YES brings conversation on modern slavery to Puget Sound

By ASHLEY LATHAM

Slavery is considered to be a thing of the past, but that’s not how ninth grader Allison Nasson felt when she began Youth Ending Slavery, more commonly known as YES. Currently a first year, Nasson has brought her mission to Puget Sound.

YES is a nonprofit based in Portland, Ore., led by high school and college students. "Our mission is to combat modern-day slavery by raising awareness about its prevalence in our world and empowering youth to be advocates for change," the YES website says.

The YES site defines slavery as the following: "A relationship in which one person is controlled through violence, the threat of violence, or psychological coercion, has lost free will and free movement, is exploited economically and paid nothing beyond subsistence."

In the fall of 2011, Nasson formed the Anti-Slavery Committee at her school, St. Mary’s Academy. After an unsuccessful attempt at organizing a walk to end slavery, Nasson nonetheless continued her mission.

The Anti-Slavery Committee evolved into the nonprofit organization YES in June 2012.

"I started YES in high school as a club, but my senior year we formed a Board of Directors and filled out the paperwork to become an IRS official nonprofit," Nasson said.

Nasson has high hopes for YES on Puget Sound’s campus. She is currently going through the process to start her club, and is currently looking for students who would be interested in joining. YES is in need of a new board of directors.

"I am bringing YES to the UPS community because students are the key demographic we hope to reach," Nasson said. "Not only do students have the passion to spread awareness about this issue to everyone, but we ourselves as the rising generation are also the ones who will determine what the world looks like in the future."

YES spreads their message of awareness through a variety of portals. The mission as an organization is spread through speaking engagements, facilitating YES chapters, fundraising events and creating monthly newsletters. Current YES projects continue as awareness is raised for the cause.

"It is never easy to get people to give up their time, but I really see this chapter of YES as doing work that is absolutely essential, and therefore more than worth spending time on," Nasson said.

"We believe that educating youth about the existence of slavery is especially crucial, due to the fact that the rising generation has both the opportunity and the responsibility to create a world where unjust practices in the name of profit are not tolerated," Nasson said.

The Center for Intercultural and Civic Engagement states that 75 percent of the student body particles in some sort of service activity in an academic year. However, according to Becca Long, CICE’s Civic Engagement Program Assistant, a lot of students are not involved in long-term civic projects.

"Most of the work our students do is based on short-term projects, such as MLK Day of Service; however, we would love to see long-term partnerships emerge," Long said.

Some promoters of student activism such as Sarah Egger-Weiler, Puget Sound alumna and current campus organizer, for Washington Public Interest Research Group, claim this is due to the difficulty of getting involved off campus.

"My personal opinion is that political activism is not super high on this campus. There are a lot of liberal students on this campus but also a lot of academically-minded students on this campus," Egger-Weiler said. "I think a lot of people care about working on issues that affect students on this campus but when it comes to impacting local politics there are only a select few students that have jumped over that barrier."

A lack of time and the campus-focused mindset of students contribute to the gap in off-campus activism, but working on issues off campus is important for students according to Long.

"We are all busy at Puget Sound but the opportunities Tacoma can offer are huge. Getting off campus helps you see beyond the ‘Puget Sound bubble’ and recognize the needs present in our vicinity," Long said. "Expanding your perspective by getting to know the city and its people helps move you beyond apathy to engagement."

CICE and various organizations provide opportunities to students who are interested in participating in civic engagement. CICE is offering an alternative break program for Fall break from Oct. 17 to Oct. 20. This year’s alternative break will focus on issues associated with immigration and citizenship. The CICE is also working on this tutoring programs with local Tacoma students, food justice initiatives and an upcoming blood drive later this fall.

For the month of October, YES is asking people to boycott the popular clothing store Forever21.

According to the YES website, the Forever21 brand received an overall D- score from Free2Work, based on its policies, transparency, monitoring and worker rights.

Nasson states her hopes for YES on their website, “I hope that YES...will continue to demonstrate to people of all ages that we can’t ignore injustice under the misconception that we are too young, or too few to make a difference.”

Nasson has expressed the need to educate people, especially students. More can be found on the YES website at www.youthendingslavery.org.

On the website you can find links to their current project as well as resources to provide information on the topic of modern slavery.

GETTING INVOLVED:

Students play vital role in political activism

By ANGIE GOEBEL

Although there are activist opportunities available to students, student activism at Puget Sound may not be as prevalent as one might expect.

The YES website says, “Mo...
NEWS

ASUPS Senate meeting recap

October 9, 2014

By ANNA GOEBEL

• Senators claimed that excepted elections rules with -out coming to any ASUPS fall elections.
• The Vice President made a person -al apology for not consulting with the com -mittee on the student body and apolo-gizing for not communicating with the Vice President.

• President to start a web-site project about the history of the ASUPS.
• Faculty Representative said budget task force will be focusing on fall bonding. 
• Club sports liaison is working on evaluation forms for risks as - sociated with club sports.

• New `all- gender` bathroom signs to be put up. Senator work- ing to convert any single-use re - strooms on campus to gender - neutral.
• Trail experiencing issues with staff following deadlines.
• All KUPS interns are hired, waiting on powers as they can operate at full capacity.
• Trail is calling for a meeting to collaborate on more projects.

$420 allocated to SIRGE and Take Back the Night Program for a fall ballot on the initiative.

SECURITY REPORT

The following is a breakdown of incidents reported to Security Services and occurring on cam-pus between Oct. 7, 2014 and Oct. 13, 2014.

Bicycle Theft: There were two reported thefts during the week. One occurred on the hill near the entrance to Seward Hall, and the other from the rear of the bike near the main entrance to the Science Center.

Theft from Vehicle: A student reported his backpack contain- ing his books and a laptop com -puter was stolen from his vehi-cle while it was parked in the Fieldhouse lot. The vehicle was entered by breaking out the driver’s side rear window.

Alcohol Violation: Security staff contacted two (2) students sus- pected of violating University and state alcohol laws. One in -cident occurred in Todd/Phibbs Hall and the other in Seward Hall.

Shoplifting: Security and Ta- coma Police contacted a non- student who was suspected of taking food from the SERV without paying.

Crime Prevention Tips:
• Always report suspicious activ- ity to Security Services by calling (253) 879-3111.

- Do not leave valuable property unattended while in public open view.
- Secure bicycles with a U-bolt style and lock through the frame.
- Do not walk alone at night. If you aren’t with a group of friends, take advantage of the Security Services Escort Program.
- Stay current on security related activities and incidents on cam-pus — like us on Facebook.

WHERE TO FIND THE TRAIL

BLACK BEAR YOGURT
BLUEBEER COFFEE
CAFÈ BROUSSEAU
METRONOME COFFEE
SHAKABABA JAV
GIBSON’S FROZEN YOGURT

CHWS gives health advice for students as flu season approaches

By JEZINAR KARA

As the colder months approach, the importance of preventing infec-tious illness around campus resur-faces. ASUPS Health Services here at Puget Sound offers a wide variety of resources for staying healthy just prior to winter, which con-tinues each and every student on campus. Everyone should partici-pate in activism and civic engage-ment because social issues affect ev-eryone at some level.

Despite the availability of oppor-tunities and the work of organiza-tions such as BSU, Egger-Weiler be-lieves that students can do more to work on the causes they are passionate about.

“Students from clubs could defi-nitely do more around being active outside of the campus community,” Egger-Weiler said.

In order to promote activism, Egg-er-Weiler and other community members are attempting to imple-ment a WashPIRG chapter on cam-pus. WashPIRG is a nonpartisan, pub-lic organization that has chapters on 40 college campuses across the country. The organization works to activate college students and engage with lo-cal citizens. On college campuses, WashPIRG implements student boards that decide what campaigns they wish to work on and trains them to run whichever campaign they choose effectively. There is current-ly no WashPIRG student board at Puget Sound.

“There’s a long process to getting a PIRe chapter started on your cam-pus. We’re in the super early days of starting one here. We have a couple of students who are excited about it and a couple of facul-ty who know about it,” Egger-Weiler re-ported. “We’re really excited about moving this forward.

For now, Puget Sound students can get involved with WashPIRG as an intern at the Seattle office. Gradu-ating seniors can also apply to be a campus organizer for the coming year. Egger-Weiler is currently con-sidering initiating similar campus inter-vies for the position.

CHWS also offers a self-help station, where bandages, syringes, condoms and Polysporin ointment are available. If an appointment is need- ed, a fee of $25 is required.

“The fee is a little bit frustrating but that’s how it is in real life so I think it’s justified,” senior Abby Matt-son said.

Students living on and off campus can find help at ASUPS as well as seek help at off-campus resources such as MultiCare Urgent Care Center on Main Street, Wilsonville or the three other emer-gency rooms in the Tacoma area.

“I know if I go to CHWS I could get antibiotics but I don’t want to go to them very often unless it’s actual-ly very serious,” Senes said. “They are good for prescription medications but for colds and mild sickness I don’t want to use them too often. I get it in every time you get sick.”

Students can make an appointment with CHWS as early as 8:30 a.m. and stop by room 216 on the sec-ond floor of Wheelock.

One of the psychiatrists at the front desk will schedule the appoint-ment depending on the availability of CHWS staff members.

By JENIFER GILLIS

As the colder months come in, so does the flu season. There are three key things everyone can do to prevent getting sick.

1. Wash hands with soap and warm water for at least 20 seconds after using the bathroom, before eating, and after touching a surfaces.
2. Wear a mask in crowded places.
3. Get a flu shot.

The flu shot is a great preventative measure to keep you healthy and protect others around you. It is important to get your flu shot early to ensure you have the best chance of getting protected.

(Editors Note: Where To Find The Trail section is written by a different writer than the rest of the story.)

ASUPS Senate meets every Thursday at 7 p.m. in the Murray Boardroom in the Wheelock Student Center. Every meeting open to all students.

Activism continued from page 1

“If anyone on campus is interest-ed in getting involved in any of these areas, we are still looking for tutors, mentors, folks to help with Back packs for Hope and Food Salvage, and people who can help donate books,” Long said. Individuals can also volunteer with various local community or-ganizations with which CI CE has partnerships.

“Students can visit us with an in -terest in volunteering, and through our expansive range of community affiliations, we can match oppor-tunities to individual needs and desires,” Long said. “Our most pop-ular partnerships are based on is-

utes such as healthcare, tutoring, food justice and women’s rights.” Student clubs enable those in-terests to be politically active with specific issues.

Student clubs include Students for a Sustainable Campus, Amnesty In-ternational and the Black Student Union, among others. BSU, which meets every Monday in the Student Diversity Center, is presently working to turn their pas-sion for equality into political prog-ress.

“We are working to leverage all necessary to exercise influence, so we are aiming to build more of a support base in the student body; student governance and Tacoma community,” BSU President Naki-da Jones said.

Jones also recognizes a lack of de- sire to be politically active, partic-ularly around issues of racial inequal-ity.

“The hardest topics to get our stu-dent to take action on are issues of racial equity,” Jones said. “The goal is to advocate for the world to be a fair world just playing to win, which con-stitutes each and every student on campus. Everyone should partici-pate in activism and civic engage-ment because social issues affect ev-eryone at some level.”

ASUPS provides a forum for student opinion and discourse. Visit trail.pugetsound.edu for the full mission statement.

The Puget Sound Trail

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October 17, 2014

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 University of Puget Sound and the greater Tacoma community and provides an open forum for student opinion and discourse. Visit trail.pugetsound.edu for the full statement.
YouTube videos showing women being groped against their will is actually harassment

By JORDYN ATKINSON

On Tuesday, Sept. 21, the YouTube sensation Sam Pepper uploaded a new prank video, titled “Fake Hand Ano Pinch Prank.” The minute the video titled “Sam” hit the screen, protests began. “Save Sam,” the minutes of footage depicting Pepper pinching unsuspecting women in the street and handcuffing himself to lassoing unsuspecting women in the street to his popular channel, erupted. David Williams, an Alternative to CHWS has been recently. Another abiding myth is that a flu vaccine can actually make you sick. "Immunization is so important, and not for yourself, then for others scared, because they allow us to protect ourselves. After all, who of us doesn’t like the flu? For some, a simple case of the flu may even be fatal. "Widespread vaccination stops huge numbers of people from getting sick, and when parents reject a flu shot for their child, they lose us all at an increased risk. Not only are they risking their own health, but the health of their children, for themselves or their community. The government does, however, respect the rights of individuals who decline vaccinations, either due to religious or personal reasons. Stu- mated at the idea of receiving any vaccination at all this year. Flu vaccines are recommended differently than its neurotoxin counterpart. Another component of the flu-vaccine argument is that the flu vaccine matches prevalent strains of influenza virus. And here is truly the crux of the matter; the efficacy of a vac- cine is often ambiguous. The problem is clear, the claim that the flu shot is a harmless, and even those who are vaccinated may be at risk of catching the flu. The CDC says a flu shot is bene- ficial for any healthy person above 6 months old. If you have a strong reaction to an article, email us at trailops@pugetsound.edu, or visit our website at trail.pugetsound.edu and share your voice with us.
Dexter Gordon: Coordinating the Race and Pedagogy National Conference was a massive project but a worthwhile one.

By JORDAN VOLTZ

Dexter Gordon: What did your role as Coordinator for the Race & Pedagogy Conferences entail?

Dexter Gordon: I’ve been chair of our three national conferences, coordinating and staging the conference. That involves assembling a conference program, which is 8-9 months to two years ahead of the conference... working with a team of faculty, student and staff volunteers and campus community partners to distribute the assignments to make the conference work.

If you were pleased with the turn-out for the conference?

I was very pleased, in fact, tracking the numbers, we were being—coming into the conference we were capacity... The students were not just from Tacoma. We had students from Seattle, we had students from as far as Edmonds, students from Kent, Tukwila, Renton, Puyallup, and I think we had some from Federal Way as well... but the majority were from our campus.

How do you feel that the resi-dents of Tacoma interacted with conference and the Youth Summit?

DG: A number of parents have spoke with me and they were thrilled about the conference. The students I’ve spoken with, including my daughter... who is a senior at Wil-son Canyon... She was really excited about the ability to have a face-to-face con-versation with elders... people who were involved in the social justice and freedom struggles in the 60s and 70s.

Students said, by far, those conver-sations were the most enjoyable fea-ture of the Youth Summit. After the adults set the stage and opened the volume and the excitement took off...

DG: How do you think the city of Tacoma engaged with the University of Puget Sound in light of the conference?

DG: I was at a graduate Tacoma event where the superintendent of Tacoma schools gave her year-in-advance—there were 700 yesterday and 800 today—person after person after per-son, they were all positive re-views about the university and its role in the community through this kind of event.

So I think it was a huge success for the university in terms of the univer-sity’s statement about its citizenship in the community.

GV: Can you elaborate on why you think the conference was successful?

DG: I define the success on the terms of the quality of the confer-ence... the substance of the plenaries. Four of those for one conference is unheard of, then you combine the substance of six, of those, and then, the quality of the special sessions... to hear Adajin Pratt—it was a once in a lifetime ex-perience to hear a maestro on the pi-anos. It was mind-blowing.

Then, there were the various arts opportunities and then 75 concur-rent sessions. When you look at that—it’s success in terms of scope, sub-stance, depth, relevance and repre-sentation. I would tick it off “success, success, success.”

Then, participation—people from all over the nation and you could tell by their engage-ment in the sessions. The Q&As ses-sions were the best part. I think some of the speakers got to make their best points. In some of the special sessions the speakers were generous and gracious with their time.

The other feature I would point to is the community of Tacoma and the community of Puget Sound faculty who came to help. Among the other—there were no second-class citizens at the conference. Faculty for almost a year and a half... faculty for almost a year and a half... with the full community partici-pating. I think we gave that experi-ment a shot and I really liked what I saw.

In fact, I would say that notion of connecting higher education... and the university of Puget Sound in par-ticular with the community is one of the central commitments of my work as a professor. I come from the world of the com-munity and I’m interested in the val-ue of open critical engagement that those of us who are committed to the life of the mind and bringing that to a community that is asking us every-day questions, parents that are asking us how do we do that, how do we do that, how do I feed my children... I mean we are this campus where the whole Puget Sound community was involved.

Our vision has always been that the whole community has an opportu-nity—an encapsulated super energized learning opportunity for our entire student body... I think that that is so. I think we passed a point with this campus where the whole Puget Sound community was involved.

As Adler points out, though there are... there are many challenges and obstacles, the faculty and the students... the faculty for almost a year and a half... the faculty for about a year and a half... met—there were 700 yesterday and 800 today... reviewing the statement on the state of Ta-macoma schools and every person I met—there were 700 yesterday and 800 today—person after person after person, they were all positive re-views about the university and its role in the community through this kind of event. So I think it was a huge success for the university in terms of the univer-sity’s statement about its citizenship in the community.

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Combing through a hairy issue

College experimentation with kinks needs consent

By GREGORY GROPAGE

The implications of the phrase “pore star” in America are intertwined with our perceptions on the relationship between hairiness, hygiene and sex. Google the phrase “pore star” and instantly, black and white, hairless women will appear. They pose with their bare legs spread to reveal armpits and vulvas as smooth and silky as baby skin. Google “male porn star,” however (and note that, by default, Google images pulls up images of porn stars that are female), and hairiness will be tolerated, although not with the prevalence with which it occurs on male bodies. Body hair removal goes back as far as 4000 B.C.E., where in Ancient Egypt, both men and women removed all body hair to prevent the transmission of disease and lice. This was done by scraping hair away with blades of flint, as well depilatories (hair removal pastes) such as “sugaring,” a precursor to waxing wherein a sugar and sticker substances such as honey were applied to hair skin and a cloth was used to pull the paste and hair away. By the rise of Ancient Rome, however, hair removal was no longer merely a question of hygiene, but also of social status: the wealthy had leisure time to focus on appearances, while busy slaves remained hairy and unkempt. It is for this reason too that a majority of Chinese Western art traditions depictions of naked women, such as Sandro Botticelli’s 15th century painting The Birth of Venus, feature them pale and hairless.

It was in 1915 that the mere thought of hairless women got us off the scent of consciousness, brought about by the May publication of the upscale magazine Harper’s Bazaar. The magazine’s cover featured a woman joyfully dancing in a sleeveless dress, one arm raised to reveal a hairless underarm, with advertisements for summer dresses and X Basin Depilatory Powder. Advertisements wrote that the depilatory had been “used by women of refinement for generations for the removal of objectionable hair,” despite the fact that American and European women had, up into recent history, been required to wear full length gowns that never would have revealed such objectionable places.

It was at the same time that King Camp Gillette (1855-1932), founder of what is now the Gillette Razor company and inventer of the disposable razor, began to market the Milady Decollete, a new razor solely for women, and with this, America embraced female hairlessness wholeheartedly. The 1940s held a shortage of denim, and with advertisements for summer dresses and X Basin Depilatory Powder. Advertisements wrote that the depilatory had been “used by women of refinement for generations for the removal of objectionable hair,” despite the fact that American and European women had, up into recent history, been required to wear full length gowns that never would have revealed such objectionable places.

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Body Police: Body hair removal products are often marketed to consumers in the same overly gendered way as antiperspirants.

Bathrooms ignite gender equality debate

By MIA HORNAGE

For transgender and non-binary students—those who do not identify with restrictive gender labels such as ‘male’ and ‘female’—public facilities often fall short. In speaking with De nonexistent, a student who identifies as non-binary, it became clear that Puget Sound needs to improve the treatment of non-binary students.

This would mean doing things like having professors ask students what their preferred pronouns are and eliminating gender essentialist statements. The most egregious one is the one regarding bathrooms on campus.

The bathroom problem is still an issue for a lot of people and I think that the school is really lacking in that regard and made some poor choices when renovating the sub, Parry said.

Nationally, colleges have been adding gender-neutral bathrooms, and among those that already exist, Puget Sound is no exception. A gender-neutral bathroom, but all those in favor of making it a reality.

Another important goal is for concern about the bathroom problem. For transgender students—those who do not identify as non-binary, it became clear that Puget Sound needs to improve the treatment of non-binary students.

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**ASK Night provides networking opportunities**

By ANACRISTINA SOMARRIBA

Last Thursday night, Marshall Hall was buzzing with students and alumni chatting about career choices, mutual interests and life experiences. Career and Employment Services hosted the yearly ASK Night connecting students with a diverse group of alumni.

ASK (Alumni Sharing Knowledge) Night provides students a space to network, ask questions and learn. All alumni have been students and therefore understand the anxiety that usually comes with life after graduation. What they really want to do is help in any way they can.

The event also demonstrated the wide variety of paths Puget Sound students take after graduating. For example, Juanita Celis, who majored in biology in the class of ’93, went to Ni- caragua with the Peace Corps and now works in the University of Washington Neurosurgical Surgery and Global Health departments.

Another example was Eric Grouse, a senior international affairs major from the class of ’98, who is now part of Amazon’s senior Corporate Counsel. ASK Night provides students with the ability to get a sneak peek into where their lives and degrees can take them.

According to the Chair of the Career and Employment Services Committee Andrea Tull, it had the best attendance in the last five years, with 151 students and 53 alumni present. Tull believes that the increased attendance is part of a nationwide movement. Many heavily alumni volunteered to help the cause. “I think this event is much bigger this year,” Tull said.

This year, half of the alumni in attendance have never been to ASK Night, but many alumni have attended several times. Why do alumni keep coming back? And why should students at- tend? “It’s fun to talk to students and find out what areas they are interested in,” alumni Don Theophilus, a former Advancement Officer and VP of UW medicine, said.

While Theophilus enjoys talking to students about their interests and helping them develop their passions, he feels that returning as an alumni is a way to give back to Puget Sound. “I understand how intimidating it can be to network, so ASK night creates a friendlier environment,” Grouse said.

The friendly environment was evident as alumni shared stories of their time at Puget Sound. Many said they wished they had participated in more networking events hosted by the University. Alana Herget, Intern Director of Career Services, urges first-year students to come to the event even if it is just to observe. “It just takes that one step. And then maybe sophomore year they talk to a couple people. And junior year they come prepared to talk to specific individuals. So that by senior year they own ASK night,” Hergets said.

This was true for Emmy Masangcay, a recent Puget Sound grad who is now a full-time employee at Boeing after an internship. “I came to ASK night as a freshman and sophomore and actually talked to someone from Boeing who informed me about the Boeing internship. This interaction immediately sparked my interest,” Masangcay said.

The student attendees were 46 per- cent seniors and 17 percent first years. This shows that Puget Sound students are taking active roles in interacting with alumni from the very beginning.

There is a lot to learn from alumni who have all gone down different paths and have such different life experiences. “The most important thing is that they want to share,” Tull said. They are all volunteers and want to talk to students about their interests and pass down advice. “Volunteer! Do internships. See what it is actually like to work in the environment and area you are interested in,” Theophilus said.

Some emphasized the importance of networking and building relation- ships. “Follow up and stay in contact with people. Do not just call on someone when you need them,” Masangcay said.

Others tried to bring down the stress level that is often accompanied by the job search and the figuring out what to do after graduation. “Be patient, don’t freak out, focus on things that matter to you. If you’re passionate about something double down on that, it will show what you care about,” Grouse said.

The goal for CES is to create a space where meaningful conversa- tions about the transition from Puget Sound into the adult world can take place. It is an invaluable tool for stu- dents. Tull’s conversations with students were engaging and filled with insightful questions. CES was also there to help students find someone to talk to.

They came up to students asking what they were interested in or what their major is in order to pair them up with an alum best suited to them. “Often students do not know the best way to introduce themselves or what ques- tions to ask, the CES website has a ton of information, including how to in- troduce yourself, what to wear, what questions to ask and how to prepare ahead of time,” Tull said.

In the end you will not walk away from ASK night with a job or intern- ship, but you will walk away with a lot of advice, a great interaction with alumni and a new connection.

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**Students use mobile apps to improve time management**

By SOFIA SCHWARTZ

Technology is amazing, but when does it stop enhancing life and start inhibiting it? Nowadays most students always have a smart phone, tablet or computer close at hand. Even though these items can serve a useful pur- pose in an academic atmosphere, more often than not they are used for methods of procrastination.

“I think devices are awesome and I use a lot of technology myself, but the majority of the ways we use these devices hurt us in terms of procrastination,” Rachael Gary, Learning Support Services Coordinator at Puget Sound’s Center for Writing and Learning, said.

Gary’s role at CWLT involves training and supervising the sub- ject and writing tutors as well as teaching classes and workshops, including a course on effective time management. She provides stu- dents with organizational strategies including a course on effective time management. She provides students with organizational strategies and a list of time management apps to help fight technology with tech- nology.

“I’d much rather focus on what is going on in the world around me and live in the moment than focus on what someone ate for dinner last night,” student Alexesa Brooks said.

This sentiment is on the rise as of late, but those who have attempted to delete social media accounts and distracting apps can attest that this is easier said than done.

Especially on a college campus, exposure to these distractions is virtually impossible to avoid, con- stantly tempting students to fall into bad habits. But while technology has exac- erbated procrastination problems in college communities, the rising market in time management apps may serve to remedy that to some extent.

Rescue Time is an app for both Mac and PC computers that runs in the background while students study and monitors how much time is spent word processing, re- searching or on various social media websites.

Gary recommends first using an app, such as Rescue Time, to diagnose exactly where one strug- gles and to determine which apps would be the most useful. Differ- ent applications might work better than others depending on the stu- dent.

Other applications to consider are:

Self Control: free app for Apple computers

Users establish their own blacklists and Self Control makes them inaccessible for a set period of time.

StayFocusd: Google Chrome extension

Users can set a specific amount of time each day that they will allow themselves to be on time-wasting websites after which the app will block it.

The “more and more our daily flow becomes influenced by dis- traction the harder it is to stay fo- cused,” Gary said.

With so many ways to procrasti- nate, it can be difficult to StayFo- cused, but with a little Self Control and a little Rescue Time it can be done.
TALKING TO THE BIRDS AND THE BEES

The importance of pollinators in our world

By ROSA BRANDT

"All will come again into its strength: the fields undivided, the water undammed, the trees towering and the walls built low. And in the valleys, people as strong and as varied as the land."

—Rilke

This is the motto of Make Way For Monarchs, a Monarch Recovery Alliance, which is co-facilitated by Dr. Gary Paul Nabhan. Last Wednesday, Oct. 8, Nabhan gave a talk titled "Milkwreeds and Monarchs" for the Puget Sound community. He spoke about the declining population of pollinators and their importance to the health of our environment. The award-winning agroecologist and nature writer had worked throughout the week with a seminar class taught by Puget Sound Professor Denise Glover.

"I thought immediately of Gary to give a workshop in this class because I so value the way that he writes emotively from empirically grounded research," Glover said.

"He shows us that 'objective' and 'subjective' points of view can be combined with important effect."

Nabhan spoke of the recent decline of pollinators, specifically monarch butterflies. He spoke powerfully about how this species of butterfly has declined 90 percent in only the last two decades.

"We are in the most catastrophic decline in pollinators in the history of U.S. agriculture," Nabhan said. "This is a conservation story about relationships, not individual species."

Nabhan, along with the organization, aims to make the route of collaborative conservation. Rather than blame farmers or large companies for the damage, they are emphasizing the building of partnerships with them. Instead of protesting against herbicides or GMOs, they are going "pro-monarch."

"I think it was important to bring to campus a discussion in a pressing ecological issue and how to solve such issues in a collabora-
tive and cooperative way." Glover said.

"These are important models for students to see at work and it is my hope that people were inspired by his talk to consider ways in which they could get involved in collaborative work on issues that they might be passionate about." Glover said.

The relationship between monarchs and milkweeds is intertwined and crucial. In addition to laying their eggs on milkweed plants, the hatched larvae eat nothing but milkweed at first.

On a larger scale, the milkweed plants provide essential ecosystems for farmers as well as the insects themselves. And the population decline in this species and others such as honeybees is not just happening here. Nabhan noted that the honeybee "collapse" is happening in at least 24 other countries around the world.

"This is on the order of passenger pigeons," Nabhan said of the danger of the plummeting population. His solution: to collaborate with each other.

"We can reverse damage through integrated agricultural practices that are more cost efficient for farmers," he said. The organization's immediate goal is to raise money for each state to plant hedgerows that will provide pollinators a steady and diversified food source throughout the season.

Nabhan explained that even a patch of just 20 milkweed plants can draw monarchs. The butterflies rely on these plants as the location to lay their eggs, so planting even a few milkweeds in different areas will have a positive effect.

"How can college students make a difference for monarchs?"

According to makeawayfromo-narchs.org, students can help by understanding the problem, telling others and even staying involved by helping migratory monarchs online via Journey North.

"We should plant some milkweeds and other pollinator species on the University of Puget Sound campus," Glover said.

"Spread the word!"

Tips on researching using the Collins Library database

By ADA SMITH

Beyond the quirky videos and the social media feed, Puget Sound's website has several academic resources that students don't always take advantage of. The library tab, located under the search bar, will lead students to a web page designed to streamline students' searches.

Lerti Ricigliano, the Associated Director of Information and Accessibility Services, was a part of the task force dedicated to reevaluating the website and noting what needed to be changed and how.

"Our goals for the redesign were to develop an attractive site, move to a user interface that accounts for user-participation, provide search capabilities, feature a consistent navigable structure and highlight library events, special collections and new resources," Ricigliano said.

Collins' main page in particular was organized based on student needs.

"Our usability studies tell us that most users visit the library's website to conduct research so we chose to prominently display the search box," Ricigliano said.

Other features on the main page are upcoming library events, tabs from the archives, library hours, quick research links and a 24/7 Ask A Librarian feature.

One of the tabs that students can explore is the website's Research page. By Burne, Humanities Librarian and Coordinator for Information Literacy wants the structure and tutorial guides that students can find in this tab.

"Clicking on this research button and looking at the various options available is probably the most important thing that students can do for themselves," Burge said.

"To help you get started, here's a brief outline of what you can find under the research tab.

"RESEARCH BY SUBJECT"

"This same page can also be reached by clicking the Research tab on the library homepage. By doing so, students will find a list of all the departments on campus as well as the resources available to them. By clicking on the directory tab, students will find all the classes as well as the subject page for that department will pop up. These sites are organized to best help the student find resources relevant to their department or research and are managed by the resource librarian in that department. The sites include easy access to databases specifically for that department, contact information for the subject librarian in charge of that department, and any other relevant links that the subject librarian felt necessary, for example a link to the Oxford English Dictionary under the English tab and the Twitter feed for the American Chemical Society in the Chemistry tab.

"CITATION TOOLS"

By clicking on this tab, you will be directed to a page that has quick links to various guides and examples on how to cite properly, as well as tabs near the top of the page that offer information links for ReWorks and Zotero. These two websites are online bibliographic tools, but not what you would find through a normal search on the web.

"Not only do they generate citations for you, but they help you organize your understanding of different fields or disciplines," Burge said.

These bibliographic websites let you annotate online, take screenshots of webpages and save them, and import your PDFs. ReWorks is an online bibliographic that you sign up for through the University and that will keep you data for as long as you are a member which, if you graduate, is indefinite. Zotero is a Firefox plugin, and allows you to keep working on the page you were researching while annotating the bibliographic or making notes.

"They do have a bit of a learning curve. We wouldn't necessarily suggest that students make an appointment with one of us, or do a class on demand."

"The class-on-demand page can be found in the "Research" tab service tab under Student Services.

RESEARCH TUTORIALS

"We are emphasizing the building of research skills as well as giving students the information links for ReWorks tutorial explaining the basics of where to find resources as well as a page that helps students to log into their academic community."

"Both are accompanied by a short quiz."

"This is really more for do-it-yourself kinds of learning, if students just want bite-sized information, sure they understand differences in types of sources and why it matters, it's a really quick tutorial that they can go through," Burge said.

Knowing how to use the resources is one thing, the key to becoming successful on campus and will make research projects and essay work much faster and easier than before. The library's website might not seem like the most fun place to spend your idle Internet hours, but getting oriented to what is offered through the school will help prevent further stress and headaches.

MORE TIPS ON RESEARCH USING "PRIMO"

NEXT ISSUE OF THE TRAIL.

Book smarts: The library has more resources than just books.
Women’s rugby is taking Puget Sound by storm

By ROXANNE KRIETZMANN

The Puget Sound women’s rugby team had two games this week. The first was a close loss to cross-town rival Pacific Lutheran University in the Memorial Fieldhouse on Wednesdays, Oct. 8. The second was a home game on Saturday, Oct. 11 against the Linfield College Wildcats.

The match began and it looked like the Loggers were going to push an early advantage, as they were ahead 3-1 in the early part of the first set of the match. The Loggers caught the Loggers out of position and rallied back for six straight points. The Loggers tried to battle back in the first set, but the Loggers would take the first set in the end.

The Loggers weren’t going down easy, as they matched the Lutes point for point late into the second set. Kate Rice (Glendora, Calif.) led the charge for the Loggers, earning a kill that broke a 20-20 tie. Shawa Smith (Longview, Wash.) followed suit, earning a kill after a Lute error, putting the Loggers up 23-21. The final point of the match came off a kill by Heather Sangster (Los Altos, Calif.) on a blistering service ace that tied up the match at 2-2.

The Loggers opened the first set strong, jumping out to a 7-2 lead in the early minutes of the match. The Wildcats weren’t going to be eating lunch just yet as they rallied after a tie to even the score at 13 apiece, and that momentum would serve it to a first set victory 25-22.

The second set was all Loggers. Heather Sangster (Los Altos, Calif.) rallied a kill that put the Wildcats ahead 19-10. The Wildcats looked to repeat the comeback that won them the first set as they rallied for four points but the Loggers were wise to their act and won the set, 25-18, before the Wildcats could come within striking distance of them.

The Loggers kept rolling in the second set as they took the set 25-18 to put the Wildcats in a position to win the match with a vicious kill but the teams went point for point until the Wildcats broke the deadlock and lead 18-17 in the dying minutes of the fifth set.

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Loggers coach Mark Massey took a timeout to rally his troops and his speech proved effective as the Loggers came out of the timeout and scored three straight points to win the set and the match.

Seniors led the charge for the win with back-to-back kills and a Wildcat attacking error gave the Loggers the final point they needed to win the match. The Loggers play next away from home against Whitman College in Walla Walla, Wash. on Friday, Oct. 17 at 7 p.m. Puget Sound 4 @ Lewis and Clark 0

Puget Sound 4 @ Lewis and Clark 0

Volleyball: Fans get rowdy during tough loss. Versus their cross-town rivals PLU.

Logger Scoreboard

MEN’S SOCCER

Oct. 11
Puget Sound 1 @ Pacific Lutheran 0

WOMEN’S SOCCER

Oct. 11
Puget Sound 4 @ Lewis and Clark 0

Oct. 12
Puget Sound 2 @ Pacific (Ore. 1)

VOLLEYBALL

Oct. 11
Linfield 2 vs. Puget Sound 3

Oct. 8
Pacific Lutheran 3 vs Puget Sound 2

FOOTBALL

Oct. 11
Linfield 2 vs. Puget Sound 3

Oct. 4
Pacific (OR) 44 vs. Puget Sound 17

Volleyball team splits their two games last week

By THOMAS OVERTON

The Puget Sound volleyball team split their two games last week against their cross-town rivals.

The Loggers played the Linfield College Wildcats and the game was a barnburner. The Wildcats opened the first set strong, jumping out to a 7-2 lead in the early minutes of the match. The Wildcats weren’t going to be eating lunch just yet as they rallied after a tie to even the score at 13 apiece, and that momentum would serve it to a first set victory 25-22.

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Birdies on birdies: golf team off to a hot start

By ZAL ROBLES

The University of Puget Sound’s club team won its game against Seattle University Oct. 4 with a score of 92 to 5 and lost against Western Washington University by 10 points on Oct. 11. The rugby team had an overall dominant performance against Seattle University. The team passed very well during the game. They moved the ball very well.

Defensively, the Loggers were disciplined in their assignments. Seattle was unable to get any space to run with the ball. The Loggers forced Seattle to move the ball horizontally.

When a Seattle player was challenged to move the ball up the field, the Loggers’ defense tackled well.

According to senior Roman Verz (Olympia, Wash.), the team excelled in open space.

Offensively, the team was able to win one on one battles. Defensively, players were able to tackle the ball carrier.

The Puget Sound Rugby team was unable to replicate its earlier performance against Western Washington. Western Washington beat Puget Sound 46 to 36 on Oct. 11.

“We need to listen to our coach-es more. They are great, but when we don’t listen to them we end up with disappointing results,” senior Alexandre Lunt (Tucson, Ariz.) said.

The Loggers struggled with their decision making. Individuals were unable to accurately decide between throwing and passing the ball.

It was unrealistic to expect the same result from Seattle Pacific to Western Washington. Western Washington is a much more athletic team.

“As a team, we got too confident after the Seattle Pacific game,” Vern said. “Western is a good team, and now the team knows what we have to do to become better.”

The team is smaller than most of the opponents they will face, but they describe themselves as small and scrappy.

The rugby team believes they have more determination than most teams they will face in the season.

After each game, win or lose, the Loggers get together and sing a traditional song.

The rugby team believes they have fostered a positive sense of community among the team.

“We are one big family,” Lunt said. “Each player has each other’s back. We are there for each other on and off the field.”

The team prides itself on its family mentality.

It is one of the main reasons players on the rugby team have such a good time. Vern stated that he joined sophomore year because he noticed how much fun his friends were having. The rugby team practices twice a week.

The coaches are very good at developing raw talent; most of the team practices twice a week.

“The sport seems very foreign to most of the new players, as rugby is a less common game in the States than it is abroad.”

The game appears to play similar to football, but has the fluidity of soccer; each team tries to touch down the ball in the opposing team’s end zone.

If a team succeeds, they receive a try. A try is worth five points. After a try, the team that scored gets an opportunity to kick the ball into the uprights.

If they successfully kick the ball into the uprights, the team receives an additional two points.

The rugby team plays their last game of the fall semester on Oct. 25.

Volleyball Schedule

Friday, Oct. 17, 7 p.m.
@ Whitworth

Saturday, Oct. 18, 5 p.m.
@ Whitman

Friday, Oct. 24, 7 p.m.
vs. Williamette

Saturday, Oct 25, 7 p.m.
vs. Lewis and Clark

Friday, Oct. 31, 7 p.m.
vs. Pacific (Ore.)

Saturday, Nov. 1, 7 p.m.
vs George Fox (Senior Game)

Wednesday, Nov. 5, 7 p.m.
@ Pacific Lutheran

Saturday, Nov. 8, 7 p.m.
@ Linfield
Crown leader responds to libelous newspaper story

By HUTCH THE GREAT

Recently, there was an article published in the local newspaper, which detailed our list of demands. They have five demands to the school to provide their ugly, “according to the crow leader. That deserve our respect and if they are not cockroaches, they are creatures really the pests. "

We regret that we have to do this, but you have left us no choice. Just when we thought we were out, you pull us back in! And yes, we have seen The Godfather. For those of you have not seen The Godfather, just know that they mean business. Those crows were finally willing to break their silence to deliver this message, and we ought to heed their warning. They do remember each of our faces. They never forget. They never forgive. The only way to solve this problem is to abide by their demands and give them what they want. We simply have no other choice. There is nothing else that we can do. It is better way, if we give them the writer they won’t be able to write any more terrible articles where they attempt to be funny but only succeed at inciting war.

I can clearly see who has the upper hand (or wing) here, and I am not afraid to jump ship, so to speak, to join the winning side. I assure you that the crows are a kind species, and they will not harm those who pledge their undying loyalty to them. To those who do not, well...I wish you the best of luck in your futile resistance.

This is a point where we can choose the fate of our campus, and that is right upon us backing the crows as the true leaders of campus. If you jump into the writer of the opinion article and their continued criticisms of these benevolent beings then I cannot protect you. Take this opportunity before it is too late. Thank you.

Lice epidemic kills

By AUDREY KAUFMAN

The University administrative mission, infested with lice, in one residence hall and an unnamed Greek house is already facing questions about how to deal with the epidemic. According to our source, "Pediculus humanus capitis" is a pest that is expected to create a panic. The University is being quite vague about the location of the infestation, which I’m not going to name, has raised questions among students asking with what the level of seriousness future threats should be considered. With daily perils streaming in from North Quad to South Quad, many off-campus students worry for the latter.

Some even believe it is their duty as outsiders to intervene in conflicts between the quads. While other off-campus students feel getting involved may put them at risk of the RA’s wrath. The debate on the morality of intervention has become so heated in the off-campus community that a convention was called to discuss the issue.

"Do we really want to agitate a Quad that has attempted to launch Frisbees?” A supporter of more passive intervention said. “Regardless of the success of the attempt, North Quad has potential to become a major threat if a diplomatic solution cannot be found.”

We are past the point of diplomatic solutions,” an advocate of direct intervention said, “the RA must be forced into action.

Tensions between North and South Quad appear to be at an all-time high, particularly since the failed attempt of North Quad to launch multiple Frisbees at South Quad residents on October 14. Fortunately, due to the failure of the attack, South Quad has declared it will not launch a counterattack.

The RAs did not believe that North Quad possessed Frisbees. It was suspected to be a bluff RAs to scare the residents away. The RAs have not made an appearance for three days.

"What I fear most is the amount of Frisbees in the community,” an unnamed source to The Combat Zone back in 2012, in order to raise the sense of community among students did not believe that North Quad possessed Frisbees. It was suspected to be a bluff RAs to scare the residents away. The RAs have not made an appearance for three days.

One thing is certain; the University is going to kill me. I’m not going to shave my head. I’m not allowed to talk about this.

But how did this food poisoning occur? It is possible that the R.A. forcefully collects dining dollars from North Quad residents. While the residents get hungry, the RA forcefully consumes an obscene amount of food. It is possible that those glutinous actions caused the sickness of the RA.

Regardless of reason, RHA has instituted a new rule in North Quad which requires all residents to wear rubber duckies at all times until the head R.A.’s breath is stable. It is unclear why this decree was lifted and I’m not sure why any reason at all. It should be noted that this is the RHA that lied to their residents in telling them that the Puget Sound football team won the Rose Bowl back in 2012, in order to raise the sense of community in North Quad.

One thing is certain, the University of Puget Sound community fears the unpredictable, and occasionally ridiculous, nature of the North Quad. Future dealings with the Quad should be handled with caution.

Quad rivalry comes to a head

By COWMAN BLACKMAIER

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Battle of the Quads: North Quad (pictured right) and rival South Quad (pictured left) have been at war for decades.

Lice: Lice infestation can happen to anyone at any time. Good thing it’s probably happening to someone else, am I right?

Lice epidemic kills

Quad rivalry comes to a head

Battle of the Quads: North Quad (pictured right) and rival South Quad (pictured left) have been at war for decades.
Jacobsen Series showcases School of Music faculty

By CASEY DEY

T he School of Music continues their Jacobsen Faculty Recitals this year with a series of unique concerts. There are three more available to experience this year, so be sure to stay tuned (pardon the pun) so you don’t miss out!

The Jacobsen Series is a unique opportunity for faculty members to put their best feet forward and demonstrate their enormous talents to the Puget Sound community. The series was established in 1984 in honor of Leonard Jacobsen, former Chair of the Piano Department at Puget Sound. Ticket sales support the Jacobsen Series Scholarship, open to all students, which each year awards music scholarships to an outstanding member of Sigma Alpha Iota, the women’s music fraternity on campus. All Jacobsen concerts are open to the public and free to attend. The concerts will be held in Kilworth Memorial Chapel.

Faculty showcase: Faculty perform pieces of music they are passionate about alongside their students during a Jacobsen Series performance in 2012.

English Department’s Coffeehouse Series presents Open Mic Night

By JAMES KANER

T his past Wednesday night, those passing by the piano lounge were treated to more than the idle sounds of a half dozen conversations and the aroma of warm coffee from Diversions. Those passersby were treated to song, poetry and more, as the first Open Mic Night of the semester made its debut to an impressive turnout, thanks in no small part to the sterling efforts of the English Department.

Having started out a number of years back and reappearing in some incarnation or another, Open Mic Night was brought back thanks to the English Department’s Coffeehouse Series. “We like to get English majors, minors and any student interested in literature and writing together several times a year,” Visiting Assistant Professor Darcy Irvin said when asked about the nature of the event. Hosted by Visiting Professor Allen Jones of the English Department, the event had an impressive turnout of students and faculty alike.

The event had a cast as varied as the students of the English Department and writing program, ranging from pre-formed groups, like the Puget Sound Trio [Maria Sampen, violin, David Requiro, cello, and Duane Hubert, piano], and since we got so many new faculty members to join the School of Music this year, they put on a recital involving all of them. “And since the instrumentation was so unusual [cello, piano, bassoon, and trombone], they transcribed a cello trio with piano accompaniment for them all to play, or found pieces that involved as many combinations of those instruments as possible.”

She encouraged music and non-music students to attend. “Why? Because they’re great concerts! And cheap too! Free, even, for students”, she said. “It’s also great because the faculty are super approachable, and it’s because they’re so nice and humble that we forget that they are also internationally-known, Grammy award-nominated artists. We’re extremely lucky to have them!”

Events like Wednesday’s allow them the chance to become more rooted within the campus life as a whole.”

“Events like Wednesday’s allow students ... the opportunity to express themselves artistically and allow them the chance to become more rooted within the campus life as a whole.”

Events like Wednesday’s allow students of the University of Puget Sound the opportunity to express themselves artistically and allow them the chance to become more rooted within the campus life as a whole.”

“I feel connected to the UPS community,” Flock said when asked about how he felt Wednesday night’s performance affected him. “It’s clear through experiences like Flock’s that events like these are open to any and all, just as the English Department intended them to be.”

In addition to original songs and music numbers, Wednesday night’s stage was also home to a number of talented poets, each of them with powerful messages. These poets shared us a narrative written of the sting of betrayal, to the bitter-sweet memories of family, to the sometimes estranged relationships we can have with loved ones. Audience Wednesday night, along with a heart full of poetry and original songs, were treated to the works of Assistant Professor Laura Kraghjof, who presented anookers with a haunting first-person narrative with an air of tension and unease throughout.

It’s clear this semester’s first Open Mic Night has accomplished nearly everything it set out to do by offering so many diverse works from an equally diverse group of volunteers. “It is a great way to see what works and to become part of a writing community,” Jones said.

While it’s sad to say that Open Mic Nights won’t be a weekly occurrence around campus, absence makes the heart grow fonder, and those rare events will be all the more memorable when they do crop up throughout the year.

Catch the next on-campus Open Mic Night hosted by Spoken Word Club and KUPS on Oct. 24 at 6.30 p.m. in Diversions.
Flying Lotus brings fans to the afterlife with You’re Dead!

By EVAN BOUCHER

What is jazz music in 2014? What could it become? While I would shudder at the task of addressing this through writing, Steven Ellison, the heavily experimental and highly esteemed multi-genre music pioneer best known by fans as Flying Lotus or more recently as the elusive rapper-villain Captain Murphy, has crafted a worthy hypothesis in his latest LP, You’re Dead!

We haven’t heard from Flying Lotus in a while, his last record under that alias was 2012’s gorgeous Until the Quiet Comes. In those last two years, the quiet must have indeed come, and then gone again, as this record is, in addition to being gracefully brilliant, downright cacophonous. Ellison considers this at least partially a jazz album, although he has admitted that it’s a bit more ‘Flying Lotus’ than he initially anticipated. I consider it an art gallery of black holes. I doubt either categorization could really do this album justice, however, because it very deliberately resists being any one thing. Instead of carving out its own niche and expanding from that center, You’re Dead!, all the way down to the playfully confrontational title, derives its highest joy from yanking the rug out from under itself with a startling frequency. It finds solace in its restless-ness, mystical lucidity in its moments of insanity and, most defiantly, life in its death.

Atmospheric reversed acoustic guitar samples are actually some of the less obscure elements of Ellison’s 2014 palette; chimes, saxophones, some violins and even sounds of rain all find comfortable corners to rest in as FlyLo pushes the hapless listener through his series of afterlives with his more traditional array of classic-sounding kicks, thick synths and longtime collaborator Thundercat’s immortal and iconic bass playing. These sounds are all stitched together carefully—jazz legend Herbie Hancock helped Ellison compose many of these songs—to create a surprisingly coherent tapestry of sounds. This is dense music that washes over you lightly.

I’m listening to Miles Davis’ Bitches Brew right now to further understand this album, and I think Ellison might have been as well. That record’s haunting, taunting, skittery vibe, its eeriness and its mystery all seem to live at the heart of FlyLo’s latest release, although perhaps hidden under more layers than Miles Davis could assemble in his lifetime. Tracks like “Tesla” and the last minute of “Turkey Dog Coma” dabble heavily in Bitches Brew-era sax freakouts and practically manic live drum patterns, but this influence is by no means contained to tracks that are dedicated to it. Instead, the jazz insanity is expertly mixed with several other sources of destabilization to produce an all-engulfing vortex whose sole purpose seems to be preventing its listener from successfully having any thoughts.

Far more than adjectives, this record lends itself to verbs and concrete images. The music seems to escape any qualities that could be used to describe it and instead insists that it is doing. Perhaps this is where the mystical element, an inexplicable feeling that has always been present in Flying Lotus’ work, comes in. This music, as all of Flying Lotus’ releases have, does have an unplaceable power; in the chaos of its eternal motion, it almost seems to have its own agency.

You’re Dead! opens with “Theme,” which first sounds like a fanfare to the beginning of the universe or the sound of a cosmic pot of holy water boiling over. A tension flashes briefly slowly growing under the surface. A single note is suspended, a surplus energy revealed, and then everything explodes, as if a traffic light in space had switched to green. Spaceships run around each other haphazardly for about a minute and then suddenly fade away.

Then again, to say this record “opens” at any one time would be inaccurate–far closer to the truth would be to say it stays and closes constantly, ever relevantly. As a microcosm of the entire album, “Theme” perfectly summarizes what lives inside of its vinyl disc or audio files, although by no means does it give everything away in the process. As that track does, this album is constantly morphing, turns grotesque and gorgeous, often in the same song. It’s not an inaccessible record (it’s certainly no Yeezus) but it’s not one for the faint of heart. You’re Dead! is a challenging afterlife that never quite lets you die, but those who face it will know that it holds many worthy secrets.