Senate has been quite busy the past two weeks! During these two weeks the Associated Students of the University of Puget Sound (ASUPS) Vice President has chaired the Senate while we do nominations and elections for the new Senate Chair and other positions. On Oct. 12 Dean Bartansev came to visit Senate and talked about her role on campus as the Academic Vice President, and Dean of the University/Interim Vice President for Student Affairs and Dean of Students. She answered questions that senators had related to her position as well. ASUPS President Amanda Diaz talked about the Budget Task Force, asking for a fee increase for ASUPS. ASUPS is in the process of buying a new van for student use and progress has been made on that. The Office of the President and Division of Student Affairs are working on putting together a Halloween event (because it’s President Crawford’s favorite holiday) and Sarah Comstock had updates on that. ASUPS is going to be involved somehow, probably with a themed Italian Soda bar. Diaz submitted her Board of Trustees report last week and encourages all students to go to the open session on Friday, Oct. 27 at 11 a.m. in the Tahoma Room.

We confirmed the following senators after the election: Emma Prior ’21 (residence hall senator), Morey Lipsett ’19 (on-campus housing senator), Nicolas Rothbaches ’18 (off-campus senator), Hannah O’Leary ’20 (senator-at-large) and Matthew Parone ’21 (senator-at-large).

We also confirmed three new clubs: Health, Environment, and Animal Liberation (HEAL), a club devoted to reducing the suffering of animals, humans and the environment through active awareness and education; UPS Students for FEPPS, a club that aims to raise awareness and support for the Freedom Education Project Puget Sound (FEPPS) among campus members and to advocate for increased institutional support for FEPPS; Brazilian Jiu Jitsu Club. Brazilian Jiu Jitsu Club is an opportunity to practice, train and compete with Brazilian Jiu-Jitsu.

The Senate made two finance allocations: $75 to Underground Sound to provide scholarships to members for the purchase of uniform t-shirts and $300 to ECO Club to purchase the rights to the live-streamed Q&A and encourage students to get involved since it is their club. They have allotted two years for revisions. They are also looking into a seniors’ discount for the Tahoma Room. We also confirmed three new clubs: Health, Environment, and Animal Liberation (HEAL), a club devoted to reducing the suffering of animals, humans and the environment through active awareness and education; UPS Students for FEPPS, a club that aims to raise awareness and support for the Freedom Education Project Puget Sound (FEPPS) among campus members and to advocate for increased institutional support for FEPPS; Brazilian Jiu Jitsu Club. Brazilian Jiu Jitsu Club is an opportunity to practice, train and compete with Brazilian Jiu-Jitsu.

By Ayden Bolin

The Tacoma Link and Light Rail systems are expanding to areas of town that have historically been neglected. The project is reaching two and a half more miles with seven new stations between Hilltop and the Theater District, as well as adding new vehicles and updating facilities, according to soundtransit.org. “The system expansion includes seven new stations, five new vehicles, and an expansion to the existing operations and maintenance facility on East 25th street,” a video posted to the project’s website claims.

The existing Operations and Maintenance Facility (OMF) on East 25th street will be built upon to the east of the existing building, along with a new vehicle storage yard. The project is currently at a “pre-60-percent design milestone,” and construction is scheduled to start in 2018, according to Sound Transit. Not everyone has as much confidence about these dates, however.

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Tacoma resident Alex Flynn commented, “I think that the plans to expand Light Rail are good, but I’m not optimistic about the project being finished in any timely manner ... or at all. Sound Transit has spent the last nine years since the recession gutting its services and walking back on promises to voters.” In 2013, National Public Radio member station KUOW 94.9 Seattle reported that between 2009 and 2013, Pierce Transit cut back on half of the service that it offered prior to the 2008 recession. “I think it’s neat that they want to expand Light Rail to MLK [Martin Luther King, Jr. Way], but I’m not going to hold my breath,” Flynn added.

In 2013, National Public Radio member station KUOW 94.9 Seattle reported that between 2009 and 2013, Pierce Transit cut back on half of the service that it offered prior to the 2008 recession. “I think it’s neat that they want to expand Light Rail to MLK [Martin Luther King, Jr. Way], but I’m not going to hold my breath,” Flynn added.

This project is being brought forth due to a need for more accessible public transit in historically more low-income parts of town. Many people rely on public transit as a part of daily life in Pierce County, whether it is to get to school or work, since cars for private transportation are not an option for all.

Matt Driscoll, in an article written for The News Tribune, tied a lack of public transit in with the national problem of gentrification in urban centers. As people are pushed farther away from urban centers where the cost of living was once more affordable, they are forced to the lower-cost housing on the outskirts of the town. This is generally where public transit is less available.

“The good news is that viewing our public transportation needs through the lens of equity is not a new idea. There’s a reason Tacoma’s Link light rail expansion is headed to Martin Luther King Jr. Way on Hilltop,” Driscoll said.

Ultimately, this project will come to fruition slowly, as construction has only loosely been assigned to the year 2018. Hopefully, by the time the station is up and running, it will be a well-needed addition to Tacoma as a growing, more equitable city.
Sustainability Efforts in the Diner continue

By Emily Schuelein

Using the LeanPath system, Dining Conference Services (DCS) “was able to reduce the total food waste produced in the 2016 school year by over 10,000 pounds,” that university’s website states.

DCS has used LeanPath, a food waste reduction system since 2016, according to the University’s Sustainable Dining page.

“LeanPath is a scale that takes pictures and puts together a lot of different data for us,” Mark Stewart, Purchasing Manager, said. Examples of data include the type of food that is overproduced there and how much food is in a person’s bag, based on their date. The scale will take a picture and send it to the chef and 1, and we can see what station, what product — a dollar value that [the Diner] is donating to TAGRO,” Stewart said.

In 2014, the University of Puget Sound partnered with the City of Tacoma and installed three InSinkErators in the Diner’s kitchen.

“The InSinkErator is a large, industrial-grade food waste disposer that grinds up food waste and diverts it to a City of Tacoma processing plant. The food waste is turned into compost that will be used at the new campus gardens, Cub (Columbia) or all of the farms in Puyallup valley we use. Our bakers are all local, our coffee, I mean, you name it, they are local and all local,” Stewart said.

The main provider of the produce at the Diner is Charlie’s Produce and they are the ones that source out the produce (the Diner) buys from all over the U.S. and down the I-5 corridor, all of the farms like Puyallup valley and up North, Bellingham area,” Stewart said.

“The Diner provides food to local charities such as the Guadalupe House and Salvation Army through our Food Salvage Program with the help of students from the Food Justice Program,” the University’s website states.

Karina Cherniske, Food Justice Coordinator, said, “the Food Justice program works with the Diner primarily by running Food Salvage. Food Salvage is when a group of student volunteers goes into the Diner, packages food that is left over from the week, and takes it to the Guadalupe House and the Tacoma Rescue Mission where it is used to feed people instead of going to waste. We typically salvage about 100 pounds of food each time!”

“Donating prepared food is really challenging because it has to be done in a timely manner — because we always worry about food safety. This program was started for the students to take food from the Guadalupe House and set [the program] up and keep it moving,” Terry Halvorson, Director of Dining & Conference Services, said.

“The Diner provides and produces food to the Diner, according to the University’s website.

“The Puget Sound Community Garden is a student-run garden on the University of Puget Sound campus that brings together members of our student body with community members in the surrounding area may be served,” McIntosh said.

“At long as we are consistent in our efforts of food sales and donating and LeanPath sustainability efforts will continue. My department is always working with the data we collect to change our practices for the future,” Stewart said.

Some of the University’s sustainability initiatives include the Sustainability Advisory Committee, Sustainability Services, Environmental Campus Outpost (ECO) and a list of groups everyone can do to create a sustainable campus. This list includes habits such as bringing your own cup to the cafe and dining, ordering meals for here and refilling water bottles at the tap or fountains. More information can be found on the University’s website.

By Marcelle Rutherford

It has already been reported that the current freshman class, the class of 2021, is uniquely small. As the full semester reaches its midpoint, there is an increase in campus concerns regarding the quality of the freshmen class, Vice President for Communications Gayle McIntosh has very been open about the fact that this is not a bad thing in terms of the quality of the freshmen class.

“Enrollment is both an art and a science — we work to enroll each year a class of students who will make the most of their time here at Puget Sound. This year’s first-year class brings a great deal to the college: they are academically talented, geographically diverse and 31 percent identify as students of color (this is something we’ve been working on campus-wide),” McIntosh said.

In an effort to diversify the campus, the University took a more focused approach to its outreach. As The Trail previously reported, there are more students than ever who are from Tacoma. This is due to an effort by the University to increase local enrollment. However, this positive change came with a few small issues.

“There are also fewer students in the class than we expected. Each situation brings its own challenges, but our budgets are structured in such a way that we can accommodate natural ebbs and flows in enrollment without changing the quality of the education that students receive,” McIntosh said.

One of the factors contributing to low numbers is geographic, there are less out-of-state students on campus this year, especially from California, which is traditionally a large recruiting area for Puget Sound.

“There are many factors involved, but probably the biggest is that we have fewer students from both California and Oregon this year. This is true for many liberal arts colleges, due in part to changes in statexon-enrollment practices throughout the University of California system,” McIntosh said.

This is a financial issue in part, as California students receive a sizable in-state tuition discount if they choose to attend a University of California (UC). However, regions are not the only factor at play.

“Changing demographics in the United States are another factor; for several years now there has been a decline in the population of traditionally-aged college students, so there is more competition among colleges for best-fit students. Still, as evidenced by application numbers and inquiries, interest in a Puget Sound education remains high,” McIntosh said.

The admissions team is not worried yet about next year’s recruiting numbers, as there is still a substantial amount of incoming students showing interest in the University.

“We are always looking for new ways to get the word out about Puget Sound, and our colleagues in the enrollment office are busy recruiting next year’s class now. We had a strong turnout for the first Discover Puget Sound day of the year, and that’s always a good sign,” McIntosh said.

“In terms of where we are recruiting, as a national liberal arts college, we are active in states for Puget Sound include those locations where we have very active alumni groups, such as California, Colorado, Hawaii, Idaho, Minnesota, Oregon and, of course, Washington,” McIntosh continued.

It will be interesting to see what the future holds for the University as more and more diverse freshman classes are attracted to the school. Although the numbers may be small, the school appears to be very focused on changing the traditional makeup of the freshman classes and welcoming a broader spectrum of students here to the University.
The reason why I do work that is really sometimes soul-crushing is that I do have to believe that in that is an opportunity for us to write a better story about what society we are going to be, who we are going to be," Tressie McMillan Cotton said. “If somebody is challenging your deeply-held convictions, take it as an invitation to remind yourself and examine why they are deeply-held convictions to begin with.”

On Wednesday, Oct. 18 and Thursday Oct. 19, Cotton gave talks based on her critically-acclaimed book “Lower Ed,” which is about for-profit colleges in America, and her experiences as an intellectual in the digital era. These on-campus lectures were part of the Brown and Haley lecture series. The first talk was given to about 40 people in Kilworth Memorial Chapel and lasted an hour, the second talk was in the Tahoma room to 30 people.

According to the University of Puget Sound website, the Brown and Haley lecture series originated in 1953, and was the first fully-endowed lectureship in the history of Puget Sound in 1981. The lectures are intended to make significant contributions to the understanding of urgent problems confronting society, emphasizing perspectives in the social sciences or humanities.

According to the University of Puget Sound website, Cotton is an acclaimed assistant professor of sociology at Virginia Commonwealth University and she serves on many academic and philanthropic boards and publishes work related to issues of education, inequality, technology and more.

“Our committee — me, Melvin Rouse, Doug Sackman, Sue Hannaford, Kris Bartonen — collectively chose Dr. Cotton from an impressive shortlist of speakers. All of the speakers’ academic works are exceptional," Shenyi Liao, Assistant Professor of Psychology, said. “But Dr. Cotton’s work as a public intellectual, including appearances on the Daily Show and op-ed’s in The New York Times and The Atlantic, made her stand out as someone who can communicate these difficult issues to diverse audiences.

“Tressie’s passion for this subject was clear and resonated with her personally, making it all the more enthralling, and I feel lucky to have heard her take on this important issue,” Alyssa Lederman said. “Further, I believe her discussion sparked important conversation and thought within the audience, pondering the issues that surround our own institution and figuring out ways to make a worthwhile higher education more affordable and accessible to those who may never encounter the opportunity otherwise.”

In 2017, Sociologists for Women in Education awarded Cotton the Feminist Activist award for using sociology to improve the lives of women. Additionally, her research on higher education in the new economy has been supported by the Microsoft Research Network’s Social Media Collective, the Kresge Foundation, the American Educational Research Association and the UC Davis Center for Poverty Research, according to the University of Puget Sound website. Cotton is not a stranger to giving talks; she recently appeared on the Daily Show with Trevor Noah.

In her first talk Cotton discussed the dangers and realities of for-profit colleges.

“I would like to get to the big story of what education means in our culture and our society,” Cotton said. “By virtue of the fact that we are here tonight we tend to be the converted; we believe. This is why you are spending your free time listening to a lecture. And that education has worked out for you; you tend to be on the winning side.”

Cotton is a self-proclaimed winner as well, but her work largely focuses on the “loser” when it comes to education, who tend to be the people who go to for-profit colleges.

“By 2010, 2.5 million people were enrolled in for-profit colleges in the United States,” Cotton said. “In one year alone they were attracting 76 billion dollars in student aid money.”

“Dad’s for-profit sector appropriately serves older students, women, African Americans, Hispanics and those with low incomes,” Cotton said. “By expanding access to higher education in the first decade of the 21st century, what we had done was not increase access to high-quality higher education for millions of new people. We had created an entirely new tier of low-quality institutions for people who societally we have decided are low-quality people.”

Attending a for-profit college hurts you more than helps you.

“Let’s say you beat every odd and graduate. Your life should be transformed, but in reality you are more likely to be unemployed than you were if you had never gone to college. When you are unemployed you are unemployable for longer and you have a higher debt level,” Cotton said. “On average when you complete your degree at a for-profit college you do not get a wage increase.”

“Dr. Cotton’s work is absolutely crucial to understanding urgent problems that confront society. Her book ‘Lower Ed’ is, as the title says, on for-profit colleges, but it’s also on the value of education, racial and gender inequalities and the crumbling social welfare state,” Liao said. “She uses both humanism and social scientist tools to understand these complex phenomena.”

The basement of Collins Library has undergone a drastic change in scenery. Where old microform machines once stood, a well-lit, shiny-looking glass room dominates the path to the Tech Center. This sleek and modern facade is the brand-new Makerspace.

A brainchild of Siddharth Ramakrishnan of the Neuroscience Department and Lynnette Claire from the Business and Leadership Program, as well as other faculty and staff, this space is designed to provide resources to students to allow their creativity to blossom beyond the limitations of the local craft supply store.

“We really want it to be an open, collaborative place for students, faculty and staff of Puget Sound to experiment with new technology and to create and make things,” Library Director Jane Carlin explained. It’s a high-tech to low-tech space, with some cutting-edge technology as well as some simpler crafting materials.

Thanks to a grant from the National Science Foundation and some additional funding provided by the University, the Makerspace offers equipment and tools that otherwise would be difficult to access. These include: the 3-D printer, soldering guns, sewing machines and a laser paper cutter.

Some of this new technology is tricky to use and quite expensive. Thankfully, Carlin ensured that no experience is required, and that anyone with an interest in learning how to create in different ways is encouraged to come by. Workshops and other classes are offered to learn how to use and create with various tools.

The space itself is bright, open and has plenty of work space. There are desks both with and without equipment, so students can work with more traditional tools. Staff will be there to assist with some of the more complicated technology.

Clubs also have access to the space, and the library hopes to partner with faculty to have class assignments that involve the Makerspace. Hours for usage depend on workshops and other scheduled events, but the space is available for any student to use during drop-in sessions.

Students have also expressed excitement in the idea of creating in the Makerspace. "I think it's cool that we have a space where we can access tools that you normally wouldn't be able to get use," junior Tom Daligault said. "It opens up a lot of unusual mediums for creative projects.

The Makerspace is an evolving place, and there will likely be more tools and workshops available as time goes on. Hours for the Makerspace are posted around Collins library, and can also be found at research.pugetsound.edu/makerspace.

Carlin also hinted at more renovations coming to the basement of Collins in the coming years, moving towards bringing the library further into the 21st century.

PHOTO COURTESY OF THE UNIVERSITY OF PUGET SOUND

New Makerspace in basement of Collins Memorial Library

By Andrew Izzo

Hours for the Makerspace are as follows:

Monday: 10 a.m. – 3 p.m. (sew, knit, craft cutter, 3D print, solder)
7 p.m. – 9 p.m. (craft cutter, 3D print, solder)
Tuesday: 11 a.m. – 2 p.m. (sew, knit, crochet, craft cutter, 3D print, solder)
7 p.m. – 9 p.m. (sew, knit, craft cutter, 3D print, solder)
Wednesday: 12 p.m. – 3 p.m. (sew, knit, crochet, craft cutter, 3D print, solder)
Thursday: 3 p.m. – 5 p.m. (sew, knit, crochet, craft cutter, 3D print, solder)
7 p.m. – 9 p.m. (sew, knit, crochet, craft cutter, 3D print, solder)
Friday: 11 a.m. – 3 p.m. (sew, knit, crochet, craft cutter, 3D print, solder)
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On mass shootings, identity and music

By Karlee Robinson

Women are expected to finally reach pay parity in 2059 — 76 percent of us, that is. That year reads more like 2123 for black women and 2248 for Latinx women, according to the Institute for Women’s Policy Research. News articles are eagerly reporting that the gender gap is narrowing for the first time in years, but evidence shows that the gap is as wide as ever for women of color.

The term “wage gap” refers to the difference between the money women and their male counterparts make in the United States. Since 2000, that difference has remained roughly 20 cents, meaning that the average woman makes about 80 cents to every man’s dollar (National Women’s Law Center).

In a report addressing those who claim that the wage gap is a myth, the Institute for Women’s Policy Research asserts, “Just because the explanation of the gender wage gap is a myth, the Institute for Women’s Policy Research would not let the gender gap disappear.”

In 2016, white women earned 79 percent of what white men earned. Black women, however, made only 62.5 percent of what those white men generated. Finally, Latinx women’s earnings in 2016 were an astonishing 54 percent of those of white men. We can see, then, that the statistics published about the wage gap overall are often overgeneralized. Now, we’re come to the big news: the age-old wage gap is finally closing.

“This is the first time the female-to-male earnings ratio has experienced an annual increase since 2010,” the United States Census Bureau reported on the earnings statistics of 2016. The increase they’re referring to is 1 percent. The Institute for Women’s Policy Research, and a number of other experts, say the increase is a little under 1 percent.

A change of any size is meaningful, but I wouldn’t pull out the “congratulations” banners quite yet. Like talk of the wage gap itself, discussions of it closing leave out a great deal of important information. When this progress manifests in women of color, it’s important to also acknowledge how ethnicity plays a role in seeking explanation.

Music is an integral role in seeking explanation.

Music’s expression is intended to productively communicate a need for change, not abhorrent acts of baseless frustrations. Perpetrators are abusing music to project personal distrust on undeserving bystanders. They’re abusing its power even when their intentions are completely separate from the realm of music. While Paddock’s actions remain absent of an explanation, perhaps his violent expression found a haven on music’s stage because he knew its realm is untouched by normal government and social restrictions.

Music effectively speaks to the public in ways uninhibited by normal government and social restrictions. Music’s strength victims showcased on the night of events — while emphasizing security dilemmas and existing racism between the Vegas shooting and Manchester bombing, while ISIS claimed responsibility — illustrates a broader picture that reflects chaos in both social and political climate. The Manchester Arena suicide bombing serves as another example. Paddock took the power of music by abusing its stage. Paddock took the grounds on which counterculture’s bombing serves as another example. Paddock took the grounds on which counterculture’s bombing serves as another example. Paddock took the grounds on which counterculture’s

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Not having sex in college: Students talking stigma and support

By Emma Holmes

On a campus fully immersed in “hook-up culture,” it can be difficult to navigate the realities of not having sex with others, whether the decision is deliberate or not. As a sex-positive section, we would be remiss not to affirm everyone’s autonomy over their sex lives. This week, The Happy Trail reached out and interviewed two anonymous sources about their experiences as virgins in college — the reasons, the pressures, and the stigmas.

The first of our interviewees, who we’ll refer to with the pseudonym “Frances,” is voluntarily remaining abstinent until they’re married. The second, “Jamie,” identifies as a virgin by circumstance, having simply not found the right person, place and time to take that step. We asked them both about their experiences navigating identity, sexual exploration and social pressures surrounding their circumstances.

Frances attended a private Christian middle and high school, where their decision to stay abstinent until marriage was widely supported by their teachers and peers. Their experience, making them more comfortable with their own situation. Frances and Jamie otherwise felt that people were really thought about. While Jamie says that they “definitely still want to have sex” someday, they are wary that they were in high school about safety and comfort.

Both interviewees made it clear that the most critical aspect to navigating a sexually active campus as a virgin was transparent, non-judgmental conversations. Where Frances and Jamie otherwise felt that people were judging them, communicating honestly about their decision or circumstance made them more comfortable in themselves and with others’ perceptions.

Not having sex in college

By Meghan Rogers

The Vampire

If “Twilight” taught us anything, it’s that vampires truly are sex monsters. This is likely because in most portrayals of their lore, they are portrayed as attractive in order to more effectively lure in their prey. Biting and blood play are no-brainers, but also vampires are commonly portrayed as being sexually dominating. If you’re used to being more of a sub and want to see what the other side is like, this may be the costume for you.

A Lab Rat

It’s 2017. The cat costume has been done a million times. Update it with our favorite underrepresented animal friend and add a bit of politics and you have the Lab Rat. Now you can finally put that lab coat from your Scientific Approaches core to good use. Sure, cats get fetishized, but let’s give rats a second in the spotlight! According to the National Fancy Rat Society, rats are social creatures that seek companionship. Sound familiar? This costume will also give you an opportunity to spread awareness that we need to stop animal testing. Nothing is hotter between the sheets than a cutie who isn’t afraid to speak up about what they believe in.

A Peddler Peddling Their Wares

For the purposes of this article, we define a virgin as an individual who has never engaged in sexual intercourse. Regardless, framing the concept of virginity as a safe place by normalizing and demystifying virginity like safer sex practices, sexual assault, bisexuality, bisexuality and polyamory, while shedding light on topics like trans rights, sexual and domestic violence, gender inequalities and intersectionality. Happy Trail correspondents are not medical professionals; if you have a medical concern contact CHWS or a local clinic. Otherwise, direct your sexuality and gender questions to naile@pugetsound.edu. Respond to Happy Trail articles in the form of a letter to the editor sent to trail@pugetsound.edu.

Getting some more bang for your buck: Integrating your Halloween costume into your sex life

By Emma Holmes

The concept of virginity is one that we grapple with regularly at the Happy Trail. For the purposes of this article, we define a virgin as an individual who has never engaged in sexual intercourse. We are here to unpack and challenge the concept of virginity, and the damaging effects of the cis-heteronormative and narrow definition imposed by traditional sexual norms.

The Mummy

Why not have a sexy take on an old classic? You can wrap yourself up in long strips of fabric or even drape yourself in toilet paper to show your devil-may-care attitude towards the “conventional” connection to the bedroom is easy. Your partner or the lucky person that holds your affections for the night will see you and likely immediately want to start stripping away at these extra layers. To amp up this costume’s freak factor, you could even use the strips to tie each other up. Fun for everyone!

A Peddler Peddling Their Wares

With this ‘fit, you can really layer up (until you’re ready to layer down with a cutie). Make sure you wear layers of cloaks and sweaters and blankets to stay warm, but also so you can easily shed them and expose all the wares you have been working so hard to carry around all night. Turning this into a flirty game is easy … what would you sell?

Morphe Suit

The ambiguity behind the morph suit is hot. You’ll have lots of fun being able to freely express yourself on the face floor of at least one function with complete anonymity. Lots of fun for your partner as well if you’re into roleplaying as strangers or like a little bit of “mystery”.

These are just some suggestions, but you can pretty much turn any costume into a fun time in the bedroom as long as all parties communicate their interest and are respectful of boundaries. Don’t forget to have fun! If comfortable, establish a safe word before embarking on your “spooky” roleplaying journey.
CHWS offering myriad of support groups this Fall

Every semester, Counseling, Health, and Wellness Services (CHWS) forms support groups for students with a variety of needs. Below are the groups, their meeting times and their open status. Some groups are currently closed to maintain stability within membership and might be open again at the start of spring semester.

Adopt Children of Alcoholics (AcoA)
Meets every Thursday from 3:30 to 4:30 p.m. at the Social Justice Center.

Adult Children of Alcoholics (AcoA) Meets every Monday from 7 to 8:30 p.m. in Kilworth Chapel.
Led by Colleen Carette, PA-C.

All Addictions Anonymous (AAA) Meets every Thursday from 3:30 to 4:30 p.m. in the Multifaith Room in the basement of Kilworth Chapel.
Led by Donn Marshall, PhD.

All Addictions Anonymous includes ALL obsessive-compulsive patterns such as out-of-control eating, sex, self-harm or injury, food, anorexia, bulimia, sugar, smoking, codependency, etc. Anyone can certainly increase this list and all are welcome,” Carette said.

“The only requirement for membership is a desire to stop acting as a sinned,” Edwards said.

Between the Lines – LGBTQ Support Meeting Monday from 5 to 6:30 p.m. at CHWS.

By Dunn Marshall, PhD.

“For details, including meeting location, students should speak to a current participant or contact me directly,” Marshall said (marshall@pugetsound.edu).

Chronic Pain and Illness
Meets every Tuesday from 5 to 6 p.m. at CHWS.

By Jeffrey Oke, PhD.

“This group is open to new students.

“Attending the group prior to attending,” Wright said.

Sexual Assault Survivors Group (SAS) Meets every Wednesday from 4 to 5:30 p.m. at CHWS.

By Reverend Dave Wright, University Chaplain and Director for Spiritual Life and Civic Engagement.

“This group is open to new students.

“It is an informal, low-structure group that is moderated to support students as they live with both recent and distant griefs of various types. There’s no screening process, although I’m very happy to talk with students if they have questions about the group prior to attending,” Wright said.

“The SAS group is run as a closed group.

...To express interest or learn more about the group, contact chws@pugetsound.edu.”

By Angela Cookston

FEATURES

ASUPS’ “Topics on Tap” opens conversation around DACA

By Angela Cookston

The first of the monthly Topics on Tap discussions focused on why Deferred Action for Childhood Arrivals (DACA) matters to all community members and students, what was being done by the University and how more people could get involved in protecting the rights of students affected by DACA.

The town-hall-style discussion was led by Amanda Diaz, President of the Associated Students of the University of Puget Sound (ASUPS), on Oct. 11. It was designed to be informal. “We’re really encouraging people to feel comfortable and empowered,” Diaz said.

“So hopefully this is gonna be a first time where we can have these conversations and begin to shape a culture around conversation, honest feedback and grievances.”

Diaz encouraged every person in the audience to share their thoughts, feelings, questions, and suggestions.

The event had ASUPS note-takers who would deliver the notes to the campus administration and serve as a liaison between students and the administration.

DACA, which was created in 2012, protected children who were brought into the U.S. illegally as young children and defers their deportation so that they can work and attend school.

A New York Times article titled “Trump Moves to End DACA and Calls on Congress to Act” stated that until Oct. 5, DACA recipients could renew their two-year deferment of deportation one last time with the newly ending all DACA coverage by Oct. 2019.

Because there are students who might be potentially affected by the ending of DACA coverage on any college campus, this issue matters to the University of Puget Sound.

In addition to the efforts of the University to support undocumented students financially and legally, the ASUPS senate has raised over $7,000 to fund DACA renewal fees and efforts to promote Know Your Rights training have been increased.

If there were legal bounds or a subpoena front line of these issues in place of those with less privilege.

Students interested in civil disobedience should do research to know their rights and the possible consequences of these actions.

In response to this discussion on community action, an audience member spoke on behalf of the women’s soccer team and other athletes at the University. They said that representatives from every sport meet on the StudentAthlete Advisory Council, which has the potential to mobilize over 500 people. Athletes could help bridge the gap between campus social justice and the Tacoma community.

Towards the end of the talk, Diaz said that many students and community members approach her to ask what action will take place in response to these social justice issues. She said that it is not up to one person to take action.

“The community as a whole should create events and protest injustice together.”

“It’s honestly saddening to see people who have their nose in their books when they literally the threat of people being taken off campus,” Diaz said. “There needs to be direct action to allow for people to ... step outside of their privileged midterm life and think about these things.”

Since the walkout protest in 2015, there has been little community action in response to social justice issues. “It just needs you. You could do it,” Diaz said.

PHOTO CREDITS TO: SEAN GREISHAL

CHWS offering myriad of support groups this Fall

By Angela Cookston

Every semester, Counseling, Health, and Wellness Services (CHWS) forms support groups for students with a variety of needs. Below are the groups, their meeting times and their open status. Some groups are currently closed to maintain stability within membership and might be open again at the start of spring semester.

Adopt Children of Alcoholics (AcoA)
Meets every Thursday from 3:30 to 4:30 p.m. at the Social Justice Center.

Adult Children of Alcoholics (AcoA) Meets every Monday from 7 to 8:30 p.m. in Kilworth Chapel.
Led by Colleen Carette, PA-C.

All Addictions Anonymous (AAA) Meets every Tuesday from 5 to 6:30 p.m. in the Multifaith Room in the basement of Kilworth Chapel.
Led by Chris Edwards, PsyD.

All Addictions Anonymous includes ALL obsessive-compulsive patterns such as out-of-control eating, sex, self-harm or injury, food, anorexia, bulimia, sugar, smoking, codependency, etc. Anyone can certainly increase this list and all are welcome,” Carette said.

“The only requirement for membership is a desire to recover from an eating disorder.”

Grief Group
Meets every Thursday from 1 to 1:45 p.m. in the Student Diversity Center.
Led by Reverend Dave Wright, University Chaplain and Director for Spiritual Life and Civic Engagement.

This group is open to new students.

“It is an informal, low-structure group that is moderated to support students as they live with both recent and distant griefs of various types. There’s no screening process, although I’m very happy to talk with students if they have questions about the group prior to attending,” Wright said.

“Because it’s open, with no commitment required (but in question encouraged), people are welcome to come weekly or sporadically based on their own needs, energy and schedule.”

Intercultural Support — Students of Color
Meets every Thursday from 4:30 to 6 p.m. at the Social Justice Center.
Led by Khalila Fordham, PsyD and Sam Smith, MA.

“This group is open and looking for new members to get started!” Evans, ACoA leader, said. “The aim is to provide a safe, supportive space for Students of Color and/ or students from minoritized background to share their experiences and openly discuss topics/current events that may be impacting their daily life. ... To express interest or learn more about the group, contact chws@pugetsound.edu.”

Sexual Assault Survivors Group (SAS)
Meets every Wednesday from 4 to 5:30 p.m. at CHWS.

By Reverend Dave Wright, University Chaplain and Director for Spiritual Life and Civic Engagement.

“The SAS group is run as a closed group.

...Members meet with the group leader prior to joining the group for a screening to ensure the group is a good fit for the survivor. Members commit to attending weekly for the semester and this allows the members to develop trust and confidence with each other.”

Stress Management & Coping Skills
Meets every Tuesday from 5 to 6:30 p.m. at CHWS.

By Khalila Fordham, PsyD and Paolo Larano, MA.

“This group aims to provide students with concrete skills to manage distress. Coping skills are introduced related to four domains — distress tolerance, emotion regulation, mindfulness and interpersonal effectiveness. The group draws on principles of Dialectical Behavior Therapy,” Evans, Watt, said.

This group is open to new members. To join, contact chws@pugetsound.edu or just stop by.

To join an open group or get more information, talk to any CHWS staff member, call CHWS at 253-879-1555 or email chws@ pugetsound.edu.”

By Angela Cookston
Sydney Presley talks costumes, culture and social media

Sydney Presley describes the tweet that garnered her minor internet fame last year as “a scream into the void.” Her post, four pictures of Halloween costumes from 2013-2016, went viral. “It definitely made me feel happy. I just tweeted a random thing and I only had like 100 followers or something,” she said in an interview from her home in Montebello.

Presley was born and raised in West Covina, California. The 26-year-old works full-time with children, something she says she couldn’t care less about her 26,300 Instagram followers or her handmade Halloween costumes.

During our interview, she wore a bright striped sweater with a cutout felt heart pinned to it. We spoke about her inspirations for her costumes, the importance of her support system and how she dealt with a sudden presence on the Internet.

Presley’s parents loved Halloween. “My dad would always set up the haunted houses … and I was so into it, right off the bat. … He would get into weird trouble at school because he would bring in these goescape things. Like, he would put dummy heads on remote control cars and the kids would come out crying and me and my dad would just be like, ‘Yo,’” Presley said.

Presley’s mother made all of her costumes throughout her childhood, and taught her youngest daughter how to wield a mean hot glue gun.

In high school, Presley’s knack for sewing and costuming translated into a “full-blown scene phase,” in her words. She described her love for Karen O. of the Yeah Yeah Yeahs, and that’s where the concha came from. … All these little things that I remember from her life after college.

Despite being introduced to the University only two years ago, Experiential Learning at Puget Sound has already given undergraduates countless opportunities to involve themselves in educational experiences outside of the classroom. “Everything we do is always centered on how we can [help] students connect their academic learning with experiences [through] a reflective component,” Houston said. “Reflection deepens students’ learning, it transforms their knowledge, it clarifies their values, it develops their critical thinking skills,” she said.

Experiential Learning at Puget Sound recently launched a new internship program for sophomores called RISE, or Reflective Immersive Summer Experience, which will begin this spring semester. Students enroll in a .25 unit class which focuses on the development of their personal, civic and professional skills. Experiential Learning at Puget Sound then helps students find their own summer internships. “This program coincides beautifully with that moment when students are choosing a major,” Houston explains, and she hopes that eventually even eligible sophomores will participate.

“The common thread across all Experiential Learning programs is reflection,” Houston said. “When we look at Experiential Learning as a learning process, that reflection is really the transformative component.”

For more information on other experiential learning opportunities, visit www.pugetsound.edu/academics/experiential, or stop by Experiential Learning’s office in the basement of Howarth Hall in room 005.

Sydney Presley talks costumes, culture and social media

By Nayla Lee

2013: “La chalupa is bout to be la borracha in a few hours. Follow 4 maar jajos like dis one—”

2014: “Just a pan dulce mami looking for her libros papis in this world”

2015: “4 bags of vanilla rueditas walks into a bar…”

2016: “I’ll acknowledge Tajín’s ‘this is not a candy’ label the same day I read Apple’s Terms & Conditions.”

PHOTO CREDITS: SYDNEY PESLEY/OMO EXTREMO

While the costumes were met with overwhelming positivity, people on the internet aren’t always nice. It only took four days for her tweet showcasing four years of costumes to be featured in a Buzzfeed article, and not everyone was thrilled with her creations.

Presley noted that some people took offense, seeing her work as distorting and making fun of Mexican culture.

Comments such as “my culture is not a costume” were especially surprising and hurtful. “I am a firm believer in that sort of thing, but I was like, ‘This is my culture as well; this is how I’m appreciating it.’ I’m not making fun of it … Like, they’re snacks. They’re childhood snacks that I grew up eating and they have to do with my Mexican culture, but I’m not saying that they’re definitive of Mexicans. I didn’t come out to be like, ‘I’m the queen of Mexico.’ I never tried to represent anyone other than myself.”

While Presley appreciated the compliments and thoughtful criticisms, the sudden spotlight on her work caused both stress and gratitude. “People were openly discussing me in the comments section like I didn’t read them. It really throws you into an existential crisis when you see your picture on the explore page,” she said. She stayed optimistic, focusing on her fans and acknowledging other artists who were working just as hard without receiving the same recognition.

Presley does her best not to let the social media presence have too much control over her life. She described fighting the pressure to post more often, monetize her work or crank out costumes mindlessly. She still has a full-time job, and friends and family who have been incredibly supportive. In fact, the only free products she’s received thus far have been from Tajín. After she turned herself into a human-sized container of the popular seasoning, her mom sent them a picture of her costume, and they sent her a package of all their products.

While she kept the details of her upcoming Halloween costume a secret, Presley revealed that she had agreed to the interview with The Trail because of her own involvement in student media in college. As the Editor-In-Chief of her college newspaper and a participant in the Journalism Association of Community Colleges competitions, Presley has fond memories of frantic production nights and the satisfaction of a completed piece.

And what’s next for her? “I’m just gonna continue creating as I normally would, because I didn’t go into any of this having a clear plan. It’s always been because I like doing these things. It’s just a hobby. I don’t try to make it sound like a craft I’ve perfected over the years. It’s still hot glue and a lot of felt … but it is my art. It’s something that I create and I take pride in, so I’m going to continue doing that,” she said. Keep your eyes peeled for her next piece! She’ll likely share it on Instagram (@omo_extremo) and Twitter (@wiwfwey91).
The women’s soccer team’s 2016 season brought excitement and success to the Puget Sound soccer community. The team ended the season going 13-4-3 with 10 conference wins and over 30 goals scored throughout the season. Head coach Joe Vari was in his first season with the team, having been named head coach back in March of 2016. As he and the team head into their second season, they’ve got their sights set even higher.

Vari spoke of the adjustments he needed to make when coming on as head coach last season.

“When you come to a new school, you think things will be the same and that’s not always the case. Pretty much the game itself was the same; it has 11 people and the ball is still round. Everything else was different,” Vari said. There was much to learn in his first year on campus, both on and off the field.

“You learn about your players, about the conference schools, how the schedule works and then on top of that you have to figure out the basic day-to-day items in the office. What buildings are what, how does the phone/e-mail work, booking travel in a new region, recruiting, admission, etc.,” he added. “The first year is a crazy change.”

Logistically, Vari has settled in and now understands even more about his team. “I have a solid understanding of how our group works and how classes affect our student athletes and training times,” Vari said.

The student-athletes of the team recognize the drastic change and acknowledge Vari’s ability to keep things fairly consistent both on and off the field.

“A lot of times with new coaches there can be setbacks because the flow is broken. However, when Joe came in, I saw few if any setbacks. I feel the team transitioned well with a new coach,” junior Elizabeth McGraw (Moses Lake, Washington) said about last year’s squad.

Senior Emily Prasil (Lake Oswego, Oregon) also acknowledged the success last season despite missing the conference championship. “We were undefeated at home and posted as many overall goals as our previous championship year.”

Both McGraw and Prasil speak highly of their second-year coach, especially with regards to the type of practices he runs.

“His practices look for constant improvement. He always has a concept he wants to work on during practice,” McGraw said.

“Coach Vari cultivates positive team dynamics that include a culture of holding each other to high standards and keeping each other accountable over our long season,” Prasil added. “Those are essential links to our program’s impressive legacy.”

Vari speaks of his venturesome practice regiments with an emphasis on trying new things: “We approached our training sessions with a different perspective and taught a lot of new concepts this fall. We’ve worked with a couple of different formations, and have finally found one that fits with this group.”

Both Vari and his players acknowledge the success and near-champion status of last season, but they choose to focus on the present. Each new season loses seniors, but those seniors are replaced by talented first-year students backing up a strong upper class of athletes.

“We look at each year independent of the last. The team dynamic is always different as you add and graduate players, and that makes every year a different story,” Vari said. “That’s the fun part and the hard part, every year is a little different and requires something new,” he added.

Coach Vari’s players also share an appreciation for the level of coaching they’ve experienced while at Puget Sound.

“Joe is very approachable and easy to talk to. He is very understanding and always open for suggestions from players and coaches,” McGraw said.

“I feel very fortunate to have played under two great college coaches. Their soccer programs have brought out the best of who I am as a player and have reinforced the character building aspects of competitive sports,” Prasil said.

Despite this being only his second year on campus, Coach Vari has cultivated a talented core of soccer players at Puget Sound. Their first season was a strong showing for the then-first-year head coach. But as Coach Vari suggests, each season brings something new and can’t be based on previous years. The continuation of Coach Vari as head coach surely has the women’s soccer program headed to the heights in the coming season.

Senior volleyballers have tight-knit bond

By Tayla MacPherson

“They are unusually close as a class, have really good energy, promote strong team culture and they are just really good humans,” head women’s volleyball coach Mark Massey said about the senior class. There are six volleyball seniors this season: Hannah Sinion, Shelby Kanter, Erika Smith, Moira McVicar, Rachael Garrison, Katie Rice and Rita Dexter. Each of them have made an immensely strong mark on the women’s volleyball program.

Although the women’s volleyball team has an inconsistent season, Coach Massey explained two starters were placed on bench due to unexpected injuries. “What I have appreciated most is that they have worked really hard to fill those gaps. They have helped match our expectations. What you want from every team you coach is hard work,” Massey said.

Overall this season, the women Loggers are 7-10 and 4-6 in conference. They are tied for sixth place with Williamette in the Northwest Conference Standings. These statistics may not sound amazing; however, the senior women alone have 156 kills and 637 digs this season. This class holds the highest scores in all categories.

Individuals who have been recognized by the conference include Rita Dexter, holding the fourth-best hitting percentage in the league at 0.262; Moira McVicar with the fourth-best assists per set at 8.75; and Rachael Garrison with the fifth-highest number of digs at 281. Senior Erika Smith (Bellingham, Washington) discusses the challenges and the advantages of the senior culture.

“Our senior class is best friends on and off the court, but are still very competitive with one another. Our previous upperclassmen shared with us that we need to be super inclusive and ignore the grade boundary, so I think that has been one of our strengths this season. The most challenging thing that can happen on the court is if someone else is playing over you and it is one of your best friends playing over you,” Smith said.

Like Smith said, the team pays little attention to age. First-year student Hannah Wright (Belmont, California) describes her experience with the senior class. “They are overall a very welcoming group. Even though they are a very close-knit group of girls I still feel like I am one of them; there isn’t any grade separation,” Wright said.

Since this group of women is so unique and supportive of one another, they have yet to experience a major challenge throughout their four years at Puget Sound. Katie Rice (Glendora, California), a senior hitter for the team, describes her appreciation for her teammates. “We are abnormally supportive of each other even when we play over one another, which is very unusual in teams. Many times, that can cause a problem with team dynamics and culture,” Rice said.

Some goals the senior class has set to improve the team are a higher team GPA, team-first mentality and selflessness. Senior Shelby Kantner (Spokane, Washington) explains some improvements the team would like to make in the last stages of season. “We want to improve on starting faster and coming out hot in the first minutes of the game, instead of starting slow. Once we have momentum we do really well, but we have to reach that point faster. A part of that is having the team hit above 0.250 or hitting a higher average each game,” Kantner said.

Kantner explained a goal the senior class has always strived to achieve. “One of our goals since freshmen year was to all play together and all be able to contribute on game day, and we did that,” Kantner said. “All the seniors this season either start the majority of matches or contribute a solid number of minutes to each game. This is a quality not all teams have. Having a class with such high expectations for one another and upholding them throughout all four years is inspirational.”
The volleyball team split over the past weekend. On Friday, Oct. 20, the team lost 3-0 to George Fox, losing by scores of 25-12 and 25-15. In the second game, the Loggers rebounded and defeated Pacific 3-1. The Loggers only dropped the second set, and won sets three and four handily. Both the men and women's teams finished the weekend 1-1, with the men, finishing 52nd out of 116 runners.

**WOMEN'S SOCCER**

On Wednesday, Oct. 18, Puget Sound defeated Pacific Lutheran by a score of 1-0. This was only the second goal allowed by the Lutes in conference play. The goal was scored by Senior Jacquelynn Anderson (Renton, WA). It was her second goal of the season. On Saturday, Oct. 21, the Loggers continued to do well, defeating Lewis and Clark 4-0. Junior goalkeeper Jamie Lange hasn’t allowed a game this month, and won Luger of the Week with the Northwest Conference.

The Loggers took on the second-place team in conference, Pacific Lutheran, on Wednesday, Oct. 18. Both teams battled through the first half and the Loggers' goalkeeper, junior Jamie Lange (Lake Tapps, Washington), had three saved goals before entering halftime scoreless. Lange was named defensive student-athlete of the week last week by the Northwest Conference. In the 57th minute, the Lutes got called with a handball inside the 18-yard box. Senior Jacquelynn Anderson (Renton, Washington) scored off the penalty kick for the only goal of the game.

The Loggers took a seven-point lead into the second half of the game, the Loggers rebounded and defeated Whitworth.
Dorm jack-o-lanterns rot just in time for Halloween

By Anna Graham

In the spirit of the season, people across the city have begun decorating their front windows with fluorescent plastic pumpkins and cartoonish paper-mâché witches in an attempt to entice passers-by—by the coming Halloween. Not to be left behind on a trend, students, too, have been scrabbling together Halloween decorations to hang on their doors and windows.

Students Pia Harper and Wally Neverson went the extra mile this year — by buying, gutting and carving a pumpkin from the local Walmart weeks before Halloween. Because of their unusual initiative and excellent foresight, their jack-o-lantern sat outside their door for two weeks and turned green with mold just in time for Halloween. Students on their floor could be seen holding their noses and running past the pumpkin at top speed, no doubt deeply touched by the spookiness and symbolism of the decay.

In a recent interview, Neverson and Harper noted that, before it rotted, the process of carving the jack-o-lantern was quite intensive. Neverson spent a whole 5 dollars on the pumpkin, nearly depletioning his entire bank account in the name of celebration, while Harper traced the outline of a lopsided grin on the pumpkin's face in washable Crayola marker.

Opting to take the mess of pumpkin-carving outside their room, Neverson and Harper found themselves parked in the middle of a grass lawn as the classic Puget Sound rains began. As the skin of the pumpkin began dripping with condensation, the outlined Crayola marker began to melt into an indecipherable soup. Though most people would be discouraged at the decomposition of such hard work, our young virtuosos found themselves with more room for creative interpretation.

Neverson used that dull kitchen knife they’d had sitting around for a while to carve off the lid. (The knife — it should be noted — had probably come from the 15th century and was shaped rather like a spoon with an identity crisis. Neverson had bought it from a nearby yard sale for just these types of emergencies.) Next, they scooped out the pumpkin seeds with a plastic fork.

Because they had so brilliantly neglected to buy a DIY pumpkin-carving kit, they subsequently attempted to use the spoon-shaped kitchen knife to carve out the jack-o-lantern's face. It was a rather violent and messy affair — Harper ended up with several small lacerations — but they eventually succeeded in crafting a rather gruesome, gritting, toothless pumpkin. Gruesome indeed, as the pumpkin itself was covered in the blood of its creators.

To ensure that the rest of their immediate community would know about their enthusiasm for Oct. 31, they placed their jack-o-lantern outside of their dorm room door, in the middle of the hallway. As fellow students stepped around it each day on their way to class, they were reminded to sentimentalize the upcoming holiday — especially because Harper and Neverson had maxi- mized the immersion in the Halloween spirit by finishing two weeks ahead of time. Lucy Moon, a resident of Harper's and Neverson's hall, was quoted as saying, 'Yeah, I guess the pumpkin is pretty cool. But do they realize it's made out of, like, organic material? Like, that stuff is not going to last until Hallow- een. Why didn't they just buy a cheap plastic glow-in-the-dark pumpkin from Ebay? Same freaking effect.'

As the actual date of Halloween began approaching, the jack-o-lantern began growing an impressive greenishful for all along its interior. Several days into this process, the outer wall of the pump- kin began to shrivel and collapse in on themselves, warping the carved face out of proportion. A week and a half late, it began to attract fruit flies.

Neverson and Harper were quite proud of themselves for timing their pumpkin- carving so brilliantly. They noted that the rot really added to the aesthetic of the whole thing and helped contribute to the authenticity of their artistic cre- ation. The smell and appearance of mold added a real aura of death and decay to the hallway, which was a perfect way to spice up the Halloween season. Never- son and Harper plan to continue this tradition for the next few years, or at least until they come up with something even better.

Roommates set aside conflict to plan matching costumes

By Lee L. Benbow

The quintessential college experience is not complete without a roommate and the conflicts that accompany them. Since moving into Regester 125 on Aug. 17, Sarah and Jessica have had their fair share of conflicts, from the passive-aggressive battle over who should take the trash out to the fight over expired milk. The roommates use small fights as opportunities to deal with conflicts and demons that have haunted them since birth. Despite their lack of healthy coping skills, the girls know when something is too big to let a little tiff get in the way. One such case is Halloween.

Everyone knows that way to achieve authentic numbergoals is with coordinated halloween costumes. Jessica and Sarah have been waiting for the blessed night of Oct. 31 for so long, Sarah dreamed of duo costumes like salt and pepper, or angel and devil. Jessica wanted a pop culture reference like Gigi and Kendall, or Obama and Biden. This conflict was solved with a pintrest board of possible costumes followed by a tournament similar to the NCAA March Madness. "Their peers — the four random宿舍mates in the lounge and their RD who wanted to be ‘hip’ — bet on their ideas, but in the end only one costume could come out on top. The final contender truly came out of left field, and even Jessica and Sarah weren't entirely sure about it. "I was not expecting to go as this, but I’m sure Sarah and I can pull this off, because that’s just what best friends do,” Jessica said.

Due to an NDA signed by The Flail, we cannot release what costume won at this time due to the possibility that "some basills will have the audacity to copy our genius idea,” according to the girls. They did, however, allow us to tell our faithful readers that the costume includes baby formula and everyone's favorite Insta-famous paj.

Last-minute Halloween costume ideas

By Lee L. Benbow

Whatever you choose to go as for Halloween is up to you, but if you really want to scare the crowd out of your roommates check out some options from yours truly, the Flail.

Climate Change

The Flail isn’t really sure how you will dress up for this one, but you’ll be sure to spook everyone of Puget Sound Outdoors at your Halloween shindig.

Climate Change Deniers

If you aren’t into abstract costumes, but still want to talk about the Paris Agreement this costume is for you. Wear your finest Lacoste sweater and khakis or dress slacks, and be sure to also come equipped with some alternative facts and a Facebook article to back up your argument.

Mike Pence

Everyone and their brother will be Trump for Halloween. This costume ensures that everyone at your function knows you’re woke as heck. Put some flour in your hair and throw on your favorite suit (bonus points if you tweet about leaving a party you never showed up to).

Gluten

This one is sure to be rather controversial so proceed at your own risk. Gluten has been a edible pariah everywhere the all-powerful Gwyneth Paltrow banished it from her diet on her blog Goop. Cover yourself with wheat and carry bread and you’ll be sure to spook every gal on campus who opts for the corn tortilla instead of flour.

Grizz, but don't wear the mascot head

This is hands down the spookiest costume ever. Sport the entire Grizz costume, but do not don the headpiece, rather carry it next to you, thus ruining the entire illusion. Students, faculty, and the surrounding community will quake in terror as if you had just told them Santa wasn’t real.

Note from the editor: Use caution when decrying our One Mascote Grizze. As long as the spirit is good-willed, mimickry and jest are allowed. Note that some basics will have to be changed, as the mascot Grizz does not don the headpiece.

A Plastic Water Bottle

Not only is this costume extra scary as it contributes to pollution and therefore climate change, it is also a relic of a time before every student carried a carefully- stickered Hydro Flask, Swell, or Nalgene like it was an oxygen tank. The problematic part of this costume is that some underclassmen will not even recognize your plastic shell as a water bottle of the past and think you are Lady Gaga circa 2010.
An inspiring afternoon with the University of Puget Sound’s Writer’s Guild

By Arcelia Salado-Alvarado

For the first half hour, there is only the tapping of keys and scratching of pens. The students and writers are furrowed. No one says a word. The prompt for the first fall 2017 meeting of Writer’s Guild is written on the whiteboard, allowing writers to imagine a twisted interpretation of a Father’s Day staple. A book of journal-writing prompts is available for use. Today, the aforementioned mug prompt is written on the whiteboard. Write a short story about the life of someone you know who has mental illness, as well as positive results with sharing their experiences with others in the club.

Wetlands and Crosscurrents). While the film explores the ways different cultures interact with those who have mental illnesses, as well as experts spoke of finding individual solutions was shown throughout the entire film, which also incorporated information about similar grassroots movements that are occurring. Throughout the film there is a repetition of the phrase "It’s a cross-cultural look at how we define and treat what we call ‘mental illness’ and it’s also about a movement that is happening right now of people with lived experience who have been through one of these crises ... to say what helped them and what didn’t help them," Borges said of the film.

Both Ekhaya and Adam's stories. They each began by sharing their experience with mental illness. Both Ekhaya and Adam found that medication and other traditional methods of treatment available for mental illness did not help them. Their search for alternative solutions was shown throughout the entire film, which also incorporated information about similar grassroots movements that are occurring. Throughout the film there is a repetition of the phrase "It’s a cross-cultural look at how we define and treat what we call ‘mental illness’ and it’s also about a movement that is happening right now of people with lived experience who have been through one of these crises ... to say what helped them and what didn’t help them," Borges said of the film.

The film’s subjects Ekhaya and Adam. Additionally, it was crowdfunded by 700 people who believed strongly in the film's subjects have made. Through interviews with multiple experts in the field, there was discussion of the effectiveness of medication. The film shows how terrifying their experiences were, as suicide and life crises. Throughout the film, it could be seen how terrifying their experiences were, as suicide and life crises. Throughout the film, it could be seen how terrifying their experiences were, as suicide and life crises.

For any student who has attended a Writer’s Guild meeting, the Garcia and Tomlinson's film "CrazyWise" was available for purchase online in a hard copy or it can be purchased and streamed from the copy. The film was released in 2015 and its viewership continues to grow. As such, meetings have a much more informal tone with lower levels of commitment. "People can come one week and not the next if they choose," Sherman said. "[The club] focuses on community rather than a product."

The film’s subjects Ekhaya and Adam. Additionally, it was crowdfunded by 700 people who believed strongly in the film’s subjects have made. Through interviews with multiple experts in the field, there was discussion of the effectiveness of medication. The film shows how terrifying their experiences were, as suicide and life crises. Throughout the film, it could be seen how terrifying their experiences were, as suicide and life crises. Throughout the film, it could be seen how terrifying their experiences were, as suicide and life crises. Through interviews with multiple experts in the field, there was discussion of the effectiveness of medication. The film shows how terrifying their experiences were, as suicide and life crises.
Peace nearby at the Bonsai Museum

By Matthew Gulick

PHOTOS BY MATTHEW GULICK

October 27, 2017
trailae@pugetsound.edu

ARTS & EVENTS
PAGE DESIGN/GEORGIA DIAMOND GUSTAVSON

20 minutes north of campus, tucked in a grove of old-growth conifers just off Interstate 5, hides the Pacific Bonsai Museum. Featuring year-round collections of carefully-curated bonsai trees, the museum's raked gravel paths wind through various kinds of trees from coast to coast. With the 5's roar muted to a far-off rumble, visitors meander from one living installation to the next while learning about the art and practice of bonsai curation.

The museum holds over 150 trees from countries such as China, Japan, Korea and Taiwan. However, the current exhibit, "Natives," highlights trees indigenous to North America. Backdropped with paintings by contemporary Swiss artist Liuna Tiera, "Natives" displays 60 species including a Rocky Mountain Juniper, a Coast Douglas Fir and perhaps the world's oldest Redwood bonsai. These installations include accent plantings by kusamono artist Young Choe and bonsai potter Vicki Chamberlain to recreate the feel of each tree's native ecosystem. Even the pots the trees grow in are made of rock from their natural habitat.

"What I'm trying to do is show people how they can relate to bonsai. I'm trying to meet them where they're at, to show you don't have to learn Japanese philosophy and Zen Buddhism and all new. Throughout the show, each piece they played was accompanied by a projection by Kolbo, seated on stage, as a way they had described their process: "The Elements." The animated structure on the spherical and elliptical elements present themselves in our lives via color; "Fire" jumped and crackled; the color "Fire" jumped and crackled; the color.

The first half of the show consisted of traditionally arranged pieces accompanied all of these feelings perfectly with animated movements layered over still drawings. These visual aids inspired inquisition on how these elements present themselves in our lives via color; "Fire" jumped and crackled; the color. After the group had tackled the elements of the terrestrial world, they moved toward the celestial fifth element with their final song of the performance, "Aether." The final piece was more improvisational, basking in its free-flowing structure on the spherical and elliptical bursts of color and constellations projected by Kolbo. The performance as a whole was a testament to how well collaboration can promote a wealth of ideas in a single project.

TORCH's new album will be out soon. For further information about the band you can visit torchchelmusic.com and if you are interested in Kolbo's art you can visit scottkolbo.net