As early as the 2017-2018 academic year, the whole University community will have time every day to connect, address concerns and plan together. The common period will soon be implemented at the University. The common period will be a 90-minute period of time every Wednesday from 12:00 to 1:30 where there will be no classes scheduled.

There are many benefits of having a common period, but the primary reason is a solution to the difficulty of scheduling faculty meetings, according to Academic Vice President and Dean of the University, Kris Bartanen.

"There are a lot of decisions on the campus that are important to make together and a challenge that we've had recently is that faculty meetings are 4:00 p.m. to 5:30 p.m.,” Bartanen said. “For some people that has overlapped with classes or it’s a challenge in terms of child care, so attendance has been lower.”

"There is, for some, a sense of disenfranchisement so the hope is that having a time when everybody who is a voting member of the faculty can participate or as much as possible,” Bartanen said.

"I think on campus we all do a lot of things and it’s really hard to find space to do the work of governing the institution that we do as faculty, staff and students,” Chair of the Faculty Senate and the Chair of the Department of Politics & Government, Alisa Kessel said. “It’s becoming increasingly clear to the faculty that not having a good time for governance is becoming a challenge for people.”

“The idea is to create a space in the weekly schedule that will facilitate shared governance of the University,” Kessel said.

The benefits of the common period are not limited to just the faculty.

"Students were recognizing that even when you try to have a student-wide event, even if it’s at night, there are still people in class or lab, there are still people who are doing clubs or doing rehearsals,” Kessel said.

"As we started thinking of what else could happen, we realized it could do much much more for the campus than just allow for faculty to have their meetings,” Bartanen said. “Students could have gatherings of student bodies, as well as have opportunities for campus wide conversations, events, speeches and speakers.”

Those developing the common hour plan contacted Terry Halvorson, the Director of Dining and Conference Services, to make sure the change wouldn't adversely affect her staff or the diner.

"The biggest concern was would the diner have a significant impact, such as everyone in the diner at once,” Halvorson said. “But our staff felt the opposite way, when you have a bigger break a couple of things happen—more students will leave campus or be attending meetings. Also when you have an amount of time without classes it spreads out the business more.”

The common period is likely to be a trial run, as the faculty is ready to alter the period if necessary.

"The faculty is going to be monitoring it closely to make sure it works and that student course schedules aren't adversely affected,” Kessel said. “We are going to try it and see if it accomplishes our goals.”

"If it turns out that we don’t need the 90 minutes then I think we would shift it down to 60 minutes. It’s very much a test run,” Bartanen said.

"With the common period we could have this chunk of time," Kessel said. "Which we can truly devote to being in community with each other and not distracted by all of the other important things we do."
University addresses substance use across campus

By Madeleine Scyphers on October 28, 2016

Friday nights are usually a time to de-stress at the end of the week. While they will look a little different for some, watching Netflix instead of sleeping, or coming home late after a house party, if your chosen activity involves alcohol, there are groups all over campus offering advice on responsible consumption and healthy interaction with others.

If it’s a Sigma Chi party you are headed to, you can expect to see a number of risk management strategies in place, including “a guest list that is vetted runs a strong risk management policy,” Matty Specht, Sigma Chi President, said. He emphasizes the importance of risk manager approachability, something Sigma Chi considers deeply.

As a risk manager, “you’re there to promote people’s safety but you’re also there to interact with them, so that if they feel they’re going to get in trouble, they know you’re there to help them if something happens.”

Sigma Chi plans extensively for each party, says Specht, “to address the possible things that could go wrong, as well as figure out a way to react to situations [we] didn’t expect.”

Most of the house is Green Dot Bystander trained—it’s a goal of theirs to have everyone in the house certified—and Sigma Chi hosts their own workshops as well.

Sigma Alpha Epsilon (SAE), too, runs a strong risk management system, including a “guest list that is vetted ahead of time” and “sober monitors at the bar and exits,” according to Doug Palmer says, and every member is required to be Green Dot certified.

Their policy is reviewed by Greek Life and Security Services before each party, and afterwards members of SAE “review the event and discuss how to adjust [the] health and safety plan,” Palmer says.

On a personal level, there are plenty of steps students can take to ensure their own safety. Debbie Chee, director of Residence Life, stresses “knowing yourself,” knowing your tolerance and especially being mindful of your intake with regards to alcohol, which is most often consumed very quickly and with which it is more difficult to tell the size of a standard drink.

Chee emphasizes that students have a responsibility to take care of each other, which often comes in the form of “having conversations with whoever you’re with” about what your plans are for the night.

Similarly, Todd Badham, director of Security Services, advises that if you’re going to drink, “do it safely with people that you can trust, and take it easy,” because “there’s plenty of time in life to gradually learn about alcohol and how your individual body responds to it.”

Dr. Chris Edwards, Counseling, Health, and Wellness Services (CHWS) Substance Abuse Prevention Coordinator, notes that “most students, if they choose to drink, do so in moderation—less than four drinks in one sitting,” and there are many options on campus for people who would rather not.

Down Beat Dance, one of Puget Sound’s social dancing groups, is a magnet for “people who are looking to reach out and make a large variety of friends,” says the group’s president, Arthur Britt. “It’s a way to get a little bit of exercise,” Down Beat Dance’s Gale Whiston says.

In addition to the alternative to drinking that social dancing provides, Whiston points out that “at larger parties, the environment isn’t really one of group social interactions, and more of individual social interactions—where it’s group-oriented so you really get to meet everyone in the space.”

As an added benefit, Whiston says, “it’s also a good excuse, if you don’t want to go out partying, to tell your friends that you’re doing something.”

Like parties in fraternity houses, Down Beat Dance stations followers around the room to ensure the comfort and safety of all session participants.

Even when situations involving alcohol spin out of control, the safety of students is the top priority. The Call for Help Process “was developed to help keep students safe, because we don’t want people not to call,” and get medical aid for someone in need because “they’re concerned about certain legal implications,” Badham said.

Students calling Security for themselves or for someone else in the event of dangerous intoxication “will have a conversation with the university, but not a conduct conversation,” Badham says.

“We still count it towards our alcohol violation statistics, but it doesn’t go against the conduct process, which is sort of a one-time warning deal.” Repeat offences of the same nature may be subject to the conduct processes, but “care for that person at that time in time is our biggest focus,” Chee says, emphasizing the value Puget Sound places on student safety.

Both Badham and Chee cite the university’s small size as a huge plus for student resources. Says Chee, “We have a better opportunity to kind of talk through things, have a better opportunity for education and support.”
News
October 28, 2016
trailnews@pugetsound.edu

Loggers address sustainable water use
By Nayra Halajian

Loggers live green. Loggers save water. If this is true, why aren’t sprinklers on when it’s raining? Though students often ask this question, not many of them seek out the answer.

Sustainability Coordinator Marcella Heineke explained that there is a complex system in place that manages the water level in the soil. Sensors in the ground keep track of how much water is already in the soil. If the sensor detects that the level has dropped under a certain percentage, the sprinklers automatically turn on.

When the water in the soil is back up to the desired level, the sprinklers shut off. So, when the sprinklers are on and it’s raining, it’s because the grass needs the water. With the help of rainwater, the sprinklers will automatically shut off sooner.

Though this system is used for the main campus, other parts of campus such as Theme Row and Greek Row have their own systems that shut off sooner.

When the water level in the soil is back up to the desired level, the level has dropped under a certain percentage, the sprinklers automatically turn on. When the water in the soil is back up to the desired level, the sprinklers shut off.

But in the past, these have included In this way, members' experience accrues interest and the club will benefit.

The club meets every Tuesday at 8:00 p.m. in McIntyre 202. “I think it’ll continue to grow,” he continued. “As the club progresses, people have a higher level of understanding and the club will benefit from that.” As members learn, the club grows, in turn providing even more learning opportunities. In this way, members’ experience accrues interest as well. It’s a mutually-beneficial feedback loop.

The club meets every Tuesday at 8:00 p.m. in McIntyre 202.

Investment Club receives $100,000 donation

Puget Sound's Investment Club has been gaining interest, and not just financially.

This year, membership in the Investment Club has increased. The club presents students with a unique opportunity to gain hands-on investing experience, making finance less daunting. “It’s such a broad topic,” club president Christopher Bueno said. “The club offers people a foot in the door.”

Members meet to discuss world events and how they will affect the club’s portfolio. The presentations help the club explore specific investments, including pros and cons of the stock as well as its history. “I think it’ll continue to grow,” he continued. “As the club progresses, people have a higher level of understanding and the club will benefit from that.” As members learn, the club grows, in turn providing even more learning opportunities. In this way, members’ experience accrues interest as well. It’s a mutually-beneficial feedback loop.

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By Val Bauer

Revisiting safe spaces and trigger warnings

Jay Ellison may not like trigger warnings, but he does not speak for all University of Chicago faculty members.

Back in August, University of Chicago Dean of Students Jay Ellison sent a letter to all incoming freshmen, denouncing “trigger warnings” as “an affront to the basic principles of liberal education and participatory democracy.”

The “practice of academic freedom can sometimes be contentious, difficult, perhaps even painful,” the letter states. For this reason “mutual respect” is crucial. There must be a “commitment to learning from a wealth of histories and experiences—to more discussion, not less; to openness, not closure.”

Despite having “a variety of opinions about requests for trigger warnings and safe spaces,” these faculty members see a need to address “substantive ongoing issues of bias, intolerance, and trauma that affect [their] intellectual exchanges.”

We encourage the Class of 2020 to speak up loudly and fearlessly,” the letter concludes with. “The right to speak up and to make demands is at the very heart of academic freedom and freedom of expression generally.”

Like UChicago—or any other university—faculty at the University of Puget Sound have a variety of opinions on trigger warnings.

Denise Despres, professor in the English, Humanities and Honors departments, is “not a great advocate of trigger warnings.”

“They may inhibit intellectual discourse,” she said, “which is precisely what universities need to protect.”

Despres does, however, believes that the “community of the classroom needs to be safe” in terms of civility, understanding and sensitivity...where students can explore in order to defuse fears and anxieties.”

Professor William Breitenbach “is not opposed to trigger warnings.”

“‘Safe spaces’ are not consistently watered. An irrigation specialist

Sustainability Coordinator Marcella Heineke explained that there is a complex system in place that manages the water level in the soil. Sensors in the ground keep track of how much water is already in the soil. If the sensor detects that the level has dropped under a certain percentage, the sprinklers automatically turn on.

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This election has been one of the most vitriolic in recent memory. From Donald Trump calling his opponent “a nasty woman” to Hillary Clinton claiming half of Trump’s supporters are in a “basket of deplorables,” we haven’t seen mudslinging at this level for a very long time.

Many of us (myself included) are counting the days until Nov. 8, but election day won’t solve the deep divisions that have been created and exposed in the last year and a half. Countries are like families, and as we all know, you can’t choose your family. As much as I might wish that a Clinton victory would make Trump supporters disappear, it simply won’t. There is a tendency to interpret elections as battle in the culture wars.

Many Clinton supporters will interpret a Clinton victory as the final battle in the war against sexism and misogyny, yet the sexists and misogynists in the Trump camp won’t disappear. Similarly, Trump supporters hope his victory will be a nail in the coffin of liberal elitism, but that won’t disappear either.

After this election, the issues that divide this nation will not go away. We can continue to shout and yell at each other or we can try to move forward. That is not to say that these debates aren’t important or shouldn’t be held, but we can have them without the name calling or bitterness.

It is easy for us here on the left coast to dismiss those who hold socially conservative views as relics of the past. Many of us were not offended or concerned by Clinton’s “basket of deplorables” comments, but it is precisely this rhetoric of dismissal from what is seen as the liberal elite that drives people to vote from someone like Donald Trump.

Our political opponents are just as American as we are and no matter how “deplorable” we might find them, we still have to live with them. On Nov. 9th, our nation must begin a process of healing and reconciliation. Our nation is fracturing and we need to do something to stop it.
Commodifying feminism
How empowerment turns into profit

By Nayla Lee

FEMININITEES

Welcome to (post) midterms season, where the only acceptable break from studying seems to be beating yourself up for not studying more. In times of high stress, business or general turmoil, you often turn to simple pleasures for motivation and trade mindfulness for immediate gratification. One such vice that surfaces for many people is the consumption of food and emotional eating. While meals can be an enjoyable way to complement relaxation and socialization, it’s important to understand when food may be more than that.

Emotional eating is the use of food to appease, avoid or suppress uncomfortable emotions such as sadness, anger, or loneliness. It’s not triggered by biological hunger, but rather by an associative desire for affection, comfort or understanding. Oftentimes, the food is consumed to the emotional void, such as chocolate to soothe sexual need, cool ice cream to numb rejection or salty chips for tough love.

Food is interwoven into our social experience since our first birthday cake, and is reinforced with every Thanksgiving dinner, neighborhood potluck, and reunion brunch. This is not inherently a negative thing. Enjoying the fuel your body needs is one of the joys of life, but the obsession that’s been coaxed from eating the quantity and quality of consumption confounds this basic act.

It’s no surprise that in a culture which deems sugar, carbohydrates, and fats as lesser nutrients, that we turn to “novelty” foods more often than others. We crave ‘treats’ such as cookies and fries because we demean ourselves as unworthy or uncontrollable around them- a mindset that undermines your natural hunger cues and spurs a vicious cycle of guilt and shame.

So, as you pull your chemistry book out of a dump backpack and settle into a long solo night of studying, ask yourself why you suddenly want to drop everything for a piece of chocolate cake. Is it your body nudging you for the sugar and fat it needs to function and focus, or are you feeling alone and overwhelmed?

If you are suffering from stress, I am suggesting you eat when you’re hungry and stop when you’re full. Ask yourself if that cookie is more friend than meal, and then turn towards the discomfort you’re avoiding. Take an immeasurable amount of food to cure sadness. Feel your feelings, let them come and go, and get back to the beauty and the books.

 Fact check: Feminist brands

Companies may brand themselves as feminist, but how do they measure up? Here are a few of the top “feminist” clothing websites and a brief analysis of their practices.

WICKED CLOTHES

Shirts with phrases like “A woman’s place is in the house and the senate” and “Feminism is the radical notion that women are people,” might lead one to assume that Wicked Clothes supports feminism; however, they have nothing on their website about whether they support any sort of social justice, or even link to any. Their designs are printed on American Apparel shirts, a company which is notorious for sexist and hypersexual ads.

FEMINIST APPAREL

While Feminist Apparel doesn’t necessarily give donations, they do print on GILDEA t-shirts that are Worldwide Responsible Apparel Production certified and adhere to the Fair Labor Association guidelines. Shirt designs are submitted by feminist artists, who are paid on commission when other people purchase items with their designs. However, their CEO is a white, cisgender man who, according to interviews with Buzzfeed, did not even know about feminism until 2012 or so.

HUMAN

HUMAN has a “feminista” fashion section, but they provide very little information about what they stand for other than trendiness and self-expression. They do not give a brand for their shirts, but they are “Printed in the USA.” Some of their “feminist” shirts feature foreign-language puns and AAVE, so it’s likely that they’re more into seeming cool than supporting women.

FEMININITEES

Femininitées was started by two women as a small business in 2009, and has since grown. A portion of their profits is donated to the National Organization for Women. They are very focused on “Free the Nipple” and other gender-neutral clothing. The gender-neutral name and feminist movements, but they do have a shirt with brown nipples on it, so who knows? In buying from them you would be supporting those women and also anyone who the NOW supports, so this one at least goes that far.
The Color post: a century of tradition

By Madeline Brown

The Color Post is an alluring symbol of Puget Sound’s history that represents both the beginning as well as closure of every student’s journey at Puget Sound.

The original Color Post was founded and erected by the 1921 class of Puget Sound during their first year on the old campus located outside of Stegner and Sprague, according to a 1986 Trail article. The idea for a symbol that represented the principles of the university was inspired by Dr. Edward H. Todd, who was President of Puget Sound at the time. President Todd desired to have a unique figure that Puget Sound could be known by, according to a 1991 Trail article, titled “Color Post as Significant Tradition.”

“The Post signifies the cooperative relationship of students, faculty, and staff,” Matta Cady, Assistant Dean of Students and Director of Student Activities, said.

The four sides of the Color Post are painted in different colors. The 125th anniversary edition of Arches – Puget Sound’s alumni magazine – wrote: “The sides were painted in colors representing categories of study: purple for law and government, red for religion, yellow for science and white for liberal arts. The four sides also represent the four years of college and class years.” Each color on the Post and their metaphorical meanings represent the core values of maintaining liberal arts education.

The Color Post holds two ceremonies each year: one to welcome the first years entering the college at the Matriculation Ceremony, and the other to graduate the senior class to alumni status at the graduation ceremony, according to Arches.

“We use [the Color Post] at the Matriculation Ceremony during Orientation to place the class Registry, and then all new students walk around the Color Post to sign the register. Once you become a graduate, the graduating seniors assemble in this area to then process to Baker Stadium for their actual graduation ceremony. We like to think of the ‘bookend’ the college experience with the Color Post being the symbolic image of that journey,” Cady explained.

Each class is assigned to their own side of the Color Post, rotating as each year passes. The side that the graduating senior class is on is the side that the incoming first years are assigned to, and the class reflects on the impact they had on what is to come as they look to commencement the next fall. The purpose of this rotation is to connect each class featured on their side of the post and provide each student graduating with a photo opportunity with all alumni. “The classes of the past form a group among the alumni,” Phillips said.

for their respective quadrants” said the 1933 article from The Trail. Reunions are an encouraged aspect of the Color Post, one that would further help connect Puget Sound alumni new and old through their lives.

Connecting students with alumni early on was a main objective of the Color Post. Tradition holders of the Color Post desired for students to be interested and aware of the Alumni Association before they were actually alumni to further build the community envisioned by the founders of the Color Post. In 1961, the Color Post tradition was nearly discontinued. As the history of the Post became less pronounced, the unanimous appreciation around it diminished. The Central Board protested the post in 1961, arguing that the tradition wasn’t as relevant as it had once been. The Board proposed to remove the concrete post in the quadrangle and instead have a portable color post, believing that the portable rendition would revive the significance of the Color Post’s traditions, as stated in a 1961 Trail article.

As written in Thompson Histories by Franklin Thompson, “The rivalry between the two schools was exceedingly keen. Pacific Lutheran students stole the Color Post, damaged it immeasurably, and we replaced it on three different occasions. After we had replaced the original one that was stolen... they came over and saw it off and took it away again.” The university eventually made a concrete version of the Post in hopes that it would be less subjective to the vandalism by the PLU students. This wasn’t the case, as the rivals continued to paint, put acid on, and deface the concrete post. PLU students even went as far as chaining it to a car and dragging it out of the ground.

“The Post on campus today is one of the replacements installed in order to continue the tradition. The current standing post was donated by the senior class of 1986 and is located in the G.E. Karlen Quadrangle.”

The post of the Color Post is engraved into the post for all to read, as Cady shared, “At the base of this monument is a motto inscribed by the classes of 1936 and 1986, whose gifts made this modern reconstruction of the original post possible. The motto reads: ‘Realities follow where idealism leads.’”

On Friday, Oct. 21, The Color Post was one of a number of campus locations subject to vandalism. The Trail will be investigating the vandalism and covering it in a forthcoming article.

DCS jobs: a key part of campus

By Molly Wampler

Student employees of Dining and Conference Services (DCS) account for the majority of the on-campus food service workers at The Diner (often dubbed “the S.U.B.”) by the Student Employment Coordinator for DCS, said.

“We use [the Color Post] at the Matriculation Ceremony during Orientation to place the class Registry, and then all new students walk around the Color Post to sign the register. Once you become a graduate, the graduating seniors assemble in this area to then process to Baker Stadium for their actual graduation ceremony. We like to think of the ‘bookend’ the college experience with the Color Post being the symbolic image of that journey,” Cady explained.

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DCS employs around 230 student workers each semester, “Our overall goal in hiring students is to give you guys real life experience; hopefully this is another facet of your experience here at the university.” Paige Phillips, the Student Employment Coordinator for DCS, said.

DCS employs around 230 student workers each semester, most of whom work at The Diner, where more hands are needed. “The diner is huge, essentially like a mall food court. There is a huge kitchen in the back that takes a lot of prep and staff to manage the food that is being prepared,” Phillips explained, and Sevier agreed. “We feel like [working in DCS] is a great opportunity to be a well-rounded person. The leads as ‘advocates’ for the workplace staff. Some people are overseeing you that you never see. They because you see them and they’re accessible… it’s not like they’re involved in the daily point where we can have Emily in her coordinator role, the full time staff are really great,” she said.

Parlan and Sevier have enjoyed their time working in DCS, and are enthusiastic to continue. “I really like the people that work there, it’s a really nice community,” Parlan explained, and Sevier agreed. “We feel like [working in DCS] is a great opportunity to be a well-rounded person. Customer service experience is super important,” Phillips said.

Food service can be extremely fast-paced and stressful at times, especially compared to other on-campus jobs. When asked what her favorite Diner station is, Sevier had a quick response. “Latin,” she said, “it’s fun. I like working at stations that you get to interact with the people more.”
Pacific Rim Study Abroad Program to take place next fall

By Emma Brice

O nce every three years, a group of Puget Sound students have the opportunity to participate in the Pacific Rim (PacRim) study abroad program. This program is unlike any other study abroad program. It lasts for nine months and covers up to nine different nations in Asia. The next trip is scheduled to take place during the fall of 2017.

The program strives to allow students the opportunity to gain a larger understanding of Asian culture, politics, economics, and regional differences within Pacific Rim countries. PacRim has been a Puget Sound program since 1970, when the first group of 15 students attended.

“The PacRim program seemed special to me because it is an entire nine months of studying abroad. While most programs are semester-based, the program centered around an entire academic year would allow me to truly engage with life abroad. I also liked that we get the opportunity to visit so many different countries during the year. I think it will allow me to better understand how diverse Asia is,” Gabrielle Kolb, a current Puget Sound sophomore and future PacRim participant, said.

The amount of preparation that goes into the PacRim program is extensive, requiring students to explore specific courses and areas of study prior to the trip as well as help pick the medical and business staff members that will accompany the trip.

“We are required to take three Asian studies courses, excluding language. Additionally, we have group meetings every other week where we discuss the nitty gritty stuff and the intricacies of travel to our scheduled destination,” Walter Fromm, a Puget Sound sophomore and PacRim participant, said.

Fromm spoke about why he chose to do PacRim in particular, saying he had always been interested in studying abroad and that this was too great of an opportunity to pass up. According to him, the program itself drew him to apply.

“When applications came around, I felt like I kind of had to apply for this insane opportunity. Once I got in, I had already decided that I had to do it,” Fromm said.

Another main objective of this unique study abroad experience is to create a strong sense of community within all of the Puget Sound participants considering the amount of time that will be spent traveling together.

Although this is a once-in-a-lifetime opportunity, the students have different preferences of the trip that they are most looking forward to.

“I am really excited to get out of my comfort zone and have the opportunity to use the world as my classroom,” Kolb said.

Mike Segawa, the University of Puget Sound’s Dean of Students and Vice President, grew up in San Diego with his parents and three younger siblings, all of whom still live in California. Segawa graduated from the University of California, Irvine with a Political Science degree, then attended Colorado State University for his Masters of Education.

He has worked in residential life at several colleges, including Central State University, Missouri State University, University of Washington and Evergreen State College. Segawa and his wife currently live in Olympia, enjoying the sense of community there is similar to the one Segawa found amongst Loggers at the University of Puget Sound.

Segawa: “One of the coolest things you’ve ever done?
Mike: Jumped out of an airplane. When I was in college—
it was the epinephrine of peer-pressure—we were skydiving. It was great. Once the parachute is open, the ride down is just so peaceful.

Charlotte: What is your Diversions order?
Mike: I don’t drink coffee; I don’t drink tea. I don’t drink tea. I don’t drink coffee; I don’t drink tea.

Charlotte: What is your favorite fast food chain?
Mike: Locally, Ezell’s Fried Chicken in the Hilltop. True chain, Carl’s Jr.

Charlotte: What is your reaction if I were to give you an anonymous face-to-face?
Mike: Anonymity. I think social media is a great tool, but it just irritates me when people do it in an anonymous fashion, which means there’s no ability to engage constructively; there’s no ability to eventually do this face-to-face.

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Charlotte: What is your reaction if I were to give you free front-row tickets to a Beyonce concert?
Mike: I would definitely go. She’s an important part of our culture at this point.

Charlotte: Who was your childhood role model or hero?
Mike: Captain Kirk (laughs). He was just way cool.

Charlotte: What would you sing at a karaoke night?
Mike: “Centerfield” by John Fogerty.

Charlotte: Who do you want to be stranded on a deserted island with?
Mike: My wife. It’s really nice to be able to spend your life with somebody where you can just be you, and they can just be you.

Charlotte: If time travel were possible, where and when would you go?
Mike: The American Revolutionary War Period. I love history; that time-period always fascinates me.

Charlotte: Who is your favorite Marvel character?
Mike: Iron Man; I love the way that Robert Downey Jr. does that.

Charlotte: What is your favorite holiday?
Mike: Christmas. It was my mother’s favorite holiday, and that’s just been handed down.

Dean Segawa: Beyond the office
By Charlotte Fron

Mike Segawa, the University of Puget Sound’s Dean of Students and Vice President, grew up in San Diego with his parents and three younger siblings, all of whom still live in California. Segawa graduated from the University of California, Irvine with a Political Science degree, then attended Colorado State University for his Masters of Education.

He has worked in residential life at several colleges, including Central State University, Missouri State University, University of Washington and Evergreen State College. Segawa and his wife currently live in Olympia, enjoying the sense of community there is similar to the one Segawa found amongst Loggers at the University of Puget Sound.

Segawa: “One of the coolest things you’ve ever done?
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it was the epinephrine of peer-pressure—we were skydiving. It was great. Once the parachute is open, the ride down is just so peaceful.

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PacRim takes place from October 28, 2016 to October 27, 2017.

Mike: The Beach Boys, The Beatles, Earth Wind and Fire.

Charlotte: What is your favorite thing to cook?
Mike: Barbecuing, all summer long; I do a really mean teriyaki flank steak.

Charlotte: What is your current favorite baseball team?
Mike: The Seattle Mariners. Although, I grew up a San Diego Padres fan.

Charlotte: What is your current favorite Netflix show?
Mike: I don’t do Netflix. But, my favorite TV shows right now are “Scorpion” and “Madam Secretary.”

Charlotte: What did you do this past summer?
Mike: I went to London for ten days; it was the first time we had ever visited–we just loved it. We were going to visit our daughter who was in London last year for graduate school.

Charlotte: What is your biggest pet peeve?
Mike: Anonymity. I think social media is a great tool, but it just irritates me when people do it in an anonymous way, which means there’s no ability to engage constructively; there’s no ability to eventually do this face-to-face.

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PHOTO CREDIT: JUSTIN LOYE
Lizier-Zmudzinski leading the pack in cross country

By Ally Benko

Geremia Lizier-Zmudzinski (Forest Grove, Oregon) is a junior at the University of Puget Sound. Lizier-Zmudzinski transferred here from Georgetown University in Washington D.C. to the University of Puget Sound in the 2015-2016 school year. In that year he ran on Puget Sound’s cross-country and track and field teams. In the 2015 Northwest Conference, Lizier-Zmudzinski placed second overall in the Men’s 8 Kilometer. Also, she was a three-time NAIA Cross Country All-American and named to the Cross Country All-Academic team twice. She also was a three-time NAIA Cross Country All-Academic as a track and field student-athlete. Finishing off her resume, Boitano placed 14th in the 2015 National Association of Intercollegiate Athletics (NAIA) Cross Country National Championships.

“I am still running, cycling, mountain biking, and anything my mind and body can do,” Goos said. Lizier-Zmudzinski has given me so much life and opportunity,” Goos said.

During Boitano’s speech, she emphasized the importance of recognizing the people in her life that helped her achieve her success in running. This includes coaches, teammates, family and friends that supported her in her running journey. She started by admiring the plaques of the hall of fame as an athlete, to being part of the ball of fame. "I was shocked and honored to be inducted. It means quite a bit because I spent some of my happiest years here at the University of Puget Sound around incredible people, athletes, teachers and coaches," Boitano said.

Lizier-Zmudzinski uses the cross-country season as a "workout" in preparation for the track and field season. His next meet will be the Northwest Conference (NWC) Championships on Saturday, Oct. 29. track and field season. His next meet will be the Northwest Conference (NWC) Championships on Saturday, Oct. 29.
Sports Recap

By Kevin White

Women’s Volleyball

After defeating both Lewis and Clark 2-1 and Linfield 3-2, the women’s volleyball team was unable to maintain its winning streak, losing to co-town rivals Pacific Lutheran 3-0. The team, who was ranked #2 and had won both of its previous matches, ended up losing three sets but ended up losing five in all, with the final set score 15-10.

The Loggers were led by Helen Herout, who went on the trip, said, “We did a crack climb which was almost impossible but I loved watching everyone attempt it,” Herout added. “As the week drew on and the weather forecasts kept getting worse, our trip kept getting shortened,” first-year student Gaia Bostick (Oakland, California) said. “It was definitely a downer, but our leaders were super awesome about the whole situation and even had the whole group over to their house for dinner.”

Puget Sound Outdoors Thriving

Puget Sound Outdoors (PSO) hit the ground running this semester with backpacking trips, day hikes, kayaking expeditions, outdoor climbing and mountain biking. PSO kicked off the season on Sept. 17 and 24 with back-to-back backpacking trips to Goat Rocks and Silver Lake, and followed up with a trip to Biketoberfest on the Olympic peninsula for a day of trail riding and racing.

The weekend of Oct. 1, trips went out to the Snoqualmie River for a day of trail riding and racing after a recent Homecoming win over George Fox University, the Loggers are gaining momentum and looking ahead to the postseason. The team hopes to see its 15th consecutive conference win.

Sophomore Jamie Lange (Lake Tapps, Washington) attributes the Loggers’ success so far to a combination of factors. Skill level, team mentality, and a new set of coaches have all helped the Loggers to a 11-2-2 record.

“We have grown a lot as a team,” Lange said. “We still have the same values and traditions but with new coaches and a really good group of freshmen. I think a lot of things changed for the better, and we will only continue to grow.”

While the team has racked up plenty of wins on the field, they also recently achieved recognition for their academics. The Loggers were honored with NCAA Academic Honors, with a team GPA of 3.33 for the 2015-16 year. Puget Sound was one of two teams in the Northwest Conference to receive the award, along with Lewis & Clark College.

To the Loggers, the award is a reflection of the team’s commitment to success as student athletes.

“Everyone is aware of our values and is really living them out, and having everybody on board there has been really cool to see,” Lange said. “The team strives to be ‘humble yet hungry,’” she said. “You don’t shout out your success, you just try to do more. We are always hungry to be better.” Lange said.

The Loggers will bring this mentality to their upcoming match against Pacific Lutheran University, arguably the most important game of the season. The Loggers are ranked #2 in the NWC to the Lutes’ #1. The teams tied when they last played at the beginning of the month. Puget Sound outdoor Pacific Lutheran University 16 to 12, but neither team was able to make a goal. That game was so full of passion and energy, we were right there so many times and had a lot of opportunities to score,” Lange said. “This time, I think we can use that energy and fuel to propel us to get the win.”

The Loggers take on PLU on Nov. 2 at 4 p.m.
Recently, a Flail survey has found that a whopping 97% of Puget Sound Greek Life members think they are unlike other Greek Life members nationwide.

In order to get some context for these stunning numbers, we spoke to vice president of Eta Omicron Sigma Marsha McCleod. "I have so much respect and love for my sorority sisters and all that they do. But really, I’m not like most sorority girls. The campus culture here is so different. I am glad so it’s a part of it, though. The girls are so amazing. But they’re not like, you know, most sorority girls.”

The results of the study are rather unprecedented, as there are six active chapters of Greek groups on campus, full and bustling with members. Cheryl Yelm explains her reservations with nationwide sororities: “Most people think of sorority girls as vapid and insecure. I’m not like them! I’m much better than the average sorority girl.”

Junior Greg Thornton had to distance himself from some of his Lambda Omega brothers. “I admire and stay true to all of the tenets of Lambda. Honesty, Integrity, Brotherhood. Except I disagree with their weak response to the misconduct at some of the chapters, especially at CUFU, UBDF, and Clifton. The members at those chapters are not representative of the fraternity’s strong morals.” Pressed as to further support of his fraternity, Thornton just said, “I’m sorry.”

The new members enjoyed a welcoming reception into their new group. They solidified their new bonds with group activities like getting-to-know-you games and talking about how unlike other sororities they are. Pi Zeta Activities Chair Maria Martinelli says that “we created a Venn Diagram for the differences between the Puget Sound chapter and the national chapter. We could only find that we’re all in a sorority named Phi Zeta! We are just unbelievably different from those other sorority girls, who you are, you know... LOL. Anyway, this is my home away from home! I couldn’t imagine college without Pi Zeta.” Upon being pressed for the definition of a sorority girl and why she wants to distance herself from them, she answered, “I’m not a sorority girl, I’m a sorority woman.”

Cecily Wilde, when asked how she enjoyed living in a Greek house, burst out with an explanation. “I know what you’re thinking. Me, in a sorority? Well, I’m not like those vapid party princesses elsewhere. I am a part of my sorority because of the strong, caring women I know here at Puget Sound.”

The Philanthropy Coordinator at Zeta Eta Tau, Derek Eckers, weighs in on the topic. “You may assume that all guys in fraternities are party bros who never care about academics. Well, not me. I take pride in associating in such an illustrious organization and I love talking it up to new students. Seriously, I’m so proud. I’m not even joking. We are so amazing and I am not afraid to say it. I could say it all day, that’s how proud I am. I love my fraternity. I love my fraternity.” His eyes glowed as he repeated himself.

Izzy Steer actually led some of the institutional change within Omega Omicron last year. “I will admit that Greek life enforces the gender binary. I totally disagree with the formal statements the National Chair of Omega Omicron released last year. But otherwise I absolutely love my brotherhood and the group of like-minded people.”

Upon asking Laura Williams about the culture of sorority life, she responded that “We are so different at Puget Sound. But I am so glad to be connected to a nationwide group of girls who are on the same wavelength as me! I now have the comfort of knowing that when I travel anywhere across the country, I can be surrounded by my sisters, except you, know, the ones who belong to chapters whose values we don’t agree with.”

A popular Greek Week T-shirt for Zeta Eta Tau reads “I would not have considered rushing at any other school. But I totally love the community here, it’s just so wonderful. Go Zeta!”
University theater alumni find their place

Graduation can seem like a scary time, something that is far away. When that time finally comes, will students be prepared to fight for their passions? Alumni respond with their experiences and advice for current students.

"Be relentless with your passion, and continue it, even as a profession," said 2016 UPS alumni Michelle Leatherby, a 2016 graduate of the Theater Arts program. "This is the advice from 2015 Theatre Arts and English alum Cassie Fastabend, whom also graduated from Puget Sound.

After a year and a half of expanding her acting repertoire, she is now attempting to go back to school, pursuing an MFA in acting. Alumni are a source of knowledge and advice when it comes to pursuing a life in the arts, and being able to talk to and hear what they have achieved can make graduating seem a little less daunting.

Fastabend has worked for the past year and a half on seven shows both full-length and short, taken classes, taught courses, and even started her own company: "I founded a theatre company with Maddie Paigel called Serf Theatre. We founded a playwrights group that included playwrights between (Tascosa), Lacey and Seattle. We did the playwrights workshop which met once a month and discussed multiple scripts. I received a fridge stocked with La Croix like a gift. I was invited to a team meeting and to a bridal shower, and I realized that there are many, many opportunities to expand and explore new things."

Being able to foster an environment of learning and artistic creation was important to Leatherby, who is currently working as the Marketing Manager for Porchlight Music Theatre in Chicago. She expressed that even though she never realized it at the time, there is a wealth of knowledge in marketing, she feels that she is doing something she loves. She is discovering what she does not know or want to do, and she is discovering that she is doing something she loves. She is discovering what she does not know or want to do, and she is discovering that she is doing something she loves.

Leatherby described her experience at Puget Sound, saying it was "super formative in a lot of ways. A liberal arts education provides you with the opportunity to be a really well-rounded person. This is the advice for The Trail and leading a sketch group and doing theatre things as stepping stones to what she does now."

It is also helpful to gain experience, which is something that alumni consider to be valid... It doesn't matter what another person thinks of it or what another person considers it to be because I know because I was there and I worked and I learned and that still happened and that matters."

Experiences at Puget Sound do matter, which is something that alumni have stressed time and time again, but it is also helpful to gain experience outside of campus as well, something that Eaton says was important for her: "I think that making sure you put yourself out there and take as many opportunities that you can is really important. Don't get too caught up in what you left behind at UPS, it will always be there for you to come back to when you need it!"
The Kittredge Gallery is showcasing the “Past and Present Faculty” art exhibit until Nov. 5. This exhibit allows for current and past faculty to show the Puget Sound community and local art lovers their talent and expertise. The Kittredge Gallery is open Monday through Friday from 10 a.m. to 5 p.m. and on Saturdays from 12 p.m. to 5 p.m.

The exhibit highlights 75 years of the University of Puget Sound art department’s teachings and works. The showcase represents the changes that have taken place in the art department and the progression of the recently-added art history curriculum.

The exhibit offers students the unique chance to see their own professors’ work as artists. It isn’t often that students get to observe their professors’ creations, so this is an exciting exhibit for the community.

“It’s interesting to see both past and present faculty as they evolve throughout their careers,” Kendall Vinyard, a junior at the University of Puget Sound, said. “A variety of people come in and poke around—a lot of previous students come in and ask if their favorite professors are featured in the [“Past and Present Faculty”] exhibit.”

You don’t have to be an art major to appreciate this awesome opportunity—you just have to show up at the Kittredge Gallery with a craving for the creative and inspiring.

“Just go! The only thing you need to do is walk right on in. You do not have to have any prerequisite knowledge on art to be able to look at something in front of you and feel something. So go check it out,” Sophia Munic, a sophomore art major at the University, said. “Go learn about a different part of campus, remind yourself that there are some really cool artists on campus. Go to a quiet place and slow down for a minute.”

This exhibit shows students the actual skills that professors at University of Puget Sound have. The pieces in the exhibit range from still life oil paintings to abstract sculptures to blow-up scrolls of Chinese calligraphy. Seeing faculty’s work gives students a feeling of inspiration and a reason to keep pursuing their passion in the arts, according to Munic.

“I have more faith in the art program here when looking at the exhibit: There is a lot of amazing work there—especially looking at the current professors, it sort of reminds me to trust the process of their teaching,” Munic said.

This exhibit allows students and locals to enjoy beautiful and creative art for free. Puget Sound faculty have worked hard for the community to mold students into enlightened and skilled adults. Visiting Kittredge Gallery’s “Past and Present Faculty” exhibit is another way to show appreciation for these talented educators.

Balance and collaboration in producing Twelfth Night

By Anya Otterson

“Fifteen years ago, I wouldn’t have thought a Puget Sound student would be able to achieve a finished product they are all proud of. However, they both have specific areas within this collaboration that they focus on,” Proehl said. “Martin specializes in the text itself, building the play’s foundation, while Frost concentrates on taking that text and putting it into context, making it make sense for the actors.”

For the actors, too, Twelfth Night has been a big, rewarding commitment. Junior Allie Lawrence, who plays Viola, expressed her excitement to be a part of this production, which is her first mainstage show at Puget Sound.

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