Sports

Competition is the drive to race the clock and push the limits of human endurance.

layout and copy:

ian hogan
leatta dahlhoff
UPS football had an overall score of 2-7, league 2-3. Running back Daryl Wright was named Mt. Hood Co-Offensive Player of the Year. Wright set a new single-game rushing record of 256 yards against Whitworth College. Wright also broke the season rushing yardage record at Puget Sound with 1,232 yards. Quarterback Chris Schlect shattered the Puget Sound all-time career total offense record with 5,148 yards.

Huddle up! Loggers come together to decide their next explosive play against Whitworth College.
Move out of the way! Jamie Pilkington (#83) charges down the field leaving the Lewis and Clark players in the dust.

In the zone... The UPS defense clears a path for Eric Arcio (#25) as he threads through the opponents so score a first down.

Rivalry... The intimidating Loggers stare down the PLU Lutes, ready to score a first down.
The Logger women won their fourth consecutive national championship while the men finished fourth at nationals, the best finish in school history. Coach Sam Ring, Coach Joe Peyton and the Logger women became the first NAIA women's cross country team to win four straight titles. Freshman Dana Murray was the top Logger woman finisher in 8th place, while Jon Westerman was the top finisher on the men's side finishing in 19th place.
Nearing the finish line, it is important for long distance runners to reserve energy to make a strong finish.

Looking back in support of fellow teammates, the UPS runners draw on their strength as a team to pull together during tough meets.

Enjoying a repsite from the rain, members of the team take a moment to reflect on their run.
Logger soccer began the season 4-0 including winning their own UPS Invitational and the Westminster Invitational in Salt Lake City. The Loggers were aided by the quick start of Freshman Scott Moore who had three goals in the first three games of the season. The Loggers concluded the season with impressive non-conference wins over Pacific Christian College and United States International University. The Logger squad finished the season by not allowing a goal in 250 minutes of action. The Logger senior core included Jason Alexander, Chris Mackay, Jake McTigue, Benjy Meyers and Derik Mills. The Loggers will return eight starters for next year's campaign.

Back off... Derik Mills (#11) shows his aggressive style in denying Seattle University control of the ball.
Total control... Brian Sponsler (#12) is in extended form to pass the ball along to a teammate.

Taking the lead... Jason Alexander (#9) gives the extra umph to edge pass the rival player.

Loaded weapon... Chris Kennedy (#10) takes an aggressive position, ready to kick the ball to an open teammate.

One on one... Scott Moore (#3) takes charge of the ball heading to score.

What's the Score

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The women's soccer team was coached by first-year Head Coach Randy Hanson. The Loggers earned their first win of the season with a 5-1 rout over Linfield College as Sophomore Christi Ruppe scored two goals. The season was highlighted by solid play from Junior Mary Zielinski who played the majority of the season with fractured ribs. Senior Jennifer Snowden provided a solid defensive presence all season. Sophomore goalkeeper Jen Mark had 90 saves to go along with a 1.69 goals against average.

Surrounded by strangers... Mary Zielinski (#8) sacrifices herself to try to get the ball away from the rival team.

Open field... Sarah Anderson (#11) carefully kicks the ball downfield to her teammates in hopes of scoring.
Can't touch this... Jamie Tilotta (#2) charges down the field knowing that an opponent is trying to catch up.

Back off... Anne Strachan, obviously much smaller than her opponent, manages to push her aside and get an edge on the ball.

Watch out... Sarah Anderson is warned by her teammates about the player ready to steal the ball.

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(Left to Right) - Jamie Tilotta, Sarah Anderson, Alison Moser, Jennifer Love, Rebecca Arner, Natalie Tanner, Jennifer Snowden.
The Logger volleyball team breezed through the regular season losing just a single match. With a perfect 10-0 PNWAC record, and a sweep of the regional championship, the Loggers headed for the NAIA National Championship Tournament. The Loggers played outstanding volleyball during the national event but lost the championship to BYU-Hawaii. Andrea Egans, Janie Lwin and Wendy Weise ended their Logger careers with four consecutive trips to the NAIA National Tournament including finishes of third place, second place and National Championship. Egans ended her career as a first-team All American as well as the PNWAC and Regional Player of the Year.

Ace... Andrea Egans (#13) delivers a loaded weapon to help out her team in winning the game.

Get ready... The opponents wait anxiously as Janice Lwin (#11) sets a nice one to Wendy Weise (#6).

Denied again... Janice Lwin (#11) and Vicky Crooks (#3), in perfect form, reject another return to add another win in their winning season.
Who Won?


I got it... Wendy Weise (#6) sacrifices her body as she digs in to make the save.

Take that... Stefanie Anderson (#8) is determined to get the ball over to the other side by knocking the two blockers out of the way with a big WHAM!

"a perfect 10-0 PNWAC record and a sweep of the regional championship..."

The Loggers were paced by the solid play of center Bryan Vukelich. Vukelich led the Conference in rebounding and was first on the team in scoring. Seniors Whitney Dixon and Jared Leuck had solid seasons for the Loggers. The Loggers were hampered by injuries to several players. The Loggers season ended when the team lost to Western Washington.

On top of the ball... Bryan Vukelich (#52) takes the edge in the jump ball with his teammates Jared Leuck (#55) and Derek Pender (#35) anticipating where the ball might travel.

Anyone open? Kevin Grant (#24) scans the court for his teammates.

Easin' down the court... Corey Van Lith (#14) measures up the opposition before making his move.
Pass it on... Whitney Dixon (#45) and Derek Pender (#35) work together to make another shot.

Breakdown... Corey Van Lith (#14) makes an aggressive move to block the opponent's shot.

Catch this... Whitney Dixon (#45) keeps his eyes on the ball ready to take it to the hole.

"Nothing beats a game with dedicated players and supporting fans."
The 1995-96 Women’s Basketball team was one of the most cohesive units yet assembled at Puget Sound. It was also one of the most talented. For the first time in four years, we did not earn a post season play-off spot which was ironic given the talent of the team.

The standouts for this year included Dulcy Crabbe, Kasa Tupua, and three All-Conference picks in Kelly Kaiser, Erin Weiss, and Kristina Goos. For our next season our youths will be veterans, with the program moving to NCAA III status, a new conference. We will be competing against schools much like Puget Sound. After a great building year, we look forward to the return of an experienced team and a great shooting team in 1996-97.

Aiming high... Dulcy Crabbe (#13) shoots a free throw after being fouled by a rival player from Simon Fraser.

Wanna be like Mike... Kasa Tupua (#33) launches into the air to tip the ball to one of her teammates.
Over the top... Erin Weiss (#52) focuses on the basket and makes the shot against Central Washington University.

Perfect form... Kristina Goos (#20) lines up an outside shot against Central.

"This team was very consistent in its tenacity to compete! Whether we were ahead or behind they played the whole game to the buzzer. They can be very proud of that work ethic."

Coach Bricker

Come and get it... Dulcy Crabbe (#13) protects the ball while looking for a teammate with an open shot to the basket.
Perfect form... Following through with a shot is the most important strategy for a successful game.

Strategy time... Kate Phillippay contemplates her next shot while stepping back from the hole.
Aiming for the hole... Marlow Kruse gracefully extends backward to get the ball onto the green.

Concentration... Hoping for the best and relying on style and skill Kate Phillippay tries to putt one in.

What to do next... Marlow Kruse studies the course to line up a good shot.

One with the ball... Getting ready to drive down the lane, the art of a golfer is found in his posture.
Both the men's and women's teams won the National Championship in commanding fashion. For the men, this was their second consecutive championship. The women's squad captured the title after being runners-up the previous season. Junior Marc Kincaid earned national title wins in the 50m free style 20.85, the 100m free 45.51 and the 200m free in 1:40.59. Freshman Lance Craig was the men's individual champion in the 200m backstroke in 1:51.69, which was also a school record. Neil Ichiki, sophomore, won the 200m breaststroke in 2:05.43. Kendra Lavik was the lone woman to win a title for the Loggers in the 400m individual medley in a time of 4:38.33.

**Synchronized swimming...** Swimmers leap into the water hoping to get an edge to win the race.

**Air time...** Swimmer takes in as much air as she can so that she can focus on her performance.
Always ready to pose... Swimmers get creative when asked to pose for the yearbook.

Checking out the area... Swimmer gradually comes to the surface and looks around for others before resting at the edge.

Practice makes perfect... UPS swimmers practice daily to ensure a top swim time when they race against opponents.

Precision... Part of having a good race is having a good entry like this diver with fellow teammates watching.
Throwing to home... Hoping to stop the visiting team from scoring the outfielder throws with a punch.

It got it... Player makes the catch as her teammate backs her up in case something goes wrong.

Gimme your best pitch... Focusing straight in front of the catcher is the tactic the batter chooses to try to hit a homer.
"Experiencing ups and downs, the team remains strong."

Bravo... Players give each other high fives and words of encouragement after a well-executed play.

Inner strength... Pitchers endure pain and discomfort for the glory of a no-hitter or a win.
Baseball

Time to spare... Players on the bench wait for their chance to help the team score.

Hit this... The mentality of a pitcher is to take one strike at a time.

Did I hit it? The batter gives it all he has hoping for a home run.
Should I run? The undecided player bunts the ball not knowing whether he can make it to first base.

Up to bat... Logger stares down the pitcher looking to intimidate him.

Running for home... #9 passes second place hoping to charge through to home plate.
Muscles needed... Women crew members perfect their stroke as they push through an other grueling practice.

How do we get it in? Crew members stand still waiting to get the heavy boat out of their hands.

Snack time... Players take a needed break to catch up on energy by having a light snack.
Waiting to win... Women's crew wait anxiously to stroke past the competition.

Rowing together... Mens' crew do everything together in hopes of winning another match.
The men's team had the best team depth we've ever seen. Jared Brodin and Chris Sackman returned after a great first year. The men's tennis team had another winning season.

Also helping in the depth was the return of David Ichikawa, after missing last year, and the addition of transfer student Joel Black. Cory Kincaid and Eric Blackstone finished off the top six.

The women's tennis team was young but improved tremendously over last year.

Two players that started off strongly were Niki Yasutake at #3 in singles and Mari Hrebenar at #1 in singles. Mari started the season with six straight wins at #1. The rest of the starters included: Jolene Jang at #2, Jeane ampam at #5, Claire Lencioni at #4, and Cindy Kozu at #6.

Reading the signs... Chris Sachman helps out his teammate by giving him signals.

I got it... Chris Sachman focuses on the ball and reaches out to hit it in time.

Take this... Cindy Kozu gets in position to return the ball to her rival in hopes of scoring.

Up in the air... Joel Black fires back a shot with much intensity.
"the best team depth we've seen"

Anticipating the return... Claire Lencioni watches her opponent and moves to better her position.

Ready for anything... Joel Black returns the ball while partner Corey Kincaid watches his back.
The 1996 Track and Field team looked very bright, especially in events such as the men's high jump where the school record holder Rob Bradbury returned. We had a very good solid distance team, the fact that the athletes that were on the National Women's Cross Country Team and the Men's National 4th place athletes were running. Seven of the 1995 national participants were back. We already had two athletes qualify for the NAIA Nationals this year in the first meet: Ahman Dirks, and Dana Murray in the 1500 meter. We basically had a young team, but they produced some exciting meets. I was thrilled with the attitude and hard work of all our athletes. I was certainly proud to be a part of their team.

Joe Peyton

**Determination...** Long distance runner gives it all he has to finish on top.

**All alone...** Runner strides down the track focusing on the finish line.
Up and over... High jumper bends over backwards trying not to touch the bar.

Leapin' away... Long jumper flies through the air in an extended pose to maximize his distance.

Circlin' the bend... Runners compete as one as they battle the wind and Western Washington University.

Practice makes perfect... Player works out to improve his technique for the next meet.
Track and Field

striving for perfection

UPS taking the lead... Runners race together to beat the rival teams for a win in the event.

Taking off... Sprinters take their mark, get set, and dash off trying to get an edge on each other.
Pushing forward... Shot put specialist steps up to the line to send the ball through the air for a competitive distance.

"I am thrilled with the attitude and hard work of all our athletes."

Joe Payton
Cheerleading is a varsity sport which requires athletic ability, endurance, and strength. A sense of humor, and questionable game officiating are other important attributes to possess!

Captain Andie Manibog along with co-captains Whitney Gore (football) and Christine Hammer (basketball) guided the 1995-96 cheerleaders through nine hours a week of practice in addition to weekly games.

The 1995-96 Logger Squad was represented by: Whitney Gore, Christine Hammer, Andie Manibog, Anna Martinez, Chelsea McCarthy, Maia Sargent, Jessica Smart and Lezlie Yamauchi.

"Thank you for your commitment to cheerleading, you hard work was appreciated."

Coach

Always smiling... Even when practicing everyday, cheerleaders remain enthusiastic and keep showing off their great smiles.

Break time... Cheerleaders take a break from their rigorous routine to catch their breath.

Team unity... Once again cheerleaders return from an exciting energy filled game and make time to pose together at the Sunset Cafe.
Egyptian style... Dancers incorporate many different styles into their routines to keep up to date with the new moves.

Too hot to handle... UPSwing members dazzle the audiences with their fresh routines and contemporary outfits.

Grand finale... UPSwing dancers end their routine in perfect form showing that they work hard to please the audiences wherever they travel.
Lacrosse

From the cradle... The player makes a decisive move through enemy territory as she charges for the goal.
Can't touch this... The player protects the ball and progresses down the field with backup form her teammate.

One on one... The player lets the opponent know she is present by getting in her face. What a move!
great moments in sports
Broadcast your talents.
Learn hula.
Be a leader.
A niche can be as big as you make it.

layout and copy:

brooke lindsey
awareness of Pacific and Asian cultures

Comic relief. . . comes to the campus of the University of Puget Sound. As part of the many scheduled events in celebration of the Year of the Asian Pacific American, a number of comedy acts were sponsored by APAC.

ABC turns it out. . . on the dance floor. At the end of the week after all the meetings and obligations the members of APAC, BSU, CHISPA and HOH get together to get on down. The ABC coalition sponsors a number of events as a collaborative effort and encourages all members of the UPS community to join.
Of Wind and Waves... kicking off the year of the Asian Pacific American an evening of music and dance welcomed members of the UPS community. Dan Yoshimoto performs a hula (dance) in celebration of the Hawaiian culture.

Awareness of Pacific and Asian Cultures

Minutes please. Black Student Union President Bryan Davis coordinates with his officers on the last pressing issues of the semester. Meetings provide a forum of African-American issues for all to attend.
Hali'ilua...This fun, upbeat song tells of the love for the waters of Hali'ilua, and the sparkle upon the heights of Ka'awaloa. Maile Matsuura joins the women of Hui 'o Hawai'i in practicing this lovely mele.

'Ahulili. . . a prominent peak on the island of Maui is described in this mele. Alika Reppun, Jason Laskey and Matthew Paet perform in an expression of love for this peak. However, the mele contains symbolism (kaona) that reveals a story of desire and jealousy between two lovers.

"A'a i ka hula, waiho ka hilahila i ka hale" "When you dance the hula, leave your bashfulness at home."

The members of HOH pulled together to put on the 26th Annual Spring Lu'au on April 20 as part of the Parent's Weekend festivities. One of the most popular segments of the show takes us to the island of Tahiti. Rianne Graves, Kapua Cortez and Shauna Masaki shake their hips to the ote'a.
Ote'a... in the Tahitian segment of the show the members of HOH present variations of Tahitian dance. The ote'a is the fast movements performed to the drum rhythms and the aparima is the slower movements performed to music. Grace Pedro, Lyndy Kano and Hi'ilei Saragosa keep time to the beats.

Agility, Strength, Speed and Balance are demonstrated by the men of Hui 'o Hawai'i in their performance of the Samoan Slap. Dominic Ahuna and others perform as the men of Samoa in times of war to intimidate the enemy.

Hui 'o Hawai'i: 1st-Rianne Graves, Hi'ilei Saragosa, Jenny Kaneshiro, Reyna Yamamoto, Grace Pedro, Tori Toda, Maile Matsuura. 2nd-Dan Yoshimoto, Jaymie Nishimura, Kelly Char, Shannon Sagum, Raejean Gamiao, Christie Hoota, Anne Arbles, Monte McComber. 3rd-Kara Taguchi, Leslie Williams, Loma Hee, Natalie Hasegawa, Aulani Silva, Alison De La Cruz, Stephanie Morris, Shari Yamamoto, Bonnie Kealoha, UnChong Chang, Chad Takesue, Matt Paet, KailLee Awaya, Monica Horn, Matt Wakabayashi, Ellen Takahashi. 4th-Steffany Ho, Ke'koa Harmon, Michael Elliot, Royle Tagaoshi, Stephen Schmidt, Kelly White, Kyle Kikuchi, Alika Reppun, Maile Ching, Andrea Egans, Ming Lee, Carrie Ching, Jason Laskey, Micah Pavich, Wade Wakashige.
Understanding Sexuality is a student group on campus aimed at providing a forum for issues concerning diversity in sexual lifestyles. US member Lisa Lusero speaks at Julie Dyble's research presentation.

The 4th annual banquet of the Community for Hispanic Awareness was held on May 5.
Make room on the dance floor. Understanding Sexuality sponsored the 2nd Annual Queer Dance in Club Rendezvous. Members of the UPS and surrounding communities were invited to attend this night filled with bumpin' tunes. Tony Cesario and Scott Irwin cut a rug.

Community for Hispanic Awareness: 1st-Fred Capestany (Office of Admission), Diana Latorre, Natasha Medina. 2nd-Pedro Renteria, Melanie Hernandez, Julie Davidson, John Funk, Jeff Westin, Solidarios (Dir. of Student Activities).

“Gente del Sol (People of the Sun)” The CHISPA banquet offered the UPS community a catered dinner, musical entertainment, and keynote speakers from the campus and community.

Understanding Sexuality: Geoff Bateman, Lisa Lusero, Tony Cesario, Sheryl Miller (advisor)
Habitat for Humanity...a Christian housing ministry, brings hope and stability by serving poorly housed people unable to purchase a home of their own. Habitat is a partnership effort involving the construction team, Habitat families, the volunteers, suppliers, churches, contributors, and community service organizations.

A different taste of an orange was one of the highlights of the Earth Fair brought to us by the Earth Activists. With the growing consciousness of how some pesticides can take away from our favorite fruits and vegetables and alternative has been the practice of organic growing. "Is there really a difference?" Jeanie Mascia answers, "taste and see."
Earth Day... came to campus via the efforts of the Earth Activists on April 22nd. Throughout the week, there were a number of activities and events that promoted awareness of environmental issues. Member Megan Fossum stresses that although Earth Day is recognized one day out of the year, it should be celebrated everyday.

Earth Activists: Brian Petersen, Lauren Porter, April Bloomfield, Kate Young, Laura Beck. Not shown: Jeanie Mascia, Mikala Bittlingmaier, Mike Rottersman, Ric Cantrel
The total college experience!
The members of the University of Puget Sound Circle K ask, "How many people does it take to change the world?" The answer, "Just one: You!" So that's the reason for all the smiles here at the Point Defiance trash pick-up day. The members of Circle K invited the UPS community to come out for a day of bettering the surrounding Tacoma area.

Volunteers in Service to Admission
The year ahead... looks full and bright as the officers of the UPS Circle K meet to plan the upcoming events. The group discusses the arrangements to be made for the first conference of the year to be hosted by Central Washington University.

Do you have the Potential? Test Yourself. The members of The International Association of Students in Economics and Commerce (AIESEC) meet each week to work towards increasing global understanding and cooperation through the development of management skills. AIESEC UPS provides the student community with the opportunity to live and work in another country through their international exchange program.
Photos, Prints, and Contact Sheets describes the life of a UPS Photo Services staff member. The time spent on producing the finished product turns out to be a grueling and stressful process as Ben Udkow and Kim Gugler kick back to catch their breath.

Out on assignment... it's the man with the camera. John Garrett is the name and Photo Services is his game. As a staff member, John is responsible for taking pictures for the Trail as well as for Tamanawas.
At the end of the week a student at UPS has several options when it comes to social activities. One such activity is open to all who are interested in the InterVarsity Christian Fellowship. The group hosts weekly meetings of enrichment through Christ, as well as several off-campus events.

Different perspectives in a group as large as the IVCF on campus provides a diverse forum for the discussion of Christ’s teachings. Meetings are held each week. Regardless of one’s religious affiliation, IVCF invites everyone to participate in offering their perspectives of Christ.
A rousing evening to be had by all with the members of the InterVarsity Christian Fellowship. On Friday evenings, the group makes "a joyful noise" in Thompson 124.

"If I was in charge of the alphabet, "U" and "I" would be together." For those of us who missed the Mall Search hosted by the members of the IVCF, this phrase would seem a bit unusual. The group dressed up in their wackiest clothes and headed up to Seattle for a game of hide-and-go-seek at Pike’s Market.

It’s not just about song and prayer, but includes a fostering of relationships built on Christ’s love. As members, students are encouraged to come together with open hearts and minds to learn about the teachings of Christ and to share them with their friends and peers. Not only is it a forum for enrichment, but it becomes a haven from the throes of academia.
The 1st annual all-campus dance was sponsored by the Religious Organization Council. Members of the UPS community turned out for ice cream and dancing.

Careful preparation with an open heart, Jewish Student Organization member Dave Paris arranges the vinegar matzoh to be served in the Seder.

Partaking in tradition that has remained in the Jewish faith for generations, the Passover Seder is opened with a blessing before those in attendance can partake.

Symbolism in action and article... the egg, shah bone, bitter herbs and honey mint are the main food items used in the Passover Seder.
Taking a break to scoop up some free ice cream to be eaten at the ROC dance. What better way to spend a Saturday night than with friends complete with refreshments and a dance floor?

Experience a taste of the Jewish faith celebrating the emancipation from Egypt. The Passover Seder is held each Spring semester and is open to all students, faculty and staff.
Saturday night trip to the moviehouse and campus films staff members prepare for that all important moment when the lights go off and the film begins.

Taking requests... 756-FANS is the number to call for your requests and dedications at KUPS. DJs dig up a request for the Stone Roses and surprisingly it's on vinyl.

Tickets please... The week is over and what could be more relaxing than an evening at the movies. Groups of friends go down to MC 003 for a study break. Don't forget that box of red vines.
Spinning the turntables at WSC 013, the home of KUPS. Come in, have a seat and relax as the sounds of Black Uhuru, Cowboy Junkies or En Vogue fill the air waves.

"KUPS Tacoma 90.1 on your FM dial... this is John Miwa bringing you the sounds of the Hawaiian islands for the next hour." Miwa spreads a little aloha with his audience.
Before they hit the stands the last edition of the Trail for the 1995-96 academic year is looked over and critiqued by its talented staff.

"I see what you're saying..." Features Editor of the Trail, Jennifer Caldwell listens attentively to the comments of her peers during a weekly meeting.

The Trail: 1st-Holly Helzerman, Kate Young, Shalen Fairbanks, Charlotte Bliss, Ted Spas, Art Stockett, Jason Jakaitis. 2nd-Keith Turausky, Jennifer Caldwell, Anthony Cesario, Courtney Ferguson, James Conover, Jun Kino, Todd Starkweather.
The work load only gets heavier... as the semester wears on. News editor Charlotte Bliss has discovered that the time and energy put into writing and rewriting each article really adds up.

Executive decisions... are made and made again as Trail editor Tony Cesario conducts their weekly meeting.
Meet the candidates... 1st - Scot Duffield, Wayland Cossey. 2nd - Bernadette Ray, Heather Barnett, Mary Radigan, Janet Heiss, Patrick Camp.
Brad Hiranaga
Wayland Cossey
Kim Thomas
Cody Chalfin

Jeremy Korst