The researchers at UWC attributed the increased intelligence to modern students access to internet, enhanced teaching methods by college teachers. And also, they believe that this is an unprecedented increase in intelligence that has never been seen before. Compared to similar tests done when college students weren't as smart, college students are smarter now than they were then. The study also showed that 14th percent of college students scored lower on tests than some non-students, but they are still ranked as most smart.

The test that produced the largest separation on it's scores was problem solving. That test consisted of alphabetizing pictures of food. That may sound simple, but keep in mind, only the first letter of each food was written on the picture, not the whole name. Scores were determined by how long it took to place the foods in correct order, the number of incorrect placements, and how much they talked about wanting to eat the food. General knowledge produced the closest separation on it's scores, but the researchers at WUC attribute that to ubiquitous internet usage. Because everyone uses the internet, everyone knows what is on it, and that makes them know the answers to the questions that were on that test. Personally, as a college student, this validates me. I like to know that I am paying to be getting smarter, and that the internet age is producing a better kind of human for persons to be made of. This is what college's for, making its students more better for the working world, and making sure they are the ones getting a job when they graduate, not the non-students when they graduate.
Just get over it! Sore throat? Just get over it! Runny nose? Better go catch it, and then just get over it!

PHOTO BY MICHELLE'S FREE TRIAL OF ADOBE STOCK IMAGES

PHOTO BY MICHELLE HAD MORE IMPORTANT THINGS TO DO THAN TAKE THIS PHOTO, LIKE PHOTOSHOPPING JEB BUSH AND SLEEPING

APRIL 1, 2016

New varsity sport team off to great start

By Madd Punz

Puget Sound's newest sports team, shin-kicking (sometimes referred to as hacking or purring), is off to a tremendous start this season.

For the few people on this campus who aren't sports fans and don't know the history of this sport, shin-kicking is a sport that dates back to 1621 BC and has been part of the annual Cotswold Olimpicks (no, that's not a made up sport and yes, that is the correct spelling) for centuries.

The sport originated in England but recently there's been a surge here in the United States and even closer to home, in our conference. Within the past five years, six of the nine schools in the NWC have adopted shin-kicking as a sport, with Puget Sound being the most recent participant.

“We would've gotten a team together sooner, but we had to figure out some budget issues before we could make it a varsity sport … those Shepard's coats that the contestants must wear when in combat with each other.

“Plus there's the whole liability issue,” the director said, when asked to expand on the cost issues. “As I'm sure you know, an ambulance is required to be at every match in case of injury, as usually the losing contestant needs a band-aid, at the very least.”

“Or perhaps like me, your parents are divorced. Now I still do but I spent twenty dollars. How about that! I think we can breathe a collective sigh of relief that the doctors at CHWS put their heads together to implement this new, highly effective system. If it wasn't for them, nothing would have changed. I mean honestly, the only other solution would be to actually get CHWS the funding it deserves/needs. And where are we going to find that kind of money? Just hiding under the new fieldhouse?”

CHWS to offer “Just Get Over It” treatment plan

By Yolo Ono

STUDENT WHEELLOCK CENTER—Debby Browning was sure of only one thing: she needed help. What started out as a simple cough had evolved to a fever and her sneezing gross mucus stuff all over her boyfriend while they were necking. Browning turned to the only place she knew, Counseling, Health and Wellness Services. Usually, around this time during school, a student would have no hopes of getting an appointment in a reasonable time. However, thanks to a revolutionary new “Just Get Over It” treatment method, Debby was able to be seen.

“I called up and they literally scheduled me in thirty minutes later,” Browning told The Flail. “I showed up, filled out some forms and then they told me to just get over it.”

CHWS’s new “Just Get Over It” treatment developed by German psychologists involves three easy steps: 1) Make an appointment by phone. 2) Show proof of insurance. 3) Be told to suck it up, ya baby. And while the steps may seem simple, the impact is not.

“We've never been able to adequately treat all of the campus with our current funding,” Jean Hacky, CHWS’s doctor, told The Flail. “I mean, most of the doctors here aren't even full time and work at other clinics. They often can't prescribe medicine or do many of the other things our student body needs. I should say, the staff we have is more than competent. It's more our funding—a structural issue. Luckily, we managed to solve all those problems by simply telling students to grow up and stop whining. Everyone gets sick. Just get over it.”

Dr. Hacky went on to stress how versatile the treatment method is. For whatever problem you might have, CHWS can now offer you an effective and healthy way to deal with it. Did you break your leg? Come by CHWS and they'll remind you some people can't walk. Be grateful you could. It'll heal and you need to just get over it.

Or perhaps like me, your parents are divorced. With the new “just get over it” treatment method, you can see a therapist, who will tell you it was ten years ago and that you need to move on. I used to blame myself for my mother and father separating. Now I still do but I spent twenty dollars. How about that! I think we can breathe a collective sigh of relief that the doctors at CHWS put their heads together to implement this new, highly effective system. If it wasn't for them, nothing would have changed. I mean honestly, the only other solution would be to actually get CHWS the funding it deserves/needs. And where are we going to find that kind of money? Just hiding under the new fieldhouse?”

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Shin Kicking: This is the British sport of ‘Shin Kicking’. Rules are pretty simple: kick the other guy in the shins till he falls over.
By Ashley Malin

One thousand fifty-nine students voted in the ASUPS election on Wednesday, March 23. Junior Noah Lumabantobing won the ASUPS President seat joined by junior Lydia Bauer as the future ASUPS Vice President. Freshmen Collin Noble and Madysin Frank were elected as the two Senators at Large. “I am very excited for the new leadership in ASUPS. I believe ASUPS and the campus, in general, are at a major turning point that is exciting to be a part of. The senate as a whole is hoping to make some big changes alongside the new executive team. I personally look forward to contributing to the a year of continued progress and transparency,” said Noble. The Class Senators elected include sophomore Justin Loye, junior Cooper Rife, and senior Kyle Chong. Junior Alexander Ring was elected as the University House Senator.

The inauguration ceremony for the new ASUPS executive committee will be held Wednesday, April 20 in the Rotunda. “I want to congratulate my colleagues Noah Lumabantobing and Lydia Bauer on their election to the ASUPS Executive leadership,” elected Senior Class Senator Kyle Chong said. “They are both highly qualified and capable people, and I am extremely grateful to have served this campus with them.”

According to elected ASUPS President Noah Lumabantobing, the hope for the new ASUPS executive team is to build on and continue with the framework and leadership current ASUPS President Nakisha Renee Jones has established. “I know I came to the table with a pretty radical agenda,” Lumabantobing said. “I think Nakisha Renee, the current president, played a big role and working with her and seeing the things that she’s done. I didn’t want to see what she had done get lost and I wanted to see it get built upon.”

Among many of the new ASUPS executive goals are hiring new executive positions including programmers and media heads as well as endowment scholarships for LGBTQ Queer Alliance, Latinos Unidos, and Black Student Union. Scholarship endowment would provide a pool fund that would be continually donated to during the next several years. “I hope to accomplish as much as possible, but things that I think are important hopefully will get accomplished, some sooner rather than later is putting One More scholarship program, and the Tacoma Public Schools (TPS) initiative as ways in which the institution has improved its diversity programming as a direct result of the original DSP.

Furthermore, Segawa asserted, we can’t expect to have this work finished as soon as the DSP is released. “A lot of the work is so incremental, that you can’t go from zero to sixty in just a flash. It takes incremental change to make what I would call sustainable change... no single program or activity is going to create the community we want around diversity,” Segawa said. Segawa was careful not to belittle the work that has been done in the last ten years since the initial Diversity Strategic Plan, while noting that more work is necessary. “I think we have been very successful in a lot of the things we’ve done, and in comparison to some other like institutions, we’ve done some significant things. [But] by our own internal standards of success, I don’t think anyone’s going to tell you we’ve been successful,” Segawa said. The Trail also reached out to members of the Black Student Union (BSU) for their thoughts on the treatment of students of color around diversity while one of the main focuses of the Diversity Strategic Plan is supporting students of color, we recognize that it is a far reaching plan that focuses on many aspects of diversity, including LGBTQ students, alumni, faculty, and staff, as well as the overall climate of the campus itself.

When asked whether the school adequately supports minority students, first year and Black Student Union
This vision for increased scholarship funding and interaction between ASUPS and constituencies is shared by many people. "I hope for ASUPS and what I will help to do is relay the wants and needs of the student body to Senate members and to administration," Loyo said. "I hope to have senate projects that form scholarships for inclusion clubs on campus as well as projects that continue to make CHWS counseling accessible easier." One of many changes Lambantobing envisions is pushing for ASUPS Cultural Competency Programming to address institutional and overt racism on campus like the bookstore incident. This bookstore incident isn't isolated. 1947 or 48 faculty and students put on black face for a fact that instances of racism continually occur on this campus. I have felt the brunt of that as well with professors, with the administration, with peers, things like that, so I think cultural competency is something that's very important. It just needs to be a higher priority.

"As it is now, it is uncomfortable to be a person of color on this campus and it's not safe and our university wants to reach our diversity and yet it's not putting its best foot forward to make it safe. You can't expect students of color to attend a university that's not safe for them. So that's something that I intend to prioritize in my administration."

An ASUPS Constitutional Amendment is also currently in the works to reform ASUPS' election system. "This is an all senate project, and over two dozen Senators, past and present, have contributed to this huge project," Chong said. "They deserve most of the credit of this project. We have worked as a strong team."

According to Chong, the upcoming constitutional amendment is part of a process to make ASUPS more accessible to students whose voices are not heard or represented. Chong cites that ASUPS plans to reach out to groups like the CICE. "The CICE will get a voting representative with all the privileges and rights of a Senator," Chong said. "This is important because, a department working to better the needs of historically marginalized or underrepresented groups should have a say in how our student government funds are spent. This would help our money go where our mouth is."

This is part of the [ASUPS] Legislative Redistricting and Restructuring Reform Project 2016, which plans to make institutional change from within ASUPS. According to Chong, this plan will "redistrict the senate" to provide more accessible leadership opportunities in the ASUPS Senate possible. It will also foster collaboration between the executive and legislative branches and "grant new direct democracy opportunities to the electorate."

"In recent years, our elections have had their problems and our Senate has been, at best, a resume builder and, at worst, an institution unrepresentative of the needs of marginalized voices," Chong said. "Our senate is not set up to represent people whose identities and voices have been historically erased and silenced, the people we need to hear most."

"I fully support the constitutional amendment, it has allowed that we have been worked on," elected University House Senator Alexander Ring said. "And hope that together we can work towards meaningful, enacting structural change and make ASUPS a more transparent and accessible institution."

GOAL ONE
Recruitment and Retention: We continuously work to increase the structural diversity of the Puget Sound campus community.

GOAL TWO
Campus Climate Cultivation: We continuously work towards intentionally forming and sustaining a welcoming campus community that strives for structural diversity, cultivates a culture of inclusive learning, supports systemic transformation, and is based on the principles of equity and inclusion.

GOAL THREE
Community Connections and Engagement: We continuously work to develop, strengthen, remake and repair relationships with diverse constituencies from Tacoma and the broader regions, and to build mutually beneficial collaborations that promote just transformation and further educational and civic aims of the campus and broader community.

GOAL FOUR
Alumni Outreach and Connections: We continuously work to develop opportunities for alumni to contribute in multiple ways to increase access, cultivate a culture of inclusive learning, support systemic transformation, and strengthen relationships with alumni from underrepresented and minoritized groups.

The new Diversity Strategic Plan was written by the Diversity Advisory Council (DAC), a committee chaired by Michael Benitez, Dean of Diversity and Inclusion and Chief Diversity Officer. Three campus conversation were held to both the new DSP and gain input from community members, on Tuesday, March 22, Thursday, March 24, and Friday, March 25. The new plan intends to approach head on the history of institutional ‘vague goals’ regarding diversity that Black described. Benitez said that he strove to create a more detailed Diversity Strategic Plan with this new version. He said that the University has made important strides in its goal to cultivate "a culture of inclusive excellence" as outlined by the Threshold 2022 plan. However, Benitez understands that more work must be done. In the first campus conversation, Benitez highlighted the importance of the work that has been done throughout the university, one area that the Threshold 2022 DSP addresses. Additionally, Benitez noted the need for transparency from the University, and added his plan to publish a yearly report about the University’s diversity initiatives that year. Finally, Benitez stressed that the plan can least allow a few determined students of color to exist, but in terms of university support I feel there isn’t much. The university needs to fully commit to supporting students of color beyond vague goals. I understand the red tape and bureaucratic structures that might sometimes be in the way, but I need to see a visible change or effort," Black said.
The Associated Students of the University of Puget Sound (ASUPS) Executive Debate 2016 was hosted by current ASUPS president, Nakisha Renee Jones, and vice president, Peyton Anstine, on March 21 in Upper Marshall Hall in front of a small crowd.

There were a total of 3 presidential candidates – Matthew Feldmann, Noah Lumbantobing and Ken Avianada – and 1 vice presidential candidate, Lydia Bauer. The candidates had two minutes to give introductory remarks and to answer each question. The six questions asked were about topics of Leadership, Budget and Finance, ASUPS, Inclusivity, Administration and Activism. After the debate a Q&A session was held where people from the audience asked questions.

In regards to the first question, Feldmann answered that a radical approach to get more people to look at ASUPS and get involved was needed. Lumbantobing said he wants ASUPS to push for inclusive programs and push out to underrepresented student groups. By both Avianada and Bauer they said want ASUPS to focus on internal stability.

In regards to the second question, Feldmann said he disagreed with prioritizing funds because he is a student who makes mistakes but will listen to other students. Lumbantobing said ASUPS does not necessarily have budget shortfall, but needs to reprioritize funds. Avianada said ASUPS needs to focus on funding things that will impact Puget Sound on a larger scale, better, such as diversity and the expessions fund. Bauer said she wants to establish a club check-in meeting and ensure students know that the resources exist. That’s why she wants to make sure ASUPS is aware of clubs’ financial needs.

In regards to the third question, Lumbantobing said he wants to cultivate a team that is open to change and that the new ASUPS president needs to work more with senate. Avianada said the executive team needs to have the same vision to become stronger and that collaboration between different branches with the same goals needs to happen. Bauer said she wants to push for a culture shift where everyone on the same page. Feldmann said everyone needs to vote for who they think will be best regardless of whether two people are on the same ticket or not.

In regards to the fourth question, Avianada said individuals need to work towards educating others about cultural competence in addition to the programs. Bauer said cultural competence needs to be integrated into orientation, and the faculty and staff need to be educated on diversity, sexual assault prevention and trigger warnings. Feldmann said that everyone in Puget Sound is here for the same reason: to get an education, so education needs to be baseline. Lumbantobing said a cultural shift is needed to obtain a safe campus but realizes this will take time. In regards to the fifth question, Bauer said she has been working on implementing trigger warnings into academic policy, and wants to get more funding for mental health awareness and a revamped accommodations process. Feldmann said the role of ASUPS is to promote funding for issues like sexual assault prevention and change the fixed culture on these issues. Lumbantobing said ASUPS members need to be advocates, push for changes, get more funding and set the groundwork for a radical change. Avianada said a revamped green dot training that shows what consent looks like is needed.

In regards to the final question, Feldmann said activism is controlled by the effort put in and that he will listen to everyone’s ideas. Lumbantobing said ASUPS has historically been lacking a spirit of activism and wants to change that. Bauer said that ASUPS needs to listen to students, provide manpower. Bauer said the director of student interest position needs to be better implemented and ASUPS needs to physically support student activism.

Due to the results of the election, Noah Lumbantobing will be formally resigning from the positions of News Editor and Content Manager of the Trail. To avoid any conflicts of interest, this week’s content and design was executed by the Editor-in-Chief.

Additionally, Scott Silverstein will no longer be serving as the Op-Ed Editor and the Trail is actively looking to fill this position. With any questions please email me at trail@pugetsound.edu or visit my office hours in Diversions on Fridays from noon to 1pm.

Sincerely,
Leanne Gan
Editor-in-Chief

WHERE TO FIND THE TRAIL

BLACK BEAR YOGURT
BLUEBEARD COFFEE
CAFE BROUSSEAU
METRONOME COFFEE
SHAKABRAH JAVA

EDITOR’S NOTE
ADDRESSING STAFF CHANGES

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Sincerely,
Leanne Gan
Editor-in-Chief

OPEN FORUM

Security Services is hosting two open forums in the Rotanda on April 5, 2016.
Come at 4 pm or 6 pm – whichever works best for your schedule. We’ll be discussing campus security and want to hear your thoughts also.

THE PUGET SOUND TRAIL

The Trail is an independent, student-run organisation 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 is 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 mission statement.
Although these three students are exceptional examples in their academic achievements, USA Today reported that first-generation students across the nation are four times more likely to drop out of college than their peers. These statistics make it clear that first-generation students have a more difficult time navigating the process of higher education. However, this process becomes even more challenging when universities do not provide the proper support and guidance for these students and nobody knows this better than Access Programs Coordinator Joseph Colon.

"A campus that is generally made up of affluent white people can be very intimidating to these students and nobody knows this better than me," Colon said. "Our job is to support and supplement the non-material resources that a lot of first-generation students may lack." Colon's work focuses on academic support, emotional support, and assistance with college literacy for these students. Having been a first-generation student and being a Puget Sound alumnus himself, Colon has a deep insight into the needs of these students. From his point of view, the University is not meeting them.

"First off, it's hard for the faculty and staff to build a connection with these students [because] they do not necessarily have the social and cultural competency to support them with high fidelity," Colon said. A very small portion of the staff at the University actually comes from a first-generation family, minority background or low socio-economic class and because of this, Colon often felt a large disconnect between himself and the students. "The staff and faculty really made genuine attempts but there was always a bridge between us that needed to be traversed before that relationship was built," Colon said.

"If better relationships existed between the faculty and first-generation students, Colon believes that more Puget Sound students would thrive and lose less of them would feel the need to transfer. In addition to the separation between the staff and students, Colon has also noticed that students lack the community support they need.

By Eada Gendelman

THE PUGET SOUND PERSPECTIVE

Sophomore Andres Chavez grew up in a low-income family so he was never made to feel as if he did not belong. He was encouraged to go to college, but he still opportunities and methods to achieve higher learning. [I want other first-generation students who have been in similar situations.

"First off, it's hard for the faculty and staff to build a connection with these students [because] they do not necessarily have the social and cultural competency to support them with high fidelity," Colon said. A very small portion of the staff at the University actually comes from a first-generation family, minority background or low socio-economic class and because of this, Colon often felt a large disconnect between himself and the students. "The staff and faculty really made genuine attempts but there was always a bridge between us that needed to be traversed before that relationship was built," Colon said.

"If better relationships existed between the faculty and first-generation students, Colon believes that more Puget Sound students would thrive and lose less of them would feel the need to transfer. In addition to the separation between the staff and students, Colon has also noticed that students lack the community support they need.
No More Week of Action brings greater sexual assault awareness to campus

By Emma Brice

The University of Puget Sound holds many events throughout the year such as Take Back the Night and No More Week of Action in order to bring sexual assault awareness to campus. This past week, Sexuality Issues, Race, and Education (SIRGE) has put on events in order to encourage awareness of these problems in society today. "This week we are holding three different events. Tuesday we put on a photo campaign, where we asked people to write down why they were saying 'No More' to sexual assault and domestic violence. We then took a photograph of them holding up the sign. On Wednesday we showed the film, 'The Mask You Live In' which deals with issues of masculinity and how that affects rape culture. On Friday we hosted a Green Dot Bystander training," SIRGE coordinator and sophomore Alex Keysseltiz said.

"The goals of this program [are] to raise awareness of sexual assault and to work towards a change and difference on our campus. Through programming, events and Take Back the Night, SIRGE works towards creating action in ending sexual assault and to have conversations about sexual assault and domestic violence," Keysseltiz said. "We are using this week as a platform to raise awareness of sexual assault and also to give a voice to survivors."

Like Take Back the Night, the purpose of No More Week of Action is to open up a safe place for people to express their thoughts and feelings surrounding sexual violence and rape culture.

With the support of the campus community, SIRGE can continue to work on raising awareness and working to end the societal norm of sexual assault. The values of SIRGE are based around ending power-based sexual violence, ending disrespect and creating a safe campus environment for all students. "Sexual violence has affected many people on this campus and beyond. I cannot stand to see people on campus who are hurting because of this issue. No one deserves to be disregarded or ignored, and in facilitating conversations about rape, SIRGE allows for survivors voices to be heard," Keysseltiz said.

SIRGE not only holds events for sexual violence awareness, but also supports domestic violence awareness, transgender remembrance day, and violence against women. No More Week of Action is just one among the many great events hosted by SIRGE.
Loggers place second in race for All-Sports Award

By Nick Nestingen

After a strong winter sports season the University of Puget Sound now sits in second place in the Northwest Conference for the McIlroy-Lewis All-Sports trophy, trailing behind Whitworth University.

For those who may not know, the McIlroy-Lewis All-Sports trophy is the award given to the school in the Northwest Conference that has the most cumulative success within all of the athletic programs. Last year Puget Sound took second place, which was the best finish since the 2008-2009 academic year.

The scoring system for the award is entirely based on how each team places in the conference standings for each respective sport in each event. If a team finishes in first place, the school is awarded 16 points and on until last place where the school is awarded 2 points. If a school does not have a sport, they receive no points for that specific sport.

The Loggers began the fall season with 80 points, good enough for fourth place in the Northwest Conference. This point total was led by the women's soccer team, which won its 15th straight NWC title, netting the school 18 points. Men's cross country also had an impressive season, placing second in the NWC, netting the school 16 points. Men's soccer and football both contributed substantially to the point total in addition, with successful seasons leading to both teams placing third in the NWC, gaining 14 points each.

Strong performances by the Logger basketball and swimming teams added 50 points for the winter season, moving Puget Sound from fourth place to second place. While the women's basketball team fell just short of its second straight NCAA tournament appearance, the second place finish in the NWC gave the school a crucial 16 points. Both the men's swimming team and men's basketball team finished fourth place in the conference standings giving the school 12 points each. The women's swimming team finished in fifth place adding more points.

The University of Puget Sound currently trails first place Whitworth by 22 points and sits ahead of Pacific Lutheran University by 10 points. Luckily for the Loggers, there are 10 sports that qualify for points for the NWC All-Sports Trophy which include baseball, golf, rowing and track and field. With strong closing performances by many of these teams, Puget Sound will have a great shot at jumping into first place and ending Whitworth's eight year run as the McIlroy–Lewis trophy winner.

Mariners fans remain optimistic starting 2016 season

By Lukie Crowley

Time and time again the Seattle Mariners have broken their fans’ hearts. Speaking from experience, I know the feeling of going to bed angry over a blown loss, stunned at the historically low offense and frustrated by the personnel moves.

Every year I say to my friends that this year is going to be different with some sort of blind optimism. We can only hope that this year is going to be different. The Mariners are going to the playoffs.

This is because the Mariners have a new regime with new General Manager Jerry Dipoto and Manager Scott Servais bringing in a new approach based on getting on base more while ditching the power-obsessed idea that the previous regime had. That's not the only thing that changed about the Mariners.

The Mariners added 19 new faces to their 40-man roster and an entirely different line up in just one off season. It wasn't a complete rebuild of the team; they fixed holes in the roster that have been there for years while leaving the star players intact. Economics Professor Garrett Milam offered his thoughts on the change.

"Anytime there's a big change there's a chance something will change. My realistic expectation should be that about as many of these changes should turn out to be as successful as winners but there's always a chance that all of them could be better than average and we could have a big year. Also, since Dipoto and Servais are 'unknown unknowns' as they say, it's possible that they could both really know what they are doing," Milam said.

Milam exudes the cautious optimism that all Mariners fans feel when the media builds up their potential success, because blind optimism has left us dumbfounded before, especially with the Mariners searching for their first playoff season since 2001. Sophomore David Follett (Billings, Mont.) offered his piece about the M’s.

"There is hope that the Mariners can play up to their potential. Last year we saw a glimpse of what they can be, and I think that a new manager will help bring stability and consistency to a team with a lot of talent," Follett said.

There can be multiple factors for what puts a team in contention, but according to Follett there's just one that puts them in a position to win consistently.

"The ability to get on base. Last year showed a glimpse of what the offense can do, but in order to be successful, the Mariners cannot only rely on home runs from [Nelson] Cruz and [Kyle] Seager. If the top and back end of the lineup can get on base more regularly, the run production will increase significantly and give our pitching more room to work with," Follett said.

Sophomore Merle Rowan-Kennedy (Seattle, Wash.) thinks it’s something different.

"I think the biggest X-factor is how the pitching staff performs in three areas. If either King Felix [Hernandez] bounces back to his career norms or the bullpen performance because blind optimism has left us dumbfounded before, especially with the Mariners searching for their first playoff season since 2001. Sophomore David Follett (Billings, Mont.) offered his piece about the M’s.

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"I think the biggest X-factor is how the pitching staff performs in three areas. If either King Felix [Hernandez] bounces back to his career norms or the bullpen breaks out we could have a great staff. The third aspect will be bullpen performance because that was a major reason for our success in 2014 and a cause of our downfall last year," Rowan-Kennedy said.

There are still some parts of the roster that are up in the air heading into the season, but the number of those question marks has significantly decreased over the past few years. That's why I believe that the Mariners will be back in the playoffs once again.

Tacoma Nature Center, Chambers Bay offer local natural beauty

By Natalie Hereford

Tacoma’s Nature Center, a hidden gem nestled in the heart of Tacoma, is home to many species of local flora and fauna. For free admission, visitors can see red foxes, raccoons, Pacific tree frogs, violet-green swallows, and the stellar’s jay.

The park has about 20 species of mammals and about 100 species of birds, according to the Tacoma Nature Center website. Other than the plethora of wildlife found in the 71 acre wetland area, the park offers so much more. The reserve has two miles of flat-surfaced trails, ideal for any ability hiker and offers trails accessible to the handicapped. The two miles of trail make up the Wetland Walk, the History Walk, and the Forest Walk. These trails are self-guided and wind through and around the wetlands, the forest, and the serpentine-shaped lake, famously known as Snake Lake.

The reserve is open 7 days a week for the public and admission is free. Trails are open between the hours of 8:00am to approximately 30 minutes after sunset. Bikes and pets are not allowed on in the reserve in order to preserve the trails and protect the wildlife. Smoking of all kinds is prohibited.

You can enjoy a nice morning walk before class or revel in the park at sunset. If you are looking for a bit more of a rewarding nature trail, a 20 minute drive can bring you to the Chambers Bay Loop. This park offers sensational views of Puget Sound and the Cascade mountain range.

The Chambers Bay reserve offers three trails: the Soundview Trail, the Grandview Trail, and the 64th Street Trail. The Soundview Trail is ranked as their most difficult trail stretching about 2.5 miles and is not handicapped accessible, but visitors do walk, run, and bike this trail. The Grandview Trail is ranked as easy, stretches about 1/4 mile, and is handicap accessible. The journey begins along a bluff and offers nearby views of the islands in Puget Sound and the golf course. The 64th Street Trail is also ranked as easy, stretches about .5 miles and give you the opportunity to watch for the native deer and birds that roam the area.

Both urban forest settings, the Tacoma Nature Center and the Chambers Bay park, offer a great escape from the hustle and bustle of Tacoma and school life.
Win-win scenarios are hard to come by, but a collaboration between the food works at Puget Sound, in the form of a food pantry on campus could be a great example of how we as a community can work together for the good of state and many do not have cars or transportation to reach a food pantry. Another major benefit is that our institution needs to better collaborate to turn the food pantry into a reality.

“My personal stance is that having a food pantry on campus could be a great way to help those students who are experiencing food insecurity on campus,” Golanka said. “In our networks we have met a lot of people who are food insecure and it’s an issue that our institution needs to better address.”

Assistant Director for Civic Engagement and Leadership Moby said the sentiment, and the two are collaborating to turn the food pantry into a reality.

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Amanda Diaz

Throughout the country, around 400,000 untreated rape kits are left collecting dust in evidence rooms in over 1,000 police agencies. The show “Full Frontal with Samantha Bee,” recently explained how thousands of rape kits are discarded each year. The show believes that most rape accusations are false, and are “actually consensual sex.” They therefore see no problem in destroying evidence that could actually save many unresolved rape cases.

What Unterman, Rowland, and many other advocates for sexual assault victims want is for the courage to demand justice. This is why Green Dot and events like Take Back the Night are extremely crucial to the well-being and safety of all members of our community. The Sexuality Issues, Relationships, and Gender Education (SIRGE) Programmer will be hosting a research and a rally throughout campus to reclaim the night for survivors and those in our community affected by acts of sexual violence. There will be a speak out portion after the march held in the Wyatt atrium, where survivors can share their experiences in a safe and comforting space.

Clearly, we need to firstly educate everyone on their role in preventing rape and violence; then we need to organize to create action and change to advocate for rape kits and bring justice to those survivors who are asking for it and support those who are still finding the courage to demand justice.

By Nicky Smit

Volunteer myself, I know not all food gets taken and there is still undue waste. This food is perfectly fine yet still disposed of, and instead should make its way to the food pantry.

Golanka also explained that the University garden grows plenty of excess produce that can easily work its way into the food pantry, and that this excess will soon be increasing.

“Ahuge incentive for us to have this pantry is because we are starting a garden at the New Phoebe house – who have already turned away our donations a couple times due to excess donations, which is awesome,” said Golanka, “and we hope to start gardens for more food banks we connect to as well.”

The wins are real – less food waste and food in the hands of those who need it – and some would-be problems have easy solutions. Puget Sound now provides people with the opportunity to find food for the pantry, but there are plenty of issues with establishing a food pantry that definitely require working through.

“The space needs to be secure, food needs to be stored properly to ensure food safety, and we want to be mindful that most students struggling with food insecurity may not want to be public knowledge,” Bibh said.

“We want whatever we do to be sustainable, so we need to be asking the hard questions now so that what we create has the ability to last from year-to-year.”

Golanka, Bibh, and others have plenty of ideas on how to solve structural issues and making sure the food pantry, how to ensure that only food insecure folk are using the resource, and even where it will be located.

It’s understandably a complex program to build and striking the balance between getting the pantry started as soon as possible and getting it started with as much efficiency and effectiveness as possible may seem as easy task.

Even though development is definitely not the easy path, and studying that the outlook is good for a food pantry in some form, the parties are in agreement that the food pantry is worth establishing, and discussion is strong and focused.

Stay tuned for more developments in the food pantry project.

By Amanda Diaz

Rape kits testing neglect brings undue harm to sexual assault victims

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By Amanda Diaz
The rise of LGBTQ+ representation in popular media is quite impressive; a greater portrayal of queer characters and stories can be seen throughout pop culture. However, those same stories continue to push confusing and problematic ideas and tropes that create misunderstandings and perpetuate stereotypes.

Among queer identities, bisexuality is often seen as confusing and invalid. Seen as a phase or a ‘pit stop’ on the road to homosexuality rather than its own category, it is often misrepresented. Pop culture doesn’t do much better in clarifying or portraying bisexuality; instead, it quickly maintains a confusing and unhelpful narrative. A very popular show on Netflix is “Orange is the New Black” (OITNB), which is lauded for its diverse female cast that includes many women of color and LGBT characters. The very first scene in OITNB cuts between showing Piper Chapman taking a shower with her former girlfriend Alex, and her with her fiancé Larry. Throughout the first season, her relationship with Alex, and her former girlfriend Alex, is questioned by many. Multiple times she brings up the fact that she “isn’t a lesbian anymore” or was simply “at the time” a lesbian. This narrative, created in the very first episode, continues to perpetuate the trope of bisexuality not existing. The idea that bisexuality is just a phase or something that disappears once one is in a relationship. “Orange is the New Black” is based on Piper Kerman’s own experience in prison. The problem with OITNB’s portrayal of Piper is the fact that Kerman has publicly described herself as a bisexual person, yet OITNB is so quick to hide her bisexuality for the ‘funny’ trope of Piper getting a wife in prison or reinventing herself as a lesbian in prison.

Seen as experimenting, bisexuality is something popular media continues to erase. Characters in OITNB often describe their sexuality as something that just happened in their past or a thing that is bound to happen in prison. Piper’s own grandmother even brings up the fact that she “once kissed Mary Straley when [she] was at Miss Porter’s school but it wasn’t [her].”

The idea of experimenting in the past and portraying queerness as something that doesn’t actually exist continues the trope that bisexuality is not something that actually exists. Continuing the trope that experimenting in college or prison is the only way in which someone would ever experience having a relationship with the same sex keeps perpetuating different sexualities as something that never happens outside of these places and isn’t real. For those who do not identify as straight, having these portrayals continue in such popular shows makes it difficult to connect with their stories and characters and continues to push for problematic stereotypes. It also causes others to doubt them and to doubt themselves, rather than providing positive or at least accurate representation.

**Term of the Week**

**queer baiting (queerbaiting, queerbaiting)**  
**noun; verb**

The tendency in media to hint at a non-hetero relationship or character(s), but not explicitly acknowledge the relationship/character(s). This can include subtle comments between characters, comments made by other characters (or the actors/directors/authors themselves), homoerotic behavior, romantic tropes, metatextual discussion of the characters’ sexuality, etc.

This is problematic because instead of providing real representation, it suggests to fans that queerness is not suitable for a mainstream audience, that queer people should settle for this level of representation or that queerness should not be acknowledged.

Examples: Rizzoli and Isles (of the eponymous show), Dean and Castiel (Supernatural), Merlin and Arthur (Merlin)

**Yeast infections:**

By Natalie Scooggins

The body is home to trillions of bacteria and other living organisms, both inside and out. Different body parts and different bodies in general are each unique microbiomes that often work to maintain healthy function, such as gut microbes that help digest food; however, some are more beneficial, like yeast. While yeast naturally occurs on the skin and in several internal systems, certain changes to the bodily environment can encourage so much yeast reproduction that the microbiome is thrown out of balance, causing irritating and uncomfortable effects, according to Medical Microbiology.

Vaginal yeast infections will affect 75 percent of vulva-owners at least once in their lives, according to Dr. Steven Kim. Information is widely available and the condition is easily treated, but yeast infections are still inconvenient and uncomfortable. Understanding how yeast infections work is key to preventing them in the first place. The vagina has its own biome, dominated by the lactobacilli bacteria; the bacteria keep the amount of naturally-occurring Candida yeast in the vagina in check. Particularly warm and wet environments can cause yeast to grow faster, as can any type of sugar in or on the vagina/vulva, and the use of antibiotics. The vagina can typically balance its microbiome and pH on its own, so douches and wipes meant to clean the vagina can actually throw off the balance and cause yeast infections. Though uncommon, yeast infections can also affect the penis. They are most commonly caused by penis-in-vagina (PIV) sex with another person who has a yeast infection and can affect the area beneath the foreskin, more rarely, the urethra, according to nutritional consultant Dan Jackson.

Uncircumcised individuals are exponentially more likely to contract penile yeast infections, which is only one reason why genital hygiene is so important. Besides the itching, burning and discharge, if left untreated the skin can harden and crack in response to the infection and cause erections to be extremely painful. Early treatments are generally similar to those for vaginal yeast infections, but because the condition is less recognizable and less often discussed, the infection often goes untreated and becomes more severe, James M. Steckelberg, M.D. writes.

PIV sex can also cause a vaginal yeast infection to a partner’s scrotum and is typically treated with an antifungal cream or oral antifungal.

Additionally, yeast infections can spread from the vagina or penis to the perineum/anus due to sexual contact or poor hygiene, according to OB-GYN Adelaide Nardone, M.D. Wearing thongs can make it easy for yeast and other bacteria to move between the vagina and anus. Failing to clean under the foreskin can also cause a yeast infection to persist, and creates the possibility of transferring it back to the partner from whom it was contracted, even if both individuals believe the infections have healed.

The best way to avoid yeast infections is to practice good hygiene, but risk factors also include diabetes and autoimmune disorders.
Puget Sound’s Relay for Life: Hope and history

By Marcelle Rutherfurd

On Tuesday, March 8 the American Cancer Society’s Relay for Life kicked off at University of Puget Sound. A representative from the American Cancer Society (ACA) and student event staff hosted the event. The Relay Kick Off included a speaker from the ACA, students who shared their stories about how cancer has affected their lives, and a performance by the acapella group What She Said. The actual Relay for Life will take place on April 29 and 30 at Baker Stadium on Puget Sound’s campus. Relay for Life is especially important here at Puget Sound, as the event is part of the school’s history. In May, 1985 ACA founder Dr. Gordon Klatt created the first Relay for Life at Baker Stadium. According to the ACA website, Dr. Klatt circled the track for 24 hours and raised $27,000 to fund cancer research.

The ACA, now an international organization, raising billions of dollars across the globe to make advancements in cancer research. This multi-national organization has roots right here in Tacoma, at our university. This makes student involvement in the cause very special and gives the campus community all the more reason to educate themselves about the event.

“I hope to raise awareness, but I also hope to get people to open up and share their experiences. I also hope to remind people that this is where this event started, here on the track at University of Puget Sound. It is now a national event, with ties all over the world, that started here at Puget Sound,” Community Relationship Manager with the ACA La Marco Mitchell said.

The upcoming Relay for Life will include an opening ceremony where both cancer survivors and caregivers of cancer patients will run the first laps of the event, followed by the candle-lit Luminaria Ceremony. The Luminaria Ceremony serves as a means to remember those who the community has lost to cancer and puts the events in a personal context.

“My favorite part of the Relay for Life is the Luminaria Ceremony. With the lights around the track. It helps us remember the survivors and remember why we are doing this,” Student Co-lead for Relay for Life Jared Honda said.

It is hard to find hope while considering this disease and the lives that it has taken. According to the ACA, more than 1.6 million people in 2015 were estimated to have been diagnosed with cancer. Cancer is the second most common cause of death in the U.S. and is responsible for nearly one of every four deaths. The ACA is seeking to raise awareness with Relay for Life and battle the statistics to put an end to cancer once and for all.

And it is working. In the past two decades, more than an estimated 1.5 million deaths have been prevented. The survival rate has risen from 49% in the 1970s, to 68% in the years from 2004 to 2010. The astounding amount of work and awareness going into cancer research has had encouraging results, which give hope to the people working in and touched by this field.

“What gives me hope is the fact that there are so many people that care and there is so much work that has been done,” Dr. Mitchell said.

There is a cure out there, it’s just a matter of time before we find it,” Honda said.

The event staff involved in the Relay for Life are excited and inspired by the work the ACA is doing with Relay for Life, and show their commitment to the cause by raising awareness and spreading conversation here on campus.

“My favorite part of the Relay for Life is the people, learning their stories and sharing stories with them. This is my fifth year doing this on campus, and I’ve learned that it is about the people,” Mitchell said.

Student involvement in the Relay for Life is key in raising money and awareness of this cause. The ACA encourages students to ask their family and friends for donations and participate in the events in April. A positive organization such as this one that has such deep roots in the school’s history enriches the community in a very unique way and provides hope for those struggling with this disease today.
FEPPS collaboration with Wetlands magazine

By Georgia Gustavson

Last November Kailee Faber, senior at the University of Puget Sound and Editor-in-Chief of Wetlands magazine, attended an art show at the University that re-ignited something that she had been feeling for years. The show featured art by women from the Washington Correction Center for Women and she experienced seeing the vivid, moving visual art as touching upon themes such as how gender informs experienc- es, sexuality and trauma, much like themes found in the magazine she now runs. The next conclu- sion she made seems obvious: these women could make great contributions to our campus pub- lication on gender and sexual- ity. The submissions could be ob- tained through FEPPS (Freedoms Education Project Puget Sound), a college education program for incarcerated students within the correction center. Faber had been thinking about working with FEPPS for years but had nev- er had the means. Now she has found a way to reach out to the community.

Around the time of the art dis- play on campus, November’s Ad- vocates for Institutional Change- organized student walkout took place. One of the demands for the walkout was for students at FEPPS to be able to get Univers- ity of Puget Sound college credit for classes they are taking through the program. “Right now they’re getting com- munity college credit but they’re taking essentially the same cours- es that we’re taking,” Faber said. A still-expanding program that started back in 2012, classes about Cell Biology, Paris, and a wide range of others are taught by vol- unteer professors from colleges all around the area. As mentioned by FEPPS Program Coordinator Mary Weir, professors from Ever- green, University of Washington and University of Puget Sound and almost every other school in the area teach college-level, college preparatory courses to 130 students currently enrolled in the program, 70 of which are tak- ing classes for community college credit. But for classes that are essentially the same as the ones taught at the University, advocates argue that they should be receiv- ing equivalent credit.

“I keep using the word tutors but I think a better word would be co-learners,” FEPPS co-founder and University of Puget Sound Professor Tanya Erzen said, when speaking of the volunteer tutoring program for FEPPS.

Students from the University come to volunteer at FEPPS tu- toring sessions to find that due to their friendship and a great deal of the material that is learned insid- e the detention center and out- side of it, they have an intensive lib- rary access being very limited at the center, students and professors alike find the quality of learning and rigor of courses to be essentially the same as those at the standard universities where FEPPS professors teach. Often even more thorough assignments are given and the differ- ence is due to their difference in time con- straints.

After being initiated by The Vil- lage, a highly organized group within the prison run by incar- cerated women, the program was founded by University of Puget Sound professors. Currently, 23 professors and 15 students at the University of Puget Sound volunteer at FEPPS. According to Weir, FEPPS is considered a sig- nature initiative of the University alongside programs like the Race and Pedagogy, with their own University office space, close col- laboration and most volunteers being from Puget Sound current- ly Erin, Stuart Smithers and others are working to make The University Library Catalogue available to FEPPS students.

FEPPS students are a legitimate part of the University community even if they do not share the cam- pus space. “I thought [having FEPPS stu- dents submit to Wetlands] would be a great idea to incorporate our student body more with theirs, not just give them an educ- tional space but a space for them to share their voice even though they are physically distant here,” Faber said.

With limited resources and in- tension to maximize our affect with the outside com- munity, FEPPS students could find valuable connection with the outside world through the Uni- versity of Puget Sound; a con- nection that could be valuable for people on-campus as well. Small steps such as Faber’s work to Af- ter Weir sends Faber submissions, they will be transcribed and made anonymous (unless names are giv- en upon request) so they are scat- tered among submissions from University students. All FEPPS submissions will be handwriting due to their lack of computer ac- cess and leaving them as such to show a difference in accessibility is an option that is being debat- ed, but whether it will be done depends upon the opinion and best interest of the women sub- mitting.

“When we are incarcerated we are referred to as offenders; we aren’t referred to as people. … My first time at FEPPS was the first time I had noticed being referred by names that did not include kindness,” former FEPPS student and current transfer to the Uni- versity of Washington Danielle said.

A legitimate education program greatly improved Danielle’s per- spective and chances of succeed- ing in the world, partially because it humanized her. Giving a voice to FEPPS students through magazines and other media ous- hes the same. Faber hopes the inclusion of FEPPS submis- sions will help initiate other stu- dent groups to get in contact with groups outside the University, a much-needed service in recent years, in addition to open- ing the perspectives of students at the University with more isolated or privileged experiences.

“We’ve been trying to start a lit- erary magazine of our own for a long time, we just haven’t yet had the time or the capacity to do it,” Weir said.

Just a few weeks ago two literary professors had a meeting about making that possible and if it is accomplished it could easily be distributed to University students here. In 2012, students didn’t even get credit for FEPPS classes. In 2014, community college cred- it was given. In June, FEPPS will have their first graduates, with Associates degrees in arts and sci- ences. The program is quickly ex- panding and with it Universi- ty involvement can only become greater. Seeing them included in a University literary publication among on-campus students can only make their presence and in- clusion here more real.