The University's endowment is invested in a variety of ways in order to support current and future operations. Some students, however, are calling for the University to be more transparent about where its money is invested.

As of Sept. 30, 2014, the endowment was estimated at $314 million. Puget Sound has 550 different endowment funds, many of which are subject to donor restrictions, such as being for a particular scholarship or Board of Trustee designations. According to the 2013 Financial Report, 99 percent of these endowment funds are pooled for investment purposes. The Finance and Facilities Committee, which Vice President for Finance and Administration Sherry Mondou heads, manages the endowment and is responsible for its investment.

A group of students on campus, which includes Luke Janssen, President of Environmental Campus Outreach Emily Smallbone, active member of ECO Curtis Mars and student coordinator for the Sustainability Advisory Committee Sierra Cocoziello, is currently questioning where the endowment money is invested.

According to the 2013 report, $20,197,000 is invested in private energy.

"The University has holdings in several private funds, including private energy funds," Mondou said.

Although the University doesn't specify what companies this $20 million is invested in, the students worry that at least some of this money is invested in fossil fuel companies. For these students, the possibility that the University is investing in environmentally damaging companies is something they feel is unacceptable.

"A couple of years ago we did the STARS report, so Sustainability Tracking and Education, we got really high ratings—we're actually gold star certified for sustainability, but the investment portion of the review...we failed," Janssen said.

These students are calling on the University to divest, or no longer invest in, any holdings they may have in fossil fuel companies and instead use an investment method known as socially responsible investing. Socially responsible investing is when firms invest or do not invest in certain companies in order to achieve a particular moral or political objective such as environmental sustainability, social justice or good business practices.

The University does include the SRI approach in its financial policies, which, according to Cocoziello, came about from previous calls from the community for transparency and an SRI approach to investments.

"Three years ago, three faculty members went to the board and said that there was no transparency in the University's investments and no green investing...that's why there's the socially responsible investing caveat at the bottom," Cocoziello said.

The SRI clause in the University of Puget Sound's Investment Policy Statement for Pooled Endowment Funds appears at the end of the document and states that the University "may consider investment opportunities with managers that take an SRI approach." Mondou does indicate that the University has certain holdings that they would consider socially responsible.

"Though there is no standard definition for what constitutes a socially responsible investment, we believe the portfolio has investments that would likely fit that description," Mondou said. "For example, we have investments in wind farms and healthcare companies that we believe would be deemed socially responsible.

Some individuals worry, however, that the University is not investing socially responsibly enough.

The Finance and Facilities Committee contracts out an external investment manager to deal with daily management of the University's investments. The University has been working with a firm called Perella Weinberg Partners since 2013. "Perella Weinberg Partners is Puget Sound's outsourced chief
Queer theory expands gender studies program

By NISHTHA CHHABRA

The University of Puget Sound recently decided to implement queer theory into the Gender Studies program. This is part of a new, more inclusive, and dynamic approach to the discipline.

“Implementing this change came about as a result of our experience last semester offering the first ever Queer Studies class offered at Puget Sound: HUM 327—Queer Culture. The course was very enthusiastic and popular,” Vélez-Quiñones said. “At the end of it, students were interested and to provide feedback for future iterations of the course in the field. Students suggested that a Queer Studies Program was desirable, perhaps one housed in the Gender Studies Program. A group of colleagues from the Queer Cultures class in close collaboration with Greta Austin, who was then the director of the Gender Studies Program, came together to discuss this question earlier this fall. We found that we agreed in having Gender Studies change its name to become a Gender and Queer Studies Program. In addition we agreed to assemble a group who, with the help of a director of Bellingham Northern Curriculum Development Grant, will work on developing the Queer Studies side of this newly renamed program.”

The Gender and Queer studies program anticipates that this will be especially essential in terms of the KNOW proposal, the new diversity graduation requirement that is being implemented.

Hale said that she believes that this change is important in terms of diversity. “Politically the GLBT movement grew out of women’s movements, which grew out of civil rights and the sort of queerness is kind of the frontier at this point. Queer and trans identity. I think it is sort of essential for anyone that is studying gender studies to have that piece of the past and the history but also the present which is this kind of activism going on, things like what is trans identity,” Hale said.

Similiarly, Vélez-Quiñones believes that this will bring about more engagement on campus itself. “I anticipate a more unified set of curricular and co-curricular events and collaborations emerging as a result of this change. The integration of Queer Studies in the Puget Sound curriculum will add increased visibility in the field and, more importantly, a renewed sense of belonging to the many gay, lesbian, bisexual, trans and queer students and staff here,” Vélez-Quiñones said.

The faculty believes that this is essential in order to teach students about diversity and that this change will have a large and visible effect on the student body by incorporating a very large part of the LGBTQ+ community into the classrooms.
Administration must carefully consider investment

To the University of Puget Sound's Vice President for Finance & Administration

Dear Ms. Mondou,

I am concerned about the University of Puget Sound’s fiscal management. The recent decision to invest in fossil fuel industries is concerning. Fossil fuel companies are known for their role in contributing to climate change and environmental degradation.

I believe that the University of Puget Sound has a moral obligation to invest ethically. As an educational institution, the University should lead by example and set an example for others to follow. The University of Puget Sound should consider the environmental impact of its investments.

Sincerely,

[Your Name]
“Femvertising” is a positive change in ads

By JORDYN ATKINSON

In the past few years, one adver- tising trend has become increas- ingly popular, standing out from the rest: commercials geared toward women and girls.

“Femvertising,” a phrase coined in October at NY’s AdWeek 2014 conference, describes a type of mostly video advertising aimed at women that contains growing and forward-thinking messages, rather than the shallow, unrealis- tic images other brands have used for decades.

It is now common knowledge that many brands have stooped to photoshopping, using models and other methods to con- vince women to buy their prod- ucts.

Despite the fact that these com- panies have been criticized for their marketing strategies, open- ing ads appear to support the idea that it is still as prevalent as ever.

Femvertisements, however, are often in a short documentary style, and filled with inspiration—al slogans, making it a genre of its own. Femvertising chal- lenges the status quo of imposing idealistic beauty standards and instead inspires women to fulfill their whole potential as an equal human being.

Some of the most popular users over the years have been Dove, Always, Hanes and Nike. More re- cently, other brands that are try- ing this method are Under Ar- mor, Covergirl and even Verizon Wireless.

It is clear that this type of ad is becoming a staple in our commu- nity; many of these commercials have actually gone viral, with millions of views on their YouTube videos.

The comments on these vid- eos—while Internet comments are notorious for negativity—also contain remarkably positive feel- ings toward the message the ads convey.

“My friends and I would send all the links to the latest Dove commercial to each other,” a first year at the University said. “They made us feel so inspired—gave us chills!”

Oftentimes, the brand that pro- duces these commercials is ad- ded as an afterthought, a small logo appearing only at the end, or a short phrase about the com- pany tacked on. With such mini- mal brand-visibility, some people wonder: is this a profitable form of advertising?

The answer is “yes.”

According to a September 2014 survey conducted by SheKnows, a website for women’s lifestyles, 52 percent of women have purchased a product because they like how the ads portrayed women. 

Not only is this an effective method for companies to increase their sales, but it is an important cause and should be continued. The SheKnows survey also found that 91 percent of women believe advertising has a direct effect on girls’ self-esteem and 81 percent of women believe advertising portrays women.

In an ideal world, women would pro-women companies by buying their products and in turn would receive the respect and representation that they de- serve, from said corporations. However, these companies should take the extra step and use their abundant resources to help causes that empower women as well.

It is vital that advertisements start sending a message that women are strong and unique individuals who should be held to an unrealistic standard or treated unequally.

But most of the time, corporate women who “femvertise” should be held reliable to stand behind these statements and put their money where their mouths are. The cycle of consumers supporting a com- pany they believe in, and charities in turn getting financial support should be established and main- tained.

According to The Wall Street journal, a majority of consumer purchases are made by women, so it seems that “femvertising” is not going anywhere.

If this trend continues in such a positive way, and companies are willing to aid the corpora- tions that embody the messages of their commercials, this is sure- ly a change for the better.

Faults in the new Diner are numerous

Limited options, limited availability make eating difficult

By MELANIE SCHAFFER

Talk of the dining new services facilities began with excitement toward the end of last semester. Now that the Student Union Building (S.U.B.) has been open for several months, talk has not died down, but merely changed its tone as students begin to express more and more concerns with the renovated dining facilities.

Last week’s Advertising and Confer- ence Services (D.C.S.) gave a run- down of what the new S.U.B. would include. Students were hopeful as they heard the size of both the Deli and Salad station increase, in an effort to maximize efficiency and provide a greater array of dining options.

In addition, the Italian station would be updated to include more appealing options than the daily four sauce selection.

Monday was the first day of the new station which would ca- ter specifically to those students with common food allergies.

This addition was also part of a larger effort to provide more nu- trient filled options for students as a whole. These updated stations were incorporated as a way to serve from said corporations.

This statement, however, is not surprising. The addition of a sec- ond salad bar, while great in the- ory, falls short in execution as the second bar has more or less the same selection as the first, leading to little or no variety in one’s salad.

In addition, the Italian station has done away with the same four sauce options, to the delight of watery sauces, to the delight of many students. Unfortunately, this also means the lack of fresh Italian station but sometimes I want to keep repeating the same thing over and over again,” Helwig said.

While many complaints are coming from upperclassmen who can’t help but feel nostalgic for the old S.U.B., they are not the only ones expressing concern.

“I think it’s alright, [but] they don’t have very many options and there are no more after 7 p.m.,” first year Allie Lawrence said.

This concern is one that is not new as of this year. In fact, many students’ main problem with the S.U.B. last year was exactly this.

College students are notorious for having incredibly busy sched- ules that aren’t necessarily com- patible with the two-hour range allotted to dinner time.

If a student cannot get to the S.U.B. between five and seven on a given weekday, they are likely to find that their choice of food has been replaced with six stations to only one or two.

Taking into account the widely varying schedules of students, it seems that this is an issue that should have been addressed dur- ing the planning stages of renova- tions. Unfortunately, these errors were made early on.

A main concern that was taken into consideration in the planning stages was the need for maneuverability within the S.U.B. As it was, dur- ing peak hours students could be found waiting in line at a station for up to fifteen minutes.

This was something DCS intend- ed to remedy during construction, but again failed to do so.

“At certain points in the day there are long lines, and it doesn’t work very well maneuvering around ev- erybody,” Lawrence said.

According to Lawrence, in addi- tion to the lines remaining long, students are also not being served from their intended goals in the form of the Allergy station. This sta- tion, many students agree, serves the best vegetables and healthi- est options. In addition, students with gluten-free and nut allergies are finally able to find nutritious meals without having to double and triple check ingredient lists.

There is no doubt that DCS had good intentions going into this massive renovation, and in some ways the S.U.B. has actually im- proved. Unfortunately, the nega- tive effects of the construction far outweigh the positive, leaving many students thoroughly dis- point ed. Though the damage is done, stu- dents implore DCS to revitalize some of these choices, hoping that the new diner will gradually come to fit their needs.

Renovation: While the new S.U.B. looks modern and sleek, its problems are causing numerous difficulties for hungry students.

By sandy schaffer

Several students were asked specifi- cally what their biggest problem with the new S.U.B. was.

Sophomore Alana Fineman was concerned about the lack of healthy options and admitted that she actually had to go trying to eat nutritious meals.

“I had to go because I couldn’t eat anything and was hungry al- ways,” Fineman said.

A concerning statement, consid- ering that a new level of health- consciousness was one of the over arching goals of DCS in regards to the updated facilities.

This statement, however, is not surprising. The addition of a sec- ond salad bar, while great in the- ory, falls short in execution as the second bar has more or less the same selection as the first, leading to little or no variety in one’s salad.

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Lubricants assist sexplors

By PAT N. DIAZ

Lube: what is it good for? Absolutely everything. I mean it, lube is highly under-utilized. Personal lubricants are one of the best and most important tools we have in our sex arsenal. Not only that, you can use lube, particularly silicone lube, for non-sex related things from taming frizzy hair to greasing bike chains and door hinges.

So, why am I about to give you all this information about lube? Because college students think they don’t need to use it.

"Always see lube in the condom aisle when I go to the drugstore," sophomore Pocahontas said. "But I don’t pay much attention to it because I feel like people use it when they have sexual issues, like after menopause.

Yes, it’s true, lubricants are often used when the body can’t or doesn’t produce enough lubricant on its own natural lubricants, in cases such as vaginal dryness or anal sex. However, lubricant can be used to supplement what you’ve already got and provide extra moisture for those who may not produce enough of their own lube.

"Lube’s silky and slick consistency can add an entirely new sensation to your sex life," says solo-lovin’. You can use lube to masturbate with, assist with a handjob or oral sex even during a whole-body rub down instead of using7 instead of using jujube oil.

There are so many kinds of lube to choose from and sometimes it’s difficult to know where to begin. There’s water-based, silicone-based, oil-based, thick, thin, creamy and flavored. For the record, water-based and silicone-based lubes are my personal favorites, but I’ve decided to use oil-based products. Those that will degrade latex and cause condoms to break are oil-based lubricants, cooking oils, hand lotion and petroleum jelly.

I am going to be honest; I am a silicone-based lubricant promoter. Although there are some downsides to silicone lube. The first being that you can’t use it with silicone toys because it will break down the silicone of the toy. Second, it’s harder to clean off of surfaces and can even stain. I don’t mean a crazy stain, more of a handprint-on-a-brand-new-ouchie kind of a stain (note: sometimes citrus based lime juice can come to the rescue to help clean up). But if you’re really worried about stains, stick with water-based lube.

Water-based and silicone-based lubes can, I repeat, can be used with condoms. Products that will degrade latex and cause condoms to break are oil-based lubricants, cooking oils, hand lotion and petroleum jelly.

So, before you go out and buy a ‘tube o lube’ please, I beg of you, check the label for glycerin and parabens. This is especially important if you are planning to buy lube from a drugstore, since they do not pay attention to the ingredients like most sex shops do. These ingredients can cause irritations and even infections.

Just remember, singer Paul Simon knew what he was talking about when he said, "You know the more you stay the less you’re slip slidin’ away." So, keep him in mind and, as always, have fun!

Hey You... Stop writing all the time. I know your desire to be "productive" but your motivations are wrong. Stop being so self-centered! I promise you the joy of a nicely producing erection is well worth it.

Hey You! Stop being so self-centered! I promise you the joy of a nicely producing erection is well worth it.

Hey You! Hawaiian MB2 senior, I love you more than you know.

Hey You! Cellar! The only thing better than the people the place that work there.

Hey You! Red headed track star, you are making gains. Can’t wait to see you on the track.

Hey You! Kayak Club! You’re the most attractive group of people on campus.

Hey You! Cute tourist, I have a full description of the policy can be found at trail.pugetsound.edu.

Hey You! Hawaiian MCB senior, you’re sexy and we all know it.

Hey You! Legit female tube player. I see you (sassy wink)

Hey You! Field botany lover, your classes fertilize my heart.

Hey You! Dude with the ginger hair: you can get it any day ;)

Hey You! Cellar! The only thing better than the people that work there.

Hey You! Girl with the blue and black hair: you can get it any day.

Hey You! Girl with the blue and black hair: you can get it any day.

Hey You! Geo kids in the ENVR Seminar—ROCK ON! Especially you, sage pants.

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Food Sovereignty on Campus: Suggestions and Upcoming Projects

By ROSA BRANDT

ow do students choose what food they eat? Do they think about the origin of that food? Is food produced by someone who grows it, and the politics behind the food?

Food justice may not be a topic on the mind of the average college student. In fact, that should be considered, as it affects every individual. And, for those particularly interested in existing and contributing to food justice, there are opportunities right here on campus to participate.

Emelie Peine, Assistant Professor of IPE, lead an engaging presentation and discussion on the topic: “Food Sovereignty in the South Sound” on Wednesday Nov. 5 at 7 p.m.

“We are not only asking how we can alleviate hunger, but also asking why there is hunger,” senior Renee Meschi said. Meschi is the Food Justice Program Coordinator on campus, a new role this year, and the one who organized the presentation.

Peine clarified the difference between what food they eat and what food they grow. “Do they think about the origin of that food? Is food produced by someone who grew it, and the politics behind the food?”

Professor Arnaud Perret: Born in a small village in the South-East of France, he began his life from soccer to BMX to his current professorship at Puget Sound.

“Food salute” is defined as “the right of people to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems, including their right over land and water resources, seeds and knowledge in order to provide and secure food for all.”

Students are urged to ask themselves whether they want to see a change in food justice both in the community and on our own campus. If the answer is yes, then student early on in his education, what he learned as he progressed was that each student needs to take charge of his or her own education.

Arnaud Perret backflips into the French Department

By SOFIA SCHWARTZ

O

f the many people to be seen traversing the Puget Sound campus is a tall man in a suit, dark hair curling to one side, and single, golden hoop adorning his left ear. But who is he? Many people know Arnaud Perret as their French professor, who participates in campus Tuesday or whichever day of the week he wishes to deem casual) and who maintains a continual hatred for a variety of commonly criticized or beloved celebrities, from the Kardashians to the Beatles.

“It’s my right to be able to hate them,” Perret said.

These are the quirks that make him stand out to his students, those who don’t know French. Perret, by his aforementioned, distinctive appearance.

Food? It grew it, and the politics behind the where it was grown, the farmer who tended until sixth grade.

Arnaud Perret was born on March 27, 1980 in a small village in the southeast of France. He lived with his family above the school where his father worked and Perret himself attended until sixth grade.

French was a language Perret was caught up in the world of sports. He spent the hours after class outside playing a variety of games.

This love of sports drove him for most of his young life.

He participated in this widely loved sport as well as gymnastics and biking. His love for sports even his grandfather. He tried to resist Perret briefly experienced the satisfaction of teaching when he succeeded at a routine of training, an attitude which coincides with recent interest in rock climbing, namely bouldering.

The question is how he decided to become a teacher. Answer: it was in 1995.

Perret’s entire family worked in education—his mother, father, sisters and even his grandfather. He tried to resist the family tradition for many years, but eventually, it caught up to him.

Perret began his interest in the fraction of teaching when he successfully tutored a student for the BAC exam, a very important examination in France. Later, when he was studying abroad in Texas, he began teaching a few French classes to earn some extra money.

“It was the first time that I really thought that if the students are not directly involved with the material it gets really hard to learn,” said Perret. “The more active students are in class the better the experience, the better the dynamic is and the easier it is to retain information.”

While Perret admits that he himself was not the most attentive student early on in his education, what he learned as he progressed was that each student needs to take charge of his or her own education. There’s only so much a professor can do to promote learning within the classroom. In the end it’s up to each student to play with the material and find some sort of interest within it.

This column serves to challenge each of you to question the way you view the people around you, starting from Arnaud Perret. When you see him next, I hope you will see more than casual Tuesdays and the gold earring in his left ear for he is clearly more than that.

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Food justice programs like Food Salvage or Backpacks, contact either Renee Meschi or Tacey Smith.

Food Justice Programs Coordinator, thought is our main product, and as an institution of higher learning, I would love to see fellow students harness our skills of inquiry to view ourselves as a part of the local foodshed, and take a critical eye toward ourselves both as eaters, and as members of the surrounding Tacoma community.”

There are two main options for students interested in volunteering. Food Salvage and Backpacks of Hope.

“Food Salvage is in partnership with both Guadalupe House (a transitional house for homeless people) and New Phoebe House (where mothers recovers from drug abuse are reunited with their children),” Tacey Smith said. “Volunteers package leftovers from the S.U.B. and deliver them in these organizations where the food is used to feed people who are unable to provide for themselves.”

As Food Justice Program Assistant IPE, Peine is in charge of both of these programs. She explained that Backpacks of Hope is in partnership with one of the largest food banks in Pierce County, St. Leo’s Food Bank.

“Volunteers package bags of food which are delivered to more than take up his pro-athlete when I turned 25.”

In comparison, the small classrooms of Puget Sound seem very personal and the teachers almost moth-eaten in their efforts to help those students who ask.

“But the professors really try to facilitate the learning process, but I believe that if the students are not directly involved with the material it gets really hard to learn,” said Perret. “The professors really try to facilitate the learning process, but I believe that if the students are not directly involved with the material it gets really hard to learn,” said Perret.

Perret has been teaching BMX racing. He spent five years boxing and Perret still identifies as a gym rat, at an active level which coincides with recent interest in rock climbing, namely bouldering.

In other words, it is about political sovereignty. In addition to eating healthily and other common concerns.

Therefore, food sovereignty can be defined as “the right of people to healthy and culturally appropri-
Meditation: The solution to all of your problems?

By ROSA BRANDT

Dwight Jones believes that every student in the world should meditate. His reason to believe this is simple; it has helped him change his entire perspective.

Life as a college student can be stressful. Many students have heard of the practice of meditation, but few have actually participated in it.

I spoke with Ven. Jo. Jo, a monk who teaches a meditation class every Tuesday, evening about his advice for college students.

He answered with one word: meditation.

"Stop and breathe and relax," Jo said. "Unfortunately it's not a skill, like perfecting violin or baseball." He said that meditation would help very much with what students do. They just need to take the time to learn and to practice.

One evening per week he leads an hour of meditation, open to any students, faculty or community members.

Afterwards, he leads a talk or discussion, sometimes even a Buddhist-related craft project. "Usually my talks are geared more towards how to apply the practice to everyday life," Jo said. "I realize that most students here are undergraduates; they're just starting in that exploring stage. I try to structure it so that it caters to that exploration, so that it makes them feel welcome and wanting to explore. It's very important. I want a nice, relaxed, casual atmosphere."

A typical Tuesday evening session with Jo Jo consists of 25 minutes of sitting meditation followed by 10 minutes of walking meditation, then another 25 minutes of sitting.

"In sitting meditation you don't have any distraction of the body," Jo said. "You can just go deep into your mind and start uncovering all the different defilements: anger, hatred, desire."

He explained that, in meditation, you're discovering these defilements and you're gradually weeding them out.

On the other hand, walking meditation is a break for your body. "You immerse yourself in the experience and sensation of walking," he said.

"It creates an easier bridge between formal meditation practice and your everyday life.

Jones, a senior, is one of Jo Jo’s regular attendees and has been interested in meditation since high school.

"I think it’s a very cumulative thing," Jones said, speaking of the benefits of meditation. "It’s difficult to say any particular area where it has helped me because it affects my entire perspective. Perhaps the way I live my life.

He also touched on meditation’s specific benefits to schoolwork. "I find that in terms of school, I don’t become emotionally attached and I enjoy my classes and the relationships I have," Jones said.

"There’s not as much emotional impact. That’s not a stressor."

Perhaps just one hour of meditation a week will help students achieve this.

Jones teaches a meditation class on Tuesday at 7 p.m. in Gail Day Chapel.

Jones emphasized what a unique privilege it is for Jo Jo (a Bhikkhu) to teach on the Puget Sound campus.

For those who may not be familiar with the term Bhikkhu, it applies to an ordained male Buddhist monk.

Jo Jo first became interested in Buddhism when he was only 13. It was much later in his life, however, that he was ordained.

"Sometimes when you get to a certain point in your mental cultivation, the everyday interests or life just kind of lose their flavor," Jo said.

"The only thing you become interested in is helping other people along the mental cultivation path. That’s the point I got to, and that’s why I decided to become a Bhikkhu."

Jo Jo was ordained through Korea, but would travel to Japan occasionally and spend time there. He returned to his hometown (Tacoma) to teach meditation.

He personally mediates at least twice daily, once in the early morning and once in the evening.

"If you’re not doing anything, you’re practicing, and if you’re not practicing, then you’re teaching," Jo Jo said.

"If you’re not doing any of those three things then you’re sitting down and meditating."

Perhaps all students should consider meditation, if it truly have such a positive effect. And if you don’t have any previous experience, that time, you have to start somewhere.
Logger heads the pack at their last race.

The University of Puget Sound men and women’s swim team opened up Northwest Conference competition on Nov. 7 with a win against Pacific.

The men and women’s team won against Lewis and Clark on Nov. 8. The men’s squad won with a score of 104-83. The women’s squad won 105-82.

Both the Men and Women’s squad opened up the meet with a victory in the 400 medley relay. The Men’s team consisted of first year Grant Garcia (Redlands, Calif.), sophomore Jarrik Baimo (Oak Harbor, Wash.), sophomore Brian Parker (Salem, Ore.) and first year Cody Dodge (Tacoma, Wash.).

They finished with a time of 3:53.81.

The Women’s team consisted of junior Samantha Andres (Olympia, Wash.), sophomore Anne Shirey (Edmonds, Wash.), junior Auti Clark (Juneau, Alaska) and senior Lauren Kochanowski (Salem, Ore.). They finished with a time of 4:43.93.

Senior female swimmer Melissa Norrish (Dennver, Colo.) won the 200-yard individual medley with a time of 2:31.13.

Norris also took first in the 200 freestyle with a time of 2:17.41. Norris won the 400 freestyle with a time of 8:46.40 and won the 400 freestyle relay with a time of 4:15.91. This was Mitchell’s debut in the Northwest Conference.

The men’s team beat Lewis and Clark 109-82.

The women’s team won 125-77.

First year Melia Kegans (Honolulu, Hawaii) won the 200 IM with a time of 2:23.82 and the 200 breast with a time of 2:38.38. Kegans is one of the many first-year swimmers with an impressive first weekend.

Mitchell took first in the 200 freestyle for the Logger men squad with a time of 2:01.1. The men swept the 50 freestyle.

The meet ended with the men and women’s team taking first in the 400 freestyle relay.

The women’s side consisted of Kegans, first year Alex Koga (Meridian, Idaho), Kochanowski and Norrish. They finished with a time of 4:19.91.

The men’s side consisted of senior Clayton Jacobson (Newport, Ore.), sophomore Evan Hama-moto (Lihue, Hawaii), junior Matt Gold (Chicago, Ill.) and sophomore David Olson (Casa Grande, Ariz.). They finished with a time of 3:48.92.

Last year Puget Sound men and women finished in the top four in nine out of 10 relay events.

Head coach Chris Myhre emphasizes the success of the relay teams.

He believes it’s a total team effort that forces everyone participating to perform to their best abilities.

The Loggers official opened up the fall swim season at Simon Fraser on Oct. 4.

Simon Fraser is a NCAA division II school. Myhre emphasized that this meet was to get the team back into the mind set to compete.

Myhre stated that the team was not in shape yet and that this was all part of the process.

On Monday, Wednesday and Friday both swim teams lift and swim in the morning and swim to their full potential.

Both the men’s and women’s team look forward to this, as it is another step towards a national championship.

At Regionals last year the men’s team placed seventh and the women’s fifth.

Both are looking to improve on their respective places.

This season the men’s team was hoping to capture the NWC Championship and pushed for it until the end.

“Our goal was to challenge for the NWC title at the beginning of the season. Despite a few key injuries the guys stepped up and maintained high expectations. However, once the gun goes off, how you succeed, " Bradbury said.

For the women’s team they were hoping to place in the top three and did so in placing third, improving from fifth a year ago, quite the accomplishment,” coach Orechia said.

For the men’s team, chemistry has made a big impact on their success and ability to push through the season, as told by senior Josh Seekatz (Phnom Penh, Ore.).

“I think [getting involved in social lives outside of Cross Country] is especially critical for any sport with a strong emphasis on team performance because it allows for us to maintain a light-hearted atmosphere while holding each other accountable on a daily basis,” Seekatz said. Chemistry as a whole can make an impact, but the mental focus the team has is just as important.

If there is some sort of lapse, it could change the whole race. Orechia prepares the team mentally as well as physically.

“Coach O does an outstanding job of putting us in the physical condition we need to be in for success. But once the gun goes off, how the race unfolds completely depends on your mentality.”

—Josh Seekatz

Coach Orechia.

“[Coach Orechia] is very encouraging and tells us to practice with focus and purpose. We do pool work outs in the morning twice a week and a specialized weight routine all on top of normal practice. It is a huge time commitment but a rewarding one if you are doing all the little things that help you succeed,” Bradbury said.

The mental focus, as well as the physical training can take them to the next level, has brought the teams to Regionals.

“All of our workouts are designed to require a large degree of mental focus at the end [by implementing shorter rest between intervals or actually having us run one another] as a means to prepare us for the harder parts of races. With the shorter faster workouts our weekly mileage is dropping as well which will help with the freshness of our legs. Finally, racing on truly fresh legs will also show a significant increase in our individual performances,” Seekatz said.

The workouts play a huge part in their ability to compete, and it also helps both teams improve.

“Throughout my time here at UPS, our team has been growing and becoming more and more successful," Bradbury said.

The women’s and men’s team has seen amazing improvement throughout the past couple years and look to continue it even after Bradbury’s and Seekatz’s career.

Like a fish: Logger swimmer using perfect freestyle form.

“I really enjoy the pursuit of perpetual self-improvement. Although the sport is all about bettering yourself, we all push each other to improve. Creating those competitive yet supportive relationships with those teammates is a very rewarding aspect.”

—Zander Biro

The Puget Sound Trail

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SPORTS

Swim teams start new season strong

By ZAL ROBLES

The University of Puget Sound men and women’s swim team continued season Independence, Ore. at Oak Knoll the teams prepare for Regionals in when the men’s team placed second in the NWC Championships on Nov. 1 despite dealing with some key injuries.

By LUKIE CROWLEY

The men’s and women’s Cross Country teams are enjoying strong seasons despite dealing with some key injuries.

Their success was on display in the NWC Championships on Nov. 1 when the men’s team placed second and the women’s placed third. Now the teams prepare for Regionals in Independence, Ore. at Oak Knoll Golf Course on Nov. 15.

Both the men’s and women’s team look forward to this, as it is another step towards a national champion.

Run Loggers run: Logger heads the pack at their last race.
By ZAL ROBLES

With the 2014-2015 Logger women's basketball season now making headway, first-year Katie Vold (Spokane, Wash.) is ready to take on the challenges of playing collegiate ball.

Vold first officially began playing basketball at the age of five, although she has been shooting around on driveways courts before she can remember. Her older brother Taylor got her interested in the sport in the first place.

“I remember sitting in gyms all the time, watching his games and thinking about how much I wanted to be like him,” Vold said. “Since then, he is the one who has shaped me into the athlete I am today. He knows my game better than anyone and would work/critique me when ever he could, even if I didn’t want his advice.

Her sophomore year, Taylor became an assistant coach for the men’s basketball team at the University of Washington.

“He was at every game and practice,” Vold said. “Honestly, he’s the reason I play basketball today.”

Vold played for Freeman High School in Spokane, Wash. She describes her high school basketball career as having its fair share of ups and downs.

“My freshman year, we won state which was hands down the best feeling of my life,” Vold said. “I remember cutting down the net and then looking over to my parents and just crying. I’m generally not the most emotional person, but I was so over whelmed with emotional right then.”

In addition to state champions, her team also held championship titles in the league, district champs, as well as regionals.

Vold, herself, made the second team all-state.

Then her sophomore year, her team was the state runner-up.

“Being runner-up was arguably one of the worst feelings in the world,” Vold said. “Knowing you were so close to one of the best mo ments of your basketball career or life is hard, especially knowing you were fully capable of it.”

During her junior year, Vold had surgery on her right hand to repair a torn ligament, but, despite this, she still made the second team all-league.

Vold went out strong her senior year, making the first team all-con ference and being awarded MVP.

“I never really considered not continuing my basketball career after high school. It just ultimately came down to where I would be the hap piest,” Vold said. “I would know if I would fit in and if they wanted me there. Puget Sound was the first school that never made me second guess.”

Vold first toured campus the sum mer going into her senior year.

“One of my friends was really in terested in coming here, so we visited and I immediately fell in love with it,” Vold said. “It turned out my club bas ketball coach knew our head coach really well and began talking to her about recruiting me.”

In January of 2014, Vold came for a visit and met with the women’s head basketball coach Loree Payne and the rest of the team.

“While at Puget Sound, Vold plans on majoring in communications and minor ing in business with an em phasis in marketing,” Vold said. “Before the season started in Oc tober, the team attended workouts and opened gyms every day to prepare, and over this past summer, each player had individual workouts to do at home.

Vold says college basketball is more physically demanding than in high school.

“They ask a lot more of you regarding your body, lifting, condition ing, and practice in general, but that’s definitely expected,” Vold said. “Although the transition wasn’t easy, Vold explains that it was bear able because of her teammates.”

“My teammates were always willing to help keep us freshman in the loop when something needed to be explained,” Vold said. “I have never been around a bunch of girls who are continuously laughing, danc ing and making jokes. Everyone gets along. Even off the court and out of the gym, there’s about a 99 percent chance that at least a few of us are still together.”

Because no one is playing on a scholarship, Vold claims that Divi sion III is a unique aspect of college basketball.

“Everyone is here strictly for the love of the game,” Vold said. “Any one who plays college sports is here because they want to be. That alone changed the motivation and goals of the team.”


The Logger women's basketball team will play next at the Johns Hop kins Tip-Off Tournament in Balti more, Md. Nov. 15-16.

Ultimate frisbee team builds for new season

By THOMAS OVERTON

The Logger men’s ultimate frisbee team begins their journey as a team at the Sundodger Invitational that starts at noon on Saturday, Nov. 15.

The invitational is hosted by the University of Washington and teams from around the northwest.

“Generally, the team is looking really good. We have some younger guys coming into this sea son with a lot of energy and prior experience. We also have about 13 returners who are the foundation for the team and have been commit ted to the program from day one,” captain of the Postmen Alan Henzy said (Miami, Fla. Com.).

According to Henzy there are eight seniors, four juniors and one sophomore returning from last sea son.

The returning seniors are CB Wolf (Napa, Calif.), Brendan Fernald (Eugene, Ore.), Jack Derham (San Anselmo, Calif.), Sean Smith (Salt Lake City, Utah), Jason Vallenga (Oakland, Cal if.), Travis Shetter (Boulder, Colo.) and Tyler Smith (Ashland, Ore.).

The juniors are captain Riley Carpenter (Boulder, Colo.), Lucas Hueniken (Boise, Idaho), Taylor Empey (Boise, Idaho) and Connor Sleeper (Highland Park, Ill.).

The lone sophomore returning to the team is Rob Korbel (Highland Park, Ill.).

“We are going into it confident that we will play well and excited by quality competition. Fall is most ly development, but we will be competing to win every game,” Henzy said when asked about the invitational.

The Postmen will be competing against familiar competition to the Logger community as both Pacific Lutheran University and Whitman College.

Other schools of note compet ing next weekend are University of Oregon, Oregon State and the hosts University of Washington.

As much as the focus for the Post men is on the invitational this week end, Henzy expressed interest in the spring season.

“It’s really exciting for next se ason, because that’s when we are ‘in season,’ and we get to play some competitive ultimate. Our first tour nament in the spring will be in early February when we will head down to D3 warm up in LA to defend our back-to-back titles at that tournamen t,” Henzy said. “More impor tant than the skill and energy is that we are having a great time. The girls and the guys’ teams have come together more than ever this semester, creating an awesome community.”

Before my interview with him, I watched the Postmen practicing with the women’s ultimate team and it was awesome to see such comrad ery among Logger sports teams out in the open for everyone to see.

The Postmen look to the Sun dodger Invitational to prepare them for another successful spring sea son, something they become a reg ularity for the team in the past few years.

According to ultworld.com, the Postmen were undefeated at region als, 17 wins as in many games en route to two consecutive sec ond place finishes at D3 nationals in 2012 and 2013.

Check back with The Trail next week—the Nov. 21 issue—to read a full tour name report of the Sundodger Invitational.

First year highlight: Katie Vold started her first year on the Logger women’s basketball team playing guard this fall.

“It turned out my club basketball coach knew our head coach really well and began talking to her about recruiting me,” Vold said. “I immediately fell in love with it.”

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The Logger women’s basketball team will play next at the Johns Hopkins Tip-Off Tournament in Baltimore, Md. Nov. 15-16.
By CURIOUS ME

This past Tuesday, college radio station 93.1, DJ J.D., boldly played a Billboard Top 1000 song during his radio show. Much to his surprise, the DJ community swiftly cancelled his show and excommunicated him from the station.

"It was an abomination," sophomore DJ Barely Barley said. "That song is trash. Utter trash. Doesn’t he read any music blogs?"

In a statement from DJ J.D., he reported never having been on SoundCloud and did not have even one music blog bookmarked on his computer.

"I really like that song, actually," the DJ said.

Despite the subjectivity of music taste, other DJs at the station immediately dismissed his feelings and opinions and labeled the song "horrendous," "horrible," and "factually bad."

Genie Director DJ Wolensmith explained to Hour reporters that the song was bad for more than just the aforementioned reasons.

"It has terrible, boring structure. It’s just the wrong song at the wrong time. DJ J.D. is a bad fit for the station."

This is the first time that a song not played by a billed DJ has been banned from the station. The move is unprecedented, and DJ J.D. is considered a part of the station's history.

"This is a major blow to the station’s reputation," Wolensmith said. "It’s a major loss for us."

It remains to be seen if the station will ban other songs in the future.

For now, DJ J.D. is on administrative leave and will not be playing music for the station for the time being.

By HUTCHE THE GREAT

For the past few weeks, our school has been on the brink of utter annihilation. We have been in a dark time, without hope to guide us on. We almost had a movement that had emerged from the shadows to lead us to the light (it was basically the work of a modern-day Jesus TBH: Rhabes). We had finally discovered the movement that could save us, and it was called WandaWaffle UPS. It would have been a waffle delivery service operated out of a student’s dorm. I know, great idea! But because of the fascist residence policies that prohibit students from selling things out of their dorms, we may never get to see this idea come to fruition. It is all in the past now.

We have been in a dark time, without hope to guide us. We have been in a dark time, without hope to guide us. We have been in a dark time, without hope to guide us.

By AUDREY KAUFMAN

Sweet Ride: Having a car is known to make a student living on campus exponentially more attractive than his or her peers.

PHOTO COURTESY/PRESLEY REED

For it is waffles that are the best part of living and what make me get up in the morning. If I didn’t have any waffles to get me through the day…well, I don’t even want to think about it. A world without my waffles is a world I don’t want to picture. Now I am being kept from my love. And I’m expected to go to the S.U.B. with their sub-waffles in the hopes of finding something to replace the emptiness in my stomach. It just isn’t the same.

Now, some of you may say that you really don’t like waffles. That this isn’t the most important thing in the world. That I should let the waffles go and just live my life. I’m not you. Therefore, in this harsh world, and in the need that we have, we have introduced to waffles, only we had the far worse breakfast food: pancakes.

PHOTO COURTESY/SARAH ROGOWSKY

PHOTO COURTESY/FRANKIE REEVES

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By CASA DUNN

H
tings are going well for Jane. She’s planning to be a teacher and she’s trying to make ends meet. Jane is a character made popular by the television series “Jane the Virgin,” which has been on the air since 2014. The show follows the life of a young woman named Jane, who discovers she is pregnant and must navigate the complexities of loving two men simultaneously.

The show is known for its creativity and its ability to connect with its audience. It has been praised for its ability to explore important themes such as love, family, and identity.

In a recent interview, the show’s creator,ophe-dale Johnson, said, “We want to make sure that Jane is a character that is relatable to everyone. She’s not just a Latina, she’s just a woman who is trying to find her place in the world.”

The show has been a huge success, and it has been nominated for numerous awards. It has also been praised for its ability to break down barriers and open up conversations about important issues.

In conclusion, “Jane the Virgin” is a show that is celebrating its fifth season. It has been a huge success, and it has been praised for its ability to connect with its audience and explore important themes. It is a show that is worth watching, and it is sure to continue to be a hit for years to come.
The Black Keys Bring A Night Of Rock and Blues To Seattle

By JAMES KANER

On Saturday, Nov. 1, Seattles Key Arena welcomed arguably what many consider to be the quintessential faces of the newly revived garage rock genre. The air crackled with electricity and the faint smell of cigarettes as the clock struck midnight. One thousand souls gathered to see the band that made people dance for the first time since the 1990s. The Black Keys took to the stage and proceeded to blow away the crowd for nearly two hours straight.

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