Although African American studies has been a University program since the 1990s, its recent recognition reflects national waves.

The African American Studies Department at the University of Puget Sound was recently named one of nine "case studies" in civic learning by the Association of American Colleges and Universities (AAC&U). It was only in 2016 that African American studies was offered as a major, according to the University of Puget Sound website. Seeing as this program is so young, this award is a big achievement for the department.

The program is described as interdisciplinary by the University of Puget Sound's website in that it serves to be "interrogative, interdisciplinary, reflexive and justice oriented." This point was further emphasized by Professor Dexter Gordon, the African American Studies Department Chair. "We have intentionally developed what we call an 'infusion model.' We want the sensibilities of African American studies to be present in core courses, to be present inside and outside of the department, so we intentionally seek to collaborate with colleagues in different disciplines, so a development of African American studies since the 1990s has preceded significantly through collaboration with politics and government, history, communications studies, and more recently with theater arts, religion and the School of Education."

The African American Studies Department is composed of five core faculty members, and each teach across departments and programs from English to communications to education, according to Professor Gordon. In this way, the program is intentionally focusing on the intersectionality between history, sociology, psychology and other fields, because, in Professor Gordon's words, "They all hinge upon an understanding of black life. "Just think about black life in America, for example. There's no real understanding of black life in America if you don't understand black cultural contributions — black music, dance, theater — if you don't understand issues of sociology, of black negotiation, of education. Central to the black struggle is a fight for education," Professor Gordon said.

The award was given to the program by the Association of American Colleges and Universities. Established in 1915, the AAC&U’s mission is to "make liberal education and inclusive excellence the foundation for institutional purpose and educational practice in higher education," according to the AAC&U website. The University of Puget Sound's website describes it as "the leading voice for undergraduate liberal education." This prestigious award was a recognition of the department's commitment to civic learning, an intentional engagement with students in connecting traditional classroom learning with immediate issues of the social context. "That connection then requires students to explore questions of their ethical commitment, the relationships among different people groups, the political realities of the uneven distribution of resources and the range of histories represented in the Tacoma region. So, for example, students in African American studies would be required to confront the history of Chinese-Americans in Tacoma, the history of Japanese-Americans in Tacoma, because those are significant examples of people struggling for simple decency amidst campaigns of injustice and exclusion. And of course, students in African American studies would be challenged to take seriously an engagement with Native people, who were the first occupants of this region, among other groups that share the area right now," Professor Gordon said.

The Race and Pedagogy Institute is a direct product of the African American Studies Department's work. The department has hosted three national conferences for the Institute, and a fourth one is coming up in September 2018, according to Gordon. This conference is a valuable presence in the University of Puget Sound community, as it adds opportunities for students and faculty to engage in conversations surrounding race, culture, politics and ethics. Professor Gordon believes that all students should "engage issues of power, equity, identity and how those function as part of understanding a democratic society."

The University of Puget Sound’s African American Studies Department is being recognized nationally through diligent, interdisciplinary work in civil learning. This non-traditional program is engaging the campus and wider Tacoma community in great ways, and is encouraging change and ethical considerations through educational approaches.

By Ayden Bolin
Students petition to make Gender Queer Studies a major

By Keely Coxwell

"I think that identity is ... one of the most prevalent aspects of our world," Kelly Johnson '19 said. "It is the way that we understand each other and the way that we understand ourselves." Johnson is a psychology major, a gender and queer studies (GQS) minor, and the co-board and founder of QueOfe & QueOversation.

Johnson posted a petition for people to sign if they support GQS becoming a major, and 895 people have signed it at time of publication.

"The idea behind the petition is to find the level support from the student body and from the community here," Johnson said. A senior survey from 2015 showed that 17 graduating students would have majored in GQS, according to research done by the GQS program.

"Education is the best way to bridge gaps and understand each other, lessen conflict, it promotes critical thinking and I think that since we are at a small liberal arts school the interest level is really high," Johnson said.

"We you apply to come here you have to say what your interests are and a good chunk of students are expressing interest in GQS. So I think that if GQS is offered as a major it would definitively draw students to this area. It's important because how much we prioritize inclusivity, activism and diversity overall," Johnson said.

Colleges similar to the University of Puget Sound such as Lewis and Clark and Whitman offer permanently-staffed courses in the GQS program, according to the research done by the GQS program.

This isn't the first time work has been made to make GQS a major, according to Johnson.

"The archives in the library has documented requests from faculty for this change many, many, going back decades," Johnson said.

"There has not been any institutional commitments to that [in the past] and that continues to be true," Greta Austin, the head of the GQS program, said. "In concrete terms what that means is that there are no tenure-track professors who have partial or full lines in the GQS program. For next year, I don't know who will teach most of the GQS classes.

"It's a tricky moment for the University because of the budget shortfall, and last year we did have a tenure-line search in which the position would be half in religion studies and half in GQS but that search did not result in a hire," Austin said.

"With the amount of visiting professors that are in the program and will be leaving soon it is important to get this constructed and hopefully approved so that we can ideally offer them a position here so we don't have to see all of our professors leave," Johnson said. According to a document made by the GQS department, "almost all of the required GQS courses in the past years have been taught by visiting professors and, currently, five of the six GQS classes for the next academic year have no professors to teach them.

In order to start the process of creating a major, a curriculum needs to be constructed. Hopefully this will then bring professors.

"You can't just present the idea of a major; you have to have a fully-formed curriculum, professors that want to teach the courses, reasons that it should be a major," Johnson said. "There is a whole lot that goes into presenting this as a major and presenting this as an idea."

"We are an academic institution and the University made a really important step when it made African American Studies (AFAM) a major. All the same arguments that support Latinx studies or AFAM major also apply to GQS," Austin said. "The University addresses poverty as a personal issue, but we are an academic institution and it's important to study gender, sexualities and feminism in academic settings. By privatizing these questions and treating them as personal, rather than interrogating them as subjects of intellectual inquiry, we as an institution continue to marginalize gender, feminist studies and sexualities.

The University did hire people who have expertise in GQS areas, for example Renee Simms in African American studies, who does have a one-sixth position in GQS, and Regina Durbley in English. Their expertise addresses both gender and race, and adds more dimensions of intersectionality that we really need," Austin said.

"I think that on your campus there is an air of liberal, progressive and social-justice-oriented thought which is amazing and one of the things that I love about the campus here," Johnson said.

"Offering a GQS major would provide broader perspectives on the way in which academic studies has traditionally been framed. There is a lot of work on how doing good science often depends on being aware of how gendered our assumptions are. GQS has broad-ranging intellectual implications for the University," Austin said.

What's Up in ASUPS Senate?

By Katie Handick, ASUPS Senate Chair

Senate has been working on some exciting by-law revisions, a tremendous effort taken on by senator Morey Lipton, chair of the ASUPS Governance Committee. The by-laws are the governing documents that explain all of the procedures, regulations and structures of ASUPS. In order to ensure that they are kept relevant and coherent, the Senate periodically revises small sections. This is the first time in a long time that they have been through a comprehensive and focused revision process. The revisions will be approved in a series of chunks, with the first approved last Thursday. This project will most likely take months, and could lead to a possible revision of the ASUPS constitution following its completion. Other items on the agenda last Thursday included finance requests from multiple clubs and a lengthy discussion on the correct plural form of "abacus.

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**Spokane Public Library issues library cards to recently-released inmates**

By Marcelle Rutherfurd

The Spokane Public Library has made a move to give library cards to inmates recently released from nine correctional facilities in Washington state. These inmates live in Spokane, and the library cards provide an opportunity for them to reintegrate into society.

“The State Library and Spokane Public Library share a goal of seeing inmates successfully transition back into society once they are released from prison,” Washington State Librarian Cindy Aden said in her Fall 2017 newsletter.

“By providing library cards to released inmates who relocate to Spokane, we can provide them with services and opportunities through workforce development, as well as access to education and information that will help them grow and succeed once they re-enter society.”

Aden continued.

According to the Washington Secretary of State website, Spokane Public Library will be the first library in the country to make this move.

“We are pleased to be the first library in the state to offer library cards to inmates upon their release,” Andrew Chanse, Spokane Public Library Executive Director, said to the Washington Secretary of State communications offices.

“Prisoners returning to the community face many challenges and the library represents a return to normalcy. We aim to assist with re-entry by connecting these individuals with resources like online learning and job search assistance to improve their lives and reduce recidivism,” Chanse continued.

The people in charge of this program are attempting to spread it across Washington State. There is no mention yet of its potential to reach Tacoma, but Aden has visited many areas surrounding Tacoma.

“Besides legislative outreach, I continue to travel across the state to visit local libraries and talk with library staff to find out how we can better serve them. I recently made a long trip throughout Eastern Washington for meetings and library visits in Ellensburg, Grandview, the Tri-Cities, Walla Walla, Dayton, Pomeroy, Cle elum, Puyallup, Rattlesnake, Yakima and a visit to the 9-11 Memorial Museum in Washington D.C.,” Aden said in her newsletter.

“A long trip, but very scenic! I saw many wonderful libraries and enjoyed chatting with dedicated librarians who do a great job in their communities — it is very impressive and moving to see what excellent service Washington citizens get in communities large and very small,” Aden continued.

This initiative will hopefully have a positive effect within the Spokane community. It may be something that Tacoma puts in place in the future.

Photo shows Spokane Public Library in Spokane, WA.
**Swastikas are scary; act like it**

By Sarah Buchlaw

By Karlee Robinson

### Income inequality isn't left or right

By Christa Heilbronn

Income inequality is continually increasing, and the historic inevitability of this trend leaves little promise for personal financial control. The redundant conversation on income inequality directs attention away from acts of liberal activism. Resistance groups such as “Indivisible” provide examples of integrating the previously polarized differences of left- and right-wing movements.

In 2015, Northwestern published an analysis of the University of Puget Sound's student demographics, discovering a 14 percent increase in tuition from 1980 to 2015. This increase has left families more burdened. I say accountability in regards to pressing the agenda the public most desperately needs: prioritizing according to majority opinion. French economists Thomas Piketty and Emmanuel Saez, in their 2001 seminal research paper “Capital in the Twenty-First Century,” discovered the conditions of income inequality have existed at “That Gatsby” levels since 1913, posing influence on income inequality today.

In 2015, New York Times journalist Paul Krugman wrote in summary of Piketty, “The fall and rise of the one percent turns out to be closely correlated with the fall and rise of political polarization.” With the one percent exponentially gaining control over our country’s financial system, leading to the polarization Krugman described. Our nation’s wealth is under the control of a select few, not the majority investor. In 2016, Trump won the election as a rebellion against Republican elites. And while there’s truth to this statement — Trump supporters, largely white and newer to the political scene — support for Trump is not only due to the economic inequality — there’s greater impact in acknowledgment of the fragility of Trump’s believed working-class supporters.

Krugman believed that “the most important contribution of ‘Capital in the Twenty-First Century’ was precisely its suggestion that income inequality’s ceaseless inflation is ‘pulling democracy apart at the seams’ as no one but the rich feels represented.” The pace and direction of our income inequality is headed towards the same undertow of entitlement and irresponsibility democracy strives to avoid. Our economy opposes a cornerstone of U.S. government: equal opportunity.

In 2015, New York Times author Sarah Buchlaw published an article discussing why anti-Semitic graffiti matters. Buchlaw asserts “Graffiti can be insulting or gross, sure. But carving a swastika is not immature or unwise.” Buchlaw continues “To me, the swastika is hatred and fear and unimaginable.”

The allistic person and I depend just as much on society; the difference is that the specific relationship between autistic and allistic people is too stupid to lead to a political movement; and conversely, no autistic person is independent of her society or a political movement. Where some may argue the one percent merely exercised their power to make money, it is my first-generation mother growing up without aunts, uncles and cousins.

**Swastikas are scary; act like it**

By Sarah Buchlaw

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**Swastikas are scary; act like it**

By Sarah Buchlaw
Oral sexually transmitted infections: When sucking sucks, blowing blows and eating eats it

Oral sex is but a strand of a larger tapestry of pleasure and experience, whose role has evolved through generations. While our parents grew up with a societal taboo on oral sex, many people I know choose to engage in oral sex as a stepping stone towards penetrative vaginal or anal sex. It can be hard to remember that your tongue, too, carries risks of sexually transmitted infections (STIs). Here’s how to avoid STIs and recognize when you need to seek medical assistance.

Oral STIs can be transmitted from mouths, lips, and throats to genitalia and vice versa. Performing or receiving oral sex without barriers can put you at risk for oral or genital chlamydia, gonorrhea, syphilis, herpes, HPV and HIV. Chlamydia, gonorrhea and syphilis can all be fully cured with the right medication, but herpes, HPV and HIV cannot be, and may lead to future complications.

While you might not think it’s the easiest thing to lick or suck on a latex barrier, it’s a lot sexier than contracting an STI. If you’re performing or receiving oral sex on a penis, using a condom will greatly decrease your chance of giving or getting an STI. If the idea of a mouthful of lube isn’t exactly exciting, make sure you use un lubricated condoms, or spice it up with a fun flavor! For a vagina or anus, either a dental dam or a modified condom placed over the vagina or anus will help prevent infection. A dental dam is essentially a rectangular piece of rubber latex or silicone material that stays between the mouth and genital areas. If you have un lubricated oral sex, you can make a dental dam by cutting the tip off a condom and cutting on one side of the remaining circular column to create a flat sheet.

Whether you’re using a condom or a dental dam, always use either water-based or silicone-based lubricants, since oil-based products can cause the barriers to break. You should never re-use a condom or dental dam, and store them in a cool, dry place where they won’t be torn or punctured.

It’s incredibly common for some STIs to not exhibit symptoms. If you have un lubricated oral sex and are concerned that you contracted an STI, there are some symptoms to look for. However, the only way to know for sure is to get professionally tested. Chlamydia and gonorrhea very rarely show symptoms in the throat. If they do, they will feel like a sore throat. Genital chlamydia or gonorrhea frequently include discharge, burning urination, swollen testicles, rectal pain or discharge. If contracted, syphilis may also show no symptoms. If it does, it will look like small sores on the infected area (lips, mouth, throat). It can also cause flu-like symptoms and spur a rash on the torso, hands and feet.

If herpes exhibits symptoms (it won’t always), then the carrier may have a fever or a headache, and experience itchy sores near the infection. As demonstrated by the infamous “Office” episode, this can occasionally look like a canker sore. If you contract Human Papillomavirus (HPV) through oral sex, it can cause warts in the throat which alter your speaking voice and ability to breathe. HPV has been correlated with throat cancer, similarly to genital HPV causing cervical or penile cancer. A final reminder: not all contraceptive methods will protect you from STIs. In fact, most will not. Arm implants, IUDs, and the pill can’t do a thing against a determined infection. Even condoms can’t fully protect people from herpes, which passes through skin-to-skin contact (as opposed to fluid transfer).

The best way to prevent the unwanted spread of all of these infections is regular testing and honesty about one’s status.

By Emma Holmes

‘Big Mouth’ gives a stage to the dramas of puberty

Going through puberty was hard for everyone, but now that you can laugh along at one of Netflix’s newest series, “Big Mouth.” “Big Mouth” is an animated show created by Nick Kroll, Andrew Goldberg, Mark Levin and Jennifer Flackett. The show focuses primarily on the characters, all in early middle school, as they go through puberty and their relationships with their respective “hormone monsters.” Maurice the Hormone Monster (voiced by Kroll) and Connie the Hormone Monstress (voiced by Maya Rudolph), are shown as hypersexual extremes. Though they are both often the funniest characters, a lot of their material can be considered gross. Nevertheless, you’ll be sure to laugh awkwardly at their disturbing and unfortunately relatable jokes. They are most often shown as the Freudian “id,” spouting obscene advice at their prepubescent “clients” that the pre-teen must then filter into a more socially acceptable statement. In this way, the hormone monsters live up to their name as monsters that the young characters must learn to deal and live with harmoniously.

As a whole, having a TV show that talks about puberty in such a candid, accessible and funny way is an important step towards sex positivity. However, I don’t think that the way the show was approached would be something that would be very educational or beneficial to the people actually going through puberty. I think most of the humor coming from it is more of a laugh of shared embarrassment due to having gone through the process already. Even though the show is educational about puberty, I think that it would make more people going through puberty very uncomfortable. For instance, many of the characters express wanting to masturbate frequently and it is shown often. For people that are going through puberty, this has not been normalized enough on a cultural level for them to be able to comfortably watch the program, especially around others. While it may reflect the experience of puberty with gut-wrenching accuracy, they seem intended to pull from viewers’ deep memories, rather than their current experiences. Also, many of the jokes are geared towards a more mature audience, with references to pop culture or older news shows like “Seinfeld” that could go over the head of a younger audience.

Maurice the Hormone Monster describes it best in the last episode, “Look, I know this all seems embarrassing now, boys, but maybe one day you’ll look back on this fondly, and perhaps even make something beautiful out of it.” In the ways that the creators were able to reflect on their embarrassing moments going through puberty, they create a show that allows its audience to see puberty as an experience of shared growth and humor.

By Meghan Rogers

Want to contribute to the Happy Trail? Here’s how!

Become a writer!

The Trail is hiring, and there may be an online writer position just for you at the Happy Trail! Are you interested in sex, bodies, relationships, love, and their intersections with politics? Do you feel frustrated by the lack of coverage that accurately and compassionately reflects the lives of our community? We want to hear your voice! Apply on our web site, or contact us via email if you have questions!

Contribute to our poll!

The Happy Trail is conducting a survey on lines like LinkedIn have been posted on various Facebook pages, including The Trail’s! It can also be found at www.surveymonkey.com/r/RWY9KX. If you find a survey titled “genital nicknames,” that’s the one! We’re asking for (anonymous) submissions about nicknames that your parents used for genitalia (such as hoo-ha, peeppee, or private parts). Let us know!
RISE Program makes academic internships more accessible

By Angela Cookston

The Trail sat down with Renee Houston, Associate Dean for Experiential Learning and Civic Scholarship and Professor of Communication Studies, on Nov. 2 to discuss the new internship preparatory course.

The Reflective Immersive Sophomore Experience (RISE) pilot program, or EXLN201, is a Spring 2018 course that will allow sophomore students to gain 0.25 units of academic credit for a class preparing them for an internship and for completing an internship itself. It is available to students who have a GPA of 2.5 or above.

"The RISE program was built specifically for sophomores. "At the end of your sophomore year you’re declaring your major,” Houston said, "and it’s a good time for students to start thinking about, ‘What are my interests? … How might I take those interests and translate them into something that I might want to try out as a possible career?’"

The course meets only five times during the semester. "In the class for the first four weeks, the students are going to do some self-reflection on who they are and what their interests are. … In addition to self-reflection, students will get expert help on writing a resume, writing a cover letter, searching for internships and practicing interview skills,” Houston said.

After the first four meetings, there is a gap in the course that allows time for students to search for internships. Career Employment Services (CES) and the faculty leading the course will help students with this search. “At the end of the day, the student still has to find and successfully locate the internship,” Houston said. The class meets one last time after this gap to help prepare students to succeed in their internship.

Once the semester ends, students will start their summer internships. During the 120 hours of interning that is required to earn credit, students will take field notes, develop a portfolio and reflect on their internship experiences.

The RISE program is different from how academic internships have been completed at the University in the past. "Students have been doing internships all along the way,” Houston said, referencing the many students who have interned through the University before the RISE program began.

In the past, students who want to get credit for an internship have faced some barriers that make this process difficult. "The program wanted to make finding and completing academic internships easily accessible to students. "There’s just some barriers that we were hoping to remove. … Internships are so important for student experiences that we really wanted to give them an easy way to find and locate an internship, then to academically frame the internship,” Houston said.

In addition to benefits in finding internship, completing RISE will benefit students who self-reflect. "Students who take time to reflect on their experiences are able to articulate the narrative of what they’re capable of and what they bring to an employer,” Houston said. "Employers can tell the difference between students who have had the opportunity to kind of think and talk about who they are, versus those who haven’t.”

Houston spoke on the methods of teaching behind experiential learning: "That’s exactly the pedagogy behind experiential learning, to ask people to reflect on how they’re connecting with their learning in the classroom with what they’re doing, and then being able to articulate that,” Houston said. "That moment to slow down and reflect on it, I think, is a really powerful and transformative moment for students.”

While the internships that students choose are not required to be local, there are benefits to interning in Tacoma. The University has built relationships with some local organizations accepting interns in the Tacoma area. "These are partners we know and we’ve cultivated, so we know they’re good internship opportunities,” Houston said. "And they’re open only to Puget Sound students.”

In addition to local internships having relationships with the University, another advantage is that low-cost on-campus summer housing will be available for students who stay in the area for immersion internship programs. "The goal is for every qualified student to participate in the RISE program,” Houston said. The many benefits of internning during college would help ensure that everyone who graduates from the University will have had access to an internship experience that will help them with their long-term careers.
Each year in October, as Berlin begins to grow cold and gray, the city itself becomes one massive, glowing exhibition. The “Festival of Lights” uses Berlin’s monuments as canvases for 3-D-mapped light projections designed by national and international artists. The festival, which just completed its 13th year, was the most spectacular thing I’ve seen over the course of my first two months in Berlin.

The Festival of Lights was first organized in 2005 and has grown each year since. This year, it lit up over 120 landmarks and drew in over two million visitors from around the world. The festival displays work from international light artists, and the festival itself has expanded its reach into an international network. Jerusalem, Zagreb, Kolding, Moscow, Bucharest, Luxembourg and New York City are all play host to the festival as well.

Some of the monuments were aglow with a single graphic, others with slideshows, and others with 3-D video mapping. Some told stories, some had political messages and some tried to be as visually striking or technically innovative as possible. By far the most impressive display was the one projected onto the Berlin cathedral. It was awash with 11 video-mapping shows, each played to music. Artists from Germany, Spain, Indonesia, Russia and Romania designed the shows in competition, and the spectators who filled the cathedral’s lawn voted for their favorites.

Sembilan Matahari, an Indonesian studio, designed the winning show. Their projection showed “what happens in the world while the people, who are totally unconcerned, follow their daily routine.”

Sembilan Matahari’s video mapping show, as well as the other 10, are on the “Festival of Lights” YouTube channel. My personal favorite was the sixth show, from Russia’s “Radugadesign.”

Much of the light artists’ work revolved around the Festival’s motto, “Creating tomorrow.” Many of the projections on the Berlin cathedral dealt with this theme in various ways. A futuristic display of the planets coming into alignment adorned Berlin’s TV Tower and emojis covered the Brandenburg Gate. Other landmarks strayed from this theme; the Bode Museum was lit up with projections of the paintings on display within, and the pattern of Berlin’s subway’s upholstery shrouded the Humboldt forum.

The visual effects created by the projections on Berlin’s richly-detailed architecture were stunning. Spectators who happened to be in the city center on the last Saturday of the festival were treated to a fireworks show overhead. Like many of the projections on display, I stumbled into the fireworks show unknowingly.

As a visitor, the “Festival of Lights” was a phenomenal way to explore Berlin. And as Berlin grows drearier with winter approaching, the festival was a great reminder that the city itself is much brighter than its weather.

Paolo Larano investigates colonial mentality

By Christina Pelletier

Filipino-Americans are one of the largest groups of Asian-Americans in the United States, yet often are forgotten about in terms of mental health resources and research.

On Monday, Oct. 30, Paolo Larano gave a presentation on Filipinx Psychology and Colonial Mentality. Larano explained that most people use the term “Filipino” to describe all genders of people from the Philippines; however the term “Filipinx” has been on the rise as a more politically correct way to include all genders. The term change is a form of decolonization from the Spanish, to take away the idea of grouping people in a single-gender way. He encourages the audience to have humility during the presentation and conversation, where emotional and raw narratives are shared to show the real life struggles Filipino-Americans go through.

Larano is currently a psychology doctoral intern at Counseling, Health, and Wellness Services (CHWS). One of his main research interests is Filipinx-American Psychology, as well as body image and masculinity issues. Larano is committed to social justice.

Larano was introduced by Jae Bates, a current junior at University of Puget Sound and president of the Asian American Pacific Islander Collective.

Larano’s presentation was centered around Filipinx-American History and the aspects of it that affect the mental health of Filipino-Americans in daily life.

Larano began by talking about his team, the other individuals who have worked on the presentation alongside him for the past three years, and how the presentation has been developed and modified by his team members over time.

Larano recognized that when talking about Filipino culture and history, people often imagine he will be discussing popular foods from the Philippines. However, the presentation given focused on the colonization of the Philippines and what that means for Filipino Americans today.

The Philippines was colonized by Spain in 1542 and was named after Prince Philip II of Spain. A movement was created to change the name of the country earlier this year to become “truly independent” from the Spanish, but the majority of the people wanted to remain named after their colonizers. The United States held sovereignty — complete power over the country’s government — until the end of World War II.

While Filipinx-Americans are one of the largest groups of Asian-Americans, they are extremely underrepresented in terms of resources of psychological help and welfare.

Larano broke down Colonial Mentality, the psychological effects that the Philippines has on an individual into five colonial debt, the “costs” a country owes to their colonizers; ethnic inferiority, the belief in lack of self-worth due to one’s ethnicity; cultural shame and embarrassment; within group discrimination, the act of being victimized and singled-out by one’s own group; and denigration of indigenous physical characteristics, criticizing one’s own intentionally because of their physical traits. Larano read aloud narratives written by himself and the other

members of his presentation team that fit into each group of Colonial Mentality. He continued to discuss cultural norms such as extreme hospitality and kapa, an initial connection you have with someone you might never see or meet again.

A professor of Larano’s blames depression and feelings of cultural inferiority of Filipinx-Americans on colonization.

“All of the shame and pain that we feel, it’s not because we’re inferior … it’s because we’ve been infected by this disease of colonialism. It’s not our fault. It’s so deeply embedded in us right now that it’s hard to tell what’s really us and what’s really not.”

By Aidan Regan, Berlin

Abroad View: Annual Festival of Lights sets Berlin aglow

PHOTO CREDITS TO: AIDAN REGAN

PHOTO CREDITS TO: PRESLEY REED
Men's basketball integrates fast-paced, high-scoring system

By Kevin White

The fall season starts with a new batch of first-year students and new player relationships as the senior class leaves. During the month of September, the Logger women’s soccer team went 6-3, compared to 9-0 in October.

At the beginning of the year I was so nervous to play with this amazing team. We had a rough start to the season in Linfield, but once we realized that we are playing for each other, it became evident that the team was excited.

In the interview, I explained the new system, which he refers to as the Grinnell system. The external pressure, a fast-paced system, and Lunt decided that the system fit his team.

The second reason for adopting the fast-paced system was due to the team that Lunt has constructed for the season. Lunt says of the system, “Our forwards have stepped up a lot this year. Lura, Ayden Fox are both fast-paced teams, Lunt doesn't expect them to play at the same pace. This kind of fast-paced system has been seen before,” said Ayden Fox.

The new portion of the orientation, dubbed “Immersive Experiences” (IEs) are “meant to offer a wide variety of choices and to connect students with the arts,” The IEs include books, musical arts, L’Arche Farms, canoeing, kayaking, Food Connection, visual arts, theater arts, car camping, sailing, bird watching, sustainable gardening, garden tours, museum tours, day hikes, climbing wall, urban photography, creative writing, and day hikes, row and aquatics (and transportation in the South Sound),” Cady said.

The focus is shifting from a lengthy experience both on and off campus to one of choice and more freedom for incoming students to do what they love.

There are two main reasons for this shift: one external reason and one internal reason. The external reason is the conference’s (and even the nation’s) big bad Whitman. Whitman is ranked #1 in the preseason NCAA Division III poll, and received 23 of 25 first place votes. When Lunt watched the first two rounds of the NCAA tournament last year, he saw a team that played to Whitman's strengths, Lunt mentioned that three of the team’s forwards are expected to be immediate contributors, which allows him to go as deep into the bench as he wants.

Lunt expects the new system to make a lot of teams in the conference off-guard, at least initially. While Whitman and George Fox are the second and third teams, Lunt doesn’t expect them to play at the same pace. This kind of fast-paced system has been seen before,” said Ayden Fox.

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From the pool to whitewater rapids with Kayak Club

By Gaby Marrése

There is nothing better than just being out on the river in a boat, and that is something I don't want to give up," junior Ashley Jonas (San Jose, California) said. Kayak club teaches all levels of paddlers how to get a feel for the water, people are just stepping into a boat to those who have been boating for years, and they enjoy introducing the sport safely. The club prepares boaters for whitewater events and_interfaces with different sessions that are made possible by alumni and the use of Wallace Pool. "In the future, the kayaking club is exists because Chris Meyer, the swim coach, gave us this time slot back before I got here. When they wanted to start the kayak club, an alumni, Jonathan Blum, went to him and asked if there was a time they could have and Chris set a date on Monday, May 8. And Thursday. And that's what we have ever since," coach Clay Ross said.

In these pool sessions, the first hour is a time for advanced racers to stretch and assist the new boaters in areas of need. During that time, Coach Ross and alumni can spend the time videotaping students to allow them to see what they are doing and fix specific techniques.

"I love teaching mostly because I can remember when I was first sitting down in a boat. It is fun and rewarding to be able to have someone come to pool session for the first time that's never been in a kayak before, we are able to work them up to the point where they are helping me out on the water," basketball player and president J.T. Hartman (North Bond, Washington) said.

The philosophy of the club is to share the insight that was learned from the previous generation of boaters. They do this by teaching newcomers and then going through the course to teach other people that proceed them. "The purpose of this club is expanding the legacy of the club." Pool session are the only part of kayaking club. Active members are required to participate in the Collegiate Whitewater Event in the fall, the Northwest Collegiate Whitewater Competition in April, a race on the Wind River in late spring and on the Deschutes River in late June.

"This is an event started by the program before students, the leaders of the club, and the staff (assistant coach) Jordan March 3 years ago. The event is organized by the Puget Sound Kayak Club, a national non-profit called World Kayak and a local outdoor retailer and outdoor advocate named Outdoor Adventure Center." Coach Ross said.

The Collegiate Whitewater Event is just one of many events that students on the west coast. The purpose of this event is to come to opportunity for an off-season outdoors on the west coast to come and network. The first event had 15 racers, more than half of which came from Puget Sound.

"Last year I was really caught up in the idea that this is a race I have to do well and as hard as I can. This year I just want to go and enjoy it, the river, the people and the gathering afterwards. If I go out with the sole intent of having as much fun as I can, I feel prepared and pretty confident in my boating skills. For my river-reading skill, I'm just a little nervous as it is my first race ever and I havent been on that course a lot," Pi said before the race.

The advanced boaters started their race just after Anderson Hole and they faced their biggest rapid, Raptor Drop — named for the large boulders mid-channel. Puget Sound's advanced boaters included Rose Triolo, Amaya Rodriguez, J.T. Hartman, and Calvin Bauer. Both races are about 10 minutes with boaters starting on two different courses. "I'm a huge believer in the only way to get better at kayaking is to kayak. So in terms of personal preparation, we have been doing a lot of laps on the race course. I'm trying to familiarize myself with that even more and just enjoying it as well," Hartman said.

Puget Sound's Sara Wiley, Izzy Lidsky, Molly Jennings, Quinn Martell, Noah Bader-fourney, Avery Kindig and Tristan Winesight.

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Two weeks ago, the Houston Astros (101-51) faced off against the Los Angeles Dodgers (104-58) in Major League Baseball's World Series. The Astros outlasted the Dodgers in dramatic fashion, winning seven game on the road in Los Angeles, then sweeping the final game in the Wildcard. Then in the second half, Lincoln scored another 16 points to beat the Loggers 23-0. However, the Loggers fought hard and came back in the fifth minute of the second half. The Loggers came back and scored another goal in the 37th minute. The second half was scoreless, making the score of the match 2-1. Bears. On Sunday, Nov. 5, the Loggers played their last game of the season at Pacific Lutheran. Junior Lora Morton scored her eighth goal of the year in the 55th minute of the second half. The Loggers quickly came back, and Adina Goodwin scored in the 57th minute, making the score 2-1 in favor to the Loggers. Bears.

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PHOTO CREDIT TO: SEAN GREALISH
Student learns virtue of patience via Netflix Original series ‘Stranger Things’

By Lee L. Benbow

Daniel Johnson was originally going to wait 
until the release of the Netflix Original series “Stranger Things” before he watched the second season. Unfortunately that is not what happened, as he finished the second episode in a single sitting. In an attempt to savor every moment of the intri- cate show, he watched all the credits, opening and closing credits, and scenery photos on his phone in between what he can do when you pause and just reflect.

We here at The Flail aspire to have Johnson’s self-control, but also the allure of instant gratification. The Flail states that this application, or any other one, will be accepted and are willing to throw any amount of money towards it. But not throw too heavily. A gentle toss, nothing cruel.

We must officially declare that the 13 years to write he explained how he would need time to meditate between most chapters. Not only will this greatly improve your confidence and sex appeal, but you will become instantly more influential. People will automatically gravitate towards you as you may even find yourself finally getting attention from that special someone. Thus, our list is as follows:

Lengthingen

Wearing a turtleneck is a particular fashion choice which can be fully executed by those with long, slender necks. Unfortunately, not all of us were graced with such a gift. Yet do not fear! Highly scientific research has shown that resting your head in a sling for two hours each day is an effective way to lengthen your neck. Note, however, that one should not attempt to wear a turtleneck in the morning. If you wear your turtleneck too late at night, you may end up with a thin layer of length and slenderness — otherwise the effect could be quite offensive to passersby.

Contouring

As we all know, the neck is the window to the soul. It is the tunnel through which the light of day reaches your inner soul. How you present your neck to the attention of the outside world is of uttermost importance. You want your neck to catch the attention of complete strangers.

The key to want to slim and dramatize your neck is with contouring. We recommend a foundation several shades darker than your actual skin tone coupled with a highlighter that shines brighter than the stars, as you really want your neck to reach a level of luminosity that catches the light even through the Tacoma clouds. Next, apply the turtleneck. You may only want a half-turtleneck, or even an mockleneck, to maximize the effect.

“ONE MUST NOT SIMPLY WALK IN A TURTLENECK — ONE MUST STRUT”

Practice Makes Perfect

The key to pulling off a turtleneck in true style, however, is entirely in the attitude. One must not simply walk in a turtleneck — one must strut. As the neck is clearly the focal point of this ensemble, you want to walk neck first. Think here of mimicking the Canada goose. In order to perfect this waive swagger, try watching YouTube videos of geese walking, and practicing in front of a mirror. If you do not feel that you are entirely ready to pull off a full turtleneck, try warming up with a choker. Start with a skinny choker to really become comfortable with the look, then try to work your way up to levels of thickness. Alternately, if you’re already feeling moderately prepared, you can try wearing scarves. The most important thing here is to really prime the neck, so that you are not beginning with a completely blank canvas. If you are diligent about this preparation, you will be prepared for the full turtleneck just in time for winter break!

Are you turtleneck body ready?

By Anna Graham

As we list the beginning of November and the temperature begins to turn the usual Tacoma rain into Tacoma slush, the beauty editors at The Flail must officially declare that time of year again: the season for oversized flannels; winter has officially begun! Put away your bikinis and break out your closet where they’ve been collecting dust for the past six months. The best way to slenderize and dramatize your neck is with contouring. We recommend a foundation several shades darker than your actual skin tone coupled with a highlighter that shines brighter than the stars, as you really want your neck to reach a level of luminosity that catches the light even through the Tacoma clouds. Next, apply the turtleneck. You may only want a half-turtleneck, or even an mockleneck, to maximize the effect.

University creates grant for alum to become more famous than Ted Bundy

By Pagliaccio

Nerves were running high at the Rotunda last Tuesday as the Univer- sity unveiled a gargantuan display check. Complete with confetti rain- ing from the ceiling, the University announced a research grant called the “Vanity Fund for Anyone to Be More Famous Than Ted Bundy. Please God I Beg You.” Administrative official Brent Sistern seemed visibly excited about this prospect. At the podium, he said, “C’non guys, it’s really not that hard, please, I mean, it’ll be great, right? This is enough money, right? Here, do you want more? Sistern was sweating profusely and threw many more comically-large checks towards the audience.

Ducking out of the way of the styrofoam checks, this intrepid reporter asked Mr. Sistern if he had any specific projects in mind for alumni to work on. “’I dunno. Literally anything other than murder! Is that it that hard? Come on,” Sistern replied while pacing around the tasty light appetizers catered by Dining and Conference Services. But even the smoked salmon on cucumber wedges could not lighten the somber yet frenetic mood. Before the announcement of the grant was made, Maria Wilton, a representative from the President’s office, made sure to publicize the fact that Ted Bundy did not even graduate from Puget Sound. “I mean, that is even good! Does it show that we are not tainted by his image or that our school isn’t even good enough for a serial killer to attend? Jesus Christ.”

Associated Students of the University of Puget Sound (ASUPS) sen- ate member Corey Conger lobbied for this action, saying, “Too many of my friends at home give me a hard time. Yeah, Occidental has Obama, Reeve has Jeffs, but us? Ugh. What do we have but ourselves? Join me, my brothers, while fighting for someone who we can believe in!” It is important to note Conger said this speech while standing on a table in the S.U.B., rallying forth his cronies. A loud “huzzah” and splashing of ale followed his call to action.

So far, the administration reports that a few applications have already been sent in. One was from a 2017 graduate who wants to “like, chase away Ted Bundy from Tacoma for a bit, get a footing, work at a small business or something while decompressing after college.” The University hinted that this application, or any other one, will be accepted and are willing to throw any amount of money towards it. But not throw too heavily. A gentle toss, nothing cruel.
‘Shot’: a powerful dance interpretation of police brutality

By Brynn Svenningen

The intricacy of the actions, the emotions of the performers all added weight to this onstage argument. The interplay between the performers and the audience was a powerful reminder of the importance of the chosen words and phrases.

For director Donald Byrd, this performance was a chance to bring attention to the issue of police brutality, a topic that is particularly relevant in the shadow of recent tragedies.

Scott was the wife of Keith Lamont Scott, a 24-year-old black man who was killed by a police officer. Scott recorded the whole event on her phone, and her recordings were later used as evidence in the trial.

The use of interpretive dance allowed Byrd to represent the feelings of the performers and the audience. The dance was a powerful way to convey the emotions of the performers and to bring attention to the issue of police brutality.

The performance did feel a bit dragged out towards the end, Deleon Guerrero said. However, the intricate and extravagant use of spoken word and performance to share different perspectives on police brutality was effective.

They are forced to teach their children from a young age how to protect themselves from police violence. Byrd recited a section of a sample of one such document, which listed a set of rules in which he instructed young black people to follow if they want to interact with the police.

As a performance, ‘Shot’ was intricate and extravagant. The array of dances, costumes, and words used to convey the brutality of the event was powerful. The performance was a powerful reminder of the importance of using such an artistic medium to communicate heavy subject matter, Guerrero said.

The intricacy of the actions, the emotions of the performers and the audience were all emphasized in this performance. Though it may not have been perfect, the performance was a powerful reminder of the importance of using art to communicate important messages.
This season Tacoma Opera celebrates their 50th anniversary, a significant milestone for the institution I learned of one we provided statements before their first production of the season, “The Marriage of Figaro,” Central Director Noel Koran described it as a “remarkable achievement” that this spunky little company has been around for 50 years. Three performances by the company kicked off the season, the first one taking place last Sunday, Nov 5. While Mozart’s “The Marriage of Figaro” premiered in Vienna on May 1, 1786, “The overture and thematic concern with an absurdly disguises and unforeseen revelations on familial and romantic relations — and thematic concern with an absurdly ex昨ctual yet nefarious patriarchal household. The fact that the opera was sung entirely in English with English supertitles heightened the artistic, emotional, and spiritual confusion. Combined, these plot points and delivery meant that I discovered the woman Figaro is almost entirely out of character. The opera was intended to be a long-lost mother by reading it on giant words above the stage. As should be case in any work with potential Oedipal fiascoes narrowly avoided, “The Marriage of Figaro” is a comedy. It is an opera, and it is a play. It is across as a 3 1/2 hour long (with one 20-minute intermission) double take — a series of absurd mistaken identities, mix-ups and coincidences. The woman behind me apparently felt this to be slightly excessive. “That was just the first act?” she said. To all appropriates. “The opera takes place on four acts with the intermission after act two. In attending I learned where the ‘opera’ part of soap opera comes from, though I remain confused and probably one Google search away from knowing the origin of the “soap” part. I also learned that R. Kelly’s hip hop opera “Trapped in the Closet” reflects themes prevalent in Mozart’s piece, namely the “hiding in the closet” motif, which pops up across the board. This matinee performance proved popular with an older crowd, though the snow falling outside stirred general discontent among the less-mobile patrons. The Rialto, built in 1917 and also listed on the National Register of Historic Places, provided an intimate setting for audience opera. It’s a really intimate space and I think it down south, but it’s a lovely theater, it’s time I’ve been to the theater,” Lisa said. I asked Lisa, the woman seated next to me, for her opinion after the show. “I’m new to the area so this is the first time I’ve been to the theater,” Lisa said. “I have seen the Opera before in a venue down south, but it’s a lovely theater, it’s a really intimate space and I think it was a great production. They’re quality singers and it was really nice. I would absolutely see another production here.” Interested parties can find Tacoma Opera’s philosophy on their website. Tacoma Opera is intent on redefining opera in this country as an intimate and accessible art form that allows audiences to experience opera in a uniquely personal way, touching the heart and stimulating the mind,” it reads. The organization provides discounted student tickets by calling Tacoma Opera at 253-627-7789. Their next production, “Carmen,” premieres Feb. 1. Followed by “The Merry Widow” on Apr. 14.