food Network. My father is far from a vegan, but as a general food enthusiast, he keeps himself informed on all sorts of diets. As we waited for our drink orders, he asked me if I had ever heard of “freeganism.” I thought this was a joke. I waited for a punch line. But he was asking in a serious manner. He had just seen a Food Network special entitled The Big Waste that featured world-class chefs Bob by Flay, Michael Symon, Anne Burrell and more. He was cooking a gourmet banquet—the catch being that the ingredients were trash.

As they planned the dinner, Flay came across a man in Chelsea, N.Y.—a “freegan”—who lived off of other people’s trash, putting an entirely new spin on the phrase “one man’s trash is another man’s treasure.” Get it? Their food is free…because it’s trash, so they’re “freegans.” At this point in the conversation, I was completely disgusted, picturing a little half-eaten, decayed, covered in God—only knows—what kind of diseased food. But then Dad told me that the freegan led Flay to a farmer’s market, where black trash bags of fresh tomatoes were sitting out for the trash. I didn’t imagine why bags and bags of fresh food were being thrown out for no apparent reason—and to me, it’s because Americans are prima donnas in the food department—possibly natural blemishes on fruits and vegetables and assume there must be something wrong with them and thus, refuse to buy the food.

In effect, freeganism is fairly well summed up by the Organic Consumers Online as “eating other folk’s leftovers…[and] protesting a culture that discards tons of edible food while people starve elsewhere in the world.” And it makes sense in today’s society that natural blemishes bother Americans. Everything we do as a culture is in pursuit of an unattainable measure of perfection: workouts, diets, time management tools and self-help books. All of the popular individual shapers aim to get us one step closer to perfect. As food, we’re all too familiar with the adage: “you are what you eat.” BBC Online has featured a series of self-examination quizzes, one of which is a psychological test entitled “Disgust.” It asks a simple question, “How would you feel about touching this?” followed by a series of photographs. The results of the quiz show that on average, humans are conditioned to perceive chemical creations as safer than their natural counterparts. Naturally occurring colors and conditions were more likely to evoke disgust than anything else. So, obviously, a blemished tomato is viewed as a great offense.

There is an incredible element of truth to this theory. Even I, who have been raised to know blemishes on plants don’t mean they’re inedible, will choose a seemingly perfect tomato over one that has a bruise. Personally, I think it’s a bit ridiculous. Tacoma itself has a Freegan community online which shares tips on where and how to acquire food.

One website that offers the efforts of the enormous freegan community based in New York City. Tips like “strategies for sustainable living beyond capitalism” gives the following advice about a certain 38th street deli: “I used to work in produce [there]. Out back they have several organic food waste bins, some with good stuff. Also, if you go in and ask someone in the produce dept. if there’s anything they can give rather than throw away they’ll usually say ‘yes’. However, don’t call and ask for stuff. The management is as lame as the employees are cool.”

Other websites feature posts from users looking to set up freegan support groups, an endeavor that mirrors the efforts of the enormous freegan community based in New York City. For freegans like these could really come in handy for hungry college students; every student should have a look at these days. Whether it is the sake of expunging food waste one slightly blushed tomato or just saving a few extra bucks, freeganism may be the way to go.

By CHELSEA NOACK

Debating whether photography is a sport of adventure or of editing skill is a common and sometimes roundabout dispute. While critiquing an image, one can’t help but wonder whether the work is decent? Can we even define skill in photography? Is it the ability to frame the lens at the exact moment the photographer sees the world in front of him or her? Is it the ability to transcend life experience through the lens of a camera, the expression of inner creativity contingent on the process those photographers have historically utilized in their craft? Is it the online discourse surrounding these photos that is art? Is it the online discourse surrounding these photos that is art? Is it the online discourse surrounding these photos that is art? Is it the online discourse surrounding these photos that is art? Is it the online discourse surrounding these photos that is art? Is it the online discourse surrounding these photos that is art?

Neither is the question a simple one. Photography, as we have defined it in terms of the lens, has always been a means of expressing oneself. When you’re at the center of the process of creation, you’re creating a point of view. By capturing the photograph, you’re making a statement. The question is, what are you saying?

There are those who would argue that the ability to make a photograph doesn’t come from the ability to produce a photograph, but from the ability to see. This is a point of view that is often debated in the photography community. It’s a point of view that many photographers believe to be true. It’s a point of view that many photographers believe to be true. It’s a point of view that many photographers believe to be true. It’s a point of view that many photographers believe to be true. It’s a point of view that many photographers believe to be true. It’s a point of view that many photographers believe to be true.

Google Maps photography calls into question nature of true art

By CHELSEA NOACK

Google Maps photography is, how ever, one of the most lackadaisical forms of photography that I have seen yet. Additionally, the approach to capturing the gritty reality of the world with the use of sources such as Google Maps is not artistic genius. It’s not even the artistic genius. Maybe it is my blissful ignorance to the area of art in which photographers and editors are divided. Photogra phy as an art form, like any art form, has a methodology, a history, and is presented with certain dis charge. However, I find little worth in getting riled up over the rise of “in- termediary art.” It lacks any brilliance to begin with.

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Opinion: ‘Pulchritude’ a funny word

By LAIMAN SLANGSTON, PROFESSOR OF ENGLISH

Now, along with Woolf’s idea of modern-consciousness-as-frag- mentary in chapter twenty, what other recurring themes can we pull out of Mrs. Dalloway’s conver- sation with Nigel the Doorman? Anyone? Well...Almost, Brian, but not quite—that was joy that talk- ed about deceiving on a corpse. Anyone?
The answer is the bourgeoisie’s decaying pulchritude, which means ‘beauty’. I know that sounds like something my wife would cook up in her bedpan for her nurse, Fulata—who is probably the only one stealing our vegetables ev- ery night. But it’s not. Pulchritude means ‘beauty’. This is why I love the English language.

It all reminds me of this conver- sation I had once with a professor of mine back before the war, which was also when I didn’t remember. It was sometime after Taff was rationed. Was it Taff? No, he was president! Oh! Taffy! They were rationing taf- fy for a time, and that’s around the time I met my wife, yes.

I remember our conver- sation a bit more. We were talking about words that sound like they’re supposed to mean other things. Now, I confess I am unfocused, but I think an example will better illustrate my point. Take this word: flocculate. This word has noth- ing to do with birds or with fun- nly bodily noises. Flocculate actu- ally means to gather or coagulate

loosely. Or lumenance. Now, my first guess to the meaning of this word would be something along the lines of ‘using lanterns instead of scrip- tural passages in prayer, heretical’. See, to me that makes sense, but it actually means the mental state of being in romantic love.

Or take specious. Specious could have a variety of definitions. First, specious could define the amount of space to describe a room that falls between tight and spacious. Or, it could be people who are racist against certain species. You know, like me with dolphins.

But DO NOT get me started on the word dureth. It basically means ‘to scarce’, but look at it! It’s clearly some perverted mixture of death and earth. Here’s what it means: when people break up, they do it apart.

Words often don’t sound like what they mean. And it’s stupid because we could simply make ad- justments to some words. We have the power to do that, you know.

Here’s a truly horrible phrase that means nothing like it sounds: the other day, I walked in on my friend facetiously masticating so I out of the room. But you should remember, just because what you are saying sounds correct, you must learn the definitions of the words, and make sure you do not use your mouth’s impregnable Language is the tool to the Orion’s belt…or is it the stars…

Oh, thank you Brian…oops, I mean Jessica, right right. It is time

Upperclassmen through the eyes of a freshman

By YVONNE KEATS GUTS

As freshman, we had about 10 days of blissful peace. Then the new upperclassmen came into our dorm rooms, plowed our ‘exclusive’, and none of you freshmen are probably far too high to make observations on any scale less than the cosmic scum.

Now, I confess I am unfocused, but I think an example will better illustrate my point. Take this word: flocculate. This word has noth- ing to do with birds or with fun- nly bodily noises. Flocculate actu- ally means to gather or coagulate

Sample poem from new zine Drylands

A new anthology of student-created works celebrating a more traditional view of human sexuality is coming to Puget Sound. The founders felt that since the good students of Puget Sound cannot stop worshiping their sexual organs and their use in every possible form of media, a little balance was required.

“Authority is all that we can be.” –Steve 7:12

You see, I feel like today rhetoric and theory are more like parallel lines that connect in logic. They form a root and eventually communication between the two get more and more difficult to disconnect, like what Lismud was talking about. It’s a walk across... Or, Drama talk about crime and punishment. you have the crime or the murderer, you have the evidence on the other. But everybody, they got to turn them that you can’t kill...We have some ‘Fientoan’ on if you want to talk about it.

Into that great babymaking-fuzzbox that served as Herezekiah’s downfall. Sokal only comes from the knowledge that the Jezebels scream. From the fiery bowls of Satan’s Pit Will slught of the --'s upon my Halon ears, Like spherical harmony among the orbs. Encircling the girth of the Earth.

I saw an exposed ankle today. I must fetch my flagella and repent.

“And ye shall feel me wriggling up inside yourselves, for I am the joyous el of light and glory!”—Steve 7:12

Emeritus: Professor Laiman Slangston, photo circa 1968

PHOTO COURTESY/WIKIPEDIA

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PHOTO COURTESY/WIKIPEDIA
Professor Spotlight: O’Chem’s William Dasher, Chemistry, hallucinogenic drugs and the mysterious human brain

By MARINA BALLERIA

February 17, 2012

TrailFeatures@pugetsound.edu

By MARINA BALLERIA

32x1078

February 17, 2012

By MARINA BALLERIA

32x1099

Professor William Dasher, known as "Dasher" to anyone who is remotely familiar with him, teaches advanced Placement Chemistry classes as O Puget Sound: Organic Chem- The drugs and the brain: a class that is tested in O Chem, Oppenheimer gets ready early so that students can have a chance to "pump" by 7:30 a.m. start. The average grades on the tests are shockingly low. He said that even his AP students, despite teaching such an intimidating course, Dasher does not take himself, nor his students anything for granted at all. He is a laid-back teacher who wants poetic about the merits of his generation's music over ours. (Hint: His generation wins.)

Throughout this interview, I got to know the young Dasher’s side of the conversation, which began when he rode the rails with his O Chem book in his backpack, and end this year after 12 years at Puget Sound. Even as our conversation went beyond his academic interests (he explained to me how quinine, a medication for malaria, was used as a drug, tree bark, was used to control the craving for alcohol), he expressed his ideas using language that I believe every student gets through "flazag" stages as they mature and react to their environment.

This is a condensed version of the full conversation that has been spaced the details of my study abroad experience, our bonding over our love for riding rails, our living communally and what process he used in his own research. If you are interested in talking, you can encourage you to go sit down with Dasher. He is a laid-back guy who has a kind of charm and his favor- ite topic is to talk with students. Can you tell me about your background and about the class that you ended up at Puget Sound? What made you choose O Chem? Towards the end of my senior year, I had a further than that. It was in Freer, at St. Joe’s. It’s a little a village up state on the West Coast, into Arizona. I had tried in Canada but they lock the door. Sometimes I would have to hitch a ride. So, I went up to Canada, and then hitchhiking around the rails, so I would be riding rails with my Organic book under my arm and the 6200 square mile outside of Canada, in the state university, as a graduate [student].

I was a hermaphrodite in that respect, as the teacher was the one who was an expert and therefore the one who would tell the student what to learn.

I was there a year, and on being a graduate student, I looked at a magazine called "Tour 365." All the pictures in there were of the natives in the village, and it was like being a tourist for the first time. It was, and I was interested in the village and in the way they lived.

"Your'e getting some of our seniors who are not going to go on to graduate school, and they are excited about the complete freedom, all doors are open, no decisions have to be made about your future life, except I don’t have to live in my parents’ house. I’m excited about that. The focus is on freedom, not work."

One of the classes that I’m interested in is your Natural Products course.

If you took Natural Products at a state university, as a graduate [student], you would just be doing your work. If you were a student at John Hopkins a few years ago, you would have been doing research. And that is why I would recommend you do a class that you enjoy. When you’re faced by all these situations that are outside of your comfort zone, you learn to take the initiative, you learn to see things. You are a part of the class, you are a part of the group, you are a part of the team, you are a part of the organization, and you are a part of the society.

When I do talk to students who are having some thoughts, they’re struggling with envisioning themselves in the future, they should be aware of the idea of you, don’t have a chance of understanding that. They need to be really open. You’ve got to have faith in yourself and in the process, and you’ve got to be very open even though that sounds kind of silly. The better you know yourself, the better you are able to follow what you want, and you are able to do the important and necessary things, in order to have happiness and inner peace.

How do we dream? What is mem- ory? What is the nature of conscious- ness? A lot of it is left up to the person.

After 32 years here, what advice do you have for the students?

Students struggle with the idea of what their future is going to be. They are having some thoughts, they’re struggling with envisioning them- selves in the future, they should be aware of the idea of you, don’t have a chance of understanding that. They need to be really open. You’ve got to have faith in yourself and in the process, and you’ve got to be very open even though that sounds kind of silly. The better you know yourself, the better you are able to follow what you want, and you are able to do the important and necessary things, in order to have happiness and inner peace.

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"Your'e getting some of our seniors who are not going to go on to graduate school, and they are excited about the complete freedom, all doors are open, no decisions have to be made about your future life, except I don’t have to live in my parents’ house. I’m excited about that. The focus is on freedom, not work."

One of the classes that I’m interested in is your Natural Products course.

If you took Natural Products at a state university, as a graduate [student], you would just be doing your work. If you were a student at John Hopkins a few years ago, you would have been doing research. And that is why I would recommend you do a class that you enjoy. When you’re faced by all these situations that are outside of your comfort zone, you learn to take the initiative, you learn to see things. You are a part of the class, you are a part of the group, you are a part of the team, you are a part of the organization, and you are a part of the society.

When I do talk to students who are having some thoughts, they’re struggling with envisioning themselves in the future, they should be aware of the idea of you, don’t have a chance of understanding that. They need to be really open. You’ve got to have faith in yourself and in the process, and you’ve got to be very open even though that sounds kind of silly. The better you know yourself, the better you are able to follow what you want, and you are able to do the important and necessary things, in order to have happiness and inner peace.

How do we dream? What is mem- ory? What is the nature of conscious- ness? A lot of it is left up to the person.

After 32 years here, what advice do you have for the students?

Students struggle with the idea of what their future is going to be. They are having some thoughts, they’re struggling with envisioning them- selves in the future, they should be aware of the idea of you, don’t have a chance of understanding that. They need to be really open. You’ve got to have faith in yourself and in the process, and you’ve got to be very open even though that sounds kind of silly. The better you know yourself, the better you are able to follow what you want, and you are able to do the important and necessary things, in order to have happiness and inner peace.

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It was. I was there a year, and on being a graduate student, I looked at a magazine called "Tour 365." All the pictures in there were of the natives in the village, and it was like being a tourist for the first time. It was, and I was interested in the village and in the way they lived.

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Six things you didn’t know about Tacoma’s grocery stores

By EMILY JOHNSON

While many of us are familiar with some of Puget Sound’s grocery stores around campus, there are a few less commonly known stores that are worth noting before you whip out your reusable grocery bags and head to the store.

1. Tacoma has a Food Co-Op.

It may surprise some of you to know that thanks to the hard work of the Tacoma community, Tacoma’s first employee-owned food co-op opened in August and is conveniently located on 6th Avenue.

For those of us who are not familiar with the institution that is locally owned food cooperatives, each member pays an annual fee to help support the store, which is then able to provide the community with healthy, sustainable, local goods. Such organizations are tremendously beneficial for the community, and those who wish to get involved are able to voice their opinion about how their food consumption happens, and how the store is run. As such, each member is a co-owner of the store, like in the Community Shared Agriculture program.

Even better than the sustainable goods they offer are the people behind the presentation of its commitment to improving Tacoma. “As we grow, so too will what we can do to help the community,” said Henry Parren, an employee at the store. Each month, any funds that do not go to running the Co-Op are directed towards “helping other like-minded businesses in the community.”

2. You don’t have to be a member to shop at the Tacoma Food Co-Op.

While membership is only $100 a year, everyone is welcome to shop at the Co-Op. But membership is a tempting deal. As Parren puts it, “[The Co-Op] is about people, for the people, by the people. Alternatives don’t even compare.” Who wouldn’t want to support that kind of contribution to our community?

3. The Proctor District Safety Donates excess food to local food banks.

While most of us frequent the Safeway store in Proctor because of its college-friendly hours of operation (that is to say, 24/7) and reasonable prices, you may not have been aware that they have a positive impact on the community as well. “All suitable excess food is donated to local food banks,” said Safeway employee Cory Koeber. Any food that is within two or three days of expiration is brought to the local food banks around Tacoma, so as to prevent waste and to help combat the constant shortage of food the banks have to distribute.

4. Safeway is one of the largest retail users of alternative energy.

In addition to its contribution to the local community, Safeway has a longstanding commitment to reducing its carbon footprint by offsetting its energy use with renewable sources and using solar and wind energy to power its stores across the country. One of the six sources Safeway purchases power from is 49 wind turbines located in Kennewick, WA. This commitment to sustainable practices is what has made Safeway one top retailer of renewable energy.

5. Fred Meyer provides certified sustainable seafood.

If you’re facing the task of locating Fred Meyer for sustainable seafood. Currently, the company-wide goal that no fisher will be over 75% in the next three years. The store has also stopped selling some of the least sustainable species that have been put at tremendous risk through commercial fishing, like bluefin tuna and Marlin.

6. Costco Stores are recyclable.

With one of their main goals being to provide customers with safe, ecologically sensitive products, it is no surprise that Costco builds its stores with 80% recycled steel, pursues LEED certification for all its stores and is beginning to utilize the expansive roofs on their facilities to install solar panels. The big-box chain has also been at the forefront of reducing packing waste since 2006, reducing plastic, non-recyclable packaging. Over 60% of the seafood sold at Costco is locally grown, with links to and recycled and recyclable alternatives. These are just a few more things to keep in mind as you try to be a conscious consumer.

Campus Climate Week explores issues through plays

By WALT MITCHELL

Recently, a group of students, alumni and faculty gathered to discuss and explore through performance the sort of climate unique to the Puget Sound student body. Diversity is the subject of the 2012 Campus Climate Survey, an assembly of student experience and feedback that is a vital part of the university policy and offers students a chance to voice their opinions and frustrations about the disparity in treatment stemming from differences of race, sexuality, religion and gender.

“The two plays were peppered with the testimonials of Puget Sound students, taken from the 2006 survey and read by students and alumni. The students’ frustrations with campus life (particularly concerning race and racism) were strikingly similar to those of the plays’ protagonists—this symmetry lent the performances thematic power,” Bobby stated. “I think our most pressing issue is fear and discomfort with being in dialogue about difference.” —Kim Bobby

Chief Diversity Officer and Climate Week organizer Kim Bobby stated, “The goal is to capture the current narratives of student, faculty and staff and to help the climate that we are trying to build—believing that change must begin at the personal level.”

“The two plays boast a duality of, on the one hand, the highly personal tales of family, isolation and coming of age, while on the other they are ambitious challenges to the general undercurrents of racism and stereotyping that ostracize their characters. The two plays were peppered with the testimonials of Puget Sound students, taken from the 2006 survey and read by students and alumni. The students’ frustrations with campus life (particularly concerning race and racism) were strikingly similar to those of the plays’ protagonists—this symmetry lent the performances thematic power,” Bobby stated. “I think our most pressing issue is fear and discomfort with being in dialogue about difference.” —Kim Bobby

The testimonials focused on the ignorance and awkwardness that confront students who are excluded from the campus majority by their ethnicity or socioeconomic background. Many students discussed the campus climate’s discomfort, and that groups like the Black Student Union were often perceived as militant or exclusive, an image contrary to their mission of building community and encouraging much-needed conversation. “I think our most pressing issue is fear and discomfort with being in dialogue about difference,” Bobby argues. “I would like us to acknowledge the discomfort and allow our selves to forge ahead anyway.”

If the dialogue of difference is the highest importance to students, the issue of race is the most central of that dialogue, given that less-represented ethnicities are so heavily outnumbered at Puget Sound. The university’s demographics show that the campus does not reflect the demographic profile of the class of 2010, with 76 percent Asian/Pacific Islander, 66 percent Hispanic and 2.7 percent African-American.

Moreover, the conversation should take place on all levels of the campus community, not only among the students. “One of the most notable [results of the 2006 survey] was the consistency in some of the narratives about feeling marginalized and isolated by some members of our community,” Bobby stated. “This includes students, faculty and staff.”

The survey’s themes were expanded upon further by last Thursday’s performance of the two plays. “BFC,” a play that tackles issues of sexuality and self-image as influenced and injured by race-based standards of beauty. The performance was direct and pretension-free, delivering its message with both force and humility.

At last week’s performances, conversations about exclusion are difficult to start, containing as they do some inherent admonition of curiosity. The performances sought to prove that this inquisitive state is a real and present—they’ve done the difficult work of broadening the subject, and now the students are asked to join the conversation.

The survey is online from Feb. 13th to 24th and should take 10 minutes to complete.
Loggers look to stay strong in final NWC games
With two games left, the Loggers hold two-game lead for fourth place

By STEPHEN HAMWAY

Women's basketball had mixed success last week as they continued their attempt to stay in playoff position. Heading into the week with a 7-5 record in conference play, the Loggers were fighting desperately to qualify for the fourth and final playoff spot in the NWC.

Their first game of the week came on Tuesday, Feb. 7, as they hosted rival Pacific Lutheran University. The game took place on "Think Pink" night in front of a good crowd and was televised locally, all eyes were on the Loggers.

Despite being busied by the post-season, the Loggers started off the game flat. The Lutes opened up a 19-10 lead to begin the game before the Loggers were able to respond. From there, the Loggers’ leading scorer, junior Kelsey McKinnis (Ashland, Ore.) sparked the team by drilling back-to-back three-pointer shots that brought the Loggers within three points of the Lutes.

The same story was true for the rest of the first half, but the Loggers ultimately finished the first half with a 23-31 advantage, thanks to two free throws by junior Lindsay Leyland (Homer, Alaska).

In the second half, however, the Loggers put some distance between themselves and their opponents. Freshman Amanda Forsbay (Morgantown, W.Va.) knocked down three three-pointers at the beginning of the second half, keying an 11-0 run that effectively put the game out of reach for the Lutes. Following that run, the Lutes never came within eight points, and the Loggers extended their advantage as high as 21 points at one time in the game. In the end, the Loggers held on for a relatively easy 77-56 victory.

The keys to both games for the Loggers were defense and rebounding—the Loggers dominated in both categories. They controlled the offensive glass, gathering 15 offensive rebounds to the Lutes’ nine, and ultimately leading to 13 second-half points. The second-half success was keyed by lockdown defense. The Loggers held the Lutes to only 38.8 percent shooting overall, and they allowed only 19 points in the second half. Moreover, the Loggers forced 23 turnovers, which they were able to convert into 22 points.

Looking to build on their previous victory, the Loggers played host to conference-leading George Fox on Friday, Feb. 10. The team knew they were in for a challenge. George Fox had lost a game all season and headed into the game with a 1-0 conference record to go with its 21-0 record overall.

In addition to hoping to hand the Bruins their first loss of the year, the Loggers were also looking to average a 73-59 loss at the hands of the Bruins earlier in the season. Indeed, the Loggers held up well early in the game, eventually grabbing a 16-15 advantage with just over 12 minutes to play in the first half on a three-point shot by freshman Olivia Roberts (Eugene, Ore.). However, the Bruins took over from there, winning the next 23 to 12 the rest of the way to take a 38-28 lead at the half.

Looking to erase a 10-point half-time deficit against the best team in the conference, the Loggers knew they would have to play an almost perfect half of basketball to earn the win. Unfortunately, the Bruins jumped on them early, scoring the first six points of the second half and even further the game out of hand, losing 77-56.

Despite the blowout loss, the Loggers still look to be in good shape going forward. Puget Sound holds a two-game lead for fourth place in the NWC, with only two games against top teams on the road for their final two games as they battle Lewis and Clark and Linfield.

Pink: Athletes and fans alike supported the cause by wearing pink to the games on Tuesday.

Rivalry game even more meaningful as Loggers fight for worthy cause

By STEPHEN HAMWAY

A rivalry game between Puget Sound and Pacific Lutheran University is always a big deal, particularly when the play-offs are drawing near. However, the men’s and women’s basketball games between the two schools on Tuesday, Feb. 7 were even bigger than usual, with Puget Sound hosting their annual “Think Pink” night. Fans were encouraged to stay for both basketball games and to wear pink to the games in support of the ongoing fight against breast cancer.

In addition, pink ribbons were available for purchase for one dollar each. The fundraiser was in support of Sana Landon, an assistant athletic trainer at Puget Sound who had been diagnosed with breast cancer only to find out that it had recently returned. All of the proceeds from "Think Pink" night went to Landon to help her pay her medical bills.

Anticipating a big turnout, local television station TV Tacoma covered both rivalry games. In front of large crowds and television cameras, both Loggers teams excelled, each winning their respective game. The Loggers defeated Whitman College 66-52, while the women’s team provided an encore performance by pounding the Lutes 64-50, and the men’s team provided an encore performance by pounding the Lutes 66-52. However, the real winners were Landon and the creators of “Think Pink” night, who used the occasion to help other members of the Loggers community and raise awareness of breast cancer.

Such great heights: Senior Maya Heck
Only female pole vaulter at Puget Sound has come a long way since 2008

By ANGEL JOHNSON

As the Puget Sound track and field team finishes up their indoor season, there is a lot of potential for a promising regular season for the Loggers. There are many key athletes on this team, who have made the indoor season successful. One of these key players is senior collegiate athlete Maya Heck (Corvallis, Ore.). She has been an important part of the track and field team since her freshman year, and to this day continues to inspire and lead her teammates on and off the track.

Her main event has always been the pole vault, but she was involved in the other races, such as the 4x400 on rare occasions. Her career best in the pole vault was 2.75m during the conference championships in 2009. What makes Heck extremely unique is that she is currently the only female pole vaulter on the Puget Sound track team. When asked about being the only female pole vaulter Heck had a motivating response: "It’s funny actually, and I don’t mind it too much. I don’t have brothers, but I imagine that this is what it would be like. I like the dynamic, because we call each other, and we also support each other—it’s kind of a family. Although pole vaulting is an individual sport, it’s also very easy to get into a mental slump, and I think having the guys around always cheers me up when I’m not having a good practice. We can all make fun of ourselves, which is good in such a serious event. Although I’m the only girl, I think that this is what helps, I think," Heck said.

Heck has already had such a wonderful indoor season, it will be great to see what this talented athlete will do when the regular season begins. She will definitely be a spring athlete to watch this season.

“Being a senior this season, I have taken on a leadership role at least for the field events. There are new freshman throwers, vaulters, and jumpers and it’s been fun so far for showing them the ropes and helping them feel comfortable on the team. Since I only started pole vaulting as a freshman, I feel like I haven’t reached my potential yet. It’s hard realizing that this is my last season competing at the collegiate level, but I think that mentality will push me to train harder,” —Maya Heck

Drive: Throughout the season, the Loggers have fought hard.

Loggers join the fight against breast cancer on ‘Think Pink’ night
Old stars and new talent for women’s lacrosse

Loggers have high hopes for the season with group of quality players

By DALTON HANDY

According to Head Coach Liana Halstead, the Puget Sound Women’s Lacrosse Team is looking forward to starting their 2012 season with, “good defenders, fast midfielders, and smart attackers that work together to make the best team possible.” The Lady Loggers will face off at home against Redlands Feb. 28, a game that both Coach Halstead and Julia Schumman (Durham, N.C.), last year’s leading scorer, consider to be very important for the team. “[Redlands] is a really tough team. They are probably the closest to getting to the tournament, and Coach played [at Redlands],” Schumman said, explaining the added focus on beating the Bulldogs. While it appears that the team will be led by the upperclassmen, look for good things from, “...a very talented group of freshman that have blended with our team from the beginning,” Halstead said.

The group has shown solid stick skills and speed as a whole, something that Halstead plans on taking advantage of from the start of the season. Hopefully they will be able to contribute to the quick style coveted by the Loggers. In order to play as quickly as they plan, players will need to be thinking a pass ahead, working together as a team. Much of this will rely on the on-field chemistry the team is able to develop.

“We need to rely and depend on each other and have confidence in each individual player...”

—Coach Liana Halstead

Although they are coming off of an up-and-down 6-6 season in 2011, the Loggers look primed to return to the top of their independent conference. As Schumman emphasized, if the team is able to come together in a cohesive unit, ready to play every day, the 2012 season should be bright.

Many hopes for a strong season will rest on Schumman’s shoulders. The junior midfielder was fifth in the nation at the Division III level in 2011, scoring 4.87 goals per game. “Julia was an all star last year and I know she will continue to perform to her best ability this year,” Halstead said.

Although her own impact is yet to be determined, the senior captains have already made an impact. “The seniors have been really awesome. You can already see them getting the team amped, wanting to be out there ready to go,” Halstead also credited in the seniors for building the program and spreading their dedication within the team.

While it appears that the team will be led by the upperclassmen, look for good things from, “...a very talented group of freshman that have blended with our team from the beginning,” Halstead said.

PHOTO COURTESY/DAVID PENDLETON

Nothing But Nets: Fans were ecstatic with the performance.

T H R O W I N G I T D O W N AT T H E F I E L D H O U S E

A Yankees fan puts aside her differences

By JULIA FISHMAN

If you are anything like me, March 28 means something to you. I have been counting down the days until I can step foot in Safeco Field, see the piercing green grass and smell that combination of alcohol and sweat with a hint of already eaten sunflower seeds. If only Febreeze could bottle this scent, they could call it, “Ballpark Memories.” But I digress.

The year 2012 marks the 100-year anniversary of one of the oldest baseball parks in America: Fenway Park. As a die-hard Yankees fan, I usually want to take tips at your Red Sox’ expense, calling them the Red Sux or laughing at your 2011 championship. “The Impossible Dream” in 1967, when you won the American League Championship after more than 20 years of absence from the World Series.

But I have mad respect for the Red Sox for sticking with their original field. The only other park from the era is Wrigley Field, which has been home to the Chicago Cubs since 1916. My beloved Yankees tore down the original Yankee Stadium built in 1923, and I will never forgive them for that. I think commitment is something that runs deep with you Red Sox fans. Sure, you have seen good times, having consistently sold out Fenway since 2003, or conquering what everyone deemed “The Impossible Dream” in 1967, when you won the American League Championship after more than 20 years of absence from the World Series.

But you have seen hard times as well. Van the “Care of the Bambino,” when your beloved Red Sox sold Babe Ruth in 1919 to my darling Yankees and would have to wait 86 years for another championship.

100 years later, Fenway continues to be a place many associate with passion, character, and Samuel Adonis Boston Lager. While I live and breathe Yankees, I will always have respect for you loud-mouthed and hairy Red Sox fans. So here’s to you, the never waving, always drunk, and painfully in love, Red Sox fans and 100 years more at Fenway.

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New Start: The Loggers are looking to start fresh this season.
By HARRY SASSCROTCH

Recently, a friend approached me desiring for tips about blowjobs. She was fran- tic because she is a virgin, and was nervous about her boy- friend’s reaction towards the bj. What got me thinking was that she was spending so much time thinking about oral sex, but was this feeling reciprocated by her partner? Is this situation normal for both sexual partners, or is this just the problem for one?

Oral Sex has a distinct place in many people’s minds. Many see it as foreplay, and only in the quintessen- tial blowjob performed on a man. This one-way interaction is usually seen as a normal part of a hookup. And if you don’t go to all the way, why not just a quick little suck session, right? Unfortunately, oral sex is too often a one-way orgasm for the dominant, or "top", in a sexual relationship. This leaves many partners high and dry with- out the release they desire. This is seen in both heterosex- ual and homosexual relationships. Oral sex between a male and fe- male partner is commonly outlined as performing by the female, with a partner who needs to get off just as much as you do, if not more!

The aforementioned study also cites how about one third of men interviewed only performed cunnilingus when they were in re- lationships. Männer who identify as tops persists in more relationships are more likely to perform oral sex. There are people who don’t perform oral sex at all, and others who prefer dancing without being asked to perform it. The majority of men who ejaculate. It cannot be outlined more perfectly as much as you do, if not more!

Some people have preferences when it comes to oral sex. During sex, some people prefer dancing without being asked to perform it. The majority of men who ejaculate. It cannot be outlined more perfectly.

"Unfortunately, oral sex is too often a one-way orgasm for the dominant, or ‘top’, in a sexual relationship. This leaves many partners high and dry without the release they desire."

Partners who want oral sex and just aren't getting it have every right to voice their grievances, and ask for oral sex as part of sex. One of my friends prides herself in her refusal to go down on her partner unless they go down on her as well. Although this may seem like I’m trying to pressure straight guys into going muff diving (guilty), I want this to open up the ideas to all people. People love preferences outlined when it comes to oral sex. There are people who don’t give oral sex at all, and others who love it. In contrast not every single individual wants oral sex, or enjoys it as much as others.

This again builds down to know- ing what you want from sex and being open to what your partner wants as well. Because you are not the only one who orgasms, and you shouldn’t necessarily be the only one who gets some dope.

The Dionysian experience of eccstatic dance, in the face of sex, or enjoys it as much as others. Because you are not the only one who orgasms, and you shouldn’t necessarily be the only one who gets some dope.
**By SAMI ROSS**

Pirates of Penzance

By HEALTH EMMERICH

**By MELANIE REIFF**

Schenbeck Concert Hall rang with laughter this weekend with the performance of Gilbert and Sullivan's Porges of Penzance. The School of Music-produced opera was a joyous romp with a band of very naughty pirates and lovely ladies.

Directed by Professor of Vocal Studies Dr. Dawn Pudlack with music direction by staff accompanist Demes Van Parys, the double-cast opera was a hysterical hit playing to packed audiences throughout its four-night run.

Pirate direction was subdued but extremely effective. From the manicured pirate actions to the full-fledged chorus choreography, Padula captured the spirit of the band of tarty pirates, giggling and singing merrily at each other with an ease that makes this cover seem like a natural choice.

"Pirates of the Caribbean," the exciting and recently released film and Disney ride, is a classic Wilco track, mixing Ameri- can gothic with good times and easy-going music. No new experimental noise solos. It's a good nod to Wilco and the rock that rolls through the ages.

This eight-track record features Wilco songs that span across the de-
ades, decades that will be noted to note the inclusion of an A.M. track—whoo, old school!

Though the EP takes a trip down memory lane, a certain element is missing. And that’s not nearly a bad thing. This album showcases Wilco's country-alt roots with light, tightly performed tunes and, notably, almost no experimental noise solos. This short album is a review of the band's career, however, each song was carefully selected in order to send a message.

The album consists mainly of tracks from *The White Light*, but it pairs those new songs with older material from the early millennium, the late '90s, and even a cover of a seventies pop classic.

When the tracks of *The White Light* were released with the older songs, it becomes clear that, despite the band's penchant for raw, static musical arrangements, Wilco firmly holds onto their "dad rock" persona.

This is a pleasant surprise. Lastly, the band has used "Crush to Be Kind" as a closer for their shows and it fits nicely into their world of sunny but meaningful rock songs. Nick Lowe sings with the band on this version, and he fits into the band's sound with an ease that makes this cover seem like a natural choice.

"Piracy of the Carribean," the exciting and recently released film and Disney ride, is a classic Wilco track, mixing American gothic with good times and easy-going music. No new experimental noise solos. It's a good nod to Wilco and the rock that rolls through the ages.

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"Piracy of the Carribean," the exciting and recently released film and Disney ride, is a classic Wilco track, mixing American gothic with good times and easy-going music. No new experimental noise solos. It's a good nod to Wilco and the rock that rolls through the ages.

This eight-track record features Wilco songs that span across the decades, decades that will be noted to note the inclusion of an A.M. track—whoo, old school!

Though the EP takes a trip down memory lane, a certain element is missing. And that’s not nearly a bad thing. This album showcases Wilco's country-alt roots with light, tightly performed tunes and, notably, almost no experimental noise solos. This short album is a review of the band's career, however, each song was carefully selected in order to send a message.

The album consists mainly of tracks from *The White Light*, but it pairs those new songs with older material from the early millennium, the late '90s, and even a cover of a seventies pop classic.
**Solid Sasquatch lineup promises to draw usual number of Puget Sound music lovers**

By MOLLY BROWN

With the announcement of their 2012 lineup, Sasquatch music festi-
vale has increased the fans’ ex- citement for the event. Big names such as Jack White, Bon Iver, Te-
cenacious D and many others topped the long list of artists to play at the Memorial Day festival.

The season of Sasquatch 2012 began early Nov. 25 with the be-
ginning of their presale of tick-
etts. Sasquatch regulars who had
knowledge of the lineup pur-
chased tickets with faith in the ex-
cellence of the festival. Lexi
Pearce, a Puget Sound fresh-
man and Seattle local, has
been going to Sasquatch for
four years, and still hasn’t lost her en-
thusiasm for it. "At Sasquatch, there’s nothing like it. It’s an eclectic mix of people that haven’t showered in four days and awesome artists, who could ask for anything more?" Pearce said.

Being well versed in the pre-
vious lineups of Sasquatch past,
Lexi was pleased with 2012’s list
of bands. Every year of Sasquatch
Lexi has attended has proven
to offer an excellent collection of
bands in her opinion.

“This year’s lineup is great, ev-
ery year is great. Jack White’s go-
ing to be rad. And Beirut plays
awesome live shows. The 2009
and 2010 lineups still compete for
my favorite though. Those will be
hard to top," Pearce said.

Pearce’s sights were not only set
on the big names on the lineup,
though. Pearce, in contact with
the music scene in Seattle and a
frequent Sasquatch patron, has
come to know the smaller names in
the music business and appreci-
ates them as well.

"The biggest and best surprise
was watching the music, just make
the whole experience wonderful," 
Pearce said.

The Sasquatch lineup makes for a
great prospect for music lovers.
The mix of the crowd and the
music brings about a sort of com-
mon ground. Both pies had their flaws, but it is
true of both Medi’s pizzas and
the Cascadian Grinder. The Margherita was topped with
mozzarella, basil and a traditional
tomato base. Traditional pizza lov-
ers favored the Margherita pizza,
and testers’ average rating for this
pie was 5 because of its traditional
taste. Its thin crust and saucy base
were the winning points for Far-
relli’s. The only complaint from
the group was a lack of basil, something
that can easily be remedied. If you
are at Farrelli’s and in the mood for something traditional and lighter,
this is the choice pizza.

Finally, the Cascadian Grinder.
This pizza was the one our taste testers returned to for seconds.
The Cascadian Grinder had a pes-
to base, a mix of mozzarella and
provolone cheese, pepperoni,
Lami and prosciutto, topped with
a spring mix and a balsamic redu-
tion on top.

Although the description sounds
meaty, it is not overbearing. The
thin slices of meat are evenly
spread and complemented well
by the balsamic glaze and spring mix that
topped the pie.

This was an original creation and
the only traditional pizza lovers
found something to dislike; the
Cascadian Grinder averaged a
ranking of 6 from the testers.
Both pies had their flaws, but it was
Farrelli’s crust that kept the
group coming back for more. Its
thin crust complimented the top-
plings and didn’t add any excess
grease and averaged a rating of 3
from testers.

Although their prices are on the
expensive side, it’s worth the
spurges if you’re looking to buy
dinner locally.

Medi’s pizza is great for its value,
but is not somewhere we’d go out of
our way to dine. The large pies are
reasonably priced and dollar slices
are available for $2.50 (11 a.m.—
2 p.m. and again after 9 p.m.).
If you are looking for food on a bud-
get, Farrelli’s could be a worthy
choice.

That said, the winner is Farrelli’s.
Go try their Cascadian Grinder; you’ll be glad you did.