Counseling, Health, and Wellness Services (CHWS) at the University of Puget Sound has recently improved its mental health services and significantly reduced their wait times.

In an email sent to the community, CHWS stated that due to an increase in staffing, Monday through Friday from 1–4 p.m., a student can walk in and be seen within 30 minutes, and from there, can be referred to one of the CHWS counselors, a support group, medical evaluations or an off-campus counselor.

“This new system means that the wait time for an initial counseling appointment this fall was down to an average of under 7 week days, compared to an average wait of over two weeks last spring in 2017,” the email from CHWS stated.

According to Donn Marshall, head of CHWS, the service is a “combined primary care and mental health department.” It does not have any immediate equipment for emergency first response, however.

CHWS has three full-time, licensed psychologists, and three doctoral interns, according to Marshall.

“In the last two years, we’ve been able to add 1.5 full-time staff to the mental health staff. We are counting in one half-time psychologist, just three days a week, in addition to the three full time, and that feels like it has created some breathing room,” Marshall said.

The increased staffing at CHWS is one of the biggest pieces of assistance in reducing the wait times for mental health appointments. Now with the increase in staffing, the service is able to accommodate more students every day. A big part of this improvement was due to representatives from the Associated Students of the University of Puget Sound (ASUPS).

“The entire reason I ran was to try to do something about CHWS wait times,” Junior Chao Senator Jack Aldisert said. “Basically, I started with the most general goal possible, which was to first find out about why mental health care is the way it is, and second, to generally see if there was anything I could do to improve mental health care on campus or to improve at least CHWS’ reputation among the students.”

Another way that CHWS has cut wait times has been the new “triage system,” which institutes open screening hours Monday through Friday from 1–4 p.m., where at least one staff member is doing intakes on students, according to Marshall.

“So the person who wakes up that morning and says, ‘I think I need to see a counselor,’ they’re gonna see somebody that day, or at worst if it is really full that day then […] it might be the next day, but that rollover hasn’t happened this semester,” Marshall said.

According to Marshall, the “triage system” is a first-come-first-serve system, where the psychology staff administers an initial screening that takes roughly 20 minutes. The goal is not to begin therapy, but to gather details that show what the best means of treatment may be. Of the screening appointments, 70 to 80 percent result in a referral to an intake.

“If I saw you this afternoon and we agreed that [...] you might work well with one of our psychology staff, we would schedule you for a full-hour appointment. In the intake, you would be sitting down with a person who, in all probability, if you are to continue counseling here, you are most likely to see. You would begin unpacking in a lot more detail what was going on for you, so unpacking history, if depression or anxiety or substance abuse are among the things that are of concern to you, about what is going on for you now. We would be asking about the family histories of these things,” Marshall said.

While these improvements are significant and much needed, CHWS still has a physical limitation of space that prevents it from expanding further. Currently, the service is located on the second floor of Wheelock Student Center.

“Frankly, we are beyond capacity in terms of space, so two part-time staff members who are practicum students completing master’s degrees in their programs, and we literally do not have a room for them to come in to see students in, so one day a week, I vacate this office to a practicum student and I work from an alternate office outside of CHWS. So, coming up in the next three or so years, my hope and prediction is that there will be a different CHWS facility,” Marshall said.

The immediacy of service in regard to changes in CHWS services is a helpful step in addressing mental health issues in the student body population.

“That’s what’s so great about the triage, even if it’s a super short, 20 minute conversation. It’s so much better than nothing, than you wait those 11 days, as opposed to last year, where at this same time last year, when you went in for the first time, you’d go in and you wouldn’t get to talk to anybody, you would talk to the scheduler and be told to come back in five weeks, and then all your hope just kinda goes down the drain,” Aldisert said.

To make an appointment with CHWS, visit their office, or call (253) 879-1555. Their hours are Monday, Thursday and Friday from 8:00 a.m. to noon, then from 1:00 to 5:00 p.m.; Tuesday from 8:00 a.m. to 8:00 p.m.; and Wednesday from 10:00 a.m. to noon, then from 1:00 to 5:00 p.m.
Seattle, REACH program advocates for drug consumption sites

By Sarah Bunchlaw

Seattle is on its way to founding this country’s first “drug consumption site.” This is an effort to appropriately comprehend the importance of this decision requiring basic information on the opioid epidemic, who it affects and what exactly sites like these are.

According to American Addiction Centers, opioids are drugs directly derived from opioid plants, such as heroin and morphine, while opioids are compounds of drugs like oxycodone that mimic the pain-relieving effects of traditional opiates. The term “opioid” is what most people use to describe both kinds of drugs these days, according to the AAC.

*Increased prescription of opioid medications led to widespread misuse of both prescription and non-prescription opioids before it became clear that these medications could indeed be highly addictive,* the U.S. Department of Health and Human Services (HHS) reports on the origins of today’s opioid epidemic.

The epidemic yielded 42,000 opioid overdose-related deaths in 2016 alone, which prompted HHS to declare a public health emergency in 2017.

Shortly before the HHS emergency declaration, King County joined the conversation on the opioid epidemic by convening the Heroin and Prescription Opiate Task Force.

Chloe Gale, co-director of the Seattle REACH program and member of the task force, shared information on the task force and her organization.

The REACH program works to support people living with opioids by providing them with substances, through “street outreach, intensive care management and clinical treatment services,” Gale said.

All REACH programs operate with the goal of “harmonization,” meaning participants do not have to abstain from using drugs to access resources.

“People still now believe that shame and stigma stop people from using drugs, but in fact, in my experience, shame and stigma can really contribute … to active drug use and … it pushes people away from the services that we really want them to engage in,” Gale said.

The task force that Gale worked with offered eight official recommendations to state officials, with a goal similar to that of the King County task force: to further stigmatize opioid use. Examples of the task force’s initiatives include more widespread distribution of Nalox (nasal spray version of naloxone, an emergency overdose reversal medication) to affected communities, and making Buprenorphine (medication that treats opioid addiction) more accessible to those seeking treatment.

Perhaps the most controversial recommendation from the task force was to create two or more Community Health Engagement Locations (CHEL sites), also referred to as safe consumption sites or supervised injection sites. Safe consumption sites, usually geared especially toward people experiencing homelessness and using opioids, have been successfully operating for decades still in the preliminary stage. The model, though, is similar to that proposed by the CHEL would include medical supervision, access to clean needles, and counseling and treatment services, Gale said.

Regarding pushback in response to the CHEL proposal, Gale brought up Initiative 77, a proposal by King County residents whose slogan is “Safe King County.” Last October, the group published a model ordinance banning the funding of safe consumption sites and petitioned to put it on a November ballot, the Seattle Times reported. The King County Superior Court Judge ultimately ruled against putting that ordinance to any public vote, so CHEL planning will continue despite some constituents’ protest.

Gale seemed to understand the skepticism of I-77 proponents and others with doubts. “I think it’s a very new idea for this community, so people have worried about it … bringing people who are actively using into an area,” Gale said, agreeing not to return.

Crime Prevention
Crime prevention is a community responsibility. Please do your part to keep the campus safe. Security is here to serve you. Always report suspicious activity immediately 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 bikes is highly recommended. Contact a member of our team if you have questions or concerns about your safety. We are here to serve you.

PHOTO COURTESY OF PULBAY

Photo pictures syringe, often used to inject opioids.

Seattle REACH program advocates for drug consumption sites

By Sarah Bunchlaw

Seattle is on its way to founding this country’s first “drug consumption site.” This is an effort to appropriately comprehend the importance of this decision requiring basic information on the opioid epidemic, who it affects and what exactly sites like these are.

According to American Addiction Centers, opioids are drugs directly derived from opioid plants, such as heroin and morphine, while opioids are compounds of drugs like oxycodone that mimic the pain-relieving effects of traditional opiates. The term “opioid” is what most people use to describe both kinds of drugs these days, according to the AAC.

*Increased prescription of opioid medications led to widespread misuse of both prescription and non-prescription opioids before it became clear that these medications could indeed be highly addictive,* the U.S. Department of Health and Human Services (HHS) reports on the origins of today’s opioid epidemic.

The epidemic yielded 42,000 opioid overdose-related deaths in 2016 alone, which prompted HHS to declare a public health emergency in 2017.

Shortly before the HHS emergency declaration, King County joined the conversation on the opioid epidemic by convening the Heroin and Prescription Opiate Task Force.

Chloe Gale, co-director of the Seattle REACH program and member of the task force, shared information on the task force and her organization.

The REACH program works to support people living with opioids by providing them with substances, through “street outreach, intensive care management and clinical treatment services,” Gale said.

All REACH programs operate with the goal of “harmonization,” meaning participants do not have to abstain from using drugs to access resources.

“People still now believe that shame and stigma stop people from using drugs, but in fact, in my experience, shame and stigma can really contribute … to active drug use and … it pushes people away from the services that we really want them to engage in,” Gale said.

The task force that Gale worked with offered eight official recommendations to state officials, with a goal similar to that of the King County task force: to further stigmatize opioid use. Examples of the task force’s initiatives include more widespread distribution of Nalox (nasal spray version of naloxone, an emergency overdose reversal medication) to affected communities, and making Buprenorphine (medication that treats opioid addiction) more accessible to those seeking treatment.

Perhaps the most controversial recommendation from the task force was to create two or more Community Health Engagement Locations (CHEL sites), also referred to as safe consumption sites or supervised injection sites. Safe consumption sites, usually geared especially toward people experiencing homelessness and using opioids, have been successfully operating for decades still in the preliminary stage. The model, though, is similar to that proposed by the CHEL would include medical supervision, access to clean needles, and counseling and treatment services, Gale said.

Regarding pushback in response to the CHEL proposal, Gale brought up Initiative 77, a proposal by King County residents whose slogan is “Safe King County.” Last October, the group published a model ordinance banning the funding of safe consumption sites and petitioned to put it on a November ballot, the Seattle Times reported. The King County Superior Court Judge ultimately ruled against putting that ordinance to any public vote, so CHEL planning will continue despite some constituents’ protest.

Gale seemed to understand the skepticism of I-77 proponents and others with doubts. “I think it’s a very new idea for this community, so people have worried about it … bringing people who are actively using into an area,” Gale said, agreeing not to return.

Crime Prevention
Crime prevention is a community responsibility. Please do your part to keep the campus safe. Security is here to serve you. Always report suspicious activity immediately 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 bikes is highly recommended. Contact a member of our team if you have questions or concerns about your safety. We are here to serve you.
Tacoma Mayor Victoria Woodards: On service and community

By Isaac Sims-Foster

On Monday, Feb. 12, the Tacoma Historical Society hosted Victoria Woodards, 39, theRecently elected Mayor of Tacoma, for a lecture here at the University. "A Tacoma Mayor's Life Journey" saw Mayor Woodards in attendance, Bill Baarsma and Harold Moss, as well as a myriad of Tacoma residents intent on learning about their recently elected mayor.

Mayor Woodards, primarily a native of Mary Morrison, sat front and center at the event, anticipating Woodards' presentation here. "She has a powerful message to tell," Morrison said. As an employee for the Office of Equity and Human Rights that Woodards has recently founded, Morrison was "excited that she's mayor."

Attending all the way from the Dome City District, City employee Chris Bell was interested in "getting to know [Woodards] on a personal level. I'm excited to see her achieve realistic and measurable goals."

Woodards was introduced by close friend and colleague Dr. Dexter Gordon, an African American and Communication Studies professor here at the University. Gordon's own career in community service is closely tied with Woodards. "They worked together previously through the Black Collective and Tacoma Urban League."

"I love to talk to people, but I hate to talk about myself," Woodards started. A powerpoint behind her was littered with pictures of her numerous recognitions in Tacoma's community.

She went on with recounting her youth, education and service in South, East, Central, North and Northeast Tacoma, as well as Hiltop, Spanaway and Salthillan throughout her childhood. Her father was black and her mother white, a fact that had a profound impact on her life.

"The most impressive moments were her anecdotal non-sequiturs; these often drew emotional reactions from the crowd. Woodards talked about winning Miss Congeniality in a high school pageant: "I think I got that award because I was the most helpful person. I helped girls zip up their dresses and I helped them fix their hair and I helped them make sure their costumes were straight. I just always wanted to serve. It's just something innate in me."

"It's not something I created, it's not something I watched a YouTube video and became, it's just who God made me." "I always loved service, and I saw this as another way to serve, but I also saw it as a way to be able to leave Tacoma," Woodards said about seawearing into the army after high school.

"After being away from home for about three months, I got my orders, and they said, "You're going to Fort Lewis, Washington." I've always been meant to be here." After the military, Woodards did small office work and Tacoma while beginning her career in community service.

She would go on to become an assistant to Harold Moss on the Pierce County Council in 2004, then a member of the Tacoma City Council in 2009, then Deputy Mayor in 2014. She also served as the President of the Tacoma urban League from 2013 to her election to the position of Mayor.

She went on to recall her job at lumber/home improvement franchise Boise Cascade's office in Downtown Tacoma, fresh out of the Army. "You would think that I had experienced racism of some form in my life, and I'm sure I probably did. But like some things in life, I was oblivious to it. It never hit me smack dab in the face, until one day at Boise Cascade."

"Working as an administrative assistant, she came back from the bathroom to see to coworkers in front of her desk. "They were having this conversation between one another when one said, "You know that n----r girl." I didn't pay it any attention. I sat at my desk, the conversation replayed in my head, and I thought, I'm not going to wear this."

"There's 103 employees in this office. I'm the only person of color. They were talking about me." Woodards closed her presentation with her favorite quote from Scripture: "All things work together for good to them that love the Lord, to them who are the called according to his purpose" [Romans 8:28]. I believe that when we walk in our purpose, when we do what we're supposed to do, doors will continue to open. You will be successful. So that's my journey. What makes a mayor? Community, family and faith."

Tacoma Mayor Victoria Woodards: On service and community

By Marcelle Rutherfurd

On Monday, Feb. 2, President Crawford announced Sally Jewell, the 51st Interior Secretary, as the commencement speaker for the 2018 commencement ceremony. Jewell was chosen because she is "a person best suited to deliver this address to the class of 2018."

"Sally Jewell embodies characteristics and values that align with our mission, demonstrating a capacity for critical analysis, sound judgement, intellectual curiosity, and service to her community. She has dedicated her life to making positive change in the world and meeting the highest tests of democratic citizenship," President Crawford said in the announcement email.

Jewell has had an impressive career thus far, both in the public and private sector. Much of her work has involved nature and the outdoors, according to the University press release. Jewell is also a Pacific Northwest native who has spent a lot of time in local national parks, and she has climbed Mt. Rainer many times. "I think Sally Jewell is a great choice. She has balanced a career in business with public service. She started as an engineer, moved into banking, then became the head of a large outdoor-equipment retailer (REI) and finally served as Secretary of the Interior," Physics professor and committee member James Evans said.

Evans went on to highlight her accomplishments in advocating for environmental and indigenous issues, both nationally and in the Pacific Northwest.

"Through most of her life she has been an effective advocate for enlightened environmental policy. As Secretary of the Interior, she worked to protect rivers and wild places, and she also ordered the renaming of the highest peak in the United States [Denali], a restoration of the name used originally by native people," Professor Evans said.

Her passion for the outdoors and her connections to Washington State also make her a good choice. "She is an effective and engaging speaker," Professor Evans concluded.

President Obama announced Jewell as Secretary of the Interior in 2013. Jewell had no previous political experience, but had had extensive experience in the private sector figuring out how to combine her passion for the environment with business. This information comes from the Obama White House Archives. "So even as Sally has spent the majority of her career outside of Washington — where, I might add the majority of our interior is located — she is an expert on the energy and climate issues that are going to shape our future. She is committed to building our nation-to- nation relationship with Indian Country" President Obama, while announcing her as secretary, said.

Jewell's tendency to combine business or government work with her values of environmental conservation and respect for indigenous populations makes her a clear choice for the role of commencement speaker at The University. She embodies a liberal arts education in her varied and fascinating career.

This quality of hers has not gone unnoticed by others. Jewell was made a Fellow at the Institute of Politics at Harvard Kennedy School in 2017 where she specifically discussed the interaction between economics and environmental sustainability with students, according to PR Newswire.

The Class of 2018 is sure to receive sound advice from someone who has found success being conscious and equitable in fields that people do not often associate with those values. Jewell holds a B.A. in mechanical engineering from the University of Washington and will be awarded an honorary Doctor of Science degree from Puget Sound at the ceremony.
Proposed SNAP changes by Trump administration could be disastrous for Americans in need

By Casey O’Brien

Do poor people have the right to choose the food they eat? Not according to the Trump administration’s budget proposal for the SNAP program. SNAP, the Supplemental Nutrition Assistance Program, is the program formally known as food stamps. Until now, SNAP has operated through something called EBT cards — electronic benefits transfer cards, basically debit cards that you can use on groceries. Traditionally involving having the amount of money offered through EBT, and delivering boxes of fruits, carrots, eggs, and other food. It cannot, according to the USDA, be used on anything but food products, and it can only be used on limited foods — hot foods in grocery stores, for example, are not eligible. But the Trump proposal for SNAP could go a lot farther. Trump's budget proposal includes a radical change to SNAP, which if approved by Congress, would represent one of the largest changes to the program in recent American history — and one of the most invasive.

The program allows for any SNAP recipient who receives more than $90 a month, which is over 80 percent of the poverty line, to any SNAP recipient who receives more than $90 a month, which is over 80 percent of the poverty line, to receive a box with “shelf-stable milk, ready-to-eat cereals, pasta, peanut butter, beans and canned fruit and vegetables,” according to the budget.

There would be no fresh produce in the boxes, representing a recipient who receives more than $90 a month, which is over 80 percent of the poverty line. Emily Jean Kreager, a mother from Nevada, said, “It’s the politicians who collect a salary from our tax dollars telling those in poverty that we are too unintelligent or too easily swayed to abuse any sort of choice in what we do with those benefits.”

In an interview with The Trail, she said, “It’s the politicians who collect a salary from our tax dollars telling those in poverty that we are too unintelligent or too easily swayed to abuse any sort of choice in what we do with those benefits.”

“Boxes like this have long been distributed on reservations, with disastrous effects,” Kreager said. “A National Institute of Health study found that none of the boxes met even the basic health standards of Federal health guidelines. Obesity is a large issue on reservations, likely partly because of the lack of healthy options available to recipients.”

For recipients whose children have food allergies, the boxes could be problematic. Dried and canned foods tend to be high in preservatives like corn and soy, which are highly allergic for some children — the very people whom SNAP is aimed to protect.

“My middle son has severe allergies. Many of them cause digestive issues as well as anaphylaxis. He wouldn’t be able to eat anything from these boxes as they are promoting besides canned veggies, beans and possibly the canned meats!”

But even if you have no food restrictions, you at least have to make the effort to get food — and that’s simply fundamentally wrong to remove the autonomy of someone’s right to choose the food they eat simply because they are poor. We should be fighting for the right of everyone, not just for sustenance, but emotionally and culturally, and it’s arrogant and disrespectful to think that the state can do a better job of feeding us than we can.

Food is a human right, and an integral part of the SNAP program, most of whom are working Americans, deserve that right. I would liken this [proposal] to rations more than anything else because we are removing the choice from the individual,” Kreager said. “I think we can do better than rationing for America’s poor, and I hope you do, too.
Before discussing the word “fetish,” we should describe it. It’s frequently thrown around synonymously with “kink,” or “no-kink,” but the three are actually different degrees of a similar phenomenon. A “turn-on” is simply some action, material, situation or concept that arouses you. A “kink” is a turn-on that exists beyond commonly-perceived sexual norms. Finally, a fetish can be defined as an extreme fixation on a turn-on, Fe-tishes are categorized by what constitutes the turn-on. This week, the Happy Trail explored the online presence of some of the most popular fetishes to better understand the communities behind them. While people may share common fetishes, it’s important to recognize that everyone is aroused by something for their own set of reasons, and no overarching statements can apply to describe individual members of a community.

Here’s a glimpse into four popular fetishes: Their popularity, their forums and some of their potential causes.

Foot Fetish: The foot is widely regarded as one of the most popular unconventional sexual objects. A foot fetish involves a need to interact with feet adoringly, through massage, kissing or another action. Some researchers (Scott Jacoby PhD, Birch Counseling) suggest that part of a foot fetish has to do with hyper-humility, since feet are commonly linked with degradation or unworthiness. At any rate, a person who’s developed a foot fetish has a strong sexual association with feet, perhaps (but not necessarily) stemming from childhood or another formative event that reinforced the connection.

School Girl Fetish: The school-girl, or more aptly, the teacher-student fetish is one that hosts many subsequent specific interests. In general, it describes a fixation on a school uniform, teacher-student power dynamic, or an age-play interest. It can stem from a desire to re-enact sexual impulses that were discouraged as a teenager, or seek affirmation in the form of sexual attention from an authority figure. Because of the broad range of dynamics at play in the “school-girl” fetish, it’s become widely popular, and continues to be a popu-lar category for porn and other transactional sex work.

Pee Fetish: A urination fetish indicates a sexual desire to witness or experience one or more parties peeing, either for them or their partner. This fetish tends to cause discomfort for some people more than others, because of the strong sensations associated with urine — the smell, the color, the content. However, those same things can be arousing to someone with a urine fetish. Research via in-depth interviews with people self-identifying as pee fetishists suggests that some people are drawn to the act because of the trust it necessitates between partners, while others enjoy it because it is humiliating, either for them or their partner. Still others desire the extreme nature of peeing on someone. It should be noted that urine can still carry and spread germs.

Furry Fetish: The Furry community is one that’s received a lot of press coverage looking for a “wow” factor. Furry fetishes involve a person adopting a fursona or animal costume or actions into the bedroom to seek sexual satisfaction, which may range from introducing animal costumes or actions into the bedroom to seeking the sexual experience of being an animal in a sexual situation. This fetish tends to cause discomfort for some people more than others, because of the strong sensations associated with urine — the smell, the color, the content. However, those same things can be arousing to someone with an animal costume fetish. Research via in-depth interviews with people self-identifying as animal costume fetishists suggests that some people are drawn to the act because of the trust it necessitates between partners, while others enjoy it because it is humiliating, either for them or their partner. Still others desire the extreme nature of performing animal действия. It should be noted that animal costumes can still carry and spread germs.

Catching a catfisher

By Nayla Lee

For 24 hours in the eighth grade, I was a catfish. No, not the weird-looking whiskered fish that are often found in shallow, running water; I pretended to be someone else. I was using fake pictures to “hook” a guy in my class. I’d like to state that I’m not proud of this story. It all started when a girl in my class, let’s call her Kaya, showed our friend, let’s call him Lincoln, a picture of her hot cousin, named Desiree or something. He asked if he could get her number, and as a prank, Kaya gave him mine instead. Thinking he was talking to Desiree, Lincoln texted me all through the night. He told me about his skateboarding and told me how pretty my picture was. He boasted about stuff from school that I knew was embellished. After a few hours, he asked if he could call me. I panicked.

I told him that I had a cold, and that I couldn’t talk for long. I deepened my voice, hoping he wouldn’t recognize it. Our two-minute conversation was awkward, and I pretty sure we talked about Jerking, the briefly popular style of dance. (This was 2009 and Jerk crews were all the rage in Southern California, and he was part of a group of boys that would practice during lunch.)

I started to feel sick to my stomach, and told him I had to go to bed soon. After I’ve honestly blocked the rest of the story out due to pure shame. I don’t even know if he remembers — I tried to find him on Facebook while I was writing this story, but either he doesn’t have one or it’s super private. I honestly can’t remember if we ever told him, or if he thought that this mysterious young hottie had disappeared as quickly as she’d entered his life. For me, it was the harmful type of realization, the idea of a life that’s been hoaxed on me. Honestly, I would never do it again, and I know it was disrespectful and dishonest choice. However, my rudimentary trickery was barely a toe-dip into the world of catfishing.

From fake Facebook profiles to phone numbers to Tinder accounts, catfishing has had to evolve into an extremely sophisticated hobby with potentially disastrous consequences. We want to offer some simple tips for people engaging in online interactions with people they haven’t met in person.

Whether you’re just friends, you’re in a relationship, or you see a potential for either of these scenarios, here are some ways to confirm that the person behind the screen is who they say they are.

1. Send each other selfies that aren’t on your profiles
2. Reverse-image search a picture they’ve posted
3. FaceTime
4. honour or something. He
Abroad View: Churches in Berlin still carry their Cold War legacies

By Aidan Regan

According to Berlin’s official website, the city is home to over 250 different religions. Despite this abundance, Berlin is often called the “atheist capital of the world.” 64 percent of the city’s population does not identify with any religion — a staggeringly high number in comparison to other major cities worldwide. This phenomenon stems from Cold War-era East Germany. In atheist, Marxian-Leninist government fought to repress religion through both popular prejudice and official policy. Nevertheless, the steeples rising over Berlin’s horizon are a reminder that religion has played an important role here. World War II destroyed much of Berlin, and it can be easy to forget how old the city is. But each church is not only an island of older architecture amid much newer buildings. They are also the historic registers of a city that’s been through so much, including atheist East Germany.

One of the more famous churches in Berlin is the Kapelle der Versöhnung (the Chapel of Reconciliation). Built on what used to be the inaccessible “death strip” between the western and eastern sides of the Berlin Wall, the church replaced the Church of Reconciliation, built in 1894. East German troops blew up this church in 1985 to “increase the security, order and cleanliness on the state border.” After the fall of the Berlin Wall, the city hired two local architects to construct the memorial church. It is built entirely out of wood and pressed clay, filled with rubble from the previous church. Of the original church, only this rubble, the bells, a piece of the altar, and the bent cross that flew from the spire remain. It’s surrounded by a memorial to the Berlin Wall, and every Tuesday through Friday a memorial service occurs in honor of the wall’s victims.

Not too far from the Kapelle der Versöhnung is the Zionskirche. According to information on display in the church, it began as a parish called the “Zion Chapel” which attracted 20,000 Christians weekly. In the parish’s words, that made it “the city’s largest contingent of proletariat and poverty.” After surviving an assassination attempt, the German Emperor Wilhelm I donated the funds for the construction of a new church to celebrate. It became the tallest building in Berlin when it was completed in 1866. Towards the end of World War II, a fire bomb damaged much of the church. It was rebuilt in 1953, but by then East Germany’s assualt on religious life had taken full force. In response, the church became a place of resistance. East German opposition groups met in the church’s basement to escape the surveillance of the secret police (Stasi). They planned protests, networked for political action groups and published a magazine. They also hid a secret library in the church, filled with banned books on environmental and human rights issues. Today, the church’s permanent exhibit “Memory Becomes the Power of the Present” commemorates these actions.

Similar actions of resistance to the East German government took place in Berlin’s Sophienkirche. Protests took place outside the church and punk concerts were held inside. East Germany forbade these activities elsewhere, but the churches retained the right of free assembly. The church gave new opposition parties rooms to use, as well as groups protesting the proliferation of nuclear weapons. Like the Zionskirche’s hidden library, secret cupboards hid these groups’ political material from the Stasi. But the most famous event at the Sophienkirche was the visit of Martin Luther King Jr. in 1964, when he give two sermons to overflowing crowds. He was on a visit to West Berlin when he spontaneously decided to visit the Eastern side. In the words of his sermon, “God’s children live on both sides of the Wall, and no man-made barricade can change that fact.”

These events were not isolated in East Germany’s history. Because of the state’s hostility to religion, churches all over the nation became places of resistance. One month before the fall of the Berlin Wall, a group of 8,000 churchgoers in Leipzig’s Nicolaikirche swelled to a crowd of 100,000, their protest becoming the largest in the nation’s history. These churches haven’t forgotten the roles they played in shaping history. Even in the “atheist capital of the world,” these churches remain active and celebrate their legacies.

“Pike Place Market is a great community and it’s been here since 1907. There are names on the floor tiles, which is a really a cool thing about the spirit of this place. The floor was condemned, in about the 1970’s, and there were contractors trying to turn it into a parking lot. And we were like ‘no, we don’t want a parking lot, we want our market! so the Pike Place Market Foundation managed to form a structure where they could enable the public to buy their own floor, one square at a time. So now, it’s a really heartwarming story when you see family members trying to find their family’s name on the floor. They might be coming from other states and they want to come and see where they’re commemorated forever, on this floor. It’s kind of a fun thing to see that, but it’s also why this market is still standing here after all these years because the community really really wants it here and it’s great to be a part of that.”

Inspired by Brandon Stanton’s popular cultural exploration phenomenon, “Humans of New York,” students at the University of Puget Sound have created their version of the project: “Humans of Puget Sound.” The goal is to capture the different faces and stories in the Puget Sound community. Faces are not limited to the Puget Sound campus, as interviews have been conducted all over Tacoma and Seattle. Photographers continue to explore new areas of the Puget Sound area to gain a better understanding of the local culture and hidden-gem stories. Photographs and quotes are shared on social media: #HumansofPugetSound on Instagram, and “Humans of Puget Sound - HOPS” on Facebook.
Professor Robert Nelson sheds light on historical housing inequality

By Kylie Gurewitz

On Feb. 12, Puget Sound alumnus Robert Nelson came to the University to give a talk titled “Reckoning with Redlining: Visualizing Inequality in American Cities.” This presentation was centered around the digital mapping project created by researchers at the University of Richmond, where Nelson is currently a professor, and others. Nelson’s team has worked to compile these and other documents to expose the overt racism that was involved in this practice.

In his talk, Nelson went through these rankings of neighborhoods in Tacoma, focusing on those directly surrounding the University of Puget Sound. The ranking scale gave neighborhoods a score from A to D, taking into account a neighborhood’s amenities, safety and racial statistics, the language of which demonstrated an acute fear of immigration and prejudice against people of color. To explain how these rankings were informed, Nelson described two nearly identical neighborhoods in the Proctor district, which scored “F” and “D” respectively. To justify the “D” score, the report stated, “Three highly respected Negro families own homes and live in the middle block of this area. . . . While very much above the average of their race, it is quite generally recognized by Realtors that their presence seriously detracts from the desirability of their immediate neighborhood.” This example fits into a pattern of neighborhoods in Tacoma that received significantly lower scores than identical surrounding areas, simply because people of color were living there. Nelson stressed that this pattern was standard in the reports for the entire country. Nelson explained that one of the main effects of this pattern was the “imperative towards white flight,” meaning that these rankings influenced and discouraged whites in these neighborhoods to sell their property and move elsewhere. This divestment causes these neighborhoods to deteriorate, which creates crisis in these communities.

One of the things I’m working against is if you cannot even bring up the idea of the word undocumented or the idea of people’s experiences with the media,” Reyes said. “If you ever felt outcasted, if you ever felt trapped by the social condition that you exist in, there’s a universality to that.” Reyes says. “If you ever felt outcasted, if you ever felt frustrated with your current situation, if you ever felt trapped by the social condition that you exist in, there’s a universality to that.” Reyes says.

Undocu-Joy: Yosimar Reyes inspires with talk about queer, undocumented identity

By Hadley Polinsky

Excited chatter echoed through Kilworth on Thursday, Feb. 15 as students and faculty alike waited for Yosimar Reyes to begin his talk entitled “Undocu-Joy.” Reyes is a poet, writer and speaker who uses experiences from his own life, as well as the lives of other undocumented people, to bring attention to the overlap between being queer and undocumented in this country. Right now, as Reyes discussed, both undocumented people and queer people are facing similar struggles of not being accepted, both socially and politically.

This lecture was named after his recent project, “Undocu-Joy.” In his work, Reyes focuses on his undocumented identity and the undocumented identity of others. He feels that undocumented people are inordinately misrepresented in the media, and uses his poetry and writings to show what an undocumented person is really like. “Often times undocumented people are pigeon-holed into this idea of what we should be, and this is what Reyes said. “The way that I want to conduct the work I’m doing as a poet, as a writer is really talking about the three-dimensional human beings that are undocumented.”

Reyes spent much of his talk discussing his project, which showcases the lives of undocumented people. He wants to share with the rest of the world, the rest of the world to see the negative way they are shown in the media, and how that portrayal affects their mentality. For example, he questioned how an undocumented person could watch the news about deportation and still choose to go to work and contribute to the very country that could deport them. “Instead of this idea of the story of the million undocumented who you fail to talk them, What brings you joy? What are the steps of self care that you can take in order to unplug from everything that is happening around the country?” Reyes said. Reyes uses these questions to show a side of undocumented people that the media does not portray.

“Of the things I’m working against is if you cannot view undocumented people as human beings, if you choose to use vocabulary that criminalizes us or use words like ‘illegal,’ you rob us of our humanity,” Reyes said.

To further display the life of an undocumented person, Reyes performed parts of a one-man show he is working on producing, which highlighted in part how is childhood contributed to his identity. While his undocumented was certainly a part of it, he talked about his sexuality as well. He spoke a lot about questioning/learning his masculinity, feeling pressure to call other people homophobic slurs to protect himself, lacking role models and finally growing into and accepting his homosexuality.

“Even though this is a serious matter, Reyes used humor throughout. “I liked how open he was, he didn’t make it awkward. Sometimes when things are so serious you’re like, ‘I don’t want to hear this.’ But he made it easy to hear,” first-year Maddie Shojai, who attended the talk, said. Through his use of humor and anecdotes, Reyes illustrated his experiences as documented and queer people experience in their everyday lives.

Reyes hoped to be able to showcase how being undocumented and queer are more common than people realize, and the rest of the world through his childhood stories. He views his life as a coming-of-age story that is relatable to everyone, undocumented or not. If you ever felt outcasted, if you ever felt frustrated with your certain situation, if you ever felt trapped by the social condition that you exist in, there’s a universality to that,” Reyes said.

Reyes spent much of his talk discussing his project, which showcases the lives of undocumented people. He wants to share with the rest of the world, the rest of the world to see the negative way they are shown in the media, and how that portrayal affects their mentality. For example, he questioned how an undocumented person could watch the news about deportation and still choose to go to work and contribute to the very country that could deport them. “Instead of this idea of the story of the million undocumented who you fail to talk them, What brings you joy? What are the steps of self care that you can take in order to unplug from everything that is happening around the country?” Reyes said. Reyes uses these questions to show a side of undocumented people that the media does not portray.

“Of the things I’m working against is if you cannot view undocumented people as human beings, if you choose to use vocabulary that criminalizes us or use words like ‘illegal,’ you rob us of our humanity,” Reyes said.

To further display the life of an undocumented person, Reyes performed parts of a one-man show he is working on producing, which highlighted in part how is childhood contributed to his identity. While his undocumented was certainly a part of it, he talked about his sexuality as well. He spoke a lot about questioning/learning his masculinity, feeling pressure to call other people homophobic slurs to protect himself, lacking role models and finally growing into and accepting his homosexuality.

“Even though this is a serious matter, Reyes used humor throughout. “I liked how open he was, he didn’t make it awkward. Sometimes when things are so serious you’re like, ‘I don’t want to hear this.’ But he made it easy to hear,” first-year Maddie Shojai, who attended the talk, said. Through his use of humor and anecdotes, Reyes illustrated his experiences as documented and queer people experience in their everyday lives.

Reyes hoped to be able to showcase how being undocumented and queer are more common than people realize, and the rest of the world through his childhood stories. He views his life as a coming-of-age story that is relatable to everyone, undocumented or not. If you ever felt outcasted, if you ever felt frustrated with your certain situation, if you ever felt trapped by the social condition that you exist in, there’s a universality to that,” Reyes said.

Excited chatter echoed through Kilworth on Thursday, Feb. 15 as students and faculty alike waited for Yosimar Reyes to begin his talk entitled “Undocu-Joy.” Reyes is a poet, writer and speaker who uses experiences from his own life, as well as the lives of other undocumented people, to bring attention to the overlap between being queer and undocumented in this country. Right now, as Reyes discussed, both undocumented people and queer people are facing similar struggles of not being accepted, both socially and politically.

This lecture was named after his recent project, “Undocu-Joy.” In his work, Reyes focuses on his undocumented identity and the undocumented identity of others. He feels that undocumented people are inordinately misrepresented in the media, and uses his poetry and writings to show what an undocumented person is really like. “Often times undocumented people are pigeon-holed into this idea of what we should be, and this is what Reyes said. “The way that I want to conduct the work I’m doing as a poet, as a writer is really talking about the three-dimensional human beings that are undocumented.”

Reyes spent much of his talk discussing his project, which showcases the lives of undocumented people. He wants to share with the rest of the world, the rest of the world to see the negative way they are shown in the media, and how that portrayal affects their mentality. For example, he questioned how an undocumented person could watch the news about deportation and still choose to go to work and contribute to the very country that could deport them. “Instead of this idea of the story of the million undocumented who you fail to talk them, What brings you joy? What are the steps of self care that you can take in order to unplug from everything that is happening around the country?” Reyes said. Reyes uses these questions to show a side of undocumented people that the media does not portray.

“Of the things I’m working against is if you cannot view undocumented people as human beings, if you choose to use vocabulary that criminalizes us or use words like ‘illegal,’ you rob us of our humanity,” Reyes said.

To further display the life of an undocumented person, Reyes performed parts of a one-man show he is working on producing, which highlighted in part how is childhood contributed to his identity. While his undocumented was certainly a part of it, he talked about his sexuality as well. He spoke a lot about questioning/learning his masculinity, feeling pressure to call other people homophobic slurs to protect himself, lacking role models and finally growing into and accepting his homosexuality.

“Even though this is a serious matter, Reyes used humor throughout. “I liked how open he was, he didn’t make it awkward. Sometimes when things are so serious you’re like, ‘I don’t want to hear this.’ But he made it easy to hear,” first-year Maddie Shojai, who attended the talk, said. Through his use of humor and anecdotes, Reyes illustrated his experiences as documented and queer people experience in their everyday lives.

Reyes hoped to be able to showcase how being undocumented and queer are more common than people realize, and the rest of the world through his childhood stories. He views his life as a coming-of-age story that is relatable to everyone, undocumented or not. If you ever felt outcasted, if you ever felt frustrated with your certain situation, if you ever felt trapped by the social condition that you exist in, there’s a universality to that,” Reyes said.
PSO spring break trips head to the sun for a week of escape

By Zachary Fletcher

Puget Sound Outdoors (PSO) is headed to California this spring break with two different backpacking trips available. Each trip will be heading to Point Reyes National Seashore and Death Valley National Park during the second full week of March this coming spring break.

Point Reyes National Seashore is a protected coastline nestled in Marin County of Northern California. The area is managed by the National Park Service with miles of coastline hiking trails, tidepools and seashore, habitats and a beautiful location just north of San Francisco. According to the National Park Service, the park contains over 70,000 acres of land with around 150 miles of available hiking trails.

For PSO's trip to Point Reyes, all skill levels of backpacking are welcome and the trip runs from Mar. 11–17 with an estimated cost of around $200. The distance will vary from 4–10 miles per day, and the trip will include lots of time on the beach and spots at backcountry campsites.

“Spring break with PSO was one of the best decisions I have made at Puget Sound,” sophomore Mariah Thomson (Placerville, California) said when asked to reflect on her time on last year’s PSO spring break trip.

Another trip offered to students for the upcoming spring break ventures to Death Valley National Park. Last year’s trip to Glen Canyon was quite the sight for all involved, with the beauty of the canyon’s river and the contrast to the typical Pacific Northwest weather that Thomson spoke with great appreciation of the sun and the opportunity for my sun-deprived body to finally warm from within the top four spots. Like Gries described, the squad took part in a trip to Glen Canyon National Recreation as part of a PSO trip during last year’s spring break. “My experience with PSO’s spring break was amazing. Not only did I get to visit a new wilderness in Utah, but I got to know a new group of fantastic individuals,” Barker said. “I’ll never forget exploring those beautiful slot canyons and red rocks,” he added.

Softball and baseball look to reach high expectations

By Tayla MacPherson

The softball and baseball teams both began their pre-seasons this month. The women Loggers were ranked eighth in the conference in the pre-season, as were the men Loggers in the NWC. Both teams have high expectations for their seasons.

The softball team has six talented seniors and has added seven first-years to the team this year.

Head coach Kelly Tate described the shared expectations the women's team and staff have for the program this upcoming season. “We have a large senior class that has been with me all four years, so we share the same goals. We always, every year, focus on the process and let the outcome happen for itself. But making the NWC tournament is the next step for our program,” Tate said.

The team has 20 players this season, which Coach Tate described as the perfect size.

Amanda Fehr, a senior from Las Vegas, Nevada, explained why this season will be the most exciting and special. “This season is going to be different than others because not only is it the biggest team we've had in the four years I've been here, but also the most competitive. Our first weekend in California was the strongest pre-season weekend I've had as a Logger and it makes me so excited for the season to start. I have depth at positions we have never had before as a huge freshman class who bring lots of great new talent to the team,” Fehr said.

So far this season, the women Loggers opened the season with a record of 2-2. The baseball team opened their season with a record of 2-2. The squad is made up of 39 players, 14 of whom are first-years.

The softball and baseball teams both began their pre-seasons this month. The women Loggers were ranked eighth in the conference in the pre-season, as were the men Loggers in the NWC. Both teams have high expectations for their seasons.

The softball team has six talented seniors and has added seven first-years to the team this year.

Head coach Kelly Tate described the shared expectations the women’s team and staff have for the program this upcoming season. “We have a large senior class that has been with me all four years, so we share the same goals. We always, every year, focus on the process and let the outcome happen for itself. But making the NWC tournament is the next step for our program,” Tate said.

The team has 20 players this season, which Coach Tate described as the perfect size.

Amanda Fehr, a senior from Las Vegas, Nevada, explained why this season will be the most exciting and special. “This season is going to be different than others because not only is it the biggest team we’ve had in the four years I’ve been here, but also the most competitive. Our first weekend in California was the strongest pre-season weekend I've had as a Logger and it makes me so excited for the season to start. I have depth at positions we have never had before as a huge freshman class who bring lots of great new talent to the team,” Fehr said. 

So far this season, the women Loggers opened the season with a record of 2-2. The baseball team opened their season with a record of 2-2. The squad is made up of 39 players, 14 of whom are first-years.
Sports Recap

By Gabi Marrese

WOMEN'S BASKETBALL

The Loggers traveled to California for a double header against Pomona-Pitzer on Friday and Saturday. Both games were against teams with winning records, but the Loggers managed to pull off two close wins. On Friday, the Loggers won 69-50 against the Pioneers, with Elizabeth Prewitt leading the game with 17 points. On Saturday, the Loggers faced off against the Whittier Pirates, losing 71-69. Despite the loss, the Loggers showed resilience and continued to play competitively. The Loggers are currently 11-5 in conference play and have a strong chance to make it to the playoffs.

MEN'S BASKETBALL

The Loggers' men's basketball team played against Whitman in their last home game of the season. Despite being on the losing end, the Loggers showed their determination and passion for the game. With a dominant first half and a strong comeback in the second half, the Loggers were able to secure a win against Whitman. This victory is a testament to the team's hard work and commitment to the sport.

BASEBALL

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.

SOFBALL

The Loggers faced off against the Whitworth Falcons in their last home game of the season. Despite the loss, the Loggers showed their skills and determination on the field. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Men's basketball clinches third seed in NWCC tournament

By Kevin White

After clinching a spot in the Northwest Conference playoffs last weekend, the Loggers managed to finish out their season strong and capture the third seed in the tournament. In the first round, Puget Sound will be battling against Whitworth in the NWCC Semifinals.

The Loggers played Whitworth on Thursday, Feb. 22, with a win that was a result of a successful offense and strong defense. The Loggers were up for most of the game, leaving the previous losses behind them and focusing on their next game.

Softball

The Loggers played a tough game against the Whitworth Falcons on Thursday, Feb. 22, but were able to secure a win. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Baseball

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.

软文

The Loggers traveled to California for a double header against Pomona-Pitzer on Friday and Saturday. Both games were against teams with winning records, but the Loggers managed to pull off two close wins. On Friday, the Loggers won 69-50 against the Pioneers, with Elizabeth Prewitt leading the game with 17 points. On Saturday, the Loggers faced off against the Whittier Pirates, losing 71-69. Despite the loss, the Loggers showed resilience and continued to play competitively. The Loggers are currently 11-5 in conference play and have a strong chance to make it to the playoffs.

MEN'S BASKETBALL

The Loggers' men's basketball team played against Whitman in their last home game of the season. Despite being on the losing end, the Loggers showed their determination and passion for the game. With a dominant first half and a strong comeback in the second half, the Loggers were able to secure a win against Whitman. This victory is a testament to the team's hard work and commitment to the sport.

BASEBALL

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.

SOFBALL

The Loggers faced off against the Whitworth Falcons in their last home game of the season. Despite the loss, the Loggers showed their skills and determination on the field. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Men's basketball clinches third seed in NWCC tournament

By Kevin White

After clinching a spot in the Northwest Conference playoffs last weekend, the Loggers managed to finish out their season strong and capture the third seed in the tournament. In the first round, Puget Sound will be battling against Whitworth in the NWCC Semifinals.

The Loggers played Whitworth on Thursday, Feb. 22, with a win that was a result of a successful offense and strong defense. The Loggers were up for most of the game, leaving the previous losses behind them and focusing on their next game.

Softball

The Loggers played a tough game against the Whitworth Falcons on Thursday, Feb. 22, but were able to secure a win. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Baseball

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.

软文

The Loggers traveled to California for a double header against Pomona-Pitzer on Friday and Saturday. Both games were against teams with winning records, but the Loggers managed to pull off two close wins. On Friday, the Loggers won 69-50 against the Pioneers, with Elizabeth Prewitt leading the game with 17 points. On Saturday, the Loggers faced off against the Whittier Pirates, losing 71-69. Despite the loss, the Loggers showed resilience and continued to play competitively. The Loggers are currently 11-5 in conference play and have a strong chance to make it to the playoffs.

MEN'S BASKETBALL

The Loggers' men's basketball team played against Whitman in their last home game of the season. Despite being on the losing end, the Loggers showed their determination and passion for the game. With a dominant first half and a strong comeback in the second half, the Loggers were able to secure a win against Whitman. This victory is a testament to the team's hard work and commitment to the sport.

BASEBALL

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.

SOFBALL

The Loggers faced off against the Whitworth Falcons in their last home game of the season. Despite the loss, the Loggers showed their skills and determination on the field. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Men's basketball clinches third seed in NWCC tournament

By Kevin White

After clinching a spot in the Northwest Conference playoffs last weekend, the Loggers managed to finish out their season strong and capture the third seed in the tournament. In the first round, Puget Sound will be battling against Whitworth in the NWCC Semifinals.

The Loggers played Whitworth on Thursday, Feb. 22, with a win that was a result of a successful offense and strong defense. The Loggers were up for most of the game, leaving the previous losses behind them and focusing on their next game.

Softball

The Loggers played a tough game against the Whitworth Falcons on Thursday, Feb. 22, but were able to secure a win. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Baseball

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.

软文

The Loggers traveled to California for a double header against Pomona-Pitzer on Friday and Saturday. Both games were against teams with winning records, but the Loggers managed to pull off two close wins. On Friday, the Loggers won 69-50 against the Pioneers, with Elizabeth Prewitt leading the game with 17 points. On Saturday, the Loggers faced off against the Whittier Pirates, losing 71-69. Despite the loss, the Loggers showed resilience and continued to play competitively. The Loggers are currently 11-5 in conference play and have a strong chance to make it to the playoffs.

MEN'S BASKETBALL

The Loggers' men's basketball team played against Whitman in their last home game of the season. Despite being on the losing end, the Loggers showed their determination and passion for the game. With a dominant first half and a strong comeback in the second half, the Loggers were able to secure a win against Whitman. This victory is a testament to the team's hard work and commitment to the sport.

BASEBALL

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.

SOFBALL

The Loggers faced off against the Whitworth Falcons in their last home game of the season. Despite the loss, the Loggers showed their skills and determination on the field. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Men's basketball clinches third seed in NWCC tournament

By Kevin White

After clinching a spot in the Northwest Conference playoffs last weekend, the Loggers managed to finish out their season strong and capture the third seed in the tournament. In the first round, Puget Sound will be battling against Whitworth in the NWCC Semifinals.

The Loggers played Whitworth on Thursday, Feb. 22, with a win that was a result of a successful offense and strong defense. The Loggers were up for most of the game, leaving the previous losses behind them and focusing on their next game.

Softball

The Loggers played a tough game against the Whitworth Falcons on Thursday, Feb. 22, but were able to secure a win. The Loggers have a tough week ahead, as they prepare for their final games of the season.

Baseball

The Loggers faced the Indians in their final home game of the season. Despite the loss, the team showed their resilience and fought until the very end. The Loggers have a tough week ahead, as they prepare for their final games of the season.
Human oddity is bad with names but great with faces

By Bean McQueen

Some rare individuals are born with “super vision,” the ability to see millions more colors than the average human. Some can execute remarkable feats of memory such as pacing any piece of music after hearing it once, or memorizing thousands of digits of the irrational number pi. Such gifts are quite rare, but this week one gifted student was discovered on this very campus: Adam Chong is bad with names, but great with faces.

The discovery was made on Tuesday, Jan. 13, when Chong incorrectly greeted a classmate by the name “Sarah.”

“My name is Clara, and we’ve had a couple of classes together, so immediately I was like, ‘Oh! There’s something odd going on here,’” junior Clara Jelson said. “I corrected him, and he immediately apologized like, ‘Sorry, I’m so bad with names, but I’m good with faces.’ Like, he didn’t even realize how amazing that was; he didn’t understand that’s not what it’s like for everyone.”

Word of Chong’s remarkable gift quickly spread across campus, inspiring curiosity and excitement across departments. By Wednesday, faculty from eight different fields of study were clomoring for a chance to speak with Chong.

Psychology Professor Linda Meers said studying Chong could make her career.

“I mean, these are the kind of case studies that our students can agree on one thing: it is a stroke of luck to have a student like this. I’m curious about whether or not it is a sign of something else, like what would happen if I looked at someone’s face, I’m like, ‘Yeah, I think I’ve seen them before.’ It just hits me,” Chong said.

Neuroscience professor Ernold Mavenwick said he believed Chong’s remarkable facial recognition was just the tip of the iceberg.

“When individuals exhibit exceptional abilities, it’s rare for it to be just a single odd, odd characteristic or enhanced skill; there’s typically a series of related unusual traits,” Meers mimed cradling Chong’s head close to her.

“What’s going on in that beautiful, beautiful mind?” she whispered.

“There’s something about this case that’s inherently literary,” English professor Terry Molbruth said. “Adam Chong is in a position to completely explore the current paradigm on how readers experience narrative. Names, words, letters as a conceptual symbol for the individual, the label to the invisible presence, all those assumptions fly out the window for a reader like Chong.”

When asked for details about what it’s like living with this exceptional gift, Chong was modest.

“I don’t know. I forget people’s names a lot. Except for my best friends, Chad and Big Brian. But, I don’t know, a lot of times if I look at someone’s face, I’m like, ‘Yeah, I think I’ve seen them before.’ It just hits me,” Chong said.

When faculty may disagree about the most important implications of Chong’s gift, they can agree on one thing: it’s a valuable asset to have for all fields of study that this rare individual chose the University of Puget Sound.

Student actually likes the rain

By Lee L. Benbow

Winter in Northern Tacoma is in full effect. The humidity has not been under 50 percent in the past week and the sun hasn’t been seen in months. While most students dread this season of constant moisture, sophomore Hannah Moore actually likes the rain.

Moore is your average Portland native who likes her duke of earl in a mason jar just as much as the next gal, but she also possesses her own, unique traits. Instead of reaching for her black raincoat at the first sign of rain, she wakes up with a smile, excited to go out and take on the rain.

“There’s something about being out in the rain. Literally everyone here can tolerate the rain; she does not deserve an award for standing basic weather conditions. The Flail did not appreciate Massley’s tone and promptly ended the interview. As winter dredges into the darkest and coldest months, The Flail wishes Hannah Moore the best with dealing with her haters and wants her to keep on enjoying the beautiful weather.

Flu season is winding down, but anti-vaccine advocates are just warming up their bragging rights for not getting the flu, or getting over the flu and preparing a Google doc of things to blame the flu on along with conspiracies about the flu shot. The Flail took to the campus Health and Wellness Services (CHWS) waiting room to interview some of the University of Puget Sound’s strongest Anti-Vaxxers.

Junior Mitchell Cyrus spent three weeks in their room with a nasty case of strep throat, sinus infection and cramps. “I didn’t get the flu. I got an unfortunate case of winter illness, but not the flu. Shoot-out to my homeopathic remedies and essential oils!” Cyrus said.

Not all who went without the vaccine were as lucky. First-year Kate Cadott caught a nasty strain and had to miss both of her RDG dance practices in one week. “I know I got the flu this year, but the vaccine was only 2 percent effective and gave off bad vibes,” Cadott said.

CHWS hates her! She never shows up to appointments and is really mean to the staff!

By Lee L. Benbow

Flu season is winding down, but anti-vaccine advocates are just warming up their bragging rights for not getting the flu, or getting over the flu and preparing a Google doc of things to blame the flu on along with conspiracies about the flu shot. The Flail took to the campus Health and Wellness Services (CHWS) waiting room to interview some of the University of Puget Sound’s strongest Anti-Vaxxers.

Junior Mitchell Cyrus spent three weeks in their room with a nasty case of strep throat, sinus infection and cramps. “I didn’t get the flu. I got an unfortunate case of winter illness, but not the flu. Shoot-out to my homeopathic remedies and essential oils!” Cyrus said.

Not all who went without the vaccine were as lucky. First-year Kate Cadott caught a nasty strain and had to miss both of her RDG dance practices in one week. “I know I got the flu this year, but the vaccine was only 2 percent effective and gave off bad vibes,” Cadott said.

Photo by Anna Graham
Buddhism for Black America?: Charles Johnson calls for new insurgence of old ideas in Swope lecture

“The New Middle Passage: Mindfulness in Black America” took on a surprisingly spiritual theme in accordance with the darkness surrounding life as a person of color in the United States

By Evan Welsh

When Charles Johnson, a National Book Award winner, approached the podium to give this semester’s Swope lecture, few in the audience seemed to know exactly what his talk would be about. The program read, “The New Middle Passage: Mindfulness and Black America,” a title that gives only vague clues toward the lecture’s topic. Fortunately for the audience, the title of the lecture was the first thing Johnson addressed; “This talk we kind of titled something strange — it could equally be called, ‘Why Buddhism for Black America now?’ or, if you like, ‘Why Buddhism for America now?’” Johnson said.

Ultimately the use of the word “mindfulness” in the lecture’s title is more significant in Johnson’s thesis than it might have seemed on first glance. Johnson offered Buddhism as a way of finding comfort within oneself and stronger unity with others, without ever creating a strict guideline to how to practice Buddhism.

“The Buddhist experience is simply the human experience,” Johnson said. The lecture from there focused on the Buddhism and the effects of its practice. Johnson stressed early in the lecture how the practice of Buddhism could help mentally effect people who are suffering from their experiences as Black Americans in this moment in history. Now is a time that sees African Americans as successful as they’ve ever been while also still combating the fervent racism and systematic oppression that has held their culture back for so long.

“If we want them to survive in the global knowledge-driven economies of the future, we’ve got to be met with our 2,600-year-old Dharma of Buddhism must be part of that conversation,” Johnson said. Johnson believes that African Americans, especially young African American males, can fall victim to traps set by social and economic standing. He is concerned that young African Americans might see themselves as “angry Black males” perpetuating a vile and racist narrative that will only lead to more violence and oppression of African Americans in the U.S.

To break the cycle, Johnson proposed following the teachings of the Buddha and the practice of meditation as a way for young African Americans to free themselves of a damaging mindset. Johnson presented Buddhism less as a religion than as a practice of centering oneself in the world as a means to obtain a more peaceful society. One particular problem that Johnson identified in our current mindset is egotistical attachment, the attachment to things that will eventually disappear. He said that Buddhists only attach a name to their faith because they operate in a label-driven world. The goal of peace as a lifestyle, as Johnson sees it, revolves around becoming a “follower of the Dharma” — doing one’s best to let go and be free.

“I was very grateful for his passion for Buddhism, his ability to engage a wide audience of different experiences of Black America,” Dave Wright, University Chaplain and Swope Lecturers who specifically engage Buddhism, and his particular engagement connecting race with Buddhist practice was particularly appealing,” Wright said.

Johnson’s proposed “spiritual revolution” begins with the freeing of one’s mind, finding peace with oneself and letting go of the ego and damaging mindset that many young African Americans fall into. This inner peace, created by practicing meditation and Buddhism, hypothetically leads to more peaceful interactions with others, even in a society that is “soaked in violence,” Johnson said.

On its face, much of this can seem overly optimistic and ideological, particularly in a time filled with such great pessimism. But maybe writing it off as overly optimistic is part of the problem, and in a time for African Americans that Johnson described early in his lecture as “the best of times and the worst of times,” it is worth taking a chance on letting go of attachments to ego and the finite and living a lifestyle of peace.

Movies & T.V. to shatter the ‘grand illusion’ of our oh-so-fragile reality

By Parker Barry

Sometimes I watch “The Office” for the seventh time, and then sometimes I consume media to experience the singular eternal consciousness of the world. I watch things to be metaphorically dangled over an abyss that Nietzsche claims will eventually stare back at me if I don’t break eye contact. This is the purpose of watching movies and T.V. to “shatter the grand illusion,” which basically means to question one’s reality. To help start a dialogue of existential dread within your (10 to 11 pound) head.

I have compiled a list of films and television series. There is no particular order to this list because I have no right to arrange them by excellence. I can only send you on your journey to experiencing the infinite, or the oceanic feeling, or the abyss.

“True Detective” Season One

Firstly, it stars Matthew McConaughey and Woody Harrelson. The series is written by Nic Pizzolatto, who took an entire 10 years to write season one and whose blood runs swollen with ichor. This show pushes you to accept how meaningless and toxic humanity is. It points out the terrifying realization that maybe consciousness was a horrific accident caused by evolution. It also denies all of this by the end of the season and, of course, has an incredible narrative arc that made me weep over the creative genius of humanity.

“Waking Life”

A movie directed by the amazing Richard Linklater, filmed in live action and then animated over. Richard Linklater also directed “Before Sunrise,” “Boyhood,” “School of Rock,” and “Dazed and Confused.” “Waking Life” is nauseating both to watch and to process. Both visually and conceptually you are being continuously drowned in stimulation. The plot of the movie is nothing close to linear; it is basically just a string of philosophical conversations. This movie stars Ethan Hawke, whose grotesque goatee can be overlooked due to the animation.

“A Scanner Darkly”

Another film directed by Richard Linklater, it takes place in the near future where the United States has basically lost the war on drugs. It is filmed the same way as “Waking Life” — live action with animation added. It stars the ageless American treasure, and arguably the messiah incarnate: Keanu Reeves. The film also features Woody Harrelson, Robert Downey Jr. and Winona Ryder. Reeves plays an undercover cop that gets mixed up with drugs and begins to lose his sense of identity.

“Synecdoche, New York”

Directed by Charlie Kaufman — the same director as “ Eternal Sunshine of the Spotless Mind” and “Being John Malkovich.” I could not begin to tell you what this movie is about or how it even works as a film. I can tell you that this movie covers all of my greatest fears: being deathly ill and no one caring, going insane and no one noticing or showing interest and time functioning improperly without anyone fearing the repercussions. Honestly, everyone should watch this film just because it throws every cliche out the window and feels unrecognizable when compared to other films.

“The Imaginarius of Doctor Parnassus”

Heath Ledger actually died while in the middle of filming “The Imaginarius of Doctor Parnassus” — it was the last film he acted in before his death. This film also stars Johnny Depp and Andrew Garfield. “The Imaginarius of Doctor Parnassus” grapples mainly with the tensions between good and evil but also the key to happiness. This film fills you with disgust over the deep human desire of wanting — whether that is emotional want or the want of worldly possessions. It is also extremely trippy and has beautiful CGI.

If you would like to watch any movies or T.V. shows that make you wildly uncomfortable or have any recommendations from me or you just want to hang out in general email me at ppbarry@pugetsound.edu
On a small stage set at the intersection of Yakima Avenue and S 336th Street, a young karate student entered the center stage to perform a progression of his martial art moves. The student, who is currently 12 years old and has a real talent for someone of his age. After his solo performance, other karate students who train at the Asia Pacific Culture Center joined him and showcased their talent. This Okinawa Arts Karate team was one of many who performed at the annual Tacoma Lunar New Year Festival that occurred on Feb. 18.

The festival aims to welcome the arrival of a new lunar year and is one in a series of New Year events that occurred since the start of the celebrations on Feb. 16. As the Chinese Zodiac moves in a 12-year cycle, the arrival of the new year means it’s time to say a sad goodbye to the year of the rooster and welcome the year of the dog. According to Newsweek, those born in the year of the dog will be extremely loyal to friends and family and will be popular in social circles. If referring to the Chinese Zodiac, 2018 is a worth a look for someone born in 2006, 1994, or even 1982 in the past years of the dog.

In addition to the focus on the Chinese Zodiac in the festival, there was a great focus on continuing the popular traditions of the festival. It kicked off with a dragon dance and sprinkling of confetti all over the block within the Lincoln Financial District where the festival was set. The dance continued along to the end of the block and was applauded by the festivalgoers. The festival organizers gave speeches and the first performance of the day, Variya, a traditional dance from Thailand, continued the celebrations.

I have decided to write about the casino experience because I have passed the place one too many times. I have almost switched out my hoodie and pajama pants, attire which is 30 cents. They do offer free coffee and sodas in tiny Styrofoam cups, a fact which I filed away in case I was ever in need of free caffeine on my way north, but I learned from the bouncer that people aren’t the only thing they bounce — these drinks are to remain strictly on premises. Upon entering, wanting to keep the cup as some tangible object to take away from my time inside and prove I wasn’t all a fever dream, I sat down at one of many slot machines to chug them free. Unfortunantly just after showing the bouncer my dutifully empty cup I learned that yes, even the styrofoam must remain inside the building.

The karate performance, as well as the rest of the festival, was slightly hindered by the weather. The snow that arrived that morning and the continuing rain, and then hail, made the amount of performers smaller. It also made the outdoor festival a little more difficult to navigate but ultimately showed the perseverance and dedication of those involved. The students from the Okinawa Arts Karate team were not fazed in the slightest wind and probably their karate skills with gusto.

The arrival of the new lunar year holds a great impact on people worldwide and resonates within multiple cultures. In addition to having performances that drew on Asian heritage, there were performances that represented other ones. One of these performances was by Esplendor Mexicano and shared a traditional Hispanic style dance. The performance consisted of group dance by multiple dancers. They dressed in vibrant traditional costumes and worked well in the collaborative routine. The highlight of the Esplendor Mexicano performance was the stunning and emotionally jarring finale of “the dance of the sombrero.” The dance was performed between a male dancer and a female one and ended with the precarious throwing of a sombrero and a dramatic dip of the female dancer.

University of Puget Sound student Sarah Manor was especially impressed by this dance performance. “I appreciated that they were so dedicated to this festival even when the weather was so crazy! The weather didn’t stop them from performing so well and it made the festival so interesting,” Manor said.

The celebration of Chinese New Year also occurred on campus. On the second floor of Wyatt, there is a display celebrating Chinese New Year. It features traditional decorations, including flowers, which are seen as extremely important in Chinese households. Within the display there is also a Chinese poem. One poem specifically is called “A Night-Mooring near Maple Bridge,” which when translated speaks of a crow’s caw and a midnight bell. This on-campus display offers a great opportunity to celebrate Chinese New Year if you missed the festival.

The lunar new year festival shared classic traditional lunar new year events and was greatly important to many who attended. It showcased the diversity in the performance pieces that could be shared and gave way to a fun and very friendly atmosphere all while heralding the new lunar year!

A cautionary tale for the curious by Matthew Gulick

At the Emerald Queen (EQ) Casino I-5 location, cold rain falls in scattered drops across the wide windowless hallway, across which towers the green and yellow electronic marquee. Comments were missing, a disorienting however. It was high time to find out what “The Entertainment Capital of the Northwest,” site of performances from Queen Latifah, Larry the Cable Guy and Boyz II Men, had to offer.

Due to my lack of casino experience, I turned to the EQ website (emeraldisqueen.com) to gather necessary intel before making an appearance. From the page I’d learned to expect suave, young and stock-model-status attractive clientele. Unfortunately I did not apply the proper filter of氰icm to this promise and switched out my hoodie for a red checked button down. Perhaps this is a result of watching “Casino Royale” too many times. I have almost certainly watched “Casino Royale” too many times. In any case, the first individual I saw while surveying the place from the safety of my car appeared far more comfortable than myself in their hoodie and pajama pants, attire which all too easy to part with. I’d heard the fun fact that casinos don’t have clocks or windows so people don’t recognize the passage of time, but it still came as a surprise when I checked my phone and 45 minutes had passed while wandering the premises getting my bearings. EQ’s lack of a real time clock didn’t disorient however. It was gray when I entered and gray when I left, and since we currently live in what feels like a state of perpetual darkness I’m not sure what getting outside to discover the sun had set would do for anyone.

You might think this clock-based time-banishing strategy is now foiled by ubiquitous smartphones, but in the course of my wanderings I didn’t see one person checking a handheld device. People’s eyes remained glued to their chosen machines. I noticed little conversation between players.

I’d also heard the fact that casinos don’t have clocks or windows to encourage lowered inhibitions, but unfortunately this is not the case at EQ where the lowest potential bet on a spin is 30 cents. They do offer free coffee and sodas in tiny Styrofoam cups, a fact which I filed away in case I was ever in need of free caffeine on my way north, but I learned from the bouncer that people aren’t the only thing they bounce — these drinks are to remain strictly on premises. Upon entering, wanting to keep the cup as some tangible object to take away from my time inside and prove I wasn’t all a fever dream, I sat down at one of many slot machines to chug them free. Unfortunantly just after showing the bouncer my dutifully empty cup I learned that yes, even the styrofoam must remain inside the building.

In addition to sexy 20-somethings, the website had promised to “launch [my] expectations into the stratosphere” because the I-5 location is home to “1,640 dynamic video slots including Progressive Jackpot machines.”

This second pledge proved far more accurate. Here is a list of a mere fraction of slot machine titles: Lucky Larry’s Lobstermania I, Majestic Sea, Paradise Moon, Coyote Moon, Peacock Magic, Lucky Larry’s Lobstermania II, Goddess of the Bermuda Triangle, The Four Winds, Triple Dragon, Dangerous Beauty 1 & 2, Icarus the Journey and Lucky Larry’s Lobstermania III.

EQ does offer Vegas-style table games and the slots proved more popular by far. I hovered behind a game of Spanish 21, which I thought meant blackjack conducted in Spanish, but upon hearing the dealer speaking English I learned it was something else entirely. Worried that players might consider this over-the-shoulder hovering rude I didn’t stay long enough to learn what was going on. As the youngest gambler there by far I felt I already drew too much attention to myself, and therefore did not want to accidentally break any casino social mores like “don’t creepily hang around waiting people put money on the line.” To avoid suspicion, I lost $20 making 30-cent bets on an assortment of slots (mainly Larry’s Lobstermania III) in roughly two hours. I have no idea what I gained from this experience.

Want to know more? Find it out at emeraldisqueen.com.