March For Our Lives was a protest and demonstration held centrally in Washington, D.C., with sister marches across the nation. According to its website, the march was meant to raise public awareness of gun violence in the U.S. and to demand that political action be taken to make schools safer.

The Tacoma march included approximately 1,600 marchers and several speakers, including legislators Derek Kilmer, Kristine Kildoff and Laurie Jenkins. In February, Washington banned bump stocks, devices that make semi-automatic weapons function similarly to automatic weapons. This decision was mentioned in many of the lawmakers’ speeches.

“March For Our Lives is created by, inspired by, and led by students across the country who will no longer risk their lives waiting for someone else to take action to stop the epidemic of mass school shootings that has become all too familiar,” the March For Our Lives website states. “In the tragic wake of the 17 lives brutally cut short in Florida, politicians are telling us that now is not the time to talk about guns. March For Our Lives believes the time is now.”

For the last couple of months, gun control has been one of the major debates in the United States. On Feb. 14, Marjory Stoneman Douglas High School in Parkland, Florida lost 17 of its community members in one of the deadliest school shootings in U.S. history. Since then, students, teachers and concerned citizens have been vocalizing concerns about gun control, the National Rifle Association (NRA) and responses from the government, among other things.

During his speech, Representative Derek Kilmer said, “All of the student organizers and I feel that legislation of said weaponry by the federal government should be made.” He added, “The little sister of one of my best friends was a speaker at the march. Her name is Piper and she’s only 14.”

Kelly, a mother of six children, said she was absolutely how powerful the stories of individuals can be. The little sister of one of my best friends was a speaker at the march. She’s only 14. One major talking point of these concerned citizens has been the involvement of the National Rifle Association as a lobbying group in politics. The NRA claims to be a protector of the Second Amendment, which states: “A well-regulated militia, being necessary to the security of a free State, the right of the people to keep and bear arms, shall not be infringed.” In this way, the NRA claims to be a civil rights group, aligning itself with groups such as the NAACP and the American Civil Liberties Union.

The National Rifle Association is America’s longest-standing civil rights organization. Together with our more than five million members, we’re proud defenders of history’s patriots and diligent protectors of the Second Amendment,” a blurb at the bottom of the NRA website states.

The main argument against the NRA as a lobbying group is that they are sponsored mainly by gun manufacturers. Gun manufacturer Taurus offers an NRA membership with every firearm sale, according to their website. Glock, another gun manufacturing company, states on their website that they had donated $350,000 to the NRA in the years between 2010 and 2016. The March for our Lives represented one of the largest youth demonstrations in recent history and “The Trail” will continue to follow Tacoma’s involvement in combating gun violence.

By Ayden Bolin
Benefits Task Force discusses how best to serve staff

By Ellen Finn

Over the past two weeks, the University of Puget Sound Benefits Task Force (BeneTF) has held three forums for staff and faculty to discuss their concerns and ideas about benefits planning. The meetings were held on campus on March 19, 21 and 26.

Every seven years the BeneTF convenes and looks at the changes in the benefits that staff and faculty are offered. They also account for changes in prices within the healthcare industry and changes in Washington state laws regarding benefits.

The first meeting had 10 people in attendance and the second had around 25. Cindy Matern is the associate vice president for human resources and is co-chair of the BeneTF. “While it’s not a lot of people who have attended the meetings so far, if you figure if you come to the meeting you care and probably have an opinion about something, which we want to hear, Matern said. According to the staff and faculty benefits pages on the University of Puget Sound website, the main goal of the BeneTF is to provide meaningful benefits to make recommendations. Benefits are the additional assets offered along with salaries that includes health insurance, a retirement plan, and child and elderly care benefits.

At the beginning of the meeting, they have their basic information input through staff and faculty forums and through a survey put out in April. Additionally, they benchmark against regional companies and against other regions to attract and retain both faculty and staff. They work together to make recommendations and make a final report on campus by December 2018. The entire process takes about 18 months in total.

The task force is made up of three faculty members, three staff, and is co-chaired by Matern and Katie Holmes, director of human resources.

At the meetings, the staff and faculty members of the BeneTF made it clear that they are not choosing financial benefits wisely. They have a $21 million budget and allocate that money to each aspect of benefits as they see fit. The benefits budget is “budget neutral,” which means that no matter the University’s budget, the BeneTF will always have the same budget. “It is important to keep in mind that if the task force wanted to improve one aspect of benefits, they would have to take away funding from another aspect of benefits,” Matern said. “This is why we’re doing a survey and putting it out to forum and survey we put out.”

The staff and faculty’s medical plans, retirement plans, and education benefits take up about 70 percent of the benefits budget. Other benefits include insurance, life, disability and dismemberment, Medicare and Social Security.

The BeneTF wants feedback from within the campus range of the audience. They also look for a variety of single people and coupled people, as well as people who have different family structures.

Matern notes that it is important to hear from staff and faculty in order to obtain informed input. “It’s interesting because we are getting different responses this time. People opinions have changed. So it’s really good to go out every several years and take the pulse of your campus and find out what our campus care about. Some things have changed, it’s the same things from 10 years ago,” Matern said.

Holmes and Matern noticed a specific interest in staff and faculty retirement plans at the informational meetings. Multiple staff and faculty members said at the meetings that they do not want their retirement plan to shift or change. The BeneTF presented staff and faculty with examples of how they had the potential to change medical premiums or how they had the potential to shift their retirement plans. “It seems that this likely won’t happen because of the strong feedback based on retirement plans. “They don’t want us touching their retirement plan. I will say our retirement plan is more generous than any other place we have seen. But the Bench mark and the market, that’s why I’m excited about,” Matern said.

Another major aspect of the forum was the explanation of the medical trend rate, which refers to the change in cost of hospital visits per year. The BeneTF presentation medical trend averages about 12 percent a year, which is significantly more than inflation, which is only about 2 percent per year. The task force explained to the attending faculty and staff that the staff and faculty income is comprised of 20 percent of the total budget, and now they make up 32 percent. This is a trend all over the United States, not just at Puget Sound.

“Their meetings are meant to give our community a voice in how we’re spending a lot of money. But it also takes some education that ‘budget neutral’ has pain points. That means you have to give something up,” Holmes said. “That’s the hardest part for people to understand. It’s going to mean that you’re not going to have the same benefit, but at what cost to other benefits?”

Staff and faculty can expect to receive more surveys about benefits in the next few weeks. The final benefits decisions will be made in December.

Dexter Gordon honored as Regester Lecturer

By Julia Schiff

Nancy Bristow described Dexter Gordon as “a seasoned thinker and scholar, and an innovative and imaginative leader and builder” while introducing him as this year’s Regester Lecturer.

On the evening of March 22, faculty and staff gathered at the 45th annual Regester Lecture. The lecture was delivered by a distinguished member of the faculty and students gathered for the lecture and introduced him as this year’s Regester Lecturer. On the evening of March 22, faculty and students gathered for the lecture and introduced him as this year’s Regester Lecturer. On the evening of March 22, faculty and students gathered for the lecture and introduced him as this year’s Regester Lecturer.

This year, Dexter Gordon was the featured speaker. Gordon is an African American studies and communications professor at the University of Puget Sound, and is also a leader of the Race and Pedagogy Institute (RPI). This year’s speech was entitled “Race & Pedagogy: A Yearning…” The speech focused around the idea of “yearning.” He expressed throughout his lecture the yearning for institutional transformation. The central idea that institutional transformation is necessary was one Gordon frequently returned to. He discussed how his work was influenced by his work with the Race and Pedagogy Institute, liberal arts education, his early life in Jamaica, and the racial dynamics on University of Puget Sound’s campus.

Beginning with the accomplishments of the Race and Pedagogy Institute, Gordon launched into an appreciative recognition of the work that the RPI has done. He then discussed the priorities of the RPI: “Our strategic priorities are to increase critical thinking, practice, community engagement and diversity initiatives,” Gordon said, and elaborated on further steps to create tangible change within each of these priorities.

As the speech progressed, Gordon used his own childhood experiences to contextualize his understanding of race and identity. “It was commonplace in Jamaica to frame your life after school as ‘What is the future for this body of half people of color. Gordon said. He went on to analyze the University’s history of racism on the University of Puget Sound campus. He brought up repeated instances of blackface being performed. This slides featured a 2003 issue of The Trail, which one of the front page articles reads, “Blackface concerns reemerges at UPS.” He also mentioned the University’s history of minstrel shows featuring blackface. “These shows have been presented as an academic project by a student who was African American; they featured white actors in blackface presenting offensive stereotypes to their audiences. Gordon tied these instances of blackface to the absolute necessity of transformative action on campus, expanding to the need for curricular reform and greater diversity among faculty.

The speech was followed by a question-and-answer session. One woman suggested that the grandchildren of black students on campus during the early minstrel shows be contacted and offered free tuition. Another faculty member asked about how to engage black students on campus. To this, Gordon replied that keeping students engaged using more current and accessible modes would be beneficial. He expressed the need for greater diversity in teaching positions, citing that teachers in the Tacoma school district are 96 percent white while the student body is half color of people. Gordon’s lecture expressed his personal desire for transformation. He tied his audience through the different elements of his mission for change, asking them to participate in his “yearning.” His speech was almost like a tour of his mind; each concept seemed like an invitation to consider new ideas he has been developing for years.

The Race and Pedagogy Institute is planning its quadrennial Race and Pedagogy conference in fall 2018 on campus, which regularly welcomes over 2,000 participants. This year, the theme is “Radically Re–Imagining the Project of Justice: Narratives of Rupture, Resilience, and Liberation.” The hope is to encourage students, faculty, and the greater Tacoma community in discussions of transformative engagement. Gordon’s Regester Lecture was a small preview of this momentous occasion.

SECURITY UPDATES

The following is a summary of incidents reported to Security Services occurring on March 19, 2018 and March 16, 2018:

A student reported their vehicle was stolen. Security assisted a student who lives in a dorm residing on campus after having their vehicle stolen.

Crime Prevention

The campus safe. Security staff work 24/7 and are available to assist you. Always have safe travel information available to Security Services (253.879.3311). Be mindful of your safety and security by using our 24-hour safety escort program and by keeping belongings secured.

The use of a U-bolt style lock to secure bicycles is highly recommended. Do not leave valuables in your vehicle. Contact a member of the staff if you have concerns or questions about campus safety. We are here to serve you.

The Trail is an independent, student-run organization funded by ASUPS. The Trail seeks to produce a credible weekly newspaper that serves as a comprehensive source of information relevant to its readership. The Trail acts as a forum for the exchange of ideas and information and serves as a link between University of Puget Sound and the greater Tacoma community and provides an open forum for student opinion and discourse. Visit trail@pugetsound.edu for the full mission statement.
Students returned to campus from spring break to find that the library had posted a notice reducing the open hours on Saturday. Saturdays are not a common time to be in the library, but the loss of a free study space an hour earlier than normal had students wondering why the change was made.

“We have always opened at 9 in the morning on Saturdays — there is no change in that,” said Jane Carlin, the Library Director.

From now on the Library will be staffed by student employees from 9 a.m. to 11 a.m. This change was made due to the fact that the full-time library staff work incredibly long and late hours so that the library can be open as much as it is during the week. The restriction on the time the library is open with just students running the show was made due to safety concerns.

“After the Parkland tragedy we had some communication from a student that prompted us to consider how we might enhance our commitment to a safe and secure space. ... We have library staff working in the building from 7:30 a.m. through our late-night closing at 2 a.m.,” Carlin said.

“Saturday was the only time staff worked with students as it is during the week. The restriction on the time the library is open with just students running the show was made due to safety concerns,” Carlin said.

“This team has presented three initiatives: 1) Create a Puget Sound education that allows each student to author his/her/their future. 2) Build a scaffold of institutional and curricular structures to respond with agility to social, environmental and technological changes as they arise, and 3) Enhance strengths in core institutional and curricular structures thereby encouraging more collaboration and preparedness among professors of all departments.

“The rest of the initiative is dedicated to changing the status quo of faculty for the better, by creating a three–to–two teaching–to–research ratio to allow professors more time to conduct personal research, newer and faster methods for people to attain tenure, and more flexible and attentive compensation that reflects the strain of the job. “The fourth Goal Team has been tasked to “enhance engagement with the community” via the possible investment in three new physical spaces in Tacoma, “which would bring together diverse voices, perspectives, academic disciplines, and resources, including community-based knowledge, faculty/staff expertise, and alumni experience. The goal of each of these initiatives is to provide synergies with and through our community with respect to practical needs. “The Center for Environmental and Social Innovation would allow for the Puget Sound community to engage in local issues and work on problem-solving through partnerships with organizations and smaller communities in Tacoma. The Eastside Community Center is an existing initiative, already supported by many other organizations in Tacoma, that will provide a recreational space for Tacoma’s east side. The Center for Healthy Generations would provide “a day center to support a range of cross-generational developmental needs” in Tacoma, from child care to senior citizen support.

By Isaac Sims-Foster

Over the next decade, big changes can be expected in the fabric of the University’s status quo, with this goal in mind.

Goal Team One has been called upon to “advance institutional excellence, academic distinction, and student success.” This team has presented three initiatives: 1) Create a Puget Sound education that allows each student to author his/her/their future. 2) Build a scaffold of institutional and curricular structures to respond with agility to social, environmental and technological changes as they arise, and 3) Enhance strengths in core institutional and curricular structures thereby encouraging more collaboration and preparedness among professors of all departments.

The purpose of the third Goal Team is to “support and inspire our faculty and staff members.” This team has posted one large initiative: “Reimagining the university: Time, Space, and Resources to Innovate and Thrive.” The first order of the initiative is to provide a single, large physical space for faculty to “engage in lifelong learning and professional development” on campus, thereby encouraging more collaboration and preparedness among professors of all departments.

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The final Goal Team seeks to “pursue entrepreneurial opportunities consistent with our mission and values that will expand the value of a Puget Sound education, strengthen the institution and our financial position, and enhance our ability to anticipate and respond to technological and social change.”

Business ventures under consideration include a leadership institute and a wellness institute that will provide people with the tools to impact the world, a service program for students to live and work together in the community, and a “meaningful experience,” and a Wellness/ Happiness Institute to holistically attend to the tolls of business and school work.

The Strategic Planning Committee Interim Report is available on the University website for a more detailed look at all the above information, and strategic planning update sessions are being hosted throughout April.
‘Walk Up, Not Out’ misses the mark on gun reform movements

By Jackie Sedley

Walk Up, Not Out is a recent movement in response to scheduled walk-outs occurring on elementary, middle and high school campuses across the nation. Spurred by the recent Parkland, Florida school shooting at Marjory Stoneman Douglas High School, walk-ups urge students to focus less on civic engagement and more on individual acts of kindness and social inclusion while attempting to prevent future gun violence. This movement also seems to arise from a misguided notion that focusing on gun control laws as means to limit violence, but instead promotes social inclusion as means to limit a student’s desire to participate in activism.

Despite the apparent intent of the movement, Walk Up, Not Out entirely misses the point of the March For Our Lives protest students. Student-led protests act as direct calls to government officials, allowing the voices of those directly affected by gun violence to be heard and taken seriously. Advocates of Walk Up argue that the movement is a much more proactive alternative to protests like March For Our Lives because kindness toward others can be employed on a daily basis, and can prevent potential “student outcasts” from translating their teenage angst into violence.

While kindness is a virtue, an issue that is prevalent and devastating as gun violence demands to be approached with the same level of intensity that its perpetrators carry. Simple acts of consideration toward others cannot promote the sort of widespread change that is so desperately needed right now.

In addition, the Walk Up movement has severe victim-blaming implications. By convincing students that their inclusion of their socially-estranged peers will limit gun violence, it makes children directly responsible for the protection of their own safety. This pressure places the blame for shooters’ actions on those who appear to be enabling gun violence to be heard and taken seriously.

Walk Up, Not Out places the level of responsibility that should be held by policymakers and appointed officials onto children and their schools, when they should already be protected by law. Any expectation of the nation’s youth to take on the responsibility of protecting themselves is both preposterous and contradictory to the values this country claims to uphold.

March 30, 2018
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OPINIONS

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Response to offensive ad on Snapchat sends an important message: Don't make light of intimate partner violence

By Lorraine Kelly

CW: intimate partner violence, mention of rape

"I'm going to beat the s--- out of you when we get home," Chris Brown said after unsuccessfully attempting to force Rihanna out of a vehicle he was driving, according to a police report filed to the Los Angeles Police Department.

The aforementioned police report was issued in 2009, a year after Brown had battered then-girlfriend singer/entrepreneur Robyn Rihanna Fenty (Rihanna) prior to the 2009 Grammy Awards. Pictures portraying Rihanna being bashed and showing a bloody face circulated the internet after the incident. Brown pleaded guilty to a felony assault charge, and was sentenced to five years of probation and six months of community service.

Since the publication of the police report, Rihanna has been outspoken about her experience as a survivor of domestic violence. According to a 2013 Rolling Stone interview, she and Brown are on cordial terms. In the interview, she stated, "Even if it's a mistake, it's my mistake."

This disturbing introduction is an intentional reminder of Brown’s unquestionably unacceptable behavior. Despite this, two weeks ago, Snapchat rolled out an advertisement for a game called "Would You Rather?" The screen displayed the question, "Would you rather slap Rihanna or punch Chris Brown?"

The ad sparked a massive discussion about domestic violence. Snapchat has been heavily criticized for allowing the content on their platform, even by Rihanna herself, who posted on her Instagram story, "You spent money to animate something that I intentionally bring shame to DV [domestic violence] victims and made a joke of it!!!"

According to CNN, Snapchat has lost $800 million since Rihanna publicly asked her fans to delete the app. Snapchat’s stocks have plummeted 4 percent in the past week. Snapchat has apologized for the advertisement twice, but Rihanna and those who stand behind her have not returned to the app. Several other celebrities have come out in support of Rihanna, including Chelsea Clinton and Chrissy Teigen.

The Department of Justice defines domestic violence as "a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, or psychological."

Insults and financial deprivation. According to the National Domestic Violence Hotline, abusers often use physical violence as the relationship continues. Abusive relationships do not always occur in a pattern of violent behavior, they can also be characterized by emotional and psychological abuse.

Domestic violence affects one in three women and one in four men in the United States, according to the National Coalition Against Domestic Violence. 10 million people are physically abused by an intimate partner each year. Approximately 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States. The National Domestic Violence Hotline illustrates how difficult it can be for victims to leave abusive environments, citing fear, embarrassment and low self-esteem as reasons to stay. Often, leaving an abusive relationship is incredibly dangerous, since these relationships are founded upon skewed power dynamics.

There are many resources available on campus for those who have faced abusive relationships or are looking for a way out of one. Counseling, Health and Wellness Services (CHWS) offers counseling services, and there are several staff members on campus trained in dealing with abusive situations. Many bathrooms contain quarter-page sheets that list options for reporting sexual misconduct, assault, harassment, stalking and intimate partner violence. If you would like to remain anonymous, file a report online at pugetsound.edu/report, where you can also learn how much identifying information to share.

In the era of social media, the Snapchat advertisement serves as a grim reminder that domestic abuse continues to be a struggle for many individuals, yet it is often trivialized in popular culture. Although Rihanna found her voice to speak out, many individuals do not have that opportunity. It is our responsibility to reject this behavior in ourselves and our social circles. In recognizing behaviors and confronting them safely, we engage in critical conversations that allow for us to move away from dangerous situations and relationships.
Change is growing: Female farmworkers lead the fight against workplace sexual harassment

By Ally Hembree

“Can you imagine going to work every single day with the threat of violence against you?” Monica Ramirez asked. “Can you imagine what it must be like to work picking strawberries or cucumbers or tomatoes and having to constantly be looking over your shoulder worrying that someone might hurt you?”

According to the Associated Students of Puget Sound (ASUPS), Ramirez was the first attorney in the United States to focus on representing farmworker women in their fight against pervasive sexual harassment and gender discrimination in the workplace. She came to campus on March 20 to speak about her advocacy work for women facing sexual harassment in the workplace. Among many of her activist accolades, Ramirez is the co-founder and president of Alianza Nacional de Campesinas (National Farmworker Women’s Alliance). “It’s the experience of farmworker women and the reality that we needed to start forming organizations and advocating for ourselves that brought these women together,” Ramirez said. “We decided that in order for us to ensure policy priorities, the agenda and the needs of farmworker women were always brought to the forefront, we were going to have to do that work.”

When Ramirez was 19, she worked in the fields alongside a family in Fremont, Ohio. It was during this experience that she learned about the hazardous pesticide exposure, pregnancy discrimination and wage theft endured by farmworker women. “I learned, as I was working there for hours under that hot sun, that all the earnings that we would pick for that day actually wouldn’t be paid to the young girls,” Ramirez said. “Their earnings were paid to their father or their male family member, and that’s actually something that commonly happens around the country to farmworker women.”

In 2010, Ramirez co-authored and published a report titled “Injustice On Our Plates” with the Southern Poverty Law Center. In the interviews for the report, women across the board cited sexual violence as a systemic issue. “It’s not just farmworker women who are experiencing this and we know that it’s a problem in other industries,” Ramirez said. “But for farmworker women, who often live in the shadows, who often do not even know where they are in this nation... they are being preyed upon.”

Farmworker women are not only at risk for wage theft, hazardous pesticide exposure and pregnancy discrimination, but they also risk deportation for non-compliance. “Part of the reason that we see this high rate of sexual harassment against farmworker women is because the perpetrators who are committing the violence against them know that they have very few resources,” Ramirez said. “They often do not know where they are in the nation, they don’t know what their rights are, they don’t know who can protect them, they don’t know who to go to for help, and so that means that many of the perpetrators will never face justice.”

Ramirez also spoke about connections between the #MeToo movement and farmworker women. In the lead up just farmworker women who are experiencing this and we know that it’s a problem in other industries, Ramirez said. “It’s the experience of being preyed upon by individuals who have the power to hire, fire, blacklist and otherwise threaten our economic, physical and emotional security.”

“Hearing the perspective of farmworker women was meaningful for students with experience in migrant farmworker activism. ‘What I’ve noticed from the farmworker movement that we were a part of, which was focused on... establishing a union for farm workers at Tacoma Brother’s Farms, it was almost entirely run by men,’ Matt Ferguda, a senior and member of Advocates for Detained Voices, said. ‘I think getting a perspective from farmworker women and their experiences is super important and necessary to do the work of both #Too and Time’s Up and the conversation around sexual assault that’s happening right now, but also in effectively advocating for farm workers.”

The parallels between the working conditions of farmworker women and women in the entertainment industry were striking to students. “She’s obviously had a lot of experience working on particular people’s cases and so I thought it was really important to hear about in light of the #MeToo movement,” first-year Anoke Fleming said. “It’s important for her to be on this campus because I don’t think a lot of people would have those connections with migrant workers or farmworker women.”

Rain or shine: Despite deluge, students learn and grow during Point Reyes spring break trip

By Hadley Polinsky

March 30, 2018

Trail Features/Puget Sound

No matter how much planning goes into a trip, things can still go awry. Puget Sound Outdoors (PSO) discovered this on their Point Reyes spring break trip. The group’s plan was to drive to California and go backpacking around Point Reyes, however, an unexpected storm hit their campground.

Co-leaders Ruby Krietzman and Makenna Craige, both sophomores, started planning for this trip approximately six weeks before the group left campus. “A lot went into planning of the trip,” Krietzman said. “We decided we wanted to go to Point Reyes so we looked at different routes and different hiking options. We met with the PSO coordinators and they were there to help us with the logistics of getting permits.”

Krietzman and Craige meticulously planned the trip, but they have no control over the weather. “Right when we got to camp we got a storm. We had about 40 miles per hour winds. It was pouring rain,” Krietzman said.

Despite the rain, the group started to get situated for the night, but it did not go well. “We started to set up our tarps and we’d set up one and then another one and that one would blow over and then we’d fix it and the other one would blow over. I think each tarp blew over at least twice,” sophomore and eyewitness Claire Crist said.

While Point Reyes offered facilitated permits, the first night did not go as planned. “It was a rough night. It was super windy. Everyone got soaking wet. People’s sleeping bags were damp,” Crist said. In particular, sophomore Evan Lebakken experienced a hard night. “I woke up at 2:30 because I was getting rain on my face. I felt my hair and it was post-shower wet,” Lebakken said.

“We had planned so much for the trip and we had to throw it all down the drain,” Krietzman said. After the stormy night, it was decided that the group would not continue on their route. “Ruby and I made the decision; it was hard, but we made the wise choice to end up staying in a Motel 6 in Petaluma that night,” Craige said. “We dried out and tried again some hope.”

Even though the group was not able to follow the route they set out, they still got to experience the outdoors. “The next day we drove up Northern California to a campsite in the Redwood National Park and did about five miles on one of the trails,” sophomore Emma Wood said. “We camped for the last time and the next day we drove about 6-7 hours all the way back to campus, stopping at another beach along the coast for a little bit.”

The change in plans, while originally disheartening, turned out to be an enjoyable adventure. “My favorite part of the trip was actually making connections with one of the lot of the motel we stayed at,” Wood said. “It was fun and spontaneous and was somehow the perfect way to reaffirm for myself that going on this trip was a good idea, despite the entire plan having been changed.”

The group agreed: “We went back to campus earlier than anticipated, so a day hike was offered. ‘We went to Rattlesnake Ridge, which is about an hour away. It was sunny here all week, so we got that good weather and did a hike,’ Craige said. Although it was a bit on the short side, PSO members still enjoyed the trip. “The group I was with was my favorite part. That really made it up into that positive trip versus a negative experience because of the weather,” Lebakken said.

“We had a great group and everyone kept high spirits the whole time. Even though it was hard for Ruby and I to kind of just throw away so much planning, it ended up being a great trip.”

March 30, 2018

Trail Features/Puget Sound
Suicide Prevention and Awareness (SP&A) Week is an annual observance of events put on by the University’s chapter of NAMI, the National Alliance on Mental Illness. The week began on campus from March 19 through 23, with a different event each day. NAMI is the largest grassroots mental health organization, with centers across the country focusing on education, counseling, and support groups. The University’s NAMI chapter is connected to the Pierce County chapter, and is led by co-presidents Nina Kranzdorf and Nathan Baniqued.

"Bringing the conversation about suicide, mental illness, and mental health education to campus is the goal of the week’s events, according to Baniqued, who also founded Puget Sound’s SP&A Week. The week’s events included a De-Stress Art Night on Monday, a discussion titled “Stigma, Diagnosis, and Self-Care Discussion” on Tuesday, an Open Mic Night on Wednesday, and Gatekeeper training on Thursday, and the SP&A forum on Friday.

Monday’s event provided a space for students to paint, craft, and enjoy Bob Ross while eating snacks in a calm environment, with the goal of easing the stress of returning from spring break. "Tuesday’s discussion, led by long-time member junior Tori Nania, facilitated a discussion which encouraged students to reflect on their own personal experiences. "It was kind of a mix of talking about our own personal experiences, and where stigma comes from, what we can do to fight stigma, and then we talked about the difference between self-care and self-comfort," Kranzdorf said.

Nania explained that self-care benefits someone’s mental or physical health, and affirms need for self-respect, connection or alignment. Examples include sleeping, eating well, bathing regularly, artistic expression or journaling. On the other hand, self-comfort comes from a short-term craving for warmth, pleasure or a break. This can include eating too much junk food, procrastinating by watching Netflix or empty sexual expression. “I think that was a really productive discussion,” Baniqued said. “We just had a pretty nice circle discussion about what is the difference between mental illness? Why do people view it differently than a physical illness? Why do people treat it differently than a physical illness?” Baniqued emphasized the importance of discussing the way mental illness is viewed and treated, and the importance of bringing this discussion to campus.

Wednesday’s Open Mic Night offered students an opportunity to express their thoughts with others, through speech, poetry or music. Thursday’s Gatekeeper training gave students resources and tools to identify and help others who may be struggling with mental illness. “It is designed to prepare professional and non-professional people to be prepared for mental health crises,” Kranzdorf explained.

One of the central events of the week was Friday’s forum, which was the original event from which the entire SP&A Week developed. “It is a space for students, faculty, and staff to share their personal stories,” Kranzdorf said. In addition to speakers, the event also incorporates small-group discussions and activities. When asked how the forum went, Baniqued spoke at Friday’s forum, sharing personal stories about their experiences with mental health. Having planned the event the last two years, Baniqued was able to have a new perspective on this event, stepping out from his behind-the-scenes role to share his own story. Several other students shared their own experiences with mental health, as well as representatives from Residence Life and CHWS, who provided campus resources available to students dealing with these issues. “It’s supposed to bring a group of students together to talk about a very stigmatized and taboo topic to the forefront,” Baniqued said.

These topics were the focus of the forum’s group discussions, encapsulating the goal of SP&A Week: not just learning about mental illness and suicidality, but creating a space for community and inclusive spaces for these topics to be discussed. SP&A Week has grown a great deal since its founding three years ago, and NAMI hopes to continue developing it in many ways. Baniqued emphasized that one of the goals is for the week’s events to involve more faculty, staff and community members, in addition to students. Since its creation in 2016, SP&A Week has begun collaborating with clubs such as Peer Allies and the Psychology Honors Society, and incorporating educational resources on mental health as well as discussion opportunities. Puget Sound’s chapter of NAMI will be hosting similar events for the upcoming. Love Your Body Week on campus, which will take place April 9–13.
A Northwest Forest Pass for use. And the trail requires a full outdoor experience! A Northwest Forest Pass for use. And the trail requires a full outdoor experience! A Northwest Forest Pass for use. And the trail requires a full outdoor experience! A Northwest Forest Pass for use. And the trail requires a full outdoor experience! A Northwest Forest Pass for use. And the trail requires a full outdoor experience!
SPORTS & OUTDOORS

The Loggers were on the road all week starting with crosstown rivals Pacific Lutheran on March 20. The Lutes jumped out to a 13-3 lead at the end of the first inning but capitalized on errors in the eighth by both teams to score five additional runs. They did have 11 hits in the inning, however, and a three-run second and third inning and then four in the fourth. They started the seventh inning off with a couple of quick singles and then hit the RBI for the only score of the game. The game ended 6-1 and postponed the second game until Sunday after an injury to Saturday's starting pitcher. On Sunday, the Loggers scored first from two runs in the first inning. They kept the bats hot as the first four batters in the lineup totalled a combined 8 for 19 at the plate. Junior Michael Warnick held up Whitworth with eight strikeouts in his 7.2 innings. The Loggers took the first-game from the Pirates with a score of 6-2. The second game the Pirates jumped out to a 9-1 start after the second but the Loggers were able to score five in the third and then four in the fourth to take the lead 13-11. They scored three more runs in the fifth scoring the second 6-3 but still short with a 15-6 loss.

CARPETS

The Postmen also enjoyed a great weekend of coverage, “We are optimistic that we can carry this momentum through regional conferences,” Roman said. Hearing the crowd just minutes before the game, “There was a large and a very positive atmosphere at the games,” Roman added. The Paralympic athletes are often struggling with disabilities to break the mold and show that they can compete on the Olympic stage. Rico Roman explained the Paralympic Games: “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says. “Right up until the moment where athletes with disabilities have to play for their country,” Rico Roman says.
Exclusive: Grizz speaks out about affair with Trump

By Lee L. Benbow

Earlier this week, The University of Puget Sound's mascot, Grizz, joined the list of names that have come out with details of affairs with current president Donald Trump. Grizz, being the loyal Logger he is, sat down with The Trail to give us his side of the story. Trump has yet to tweet about the story, but Grizz assumes it is just a matter of time.

The affair lasted six weeks and began in the fall of 2017 when Trump visited campus to personally call out Flail writer Hono Johnson. Once Trump had finished the scuffle with Johnson, he attended a football game where he was taken aback by the talent and confidence of Grizz. “He said that I reminded him of Putin, with how brave I was. And he appreciated my moxie,” Grizz said. “We would go on to have dinner at the Celar once and talk for a couple weeks after.” When The Trail asked Grizz if Trump broke his heart, he became very busy polishing his ax and looking off into the distance.

Beyond the affair's implications for Grizz's heart, there are larger effects on the University. Rumors of personalized tax cuts or Trump as a possible commencement speaker have swirled around campus with no verifications to date. It is unlikely that Trump will revisit campus, as the brief fling is completely over, but Grizz said, “It just made sense. Nevertheless, Trump and Grizz as a couple were here for a good time, not a long time.” The Trail wishes First Lady Melania Trump the best as the news breaks and spreads. Trump has still avoided commenting directly on this relationship, but did mention that Joe Biden would fight worse “than a D-3 liberal arts school's mascot.” This may have been directed at our dear Grizz but no clear tie has been drawn yet.

The affair was eventually discovered by Trump's son Barron. “It ended mutually, and I wish him the best.” Trump will revisit campus, as the brief fling is completely over, but Grizz said, “It just made sense. Nevertheless, Trump and Grizz as a couple were here for a good time, not a long time.” The Trail wishes First Lady Melania Trump the best as the news breaks and spreads. Trump has still avoided commenting directly on this relationship, but did mention that Joe Biden would fight worse “than a D-3 liberal arts school's mascot.” This may have been directed at our dear Grizz but no clear tie has been drawn yet.

Playful pioneer experience takes a dark turn after poor choice to caulk the wagons and float them across North Quad

By Bean McQueen

An amusing and educational pioneer play on the Oregon Trail gave way to devastation and frustration after the fateful decision to attempt to cross the wagons and float across North Quad.

“Since leaving Independence Landing we had been bitten eight times by different rattlesnakes. I understand Pa not wanting to leave me idle. When I'm not messin' with snakes, I'm spookin' the mules. But I'm usually messin’ with snakes.” Abigail Longfellow, child of Bryce and Mary and sibling to Joe and Tommy, was overcome by despair after the disastrous quad crossing.

90-year-old Little Tommy, the youngest member of the wagon party, admitted that trouble does seem to find trouble. “Since leaving Independence Landing I have been bitten eight times by seven different rattlesnakes. I understand Pa not wanting to leave me idle. When I'm not messin’ with snakes, I'm spookin' the mules. But I'm usually messin’ with snakes.”

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When pressed on why he wouldn't pay for a ferry, Bryce was unapologetic. “I'm in cost money. Spare axles cost money. Wool socks cost money. Sooner or later, the money runs out, and then you gotta decide: are you gonna caulk the wagons and float, are you gonna ford the quad, or are you gonna wait for conditions to improve?” He then continued to count the party's remaining bullets to verify none had been lost in the accident.

When asked why he hadn't chosen to wait for better conditions, Bryce's defensive stoicism gave way to rage. “What, and wait for Little Tommy to find another damn rattlesnake?” he shouted before running away into the prairie.

Nine-year-old Little Tommy, the youngest member of the wagon party, admitted that trouble does seem to find trouble. “Since leaving Independence Landing I have been bitten eight times by seven different rattlesnakes. I understand Pa not wanting to leave me idle. When I'm not messin’ with snakes, I'm spookin' the mules. But I'm usually messin’ with snakes.”
"It's no secret that electronic music is a cis dude's club. I don't mean to knock the cis dudes; I'm passionate about the music a lot of them make, and hold really high respect for many cis male producers, DJs, etc. While the exclusion of queer, trans, female and AFAB people is not always willful, there is absolutely a glass door to involvement with this music," DJ and artist Louise Croff Blake said. "AFAB" means "assigned female at birth."

Blake's words highlight the importance of the upcoming DJing and Production workshops between the campus radio station (90.1 FM The Sound) and the Seattle organization TUF. The workshops are specifically designed for University of Puget Sound students, regardless of gender, nonbinary, or transgender and will offer an opportunity for beginners to learn the basics of DJing and production. One workshop is called "CDJ 101" and will be run by Blake, who has been a DJ for over eight years (including at KUPS) and primarily plays house and techno music. The other workshop, "Intro to Production," will be run by DJ Madi Levine, who performs under the name IVVY. The workshops will run from 2 p.m. to 5 p.m. on March 31 from 2 p.m. to 5 p.m. TUF is an intersectional female, nonbinary, and transgender collective that groups like Deer Tick are known for.

"Now Only" features a greater variety in instrumentation even though the finger-plucked guitar remains the album's central sound, backing Elverum's stream-of-consciousness vocal delivery. This album is also longer than Elverum's previous album, "A Crow Looked At Me," in Anacortes under the names The Microphones and Mount Eerie. The story surrounding "Now Only" and "A Crow Looked At Me," is also, at this point, fairly well-known throughout the underground music community. Elverum lost his wife in mid-2016 to cancer and has devoted his last two albums to dealing with his grief the only way he has stated to know how: by creating art.

"I'm potentially still going through a lot of those things and giving beginners a good chance to try something new out. The CDJ 101 workshop will hash out the basics of the equipment and will give a quiet and building. Some of the tracks are guitar-focused and others synthesizers, but the glue holding everything together is the album's DIY and lo-fi instrumentation sounds like a folk-rock band rolling in traumas' early stages. The longer songs on "Now Only" display the album's central sound, backing Elverum's stream-of-consciousness vocal delivery. This album is also longer than Elverum's previous release despite having five fewer tracks. The songs on "Crow" felt short and stifled by the overwhelming feeling of grief. The new album has a much more substantial feeling of hope.

Elverum with more time to process the realities of his life after his wife's passing. The longer songs on "Now Only" display a greater variety in instrumentation even though the finger-plucked guitar remains the album's central sound, backing Elverum's stream-of-consciousness vocal delivery. This album is also longer than Elverum's previous album, "A Crow Looked At Me," in Anacortes under the names The Microphones and Mount Eerie. The story surrounding "Now Only" and "A Crow Looked At Me," is also, at this point, fairly well-known throughout the underground music community. Elverum lost his wife in mid-2016 to cancer and has devoted his last two albums to dealing with his grief the only way he has stated to know how: by creating art.

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Pussy Riot perform in Seattle and confound expectations

By Evan Welsh

Our team name was “Heidegger says we should spend more time in graveyards because death is the ONLY promise in life.” Heidegger is a 20th-century German existentialist philosopher. I was feeling existential and decided to make everyone at trivia night stop for a moment to think. That night, Stenson and Alyokhina, Maria Alyokhina, remained in prison until December 2013. The collective has since fractured slightly, existing more as a political ideal than as an actual collaboration of its original members. A diminished group, including Tolokonnikova and Alyokhina, demonstrated and was harassed by the police at a Pussy Riot performance at the Vera Project unsure of what I was in for.

The mood at trivia night last Thursday was a bit bleak. It seemed that all of the students just wanted to get in, answer the questions, and get out. The just-get-it-done attitude was kind of strange; it is, after all, something that is supposed to be fun. The only people energies are high and people are yelling, jailing and raising their fists to the sky in a moment of desperation, but they are a minority. Pussy Riot did not strike me as one of the heads of History Club, which was detrimental to my already fragile and despondent self.

We had a small turnout tonight because of the time change—we changed our time from 7 to 6 on Thursdays so we lose some of our people that are ... frequent flyers,” said Alyokhina, who had been photographed assaulting her former wife in 2013. After performing for the first time in America in December 2017, the group announced their first U.S. tour, with two Seattle dates on the docket. The way the tour was announced, I, as stated previously, was unsure of what exactly I had bought tickets to experience. Because of this, I was not sure what more to write of the people wandering into the crowd with their bags. We should spend more time in graveyards because death is the ONLY promise in life. Heidegger is a 20th-century German existentialist philosopher. If I, as stated previously, was unsure of what exactly I had bought tickets to experience. Because of this, I was not sure what to make of the people raising their fists to the sky in a motion of high and people are yelling, joking and hugging the past of ideological consistency which does not totally add up because Pussy Riot perform in Seattle and confound expectations. The questions at trivia night are incredibly difficult if you are a normal, sane person. The leaders, senior Nick Kulawik and Loye, would have you believe that they aren’t that difficult, giving you looks of patronizing disapproval to match your look of manic confusion. Some of the questions last week were: “What US city do these things represent,” accompanied by a picture of a woman’s gaping mouth and a little forest mouse. The answer was Boca Raton ... how was I supposed to get that? Another question was “What philosopher thought that humanity would end with ‘the life of man: solitary, poor, nasty, brutish, and short.’” For this question I used the “phone a friend” option (you can call a friend at the end of the round of questions and ask them one of the questions you couldn’t figure out). I didn’t phone a friend; I phoned my father, who has read every book in existence. I call him every trivia night and he has yet to be wrong, so maybe he should just take my place on the “Heidegger says we should spend more time in graveyards because death is the ONLY promise in life” team. As soon as I said “trivia night” and “solitary,” my dad said, “Hobbes” and hung up the phone. He, of course, was right. So don’t come to trivia night thinking it will be a breezy fun walk in the academic park. The questions aren’t easy and the competition is rigorous. It is, however, loads of fun and as long as you aren’t set on making it to the top three it is a truly joyful and undeniably interesting experience. You don’t have to be a history or humanities major to have fun!

“Here’s some things I love: I love academics inside the classroom, but more so, I love academics outside the classroom. Second thing I love is competing. I love to compete inside the classroom but more so I love to compete outside the classroom. Do you know what combines those two things perfectly, messes academics, competition, and being outside the classroom, in Wyatt Hall nonetheless? Trivia club,” Stenson said. I would like to point out that Stenson said “trivia club,” which is an error because trivia night is put on by History Club, which does not totally add up because the only thing History Club does is trivia night and the trivia questions often seem to have little or absolutely nothing to do with history.

All are welcome to indulge in the trials of Trivia Night

By Parker Barry

I showed up to Pussy Riot’s performance at the Vera Project unsure of what I was going to see. The original lineup for the show, posted on the wall, read, “9:00-9:30: Speaker; 10:00-10:45: Pussy Riot; 11:00-12:00 Nadya DJ set.” I wandered around for less than five minutes, stopping momentarily to listen to the DJ on stage. After walking away from the stage, lightly chuckling at the underwater screensaver the DJ was using as visuals, I returned to the lineup posting only to find a large red “X” slashed through the text. A new set of times was written in the same red marker: “Show: 8:30-11:00.” This of course, only furthered my uncertainty of what I was in for.

Pussy Riot is the Russian feminist-activist collective that has become famous worldwide for its protest of Vladimir Putin and subsequent arrest at Moscow’s Christ the Savior Cathedral in early 2012. Their trial caught the attention of the world and two of the three members arrested for hooliganism, Nadezhda Tolokonnikova and Maria Alyokhina, remained in prison until December 2013.

The music throughout the night was a mixture of songs in Russian and English, with some tracks that were released previously and others that hadn’t been. While every song was enjoyable, the beats in particular, formed with heavy influence from recent movements in hip-hop, pop and electronic-punk, were great. The performance was enjoyable, the beats in particular, formed with heavy influence from recent movements in hip-hop, pop and electronic-punk, were great.

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