"We’re doing the initial plan," Trump said at a press conference on Feb. 16. His move to repeal the Affordable Care Act (ACA), also known as Obamacare, was a major cornerstone of his campaign.

On Feb. 16, House Republicans presented the outline of a plan to repeal and replace the ACA, which extended coverage to 20 million people. "While we could simply allow the law to collapse, that would not be fair to the American families struggling under Obamacare," the document outlining the plan said.

"When the House returns after President’s Day, we will act to repair the damage done by Obamacare by repealing the law and replacing it with a better system," it said.

The specifics of what to repeal and what to replace are still uncertain and divide among party members. Many are skeptical that Congress will manage to repeal the ACA by Trump's March deadline.

"It took months to write Obamacare, the original bill, and years to phase it in," Oklahoma Representative Tom Cole said. "It is going to take time to unwind it and replace it with something else."

"Obamacare won’t be repealed and replaced any time soon. Instead, it will be quietly eroded," former Secretary of Labor Robert Reich wrote on Facebook. "Killing the Affordable Care Act outright is politically impossible. It looks like Trump has chosen death by a thousand cuts."

The outlined Republican plan envisions major changes to Medicaid, a program that provides health care to 69 million low-income adults, children, the elderly and people with disabilities. Right now, states and the federal government fund Medicaid. The Republican plan would put it on a budget. According to the New York Times, the plan would scale back federal funding by forty percent in states that expanded Medicaid coverage under the ACA.

The plan would replace ACA’s subsidies, which help the poor afford healthcare coverage by increasing a person’s subsidies as their income decreases. Instead, the plan would provide fixed monthly tax credits that change with a person’s age, but not their income.

The plan would also expand Health Savings Accounts (HSAs). HSAs are tax-advantaged and available to those enrolled in high-deductible health plans. A recent study on HSAs published in the health policy journal Health Affairs found that the accounts are disproportionately held by those with higher incomes. According to the document outlining the plan, HSAs will "empower Americans and unleash the forces of choice and competition.”

The Republican outline lacked estimates of who would lose and gain coverage under the legislation and how Congress will pay for it.

If Congress repeals the ACA, Donn Marshall, Director of Counseling, Health and Wellness Services (CHWS), hopes that Puget Sound would provide students with health insurance again.

However, a repeal wouldn’t effect CHWS’ policies since it does not bill health insurance. According to Marshall, billing insurance would require infrastructure the University doesn’t have, including employees to handle billing and the ability to manage the regional plans of students from out of state.

"I don’t know any college like us who does that," Marshall said. Instead, CHWS provides documentation for reimbursement.

"None of that would change," Marshall said. "I would be more concerned for students that don’t have insurance or don’t have adequate insurance — it’s the individual students who would have to be making more cost-conscious decisions about their health care."

"I am concerned about a repeal and failure to replace the affordable care act. Before the ACA we had many more students who were uninsured," Marshall said. "There are students here who only have insurance because of the Affordable Care Act’s provisions."

Among those provisions are the ability for people to stay on their parent’s health insurance plan until age 26 and the inability of insurance companies to deny people insurance because of preexisting conditions.

Before the ACA was implemented in 2010, Puget Sound offered its students an inexpensive but limited health insurance policy. It also served as secondary insurance, covering students’ copays. "It was not an adequate, full-on health insurance policy … the Affordable Care Act definitions meant that it was no longer a legal policy because it didn’t have a high enough actuarial value," Marshall said.

Other schools, like Willamette University, switched to hard waiver student health insurance.

Schools with hard waiver programs charge students for health insurance negotiated by the University. Students can opt out if they have another insurance plan. Yet, because most plans are regional, hard waiver plans are typically better coverage for students coming from out of state.

"The result of that is that they have more confidence than we have. They have reason to believe that every enrolled student has adequate health insurance coverage," said Marshall. "That seems to me to be the gold standard that colleges, I wish, aspired to.”

Student brings awareness to diabetes, hopes for service dog

By Keely Coxwell

In 18 days, sophomore Madi Orton raised $3,305 via a YouCaring page to get a diabetes alert service dog named Vision.

Orton was eight years old when she was diagnosed with type one diabetes.

"I was diagnosed fairly quickly and my blood sugar was in the 300s. I was directly admitted into the hospital I had to stay [there for] about a week where my parents and I had to learn to do all of the work for my pancreas," Orton said. "My mom has often related it to coming home with a newborn child."

"Diabetes is an autoimmune disease when your immune system attacks your pancreas so the beta cells in your pancreas doesn't produce any more insulin," Orton said. "Without the insulin, glucose would just build up in my blood stream which is really bad because it can damage all of my organs, which could kill me."

"Growing up we learned how to manage it and it became my new normal. I have to check my blood sugar multiple times a day and take injections and constantly pay attention to every carb that goes into my mouth, every bit of activity I do."

According to the YouCaring page, which was organized by Orton’s friend and fellow sophomore Maddy McCombs, "Madi has lived with this disease for almost 10 years and has experienced over 28,928 finger pokes, 5,475 injections, 1,460 pump sites, and has corrected her blood sugar more times than she could ever count. Simply put, Madi lives with type one diabetes nonstop and most people don’t even know it."

A few years after Orton was diagnosed she went to a camp in Oregon for children with type one diabetes called Gales Creek Camp.

"The camp director and her husband had a diabetes alert service dog who could smell the changes in their blood sugar and alert them," Orton said. "I was fascinated by them. So I looked into it for a long time, but most of the programs are very expensive and we couldn't find the right program so it never worked out."

"Normally a service dog is $20,000-30,000, which is a huge expense, and when you’re living with an autoimmune disease that’s chronic and has no cure and is never going away — it’s incredibly expensive," Orton said. "I have to buy test strips, [a] meter, insulin, all the supplies for my pump, needles, my pump is over $6,000 and I constantly need to buy insulin."
Student brings awareness to diabetes, hopes for service dog

(continued from page 1...)

By Keely Coxxwell

"In the eighth grade I was in a car accident that damaged my right knee, which passed from doctor to doctor for my diabetes for [a]scare," Orton said. "The summer before I came to college I relearned to walk, so it really took a huge leap of faith for me to walk into college. They have always been there to help me deal with all of my health things and just to be another pair of eyes." I had to take on a lot of responsibility. I had to be much more diligent in checking my blood sugar and being able to stay on top of things," Orton said. "I had to be the person who was responsible for myself. I have to go to all my supplies and that people understand my condition because it's an invisible illness." Over the last six months Orton's metabolism has been changing. "I don't feel my blood sugar drop until they are at a really dangerous level," Orton said. "When my blood sugar is too low I [get] shaky and dizzy and just disoriented. I don't feel those blood sugar lows until I'm in the 50s [milligrams per deciliter] which is scary because that is almost half of what I should be. At that point I could pass out, I could have a seizure, go into a coma or I could just not wake up." With all of the changes in her life Orton started considering getting a diabetes alert dog and more recently a scent dog for her diabetes "I found a trainer who has a dog training business called Pieces of the Universe Dog Training," Orton said. "I met a trainer who was training her month old black lab named Vision that she was training. "When he was only eight weeks old he did a scent work shop with an amazing trainer and he was able to find the scent on a noodle in the middle of a grass field and lay down next to it to alert," Orton said. Vision is learning to help someone when their blood sugar is low. "He will paw me three times to alert me or if I'm sleeping he will know how to ring a doorknob to wake me or anyone around me up," Orton said. A few weeks ago I went down to meet Vision and I walked in there and I was like, 'this is my dog,' Orton said. "This whole situation seems too perfect to be real, I kind of feel like I'm in a dream." For me to take him home in May is $11,000 and then the training over the summer is around $1,000 so all together $12,000 with a $2,000 deposit that goes towards that overall amount," Orton said. "I've been fundraising to be able to afford this." We set up the YouCaring on Feb. 2, and since then we have raised the $2,000 deposit. So Vision is essentially mine." Orton will start giving out bracelets with "Vision: A Dog with a Mission" on them with every donation so she can reach her goal of $12,000. "If anything I've learned though all my health stuff and just growing up," Orton said, "it's to just take the things that could get me down and turn them into an opportunity for growth and embrace them and do everything I can to turn them into a better situation." You can donate at https://www.youcaring.com/madisonorton.

CICE's First in the Family offers support for first generation college students

By Nayra Halajian

"Try to imagine feeling comfortable in your identity by sharing with those who starkly contradict it; it's pretty difficult," said senior and first-generation student Julia Lin. On February 14, the Center for Intercultural Education (CICE) launched its new spring series titled First in the Family. The series is meant to support first-generation college students. "A first-generation college student is defined as a student whose parent(s)/legal guardian(s) have not completed a bachelor's degree. This means you are the first in your family to attend a four-year college/university to attain a bachelor's degree," according to the flyer advertising the series. "The series brings together three-part series, held in the Social Justice Center, was a First-Generation Faculty and Staff Panel, and First-Generation Student Mixer. The discussion was decided by Director of Intercultural Engagement Vivie Nguyen, and those in attendance included University Chaplain Dave Wright, Associate Professor of Psychology David Andresen, Assistant to the Office of Diversity & Inclusion Mary Clements, Dean of Students Mike Segawa, Resident Director Daniel Lee, Professor of English Southern Owen, Visiting Assistant Professor of Biology Carrie Woods and multiple first-generation students. Topics discussed ranged from the personal experiences of faculty to student experiences and then to advice on how to manage work and school in a time- and cost-effective way. "These conversations centered around first-generation are necessary for, I would argue, two main reasons: (1) upholding the integrity of a quote-unquote ‘diverse and inclusive’ campus community and (2) giving voice to a narrative that is often silenced in the experience of higher education," Lin said in an email.

In an email discussing the origin of the series, University Chaplain and First-Generation Puget Sound alumna Dave Wright commented, "We've been asked for years, on and off, to explore resources or support for first-gen first in family college students at UPS, and with Vivie’s arrival a new and supportive relationship between Britton Jackson in Admission, CICE was able to dream big during the fall." After holding open-invitation discussion groups topics in the fall, during which we wanted to hear what some of the needs current first-gen students were interested in or wish they’d had earlier in their careers," Wright continued, "we decided to launch the three-part series that’s now underway."

"My own commitment to this is fairly personal; in addition to being in the struggles of some of our first-gen students the last decade, hearing and seeing those stories has made me amazed at how I got through Puget Sound," Wright said.

Pulling from her personal experiences, Lin stated, "Something that I always return to coming into these conversations are the tension-filled memories of my first semester here. Although I was quite transparent about my status as a first-generation student (and the load of obstacles the title comes attached with), I was constantly reminded of how my narrative was worlds apart from the dominant narrative at school, whether it came from students [or] those working in SFS (student financial services, faculty, etc.)."

"My hope is that having some connection amongst some of the first-gen faculty and staff will actually equip us to better support current first-gen students; despite one of the discussions in the fall, I was shocked and moved almost to tears when I found myself resonating strongly with some of the frustrations and experiences students were sharing," Wright said.

The next two meetings, planned for March 22 and April 19 from 5:00 p.m. to 6:30 p.m. in the Social Justice Center on 13th street and Lawrence street, will center on topics of financial aid and scholarship opportunities, and career planning and fellowships, respectively.
Four states proposing ‘Freedom of speech on college Campuses’ bills in wake of Yiannopoulos shutdowns

By Val Bauler

Public college campuses in certain states will be required to host invited speakers, regardless of protests, if Republican lawmakers pass bills currently in progress that seek to ensure free speech on college campuses.

The issue of free speech on college campuses has been widely discussed due to the protests of radical right-wing Breitbart writer and controversial figure Milo Yiannopoulos, who is currently speaking at campuses on his “Dangerous F*** Tour.”

Yiannopoulos was invited to speak at the University of Washington (UW) Seattle campus by the school’s College Republicans in January. The event ended in the shooting of an anti-racist organizer Josh Duker, according to a report from the Industrial Workers of the World (IWW).

Yiannopoulos was also supposed to speak at the University of California Berkeley (UCB) campus, but the event was cancelled due to protests which led to property damage.

According to a statement released on UCB’s website, “a group of about 150 masked individuals who showed up to disrupt the campus … interrupted an otherwise non-violent protest.”

In response, UCB included that “campus officials … regret that the threats and unlawful actions of a few have interfered with the exercise of First Amendment rights on a campus that is proud of its history and legacy as the home of the Free Speech Movement.”

Although Yiannopoulos’ views, tactics and rhetoric are profoundly contrary to those of the campus, Yiannopoulos wrote on Facebook that he is “planning to return to Berkeley to give the speech [he] was prevented from delivering, hopefully within the next few months.”

He further incensed political opponents on Feb. 5, posting, “Just booked a VERY special guest for my return to UC Berkeley. The reactions of liberals are to LOSE THEIR MINDS.”

Yiannopoulos vocalized his dissatisfaction with UCB’s decision to cancel his speech. In response to Donald Trump’s tweet on Feb. 2, Yiannopoulos stated, “UCB Berkeley does not allow free speech and practices violence on innocent people with a different point — NO FEDERAL FUNDS?”

In a Breitbart article entitled “President Daddy, tear down this Wall,” Trump wrote: “We will fight for free speech at this university and demand that they start treating this campus like the great university it used to be. It is a disgrace.”

According to the website Heatstreet, “Four states are proposing ‘Freedom of speech on college Campuses’ bills in wake of Yiannopoulos shutdowns.”

STATEMENT FROM ECO CLUB: The ECO club has sent the Trail a statement regarding the Divest UPS campaign. The full statement can be read online: "Campus Community, In response to the student led Divest UPS campaign in the spring of 2016, the Finance and Facilities Committee of the Board of Trustees created a Fossil Fuel Free Portfolio to serve as an alternative to our current endowment’s exposure to fossil fuels. More recently, in January of 2017, the Board seeded the portfolio with one million dollars from our original endowment. This amount represents less than one percent of our 320 million dollar endowment in the Fossil Fuel Free Portfolio, which has already yielded positive returns of 4% in the first quarter of 2017."
I’ve found myself recently referencing an old quote of Hunter S. Thompson: “Life has become immeasurably better since I have been forced to stop taking it seriously.” In an environment of self-serving beings, the best approach to living is to speak candidly, authentically, and continually remind yourself of how irrationally constructed the systems which define our existence and characterize our irrationalities are.

As defined by Merriam-Webster, political correctness is “conforming to a belief that language and practices which could offend political sensibilities (as in matters of sex or race), should be eliminated.”

With the recently increased popularity of fake news, not only journalists, but all active and inactive members of our nation’s community, are forced to acknowledge the polar beliefs circulating the conversation of political correctness.

A mutual understanding and acceptance of politically correct language is only achievable in a homogenous culture.

A mutual understanding and acceptance of politically correct language is only achievable in a homogenous culture.

We have to ask ourselves which is worse: discouraging conversation that publicizes the political environments have a tendency of breeding wildly inaccurate and irrelevant accusations, the public voluntarily eats the rhetoric of one candidate and arguably disregarded its content after hooked by its delivery — and if agreeing with this theory, isn’t clear and authentic communication our most immediate necessity?

American journalist and creator of Gonzo journalism, Hunter Thompson, helped administer candid discussion of political controversy. Gonzo Journalism is a style of journalism that functions through an appeal to subjectivity, contrary to journalism’s traditionally objective aim. Through this approach, Hunter Thompson cultivated a reputation as a drug fiend of unprecedented genius and ability to identify bullshit — political environments have a tendency of constructed reasoning we implement as means of guidance, blindly leads us down a path of degradation.

Some people get rich and others eat shit and die.” When political correctness is poison, kindness equates to death and the socially constructed reasoning we implement as means of guidance, blindly leads us down a path of degradation.

Where I don’t discourage the use of political correctness, if distancing ourselves from the personability of government-oriented change — choosing to take life less seriously — we can uncover and cultivate unity.

Hunter Thompson circa 1977, five years after reporting the presidential election for Rolling Stone.

"If you graduate with a degree like women’s studies or philosophy and expect a high paying job and flexible hours, you might be a snowflake."

—Tomi Lahren, conservative online video host, outspoken critic of political correctness
The truth behind menstrual cramps

What really causes them, and why what helps helps

By Emma Holmes

Menstruation. Also known as ‘Shark week,’ ‘time of the month,’ ‘monthly gift’ (or my personal favorite, ‘parting the red sea’), menstruation comes with all sorts of socialized norms and subsequent misunderstandings. I can attest that personally, getting my period came with more information on how to subtly carry a tampon than on what was actually happening to me.

So, nearly every month and throughout menstruation, several birth control switches, and the dawn of sexual activity later, and I’m still riding on a clumpy memory of seventh grade health class to visualize my monthly moment. Because of some bummer genetics, I’m a master at treating toe-splintering, deep aching cramps that show up for those few days each month.

I toted clary sage, heating pads and ibuprofen. I know helpful yoga poses and massage techniques to ease grimace-worthy twinges. Still, I couldn’t tell you what is rattling around in my abdomen to cause so much pain. So, what are menstrual cramps?

First, some popular misconceptions:

1. Cramping is the uterine lining peeling from the walls and being discharged. I totally bought into this one. I’m fairly sure this was whispered to me with forcefully wide, pre-teens eyes on a snowy junior high bleacher. That’s kind of what the pain felt like, so I rolled with that definition for a good long time. Also, it freaked people out, which was fun.

2. Cramping is pain of the contracting. In order to shed its lining each month, the uterus contracts, because it’s an organ with lots of strong muscles. However, the pain is not simply from a contracting muscle. All our other muscles expand and contract with minimal normal pain, so this doesn’t help us justify heating pads and Midol.

Period cramps, like most things, are actually a combination of factors. When it’s time to part the red sea, the body releases a hormone-like compound called prostaglandin which begins to contract the uterus. This chemical also has a role in pregnancy as it helps induce birth near term as well as softening and dilating the cervix. It is the major active ingredient in the “abortion pill” known as mifepristone or RU-486, effective in inducing birth before seven weeks.

Basicly, higher levels of prostaglandin cause the uterus to contract more strongly, which can crowd blood vessels supplying oxygen to the uterus. The pain we are so good at dealing with (or ignoring, or just suffering through) is actually caused by a brief oxygen deficiency in our muscles.

This is the reason heating pads, warm baths, and Advil work so well. By encouraging blood flow through the abdomen, you’re pushing oxygen back to these areas.

Clary sage works as an antispasmodic and hormone balancer, which dually works to temper prostaglandin levels and release tensed muscles, among its countless other properties. Similarly, ibuprofen (the active ingredient in Advil, Motrin, Madol and others) blocks the production of prostaglandins. It does not thin blood significantly, as is commonly believed.

As a side note, potassium will likely not help significantly with menstrual cramps like they do with leg cramps, because that relief is based on sodium and potassium ions or electrolytes controlling muscles’ contracting and relaxing.

Seriously debilitating menstrual cramps may also have other underlying causes such as polycystic ovary syndrome and endometriosis, which are more complicated and more serious than typical chemical and hormonal cycles.

So, now I (and maybe you?) can complain about cramps fully educated and fully justified. Next time someone asks why we’re grimacing, we can respond fully informed about our clenching anatomy.

PROSTAGLANDINS

CRAMPS

Elevated uterine pressure

Ischemia (lack of oxygen)

Pain

CORRECTION: In last week’s article about discounted menstrual cups, we neglected to mention that the project was funded through the ASUPS Green Fund. If you have your own sustainability project idea, look for the posters around campus, or visit https://asups.pugetsound.edu/about/funding/green-fund.

Love Your Body Week seeks to counter social self-hate

By Nayla Lee

‘Miracle products’ advertised through a variety of avenues prey on the insecurities of consumers in the hopes of helping them look and feel ‘better.’ Instead, they instill? The companies who have spent years and billions on marketing products such as waist trainers (read: corsets), hair growth supplements and weight loss teas, but also skin lightening creams, antiperspirants, and other products which promise to change our skin, hair, and weight to conform to an image created by social media. And who is profiting off of the insecurities they instill? The companies who have spent years quietly convincing consumers that they can attain a perfect life with just the swipe of a credit card.

In order to combat the destructive undertones of these messages, the University of Puget Sound’s chapter of the National Alliance on Mental Illness (NAMI) has launched Love Your Body Week, from Monday, Feb. 20 through Friday, Feb. 24. “The goal of Love Your Body week is to bring awareness to eating disorders, taking care of one’s physical and mental health and learning to love ourselves,” President Anna Goebel said. The club hosted an open mic night on Wednesday, Feb 22 to give students a space to share stories of their struggles with body image and mental health, and also held a panel discussion on the harmful effects of social media on mental health.

These events precede National Eating Disorder Awareness Week, which is from Feb. 26 to March 4. If you would like to get involved in NAMI, which works to create an inclusive campus through awareness and education events, the club meets on Thursdays in McTavre from 7-8 p.m. You can also sign up for NAMI’s Facebook page, which you can find at https://www.facebook.com/PugetSoundNAMI.

Love Your Body Week is sponsored by the Counseling, Health and Wellness Services (CHWS) nutritionist intern, who manages the Project Body Image info center on the first floor of the students union. On Monday, Feb. 20, the club hosted a panel discussion on body image and mental health, and on Tuesday, Feb. 21, the club held a body image fair in the students union on the first floor. On Wednesday, Feb. 22, the club hosted an open mic night in the students union on the first floor, and on Thursday, Feb. 23, the club hosted a lunch and learn in the students union on the first floor.

Love Your Body Week is also sponsored by the Club Professionals of Puget Sound, which is a group of students who are interested in professional development and networking. The club meets on Thursdays in the students union at 5:30 p.m. On Monday, Feb. 20, the club hosted a panel discussion on body image and mental health, and on Tuesday, Feb. 21, the club held a body image fair in the students union on the first floor. On Wednesday, Feb. 22, the club hosted an open mic night in the students union on the first floor, and on Thursday, Feb. 23, the club hosted a lunch and learn in the students union on the first floor.

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Brewing youth voices: spoken word at B Sharp

“Let’s have the youth speak for themselves. They need some guidance and some support and a platform to shine,” Justina Johnson, an audience member and youth education activist, said. During the event each table had some note cards and markers set out so that between performances the audience members could write some note cards and markers set out so that between performances how the performance affected them emotionally. The audience members were given the chance to have a dialogue about race in a comfortable and loving space. There were questions and prompts that helped guide audience members to foster an intellectual and passionate dialogue. This event allowed people of different races and ethnicities as well as people from different cultures to exchange experiences in a productive way.

“We want to use spoken-word and poetry to give youth a voice. Between performances we want to have a dialogue so that we can capture some of the voices other than the performers. This is a way to show you that we want you to be heard — that we care.”

The performances consisted of music, storytelling and spoken-word poetry. All the performances discussed the struggles, fears and insecurities that come with being a young person of color in the United States. The performers ranged in age from high school to college graduates but all were young and extremely passionate about using their own experiences and talents as a medium to connect with people.

“They had the motivation to speak up for what they are passionate about,” Abigail Bidegain added, “Having a gay president means that I feel fully supported at this institution as a queer individual. It is a symbolic representation that my voice will be heard and my identity will be recognized here.”

President Isiah Crawford uses his position to inspire the campus community, including the two previously-mentioned students, as well as other academic professionals. “Over the years, I benefited mightily from the guidance and mentorship I received from others. As a consequence, I feel that I have a responsibility to try to do the same for other young LGBTQ+ leaders in higher education. It should be a great experience for all who can attend,” Crawford said. On campus, President Isiah Crawford has the chance to “Remove Barriers and Build Pathways” on a daily basis within the campus community through his position as LGBTQ+ administrator. Two Puget Sound students were asked to reflect upon what it means to be a gay campus president, and what his responsibilities are.

“It’s nice to have someone leading the campus who understands LGBTQ+ issues personally. Hopefully it’ll make him more receptive to helping people who experience discrimination and injustice on this campus,” Thomas Aquilina said.

“I was so moved by the performances. They are a testament of the power of expression and creativity, and the importance of listening and understanding the experiences of others,” Abigail Bidegain added.

Photo: Erik Butz

February 24, 2017
trailfeatures@pugetsound.edu

By Alyssa Danis

Crawford leads the way for LGBTQ college presidents

When the LGBTQ movement started in 1924, there were no out presidents in Higher Education, let alone any other profession. However, a multitude of organizations have been formed since then, each with a unique focus to achieve equality for the LGBTQ+ community, many of them working to make it possible for LGBTQ+ people to hold high positions in society. One specific group, The LGBTQ+ Presidents in Higher Education, endorses the hard-fought gains for equality, and the necessity of continuing advances, for LGBTQ+ people in the United States — including those of all students, staff, and faculty, according to their website’s mission statement (lgbtqpresidents.org).

When the organization was first forming in 2010, they had about 25 presidents. In the past seven years they’ve seen a 59 percent increase in the number of registered out and proud presidents and chancellors, coming to a total of 62 including University of Puget Sound’s President Isiah Crawford.

Crawford is also the host of The LGBTQ+ Presidents in Higher Education’s third annual Institute Removing Barriers and Building Pathways. The conference will be held this June 23 through 25 in Seattle. “We are excited about the 2017 Institute. The mayor of Seattle, Ed Murray, will offer remarks and we have outstanding keynote speakers and an array of plenary and discussion sessions planned that will address a variety of current issues in higher education. It should be a great experience for all who can attend,” Crawford said.

On campus, President Isiah Crawford has the chance to “Remove Barriers and Build Pathways” on a daily basis within the campus community through his position as LGBTQ+ administrator. Two Puget Sound students were asked to reflect upon what it means to have an openly gay campus president, and what his responsibilities are.

“The only agenda is truth, the only bend is truth, the only angle is truth,” Jayden McGrue, a sophomore at Tacoma School of the Arts and spoken-word artist, said. Last Wednesday Feb. 15, B Sharp cafe hosted Brewing Youth Voices, a spoken-word event. The event was sponsored by Vibrant Schools, a community-based organization that acts as an advocate for students of color and students impacted by poverty.

“This event was spectacular because it highlighted young voices. Youth have so much talent and creativity. All they need is support and a platform to shine,” Justina Johnson, an audience member and youth education activist, said. During the event each table had some note cards and markers set out so that between performances the audience members could write how the performance affected them emotionally. The audience members were given the chance to have a dialogue about race in a comfortable and loving space. There were questions and prompts that helped guide audience members to foster an intellectual and passionate dialogue. This event allowed people of different races and ethnicities as well as people from different cultures to exchange experiences in a productive way.

“Humans are social, we respond very well to verbal face-to-face interaction. I believe spoken-word and poetry is an ideal medium for conveying these issues of race and culture,” McGrue said.

The performers used art as an avenue for communication — to bring out underrepresented issues that face America’s youth. Many of the performers discussed the culture of colonialism and identity politics. They talked about the pain of being uncomfortable in one’s skin and having to come to terms with one’s own identity and being proud of not conforming to dominant white culture.

“Let’s have the youth speak for themselves. They need some guidance and some opportunity to be empowered, but once they have that they have the motivation to speak up for what they are passionate about,” Kimi Irene Ginn, the facilitator of the event and a member of Vibrant Schools, said. “We wanted to use spoken-word and music to give youth a voice. Between performances we want to have a dialogue so that we can capture some of the voices other than the performers. This is a way to show you that we want you to be heard — that we care.”

The performances consisted of music, storytelling and spoken-word poetry. All the performances discussed the struggles, fears and insecurities that come with being a young person of color in the United States. The performers ranged in age from high school to college graduates but all were young and extremely passionate about using their own experiences and talents as a medium to connect with people.

“Their spoken word, poetry, and songs emphasized their experiences of coming of age as young people of color — identity, being put into categories, friendships, insecurities, assumptions and realities — it was highly impactful. Most impressive was their boldness to have the crucial, yet positive, conversations around issues of race and social justice after each performance, and their willingness to learn and teach others,” Johnson said.

“Let’s have the youth speak for themselves. They need some guidance and some opportunity to be empowered, but once they have that they have the motivation to speak up for what they are passionate about,” Kimi Irene Ginn, the facilitator of the event and a member of Vibrant Schools, said. “We wanted to use spoken-word and music to give youth a voice. Between performances we want to have a dialogue so that we can capture some of the voices other than the performers. This is a way to show you that we want you to be heard — that we care.”

The performances consisted of music, storytelling and spoken-word poetry. All the performances discussed the struggles, fears and insecurities that come with being a young person of color in the United States. The performers ranged in age from high school to college graduates but all were young and extremely passionate about using their own experiences and talents as a medium to connect with people.

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ASUPS exec team term ends, emphasis on equity and justice remains

By Molly Wampler

“In every space that I’m in, I’m always talking about racial equity and social justice,” Noah Lumbantobing, President of the Associated Students of the University of Puget Sound (ASUPS), said in an interview. Lumbantobing and Vice President Lydia Bauer took office in mid-April 2016 after running a successful presidential campaign based on these principles. They hired four executive team members (Andrew McPherran, Director of Technology Services; Lauren Griffin, Director of Business Services; Peyton Anstine, Director of Student Interests; and Tony Calabrese-Thomas, Director of Marketing and Outreach) and got to work. Now as the team’s term draws to an end, Lumbantobing reflects on the term and considers the legacy he is leaving behind; hopefully, it will be “a legacy of focusing and pivoting towards race and social justice,” he said.

“After I gave my first speech as ASUPS president … several [upperclassmen] students of color came up to me … and they said that that was the first speech they felt had resonated with them in their entire time at UPS,” Lumbantobing recalls. “[That] speaks to our campus as a campus embedded in white supremacy, but also made me feel very proud about being able to be that for students of color.”

Looking back on his term, Lumbantobing is most proud of “the ways in which we have demonstrated and lived the ways in which an institution can center equity in your everyday practice.” One way the team attacked this issue was through finances. Because of the budgetary influence held by ASUPS, Lumbantobing and Bauer made it a priority early in the term to reshape the budget to focus on the issues of equity and justice. In an Apr. 14, 2016 letter to the editor of The Trail, the pair explained the effects that the University has made clear to us that our pain is not their priority,” the letter read. “If they are able to [center equity and justice] in spite of how difficult it is,” Lumbantobing said, “ASUPS has tried to model for the University what equity looks like, and what a focus on racial equity and social equity,” Lumbantobing said. “It’s sassy, but one of the favorite things I’ve done … with my administration is really proving to the University that [finding funding] is not that hard if you have a willingness to center it.”

Calabrese-Thomas agrees. “The executive team is working towards the common goal of uplifting underrepresented voices on our campus,” he said. This is upheld by student activism on campus as well, according to Lumbantobing. “I am proud of the ways in which the student body has pushed for the conversations,” he said.

Calabrese-Thomas and Anstine also collaborated on the creation of a new series of articles on social justice recently added to the ASUPS website, titled Expanding Consciousness. “Oftentimes it can be intimidating to engage in social justice-oriented dialogue,” Anstine said. “But they are really important conversations that really require everyone’s participation.” The website is a way to broaden these conversations. “ASUPS has tried to model for the University what equity looks like, and what a focus on racial justice looks like,” Lumbantobing said. He sees ASUPS as a powerful voice for the student body, and hopes future executive teams will continue to focus on equity and justice.

“If they are able to [center equity and justice] in spite of how difficult it is,” Lumbantobing said, “I would be more than pleased.”

The Expressions Fund, created last year by past ASUPS President Nakisha Renee Jones, is a grant program for students to get funding for expression projects inspired by inclusivity or personal identity and is now in action. This Fund, Lumbantobing notes, supplements the ASUPS’s budget, and helps support school-wide equity programming. Anstine oversees the application process for the Expressions Fund, as well as for the Green Fee, a similar program funding sustainability projects. “There was great deal of intentionality that went into how ASUPS effectively uses the student government fee to best help the campus community,” Anstine said.

“The University always drags its feet about finding funding for projects that support racial equity and social equity,” Lumbantobing said. “It’s sassy, but one of the favorite things I’ve done … with my administration is really proving to the University that [finding funding] is not that hard if you have a willingness to center it.”

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Women's basketball continues strong season
By Tayla MacPherson

On the weekend of Feb. 11-12, the Puget Sound women's basketball team concluded against Whitworth and Whitworth. After winning both games, the team clinched the Northwest Conference title.

The Loggers defeated Whitman, tying at the end of the fourth quarter, forcing the two teams into overtime. The Loggers ended up winning by seven points in overtime.

Sophomore Jamie Lange (Lake Tapps, Washington) discussed the importance of the women's basketball team's coaching staff when tying back into the game. Large states, "There has never been a point in the game when we play not to win, one main reason being our coaching staff has never given up on us. There have been games when we have gone down 10-2 in the first quarter, but our coaches continue to motivate and push us to regain a lead."

The Loggers took on Whitworth overall (10-13) and beat the Pirates by 20 points. Although these Lady Loggers still have one upcoming game, winning against the Pirates and the Missionaries promised them the Northwest Conference title. Senior Alexis Noren (Milwaukee, Oregon) explained the emotions she had after beating Whitworth knowing the team had clinched the conference title for the first time in Logger history.

"I am just extremely proud! I am proud of the level of team confidence and maturity we play with every night. With only four upperclassmen I didn't expect this much success out of our team... but we came together very quickly. Since we started winning games we weren't expected to win, we knew we had a lot to prove being picked to finish third in the conference. I think it's safe to say we've proven ourselves thus far," Noren said.

The women's basketball team has gone undefeated this conference season tying with a strong start to continue into conference tournament later this February. Sophomore Elizabeth Hewitt (Snoqualmie, Washington) believes the team is extremely ready to compete in the conference tournament.

"I think we are feeling confident coming off such a great season at the Seniors level, three times in a season and against such tough opponents, but hosting and playing on our home floor is huge for us so I would say we are confident and just over really excited," Hewitt said.

This young team holds an incredibly deep bench, making them unstoppable this season. Noren explains the benefit of having not one specific standout player on their squad. "We've always had talented upperclassmen on the team, but I think the kicker this year has been how much our underclassmen have stepped up. Our two leading scorers are sophomores, and we have a girl with [first-year student] eligibility leading the team in rebounds. Those kinds of numbers from the younger girls make us pretty tough to beat; you try to take one or two girls away and we have three more right behind them that will step up and get the job done," Noren explains.

The team is 15-0 in conference after playing Pacific Lutheran University on Feb. 14, beating the Lutes on their home court 91-60. The women's team continues to improve their overall statistics in the conference, with the second highest points per game by an individual at 17.3. The team also holds the second-best rebounds by an individual in conference at 8.5 per game. It is safe to say this take Feb. 20th of women is creating history.

The team had their final conference game Feb. 18, against Pacific University (Oregon). The following Thursday (Feb. 23) the team will start the conference tournament against the fourth-ranked team in the Northwest Conference.

Women's lax opens up with strong win
By GABI MARRESE

The women's lacrosse team started off their season on a high note. They faced the University of Texas-Dallas from Irving and defeated the Crusaders twice in school history and won both appearances.

The women's lacrosse team included 2016 All-Northwest Conference Second Team players senior Hailey Shoemaker (Portland, Oregon) and junior Roxanne Kromm (Kitsap, Minnesota) as well as 2016 All-Northwest Conference First Team player senior Elena Becker (Bellevue, Washington). The team adds four new first-year players to the team.

"This year, as in the past, we've been fortunate to see a strong [first-year student] class come in. It's been great to work with them this far looking forward to seeing all of our first-year students be successful at the college level this season," Becker said.

During Saturday's game, senior Meghan Bacher (Carlsbad, California) scored five goals. Two of those goals were in the four-to-nothing lead the Loggers took in the first ten minutes of the game.

Krietzman tied the lead with five goals for the Loggers. The Crusaders were able to tie the game before going into the halftime break. The Loggers came out of the break scoring three consecutive goals to take the lead once again. They stayed in control for the rest of the game and closing out the win with three unanswered goals with six minutes left.

"Going into the first game we really focused on team dynamics and good communication. They're focused on their defensive positioning in the midfield and working well together on attacks," head coach Carrie Sabochik said.

The team seemed to put the enjoyment they practiced into their game along with creating turnovers. The Loggers forced 26 turnovers while taking 35 shots on goal.

First-year student Charlotte Donelly (San Diego, California) had her first career start. She recorded three saves in the win on Saturday.

"I always feel lucky to play lacrosse at Puget Sound but it's even especially special to play all four years with such wonderful teammates. I'm really looking forward to going into that senior season," Becker said.

As seen in the first game's outcome, the Loggers have put a lot of work in on the offseason.

"A lot of the preparation for the 2017 season started before we even got back to campus. Our team put in a lot of work on fitness and stick skills over break, so that has made it easy for us to jump right into spring practices where we've been focusing on skills like team defense, midfield transitions and attacking formations," Becker said.

The Loggers will continue their season with a game against Alma at home on Tuesday Feb. 28 at 4 p.m.

"This season we are hoping to continue to build on the success we had this weekend. It's great to start the season off with a win; it builds morale, but it's important for us to continue to push and continue to improve. We are excited for the season ahead," Sabochik said.

Loggers softball looks to make strong impression
By WILL KEYSE

The Puget Sound women's softball team is off to a strong start this season, going 3-3 on their recent road stint in California. The Loggers split series with Pima at Pima College (Claremont, California), Chapman University (Orange, California) and Occidental College (Eagle Rock, California). The Loggers split series with Pomona-Pitzer (Claremont, California), Chapman University (Orange, California), and Occidental College (Claremont, California), Chapman University (Orange, California) and Occidental College (Eagle Rock, California).

After ending last season with a 20-28 record (4-24 in conference play), Puget Sound looks to make a statement this season. With little turnover after last season, the Loggers are looking to be a tighter-knit group and come out firing on all cylinders. Senior Kristi Nagamine (Honolua, Hawaii) is looking forward to the season, and she is looking forward to this year's team.

"This year our team holds a bigger sense of competition and consistency," Nagamine said. "We believe in the team and are able to put up crooked numbers on the scoreboard while playing tough defense behind our pitcher. Our team consists of 14 players, so it's fun to be dual roles. I think it's one of the main reasons why we've had a great start. We've been seen in games. Every season we talk about finding that happy medium between having fun and staying home but also staying focused and I think we've finally found it!"

According to Nagamine, the area in which the Loggers have shown the most improvement is on the offensive side of the ball.

"We have made huge strides offensively," Nagamine said. "Our team has the confidence in the box, where we're normally sort of a bénéficiers. Our hitting is up, our defense is up, our speed is up," Nagamine said. "I think we're executing a bunt or trying to drive in runs. Even when a player gets behind in a count, she continues to swing with power!"

Popovich lauded the veteran leadership present on the team in addition to the strong first year class.

"There are two players who deserve the most recognition: Jaci Young (Aloha, Hawaii) and Kristi Nagamine," Popovich said. "I don't even know where to start … In my opinion, these three are the heart of this program. They have worked so incredibly hard over the past three seasons and leading up to their last. They both have such an important presence on this team — their leadership has really brought us together on and off the field. Jaci will always rise to the occasion. She carries excellent composure in the circle and has great control over her pitches. In the box, she packs a punch behind her swing. Kristi's speed makes her dominant on both offense and defense. She can cover a lot of ground in the outfield as well as around the bases. Her ability to execute the short game and also hit for power makes her a vital asset to the lineup."

Early season offensive statistical leaders include junior Jessica Gott (Lyndwood, Washington) with a batting average of .421, Kaitlyn Webster (Edmonds, Washington), Jenny Llamas (Cerritos, California) and Marissa Oda (Honolulu, Hawaii) are all .400 and mature and gritty. I see great leadership potential in all three of them."

Junior Amber Popovich (Millan, Hawaii), echoed the sense of improved competitive spirit and depth.

"I think there's a greater level of intensity," Popovich said. "We have more positional depth this year, which pushes everyone to be the best softball player they can be every practice. With the five seniors on our squad, I have definitely seen it translated in games. Every season we talk about finding that happy medium between having fun and staying home but also staying focused and I think we've finally found it!"

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Early season offensive statistical leaders include junior Jessica Gott (Lyndwood, Washington) with a batting average of .421, Kaitlyn Webster (Edmonds, Washington) and junior Jaci Young with 22 plate appearances. On the defensive side of the ball, Jaci Young, Jessica Gott and junior Erica Gott (Lyndwood, Washington) have all pitched their way to wins.

The Loggers continue their campaign this weekend with two games against Willamette University (Salem, Oregon), their second conference matchup of the season.

Last season, Willamette swept Puget Sound in four games, so the Loggers will be looking to take back a couple victories from the Beavers. Both doubleheaders, Friday Feb. 24 and Sunday Feb. 26, kick off at 12 p.m. at the softball field.
Sports Recaps

**WOMEN’S BASKETBALL**

The Loggers made history on Feb. 18 with a Saturday night, 76-77 win against Pacific on the road. In the final game of the regular season, the team finished undefeated in conference for the first time in school history. Samone Jackson added to the record-setting night by finishing the regular season with 79 three-pointers, surpassing the previous record of 78 held by Keaton during the ’05-’06 season. The Loggers were led by sophomore Elizabeth Prewitt’s 22 points and eight assists, along with a double double by sophomore Jamie Lange. With a 16-0 Northwest Conference record and a 24-1 overall record, the Loggers are currently 5-1 seed for the upcoming NWCC tournament. The Loggers host Lewis and Clark on Feb. 23 at 7 p.m. for the first round of the NWCC tournament.

**MEN’S BASKETBALL**

The men’s basketball team finished off its season with a 76-77 loss at Pacific on Feb. 18. Senior Kyle King led the team with 20 points and recorded his first double-double of the season. Senior Kell Meyer added 14 points and five rebounds. The second half was a back-and-forth battle between the Loggers and the Boxers. With less than eight minutes on the clock the Loggers were up 65-62, but they were unable to keep up with Pacific. The Loggers finish 5-11 in NWCC play and 10-21 overall on the season.

**TENNIS**

Both the men’s and women’s tennis teams lost to Linfield on Feb. 18. The top three singles players on the women’s side played close matches that came down to the wire. First-year student Luis Owen lost two sets (6-4, 6-4) and sophomore Nicole Bouche and senior Elizabeth Chao both fought hard but lost in a close game of a close game (6-1-5 for both games). On the men’s side, first-year Graham Byrom and sophomore Rian Grajales lost in the second and third round and won in singles (5-7 for both teams) on the women’s side and men’s sides ended in Linfield victories. The women’s team takes on Air Force Feb. 24 next at home.

**BASEBALL**

The Loggers opened up conference play Feb. 17-19 with a win against Air Force Feb. 19. Senior Kyle King led the team with 20 points and recorded his first double-double of the season. Senior Kell Meyer added 14 points and five rebounds. The second half was a back-and-forth battle between the Loggers and the Boxers. With less than eight minutes on the clock the Loggers were up 65-62, but they were unable to keep up with Pacific. The Loggers finish 5-11 in NWCC play and 10-21 overall on the season.

**Exploring Tacoma’s urban wilderness**

**By Grace Piccard**

The mountains of western Washington might still be snowbound — and will remain so until much later in the spring — but there are ample opportunities for adventure within the city limits of Tacoma. There’s no need to pile into the car and drive several hours to find the great outdoors, Tacoma offers like just an industrial sprawl, but urban wilderness abounds within the city for those who know where to look for it. Although it’s difficult to beat the views from Mount Rainier or the beauty of the Olympics, Tacoma is home to its own little slices of wild paradise.

For instance, the nation’s second-largest outdoor park, offers countless opportunities for cold-weather activities. Dedicated beachcombers can brave the chilly weather to find smooth rocks, shells and even sea glass. Over five miles of trails wind gently through the park, providing opportunities to get up close and personal with the local flora and wildlife. Hiking the park’s resident bald eagles can be heard throughout the 400-acre old-growth forest that makes up the northern portion of the park. The winter months are also a good time to spot migrating California sea lions as they frolic in the Tacoma Narrows. On Feb. 25, Metro Parks Tacoma will host a guided Tree Walk through the old-growth forest. Participants will learn about the biology of the forest as well as its natural history.

Visit the Metro Parks’ website (metroparks.com) for more information as well as other upcoming events.

**Puget Sound women’s ultimate team competing for national once again**

**By Zac Fletcher**

To some people, ultimate frisbee is a sport synonymous with the liberal arts college lifestyle. It’s a game viewed as less demanding, less involved and less exciting than other sports. Ultimate frisbee is often overlooked in the sports community and on campus.

Who thinks less of ultimate frisbee have clearly never played the sport, nor have they been a part of an ultimate team. It’s possible they’ve never even seen a game or tried throwing a disc before. But above all, those who think ultimate isn’t a sport have clearly never seen or heard of the women’s ultimate team here at Puget Sound. Clearcut.

One of the most important aspects of ultimate frisbee is the community. Clearcut players speak highly of the welcoming ultimate community here at Puget Sound. “The ultimate frisbee community at [Puget Sound] is unbelievably positive and welcoming,” senior captain Ellen “Cady” Kalenscher (Portland, Oregon) said. “Everybody is also incredibly supportive, whether it’s watching the men’s team when they have a tournament or game and we don’t or attending other events that our teammates are participating in.”

Senior captain Ellie Engle (Seattle, Washington), speaks of the change of the ultimate community and how Clearcut has played a role in that: “When I was a first-year student, ultimate frisbee was not a supportive environment, and now both the men’s and women’s teams have created a community that is nothing short of a family.”

Family really does come first on the ultimate field and the senior members of Clearcut speak about the common thought of inclusivity and openness. “We want everyone to feel like they can approach anyone on the team for help or support, no matter what,” senior co-captain Sarah Ciambrone (Redwood City, California) said.

In addition to the rise of a positive ultimate community here on campus, Clearcut has been on a rise of their own. The team competed at the Flat Tail Invitational, Oregon last month, and the Stanford Open in Morgan Hill, California back in February. Both tournaments went well for the women’s team, as the two successful events bode well for their ranking and, more importantly, their positive spirit.

“We wound up finishing fourth at Stanford Open, which was very exciting for an early tournament that involved several DI and DII teams,” Kalenscher said. Not only did the team play well, but Clearcut also won the tournament’s Spirit of the Game award, an idea in ultimate frisbee that emphasizes sportsmanship, fair play and fun.

One of the biggest wins for the team at the Stanford Open was against an old foe: “Our biggest victory was beating Carleton Eclipse, who won Nationals last year,” Engle said. Clearcut lost to Carleton at last year’s nationals, ending their extremely close bid to win it all.

But that loss last year didn’t bring the team down. It only fueled them.

“We have all been able to reflect on what we did last year, what worked and what didn’t, and make those adjustments for this season,” Ciambrone said. “We’ve definitely approached the semester with a higher intensity than years past, because our goal is not only to make it to Nationals, but this year we want to win,” Kalenscher added.

Puget Sound alumni and Clearcut coach Spencer Sheridan adds to that energized spirit for this year’s team. “We lost in the semifinals to the eventual champions, Carleton, and I hope that it lights a little fire under us.”

Sheridan also has much praise for the team’s ability to play at the highest level and have a lot of fun while doing it. “They do a great job of intermingling sideline dance sessions with layout Ds and beautiful hucks.”

When asked for one word to describe the team, the senior year-coach said, “Passionate,” Kalenscher said. “Grit,” Sheridan added.

To all those naysayers about ultimate frisbee: go watch Clearcut play. Go watch their spirit, go watch their intensity and go try to throw an effortless 60-yard “huck” like Engel or Kalenscher.

It sure does appear that Clearcut has what it takes to make it to the highest level. They’ve got the talent, they’ve got the spirit and they’ve got a great ultimate community behind them here at Puget Sound.

Ultimately, ultimate frisbee is driven by Clearcut’s high quality of play; fun spirits and outstanding sense of community.

Nationals are on the horizon and the ladies team surely has all of Puget Sound standing behind them. It’s time for this team to get the recognition it truly deserves. As their cheer goes: Wut, Wut, Clearcut.
After a rousing round of protests, the Campus Visit Program (CVP) hopes to showcase a variety of the Puget Sound campus on their new series of tours. Student activist Bobby Firth occupied the CVP offices until they capitulated to his demands. “There are almost one hundred acres of campus, yet we only show visitors a fraction of the sites. What do we have to hide?” Prospective Student Program Administrator Joanne Prince admits that since the CVP split their tour into two hour-long options — academic and residential — the demand kept growing. “Prospective students and their families went through one tour, then the next, and they simply couldn’t get enough!” The combination of Firth’s demands and popular support encouraged us to think outside of the box. I think the creativity and fun we have in creating these new tours only encapsulates the spirit of play at Puget Sound,” Prince said.

Prince says her favorite type of tour is the Campus House Basement Tour, known informally among staff as the Rat Safari. “Every time I lead a group through the campus basements, I find something new. In one house there was just a rope on the floor, in another there was a purple stain where the floor tilted down to a small chair. I like to guess at the stories that the basements hold,” Prince said.

For insurance reasons, all tour participants must wear comically large plastic ponchos when they enter the basements. One participant, Larry Jones, enjoyed his experience on the Rat Safari. “We wanted to go on a tour of the colleges in the Pacific Northwest, my 17-year-old daughter wanted to go on the residential tour at Puget Sound, but I steered her to the house basement tours. I think we understand the seedy history of who loitered where for what reasons. “I also enjoy telling the tour members who peed in which alley; I think it helps them become more familiar with each alley and what they represent to the campus community as a whole,” Stritch said. “It is time that we accept and fully embrace every aspect of campus life and openly show it to prospective students,” Stritch continued.

Another popular tour is the gender-neutral bathroom tour, which is quick and excellent for those short on time. It also is a great exercise, due to the distant locations of each stop. CVP also offers a state-of-the-art ghost tour, in which guide Dean Browning explains the haunting memories of past love present in almost every residential and academic building. Past tour participant Michael Sondheim says, “the tour was terrifying. Around every corner, we wondered if we would see the famed loud Patti or tacky Audra that Dean told us so much about. The tour reached its climax when Dean faced the horrific skeletons in his closet when he apologized to Amy on the quad. All of us had shivers.”

More pointless tours include the best cigarette smoking locations, circling the track on Baker field endlessly, and a tour following various other tour groups on their stops. A newly introduced tour is the Crow’s In The Wild tour, in which the tour follows the kooky antics of birds with attitude as they fight for survival around campus.

Unfortunately, the proliferation of campus tours has also led to the popularity of counterfeet tours. Shady backpack tours led by students wooing potential tour-goers outside of Jones Hall leave at least half-hour. One source that declined to be identified reached out to us over telephone.

“Yeah, sure, I lead some unofficial tours. Who hasn’t? You gotta make some money somehow, especially since I’m spending so much money to attend this college.” Some students have actually dropped out of school to solely peddle tours. Then, despite losing a dozen students to the lucrative tour guiding career, Puget Sound is seeing a sharp uptick in undergraduate applications. “You win some, you lose some,” Prince concludes.

The rise of ‘orbit’ campus tours

By Pagliaccio

Tacoma, WA. Every Thursday morning at 9:30 a.m., Professor F. N. Stein enters her classroom hunched over, clutching her thin, scrabbly notebooks to her chest and totting a mug of strong coffee in her left hand. The room is still dark and empty; the click of her heels echoes across the linoleum floor as she goes to flick on the light. After arranging her things at the front of the room, she hastily pulls out her noise-cancelling headphones, seats herself cross-legged on the nearest table, and activates the guided meditation app on her smartphone.

Despite the calm of the situation — the empty plastic yellow chairs, the soft morning light filtering in through the windows — Professor Stein finds it exceedingly difficult to focus on the soothing voice of the British yoga guru encompassing her ears. For while the classroom now sits stoic and silent, it will not be long before these unsuspecting tables and chairs become embroiled in all-out war.

At 9:20 a.m., the first students begin filtering in through the open doorway. Scrawny, shifty-eyed, undernourished, they shuffle to their seats, avoiding eye contact with each other. Like their professor, they are merely waiting. At 9:27 a.m., the first few members of the Pack saunter into the room. They enter squabbling amongst themselves, and turn to occupy the seats in the far back of the room.

Here, Professor Stein notes, “They’re always in the back. The farther back, the better. Sometimes, they’ll take empty chairs and drag them backwards if they weren’t far enough already. I think they’d prefer it if we carved a separate alcove for them out of the back wall.”

Entirely aware of the impending disaster ahead, Professor Stein nevertheless begins her lecture. About ten minutes past before the inevitable happens: a Pack member raises his hand. “Exceptionally,” he says, “I read an article last week, you know?” He begins, “Except the author was arguing that the theory you’re teaching is obsolete, because new research has served to disprove it.”

Stein opens her mouth to reply, but is immediately intercepted by another freshman, who has sprawled his belongings along the entire back wall. “Dude, just because some crackpot decides he doesn’t like a theory doesn’t mean you should listen to him.”

Another pack member jumps to the original’s defense: “But in the readings we did last night, the author argued that the dominant discourse was being challenged by alternative research, which has therefore left it unstable.” Here, Professor Stein is able to briefly regain control, interjecting, “That’s a fascinating analysis, Cameron. However, the author we read last night actually sought to prove the dominant narrative in the face of an alternate discourse.”

There’s a pause, before Cameron replies, “No, that’s not what I got out of it. It definitely does not work that way.”

For her part, Professor Stein admits only a weary statement, “Oh, I think I read an article on that last week, you know?”

“Definitely a mood elevator,” he says. “They’re off muck and mild-mannered, but as the semester went on, they’ve managed to completely monopolize the classroom discussion. None of us can get a word in edgewise. We didn’t see it coming, but we should have. I can only hope they find the debate team soon, or else they’ll end up as politicians.”

Inside scoop: pack of freshman boys slowly wrangles class control from professor

By Anna Graham

The Combat Zone is intended to be a satirical work. The views and opinions expressed by the Combat Zone do not necessarily reflect those of The Puget Sound Trail, ASUPS, concerned parties or the University of Puget Sound. Please submit compliments or complaints in the form of letters to the editor.
World-renowned orchestral director and University of Puget Sound alumnus Gerard Schwarz gave audience members an inside look into his life as a music director and musician with a career spanning nearly five decades. On Feb. 15, Schwarz and his daughter Maxine Frost sat down in Schrebeeck Concert Hall to dive into questions and answers about Schwarz's life.

"What's interesting about life for all of us is that we all want to make a difference. ... When you want to be a musician when you're a little kid, you never think that you can make a difference. All you can think about is 'I love the trumpet. I love the way the trumpet sounds. And if there is a way that I can do that for my livelihood then I want to do that,'" Schwarz said.

So, Schwarz found trumpet playing to be his calling. At the age of twelve, he became the first trumpet in the intermediate symphony orchestra at Interlochen summer camp.

"We were all miserable," Schwarz said. "But I was the best of the worst." The band at the camp played Jean Sibelius' "Second Symphony."

"That was it ... If there's a way that I can dedicate my life to this, then this is what I want to do," Schwarz said. Essentially, "Second Symphony" came to be Schwarz's musical catalyst.

Schwarz started his professional career playing for the New York Philharmonic, and branched out into many different avenues as it progressed. He went from being a world touring trumpeter to an award-winning director, receiving four Emmys and 14 Grammy nominations. Schwarz has also worked for the Royal Liverpool Philharmonic, the Los Angeles Chamber Orchestra and the New York Chamber Symphony.

Locally, maestro Schwarz has had a 26-year tenure as the conductor and music director at the Seattle Symphony. Not only has he put that orchestra on the map, but under his leadership they have made over 100 recordings.

"[The Seattle Symphony's] amount of subscribers increased seven-fold," the evening's Master of Ceremonies said.

Not only has Mr. Schwarz done such outstanding work orchesturally, he is also notably remarkable in his efforts to educate as many as he possibly can. His main outlet for doing so is through Khan Academy.

"I do all the music for it," Schwarz said. "And to give you an idea of the impact that it has had; we now have five million students who have looked at my material for the Khan Academy. Five million."

Schwarz said that he found his life's calling in teaching. He loves being able to share his knowledge with as many people as he possibly can. He is even grateful that he is able to do so through a genuine passion of his.

Gerard Schwarz proves to be a viable role-model for students at the University of Puget Sound in that his path to success is one achieved through hard work and persistence. He is the son of two Vietnamese immigrants who were very passionate about music and the arts.

"I was one of the lucky ones, because I grew up in a house that cared deeply about the arts and deeply about music. They gave me the opportunity to study music and the opportunity to go to the concerts and go to the opera and go to the ballet. It was an extraordinary upbringing," Schwarz said.

However, these luxuries did not come without a cost. His parents were both doctors who had endured many hardships in coming to the United States from Austria. They both worked full-time, and sympathy for laziness was not condoned. For Schwarz, this nose-to-the-grindstone lifestyle was all that he ever knew. Schwarz's lifetime of achievements was a product of determination and audacity.

Ubiquitous They Improv Troupe Brings Laughs Every Friday

By Courtney Seyl

Every Friday in the Rendezvous room, the room attached to the Cellar in the basement of the S.U.B., Ubiquitous They (UT) improv can be found performing new and exciting scenes that are different every time. Most people may recognize UT from the sketch show that is performed once a semester; UT improv, while sharing a name with the sketch show, is different only not in the cast, but in the improvised format of the Friday performances.

Improv theatre scenes are scenes that are made up on the spot. There are no scripts and the improvisers rely on each other to keep the scene afloat and keep the comedy up. They get an "ask for" from the audience, something to base the scene off of, and then they are on their own to play the game.

Molly Gregory, a senior theatre major and one of the leaders of UT improv, has been on the team since the second semester of her freshman year. Since starting, Gregory has worked together to create scenes. Improv also doesn't have to be funny, but it often is. What I like about performing improv is the dynamic that the team has with the audience. The audience is more lenient on improvisers than many other types of comedy. After all, we are making everything up on the spot and that's some risky business," Gregory said.

"Unlike standup comedy, improv relies on the team dynamic. Team members must work together to create scenes. Improv also doesn't have to be funny, but it often is. What I like about performing improv is the dynamic that the team has with the audience. The audience is more lenient on improvisers than many other types of comedy. After all, we are making everything up on the spot and that's some risky business," Gregory said.

"Improv shows alternate from week to week, shortform improv to longform improv. Longform shows are easier because we choose two formats; there are a number of different formats of longform. Some of the forms we perform are the 'Harold,' 'montage,' 'Evente' and 'My Space,' to name a few. For long-form shows we choose which two formats we'll be doing, then we pick players," Gregory said.

Longform improv tends to have a smaller number of players in the show because smaller shows are easier for long-form. UT alternates between six and eight for a show.

For short-form, they choose between 10 and 11 games to play. "These games are games that we've done in practice, and usually one to two games that don't require practice because there are only so many days in a week. We try to start shortform shows with a group game like My Movie or Expert Challenge. We then try to mix different types of games together for the show and to figure out a good order for them. We try to have a balanced number of naive games, scenic games and physical games. The category of game is mostly determined by where the joke lies. Does this game require a lot of big physicality from players? Then, maybe it should go after a game that's a lot of talking," Gregory said.

"UT Improv performs every Friday at 9 p.m. in the Rendezvous Room next to the Cellar.
Full of colorful paintings, intricate photographs and poignant displays, the “Protect the Sacred: Native Artists for Standing Rock” exhibition at Spaceworks Tacoma truly captured the stories of Native American life and feelings that the artists aimed to convey. Organized as a response to the struggle over the Dakota Access Pipeline at Standing Rock Indian Reservation in the Dakotas, “Protect the Sacred” was a local way of advocating for the #noDAPL resistance through art.

Asia Tail, the exhibition organizer, a Washington local and member of the Cherokee Nation of Oklahoma, felt the pull to support the Standing Rock Sioux in some way in the Puget Sound area.

“Especially after the election, it was very clear in that moment that things could go very sideways,” she said. With the results of the presidential election, Tail felt that something had to be done soon to continue the pipeline resistance movement in the Puget Sound area.

An artist herself, Tail wanted to organize an exhibition with work from Native artists. After quite a bit of reaching out within the Native community, Tail ended up with 28 Native artists who were willing and able to participate.

“I’m honored so many people said yes,” Tail said. After quite a quick turnaround, a few weeks rather than the months it usually takes to put on an art show, “Protect the Sacred” kicked off with an opening reception at the end of December. Feb. 16 was the show’s last day, with a closing reception and art mart.

The public’s response to the art show was overwhelmingly positive, with a well-attended opening night and a lot of publicity on social media. The goal of the exhibition was to raise money for Standing Rock, and it was successful. Around $800 in donations and $2000 in art sales were raised. The artists decide how much of the sales of their pieces to donate and where to donate them to; the donations generally ranged between 30 and 100 percent of the sales price.

“We had more sales than expected,” Tail said. Lisa Fruichantie, a member of the Seminole Nation of Oklahoma and local event planner, was in charge of curating the art mart and putting together the final reception of the month-and-a-half-long show. Similar to the exhibition as a whole, the closing reception was planned on a short timeframe. It was not originally a part of the plan.

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Much of the advertisement has been word-of-mouth and focused on quality versus quantity in providing a variety of vendors,” Fruichantie said. Fruichantie reached out to exhibiting artists and others in the Native community and found just under a dozen vendors for the art mart. These vendors sold a variety of things, from clothes to apothecary items to prints.

In addition to organizing the final night of the exhibition, Fruichantie was an exhibiting artist in the show. Her patchwork tapestries framed the gallery’s doors, bringing in a sense of warmth to the entryway.

“Arianna Johnny-Wadsworth was a vendor in the art mart selling apothecary products. Her products, such as candles and soaps, focus on healing properties found in nature. ‘I take the ancestral medicines of my people but make it more approachable,’ she said.

On top of being a vendor, Johnny-Wadsworth was also a performer in the closing reception. While her business partner did more of the actual selling, she was able to perform hip-hop songs she had written as a hobby. Her hip-hop style of music centers on social issues and is spiritual-based. Music is something she does purely for the joy of it.

“It gets the thoughts and ideas out of my head,” Johnny-Wadsworth said. Just because the exhibition is over doesn’t mean that the struggle against the pipeline is. Not forgetting that this is an ongoing battle is the first step to supporting Standing Rock. Holding your own events like exhibitions and rallies, supporting others in the fight and asking how you can help are all ways of contributing. Speaking up is crucial in effecting change.

“There aren’t many of us Seminole or Creeks out here in Pacific Northwest so I am proud that I can honor my tribe and also lend my talent as a fellow Water Protector to resist the DAPL and support Standing Rock,” Fruichantie said.