Dear Campus Community,

I write to you today to express on behalf of myself and Trail our deepest regret and apology for publishing an offensive and insensitive image in the Combat Zone section of the March 15 issue. The image was intended to be a lighthearted joke about the weather involving President Crawford, but the effect of the image was inappropriate and dehumanizing, and contains echoes of offensive portrayals of people of color that have contributed to a culture of racism and intolerance. So, though the image was not created with harmful intent, the fact is that it was insensitive — and that is, in the end, what matters.

Several factors contributed to the image not being reviewed by the normal number of editors under the standard review process before publication. The first and only time I saw the full image was in my final review, and, regretfully, I was more focused on editing the copy, and did not thoroughly consider the effect of the graphic. In addition to recognizing the value and necessity of the normal review process before publication, I and The Trail staff are doing the following to address the situation and to prevent it from happening again:

- Copies of the issue have been removed from campus and have not been distributed to our off-campus locations.
- Process oversight will be strengthened to ensure each section is reviewed by at least myself, the section editor, the art director, a copy editor and the managing copy editor before an issue is released for publication.
- I and Trail staff will undergo cultural competency training in coordination with the Office of Intercultural Engagement, the Library and the African American Studies Department by the end of the semester.
- Cultural competency training will be added to the beginning-of-the-year staff training for The Trail in the fall of 2019.

I am deeply sorry for any offense and hurt that this image caused. As always, I welcome your comments and feedback by email at trail@pugetsound.edu. I am committed to learning from this situation and using it to make The Trail a better and more aware newspaper.

With apology,
Becca Mislierian
Trail Editor-in-Chief

Anyone interested in reading the other articles published in the March 15 issue can access them on our website at trail.pugetsound.edu.

When helping end climate change, most people think of doing little things that have a great impact, like using reusable straws and cups instead of disposable ones. However, most people do not realize that it is their voice that can have the greatest impact.

On Feb. 12, Kenny Coble and Erin Dilworth, two members of the organization Citizens for a Healthy Bay (CHB), came to the University of Puget Sound to give a talk about how this organization is helping protect the Tacoma Tideflats.

Coble works as the environmental justice program manager and Dilworth works as the policy and technical program manager at CHB. “For 25 years, Citizens for a Healthy Bay has brought people together to achieve a clean and healthy Commencement Bay that benefits both our community and the surrounding ecosystem that calls Puget Sound home,” the CHB website reads. With the help of CHB, “We are committed to empowering the people’s voices in protecting their home.

PHOTO CREDIT: WALTER SIEG mond

Coble and Dilworth expressed their concern for the fact that this facility will only generate 18 permanent jobs, and the fact that they believe that LNG is 30 percent worse for the environment than regular gas. Currently, 95 percent of our hydrogen production comes from LNG, according to safety4sea.com.

They believe that no one is actively planning on killing the planet, but sometimes sacrifices are made for the economic benefit. However, they do not believe that the impact of the construction and operation of this facility is worth the 18 permanent jobs it will create in the long run. They believe that wind turbines will be better for the economy and the environment.

“We are committed to empowering members of the public to be effective advocates for a healthy Commencement Bay by sharing clear and scientifically accurate information,” the CHB website reads. With the help of CHB, “the community can be on the same page as to what needs to be done and what is already being done so that Tacoma can be as beautiful as can be.”

Furthermore, CHB encourages people to submit comments to the local government. These comments help delay the government from approving the policy and to encourage them to review it based on the comments received. CHB was successful in delaying the start of construction for the LNG facility by two months because of how many comments were submitted. This shows the power of the people’s voices in protecting their home.
Puget Sound searches for a new CHWS Director, again

By Kylie Gurewitz

In spring 2018, a Search Advisory Committee comprised of Puget Sound staff and students began the search for a new director of Counseling, Health and Wellness Services (CHWS). Following the retirement of previous director Don Marshall in August 2018, this committee evaluated applications and brought three candidates to campus for interviews and open campus sessions. The candidates were Dr. Kahlilah S. Bhari PhD, a psychologist and the former director for the student counseling center and health services at Zayed University in Abu Dhabi; Dr. Eric C. Wood Ph.D., a counselor and former associate director of counseling and mental health; and Dr. Andrew L. Adelman, a psychologist and former coordinator of diversity and inclusion at the Georgia Institute of Technology.

Jack Aldisert ’19 worked closely with CHWS throughout the hiring process, both as an Associated Students of the University of Puget Sound (ASUPS) senator and as a student. Regarding the candidates from last fall, Aldisert stated, “They were all three very very experienced in working administratively, all were very experienced working with mental health in general and in academic settings. It seemed like they had learned a lot of ideas and strategies around promoting mental health and managing mental health.”

Months later, however, none of these candidates were hired. According to Nurse Practitioner Libby Baldwin, the CHWS search committee chose to bring back the current co-interim CHWS Director, two of these candidates had already chosen different jobs; Dr. Bhari decided to stay in an interim position at Pacific Lutheran University and Dr. Eric Woods took an offer at another university. The third candidate, Dr. Andrew Adelman, “decided UPS wasn’t the right fit due to the size of the school.”

The search for a new director has begun again this semester, with new candidates and open sessions. The three finalists, Dr. John Hancock, Dr. Lori Katz and Dr. Kelly Brown, visited campus and met with the search committee, the Student Affairs and Academic Leadership Teams and the Counseling, Health, and Wellness Services team, in addition to participating in open sessions.

During open sessions, which took place throughout March, each candidate presented their vision for CHWS, and then answered questions from audience members. Campus community members who attended the open sessions were encouraged to fill out a survey afterward to evaluate the finalists’ strengths. The Finalist Evaluation Form asks the participant to rate the finalist from one to 10 for qualities such as applicability of education, background, previous experiences to the requirements and expectations for the Director of Counseling, Health, and Wellness Services position and “knowledge to address and provide policies, programs and services for an on-campus student population.”

Dr. Kelly Brown is currently overseeing the health and wellness department at Lewis and Clark College. Baldwin explained that Hancock has experience working with student health insurance, supervising, leading and communicating with the campus about services. “If brought on as director he hopes to support suicide prevention efforts and bring attention to historically marginalized voices on campus. He is also passionate about student health insurance,” Baldwin said.

Dr. Lori S. Katz, Ph. D. is currently a clinical psychologist at the Veterans Administration in Tacoma. She has studied at University of California, Berkeley, the University of Massachusetts, Amherst, and the VA Long Beach Healthcare System. Dr. Katz focuses on military sexual trauma, PTSD and women’s health issues. Some of the strategies she proposed were to expand the CHWS website to include more health education resources, increase CHWS outreach and strengthen collaborations between CHWS and other campus organizations, such as ASUPS.

Dr. Kelly Brown is currently an associate director at the equivalent CHWS department at Evergreen State College. Dr. Kelly Brown’s “brings a vision to create a culture of health on the Puget Sound campus. She supports early intervention, developing a community of kindness, and clear communication about the available services in CHWS.”

As for the ideal qualities in a candidate, Aldisert stressed several key points: “I would like to see someone who, obviously the first thing is that they take the work of mental health seriously. ... I would like to see candidates who seem to have a very precise and defined plan of action, in terms of what they do when they get here. The areas that I would like to see that plan address are gaining and acting for additional funding and space for CHWS in general, plans that outline how they’re going to involve themselves more in the community ... and candidates who have a defined plan around general equity in counseling.”

Aldisert also discussed the importance of candidates having plans to provide greater institutional and counseling support for students of color. Baldwin discussed many similar qualities she would like to see: “CHWS really wants a director who can think outside the box of how to allocate resources. Of course a challenge is always increasing our staff, increasing our physical space and location to be able to meet the needs of students, but also to be creative as to alternative ways instead of just one-on-one therapy as to how we can build resilience and meet the needs of our student body.”

The Search Advisory Committee is planning to make an offer to one of these candidates in the next week.
THE UNIVERSITY OF PUgetsound has been named one of the top producers of Fulbright Scholars, according to a press release from the University. The Fulbright Scholarship is a program that presents eligible students with grants for study or research. Students who receive these grants typically spend a year in a country outside of the U.S. working on their projects.

“The Fulbright program is funded by the federal government, named after I think Senator Fulbright, with the intention that we would be ambassadors. So people who go through the Fulbright program go abroad and are ambassadors for the United States. And people come here; we do have scholars in the United States, are ambassadors from their countries,” Associate Director of Fellowships and Academic Advising Kelli Delaney said. “So we have this cross-cultural exchange and more understanding of other countries. So as a foundation the Fulbright is about that cultural exchange, that ambassadorship,” Delaney continued.

According to the Fulbright website, students who receive these grants will live and work in their host country and get both the day-to-day experience of life in another country as well as an academic experience. This is supposed to expand the students’ worldview and beliefs, and give them a different perspective on the world. Students will engage with a new community and hopefully promote a more connected world. There are several different avenues offered through the Fulbright program for students to pursue.

“Many people know about the Fulbright as far as research goes and you can do the Fulbright as a research proposal but there’s a little more rare. You can also do the Fulbright as a study, a method to go to college in some ways. There are also very specific programs in specific countries where you could apply to get a masters. And the third, which is where ... most of our students are applying, is to an English teaching assistant abroad,” Delaney said.

Delaney said, “With the Fulbright everything is country by country, because while some of the funding comes from the United States, some of the funding also comes from the other country so we work in conjunction with those countries. So, depending on what the other country requires you could go to teach English in another country and not speak that language. Sometimes you ask for it, sometimes it’s just helpful, but you don’t necessarily have to have other language skills,” Delaney continued.

As English teaching assistants, students can work directly with people in other countries and provide an educational experience for others as well as themselves.

“So in that way it’s kind of nice you get the opportunity to go have an international experience, which not everybody gets to have, given their academic background. Sometimes they can’t go away for a semester or even in the summer, so this gives people the ability to have that international experience,” Delaney said.

The University of Puget Sound was named one of the top producers of Fulbright Scholars, which says something about the culture of this University and the kind of people that it builds and supports.

“This is a true testament of the drive and talent of our students, and the excellence of the faculty and staff who work with them,” President Isiaah Craddick said in the press release. “I think what it says about Puget Sound is that we have a community here that is committed to supporting our students if they want to work for something like this,” Delaney said. “There are a lot of people who help with this process including resources like my office and the CWL, many faculty members across campus. People from across campus are committed to helping students in whatever way they can in this process, if a student finds that it’s something they’re interested in. And we also work with alumni. Delaney said.”

Students typically spend several months building their applications and working with Delaney in the Fellowship offices, as well as their professors, in order to apply for this opportunity. This gives rising seniors and alumni a means to figure out what they want to do going forward after college in their lives.

“The real value to this is the work that students do putting together their application. Because a lot of this is figuring out what you want to do. Because most people are rising seniors who are thinking about what they’re going to do after graduating, this gives you a chance a little bit ahead of when you might start worrying about those things to assess what you’re going to do for the next two or three years. For me the value is in the process, the process of thinking about it, the process of applying for it,” Delaney said. “Students who are interested in applying for this amazing opportunity and therefore keeping our school on this list should go speak to Kelli Delaney in the Fellowship Offices.”

Puget Sound named a top producer of Fulbright Scholars
By Marcelle Rutherford

OscarsSoWhite founder visits Puget Sound
By Julia Schiff

On the evening of March 11 a small crowd gathered in Kilworth Chapel to listen to April Reign, the founder of the #OscarsSoWhite movement, brief talk focused mainly on how Reign started the movement: looking at the dynamics of prejudice in the Academy’s Oscar choices.

Reign detailed how large portions of the American population are not represented in Hollywood. When people of color are featured in films and represent their communities, their work is often met with the silence of the audience. This phenomenon led Reign to speak out. As a practiced lawyer and longtime advocate, she spoke about the racism she saw in the movie industry.

“Oscars so white they asked to touch my hair,” Reign tweeted after watching the 2015 award show. She noticed a serious lack of representation and felt the need to speak out. This tweet started a movement. Across the country people began to use #OscarsSoWhite as a way to criticize the academy, producers of Fulbright Scholars.

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How wealth shapes us: Unpacking the college admissions scandal

By Isaac Sims-Foster

In our world, money talks. However, I’m not talking about the usual taboo, the rule of thumb for our modern economy is whoever has the most money gets the most, and the best things. Usually, we associate wealth with materialism — Italian race cars, seven-story beach palaces and a jewelry box heaped with gold are the peak of most people’s dreams of winning the lottery. But money can buy more than just tangible objects — and a fascinating college scandal that broke on March 12 is evidence of that.

The New York Times’ coverage of the FBI investigation codenamed “Operation Varsity Blues” lists upwards of 50 people who were parents involved in the admissions scandal, around getting wealthy children into 11 top American universities. Parents across the country paid in total $25 million to William Rick Singer, college admissions counselor and fraudulent businessman, between 2011 and 2018. Part of this money was used to bribe numerous college officials and to fabricate test scores for the parents’ children. As a result, students got into top schools across the country like the University of Southern California, California Los Angeles, Georgetown University, Stanford University and Harvard University. Some were admitted via athletics programs, after a coach or admissions official was bribed to fake students’ athletic skill. Others were given falsified learning disabilities, accommodations for their SAT or ACT exams and then given the test in a facility under the control of Singer himself, so as to completely fabricate test scores.

The investigation is still ongoing. Singer has confessed to helping more than 750 families gain college admission unethically.

News of this fiasco is, in an odd way, refreshing. In today’s truly absurd newsfeed, it’s nice to see a welcome, non-morbid headline: “Rich white people get better things and have better lives than the rest of us.” I doubt anyone was really surprised when the story broke — after all, “Legally Blonde” came out in 2001. We’ve known for years that parents will do anything for their children.

What does this incident tell the non-abusively wealthy schoolchildren across the country? That in the end, their development doesn’t matter. Their years of training and practice, and dedication are worth not a dime more than their parents’ paychecks. And what does it say to nonwhite and non-wealthy students? Don’t bother. Their taxing work to gain an education in a system stacked against them can be easily trumped by a couple stacks of cash.

This association between education and wealth is a menace to the wellbeing of American society. With a fairer and more honest renegotiation of education at all levels, the children of America will continue to be assaulted by corruption and greed.

What’s left unsaid: Students pressed to learn hidden curriculum

By Bailey Gamel

We’ve all dealt with difficult classes where we are pushed to our limits by demanding professors and coursework. Challenging classes are a necessary part of the college experience. However, there is a fine line between a difficult class that pushes students to grow and a class that is made unnecessarily difficult by a lack of instruction.

The Glossary of Education Reform includes the term “hidden curriculum,” which I think offers a framework to examine how knowledge gaps manifest on our campus. This phenomenon accounts for all of the unforeseen expectations that schools place on students. Each school culture is unique, so each “hidden curriculum” is also unique.

Students on our campus come from a range of educational experiences, and we each bring something different to the classroom. For this reason, it becomes an issue when our instructors assume a shared knowledge base among us. Many of us have faced this issue at some point. Whether just as an individual or an entire class, we have all probably been in a class where we were required to learn foundational knowledge. Professors can often feel overwhelmed by students who haven’t been exposed to it before. Some professors might take to self-advocate. There are going to be classes where we are missing some of the foundational information. In my time at the University, I have had several classes where I (and others in the class)did not have the foundational base for classes, even introductory, 100-level courses that should have covered the basics. It would be unreasonable to expect professors to entirely alter their curriculum to teach material that is purely foundational. However, if an entire class is lacking in foundational information, then a professor should provide at least one class period to provide an outline of the foundational knowledge.

Doing so is beneficial to students and professors alike. Students will have a better understanding of the material and therefore be able to interact with it more effectively. In turn, class discussions can go even further. On the flip-side, when a class on the whole is lacking key foundational knowledge to a course, class discussions are going to be inhibited by a collective confusion.

Another tactic professors might take to address a lack of foundational knowledge is pointing students in the direction of resources that will help to fill in the gaps. The Center for Writing, Learning and Teaching (CWLT) can be a great tool for students; however, the CWLT cannot fully fill a foundational knowledge to a student who has not been exposed to it before. Other resources, such as links to websites and videos, can help but also might not fill in the gaps all the way.

As university students, we have to be willing to self-advocate. There are going to be classes where we are missing some of the foundational information. In early on we think that might be a roadblock to us doing well in the class, we need to be proactive and talk about our concerns with the professor and make use of resources that exist for us. If a professor does not realize that their students are lacking foundational knowledge, how would they know to teach it? It comes down to creating an accepting environment that allows room for students to ask questions. In order to achieve this, professors and students alike have to advocate for openness.

OPINIONS

Opinions contained herein do not necessarily reflect the views of The Trail staff, ASUPS, the University or its Board of Trustees. Articles and letters in the Opinions section are printed at the discretion of the Trail editorial staff. The Trail reserves the right to refuse any letters submitted for publication. Letters to the editor will not be edited for grammar, spelling, or content, except in the case of material that is considered to be offensive, as determined by the Trail style guide. All letters to the editor must be signed and must have an email address or phone number. Letters for publication should be submitted by 4 p.m. Monday and will be printed in order received.
Sixty-nine: The history of a number

By Bennett Johnson

Greetings from Happy Trail HQ. Hopefully you are well rested after spring break and ready to finish off the rest of the semester. To get you back into the mood of learning, The Happy Trail is offering a complimentary crash course on the history of 69ing and how to do it safely.

First things first, let's establish what the magical numbers six and nine represent. According to Lutara.com, the number six represents family, material aspects of life, responsibility, adjustments, solutions, grace, gratitude, dignity, cooperation, compromise and unconditional love. So far, these are all things you may experience or need during oral sex.

According to that same site, the number nine represents communication, inner strength, humility, leadership, intuition, inner wisdom, spiritual awakening, benevolence and endings. Again, these are all things that you may experience during oral sex.

So as we can see, the number 69 is a glorious cocktail of aspects I think everyone would want in their lives. So fun fact, if you carry the number 69 around with you, you will be carrying around these qualities as well.

The website KnowYourMeme.com dives into the history of the infamous position. During the 1970s, this term began to gain popularity and it appeared in the "Whore's Catechisms" in France. The term was coinvented (French for sixty-nine) and the term became more well known. The Kama Sutra, an ancient Indian Sanskrit text on sexuality, eroticism and emotional fulfillment in life, refers to this position as "The Congress of a Crown." It involves when a man and woman lie down in an inverted order, i.e. with the head of the one towards the feet of the other and carry on "mouth congress."

One assumption that Woodard has noticed people make about asexual people is that they are simply immature. "People think that you're going through puberty and that you'll figure it out eventually. "Asexuals are a very small but loud percentage of the queer community. I think we get policed out of the LGBTQ+ community a lot. But we do belong, ..." Rowe said.

And Rorabaugh agrees that sex is free. The term was soixante-dix, according to the internet this tweet killed the 69 meme. People often joke about the position, according to the site, because it is a way to make the supposed "true" or "real" sex repulsed. In general, asexuality is defined as someone who doesn't have sex attraction towards others.

According to Planned Parenthood, "Oral sex is generally well known. The earliest drawing of two people 69ing is on an oil-lamp preserved in the Munich Museum the Deutsches Museum that shows a woman lying on top of a man while 69ing."

By Ellen Finn

Sixty-nine: The history of a number

From my experience as a gay woman at Puget Sound, I've found the campus to be above average in terms of its awareness and acceptance of LGBTQ+ folks. However, I've noticed that one group of people who some consider to be part of the LGBTQ+ community, asexuals, are not given much airtime at LGBTQ+ events or discussions. I haven't heard asexual (or "ace") students' voices and I decided to investigate why conversations haven't even reached other people in the LGBTQ+ community like myself.

Of the three Puget Sound students I spoke to about their asexuality, all had slightly different definitions of what asexuality is — but they all referenced their asexuality on a spectrum that spans from being less interested in sex to being sex repulsed. In general, asexuality is defined as someone who doesn't have sex attraction towards others.

Rowe all said that it is absolutely possible to have an active dating life and romantic relationship as an asexual person. It simply requires people to be open with each other, just like any relationship.

Asexuality and what it means to some asexual Loggers

By Ellen Finn

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By Ellen Finn
Preparations begin for the 49th annual Spring Lu‘au

By Hana Morita

Every April during Family Weekend, the University of Puget Sound’s Ka Ohana me ka ‘Aia (KOA) hosts their annual lu‘au. The lu‘au is a traditional Hawaiian celebratory gathering which often includes feasting and entertainment. The University’s lu‘au will include food, performances and a bazaar.

This April will mark the club’s 49th Spring lu‘au. This year’s theme is “The Stories of the Deities (na mō‘olelo o na akua).” All songs and dances will be based on Hawaiian myths involving Polynesian gods and goddesses.

According to Puget Sound alumna Frances Whiteburn ‘75, KOA, originally named the Hawaiian Club, was created in November of 1970. “At that time UPS had approximately 2,800 students and a little over 200 were from Hawaii. With this number of students from Hawaii being so far from home we wanted to not only share our culture with others but also wanted to soften the homesickness a little. The club also allowed students from other states as well, in our effort to be inclusive, which is a value of Hawaiian culture,” Whiteburn said.

Other colleges across the West Coast also host their own lu‘au including the University of Washington.

“Although there were other colleges that students from Hawaii attended, UPS lu‘au was always the biggest production and many said the best... They would always come to attend our cause of the authenticity and huge involvement with lots of support from the University. The University’s faculty support and food service were always on top of the game,” Whiteburn said.

Senior and KOA president Amber Odo is one of the lu‘au’s main organizers this year. Odo and other organizers have also had to take on extra jobs.

“This year, we only have two lu‘au chairs, so my VP, Connor Barfield, and I have taken over the coordination and cargo portion of the planning process. Basically, we ask for organizers and prepare donations to be sold at the Island Bazaar. I also am teaching men’s, seniors’ and teachers, but also choreographed keiki,” Odo said.

In preparation for the upcoming lu‘au, Bick and Odo held a meeting, which discussed the stress and excitement that comes with organizing such an important cultural event. “This year at this point we’re really just trying to run around and make sure everything is going smoothly. So for me, that includes checking in on all the dance teachers and dancers, arranging mandatory practices and a tech night for the whole crew, solidifying arrangements with sound and lighting and facilities services, checking in with dining and conference services, and many more things! … There are many other people working on just as many things to get the lu‘au on the ground and running in a month,” Bick said.

As a senior, this lu‘au will be Bick’s last. Bick has been in charge as a lu‘au chair for the past two years.

“This year, I’m in charge of organizing everything dancing and dancer related... and sound and lights related... I also teach one of the songs that will be performed, and help organize another,” Bick said.

Although Bick is not a part of the KOA, Bick has had experience dancing.

“I’ve been hula dancing since I was nine years old... and was super excited when I stumbled upon lu‘au! Bick said. Bick became involved in the club by also being a dancer freshman year, teaching sophomore year and then becoming an organizer for the past two years. Other experienced dancers are also teaching hula for this year’s lu‘au including...

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Featured in this article can be found in further detail on the University of Puget Sound’s webpage. For more information, email mbick@puget sound.edu.
The majority of period products are bad for the environment, but a new wave of environmentally friendly period products have become available. In addition to the menstrual cup, period pants and reusable cotton pads offer consumers a sustainable alternative to traditional products.

While the period product industry has been slow to respond to consumers’ eco-conscious concerns in the past, the industry is beginning to expand to include products that cater to both comfort and consciousness.

According to Burt’s “5 Ways to Make your Period More Sustainable” article, the American period product industry is responsible for an average of 20 billion used menstrual products a year, all of which end up in North American landfills. Additionally, Burt’s hypotheses that the average woman will use between 10,000 and 15,000 menstrual products in her lifetime.

One product gaining popularity for its wastlessness is the menstrual cup. These period products are available in both disposable and reusable options. The reusable menstrual cup is made of medical-grade silicone and is offered by brands like Diva Cup and Lunette.

According to the Diva Cup website, the cup can be worn for 10–12 hours without leaks. Additionally, the website suggests that the user replace the cup every three years, but it is often after one to three years. While the initial investment for a menstrual cup is more expensive, the overall savings is greater than using traditional pads or tampons. Both Lunette and Diva cup offer a variety of sizes for varying bodies and period flow.

Puget Sound senior and sustainability services program assistant Tess Samuels has been involved in the organizing of three menstrual cup handouts during her time at Puget Sound. The first menstrual cup handout was conducted during Samuels’ sophomore year.

To make the cups more affordable for Puget Sound students, Samuels worked with other sustainability services members to write a Green Fund grant proposal for each of the three events. The Green Fund, also known as the Green Fee, is managed by ASUPS to support students who want to improve campus sustainability. The fund collects three dollars from each student’s tuition money each year to be used toward sustainable projects.

“Normally they are $25 to $45, depending on the brand, but we were able to sell them sophomore year for $7. Junior year we gave them out for free, and this year for $3,” Samuels said when asked about the price of menstrual cups.

For Samuels and her colleagues in sustainability services, bringing menstrual cups to campus was an important step in improving campus sustainability. The fund’s mission statement is to “create an incredible amount of waste,” Samuels said. “It is a way to increase your awareness of how much waste, it is another way for Puget Sound students want to volunteer during the shift, and there are two shifts per week,” Cherniske said.

“The Diner cannot always serve all the food they make, and they don’t want the leftover food to go to waste,” Cherniske said.

According to the posters Food Salvage has posted around campus, “Puget Sound produces 100 lbs of food waste a week.” This project, through the combined efforts of CICE, the Diner and volunteers, makes it so the food has another chance to feed people.

“We have around three volunteers per shift, and there are two shifts per week,” Cherniske said.

These volunteers take the food that would otherwise be thrown away and repack it. “It is a way to increase your awareness of the city that you live in and benefit another community who might not have the same resources that you do,” Cherniske said.

By volunteering, Puget Sound students do not have to commit to doing it every week, but can learn more about the way in which the Puget Sound community affects the greater Tacoma area.

After repackaging the food, the volunteers take the food to different shelters. “We deliver the food to two sites — The Guadalupe House and the Tacoma Rescue Mission,” Cherniske said.

According to the Guadalupe House’s website, “we provide transitional (and transformational!) housing, community support, public communal prayer and dinner.”

According to the Tacoma Rescue Mission’s website, the site specifically is “serving the homeless and hurting of Pierce County and Tacoma.”

Although the University of Puget Sound has its own project for reducing food waste, it has its limitations because in the summer there are fewer students on campus. If students want to volunteer during the summer, they can volunteer with Harvest Hope.

“Volunteers collect produce from fruit trees around Tacoma and either preserve it or donate it to local food banks,” Cherniske said.

Although this does not directly deal with food waste, for Puget Sound students to volunteer and provide resources for people who are less fortunate.

Another advancement in eco-conscious menstrual products is the reusable cotton pad, which can be machine washed. These pads retail between $4 and $20 based on the style. They reduce waste as they can be washed and reused until the user decides to replace them. Chemical-free reusable pads are available from the PackageFreeShop.com.

The overall cost of this option will vary depending on how often someone may decide to purchase. The up-front cost of these would be higher, but would be lower overall compared to normal period products.

In addition to menstrual cups and reusable pads, there are other new advancements in eco-friendly period products. Perhaps the most popular of these are period panties, underwear with multi-layer material designed to absorb period blood and keep it from soaking through and into clothing.

Companies like Thinx and Dear Kate offer a variety of these undergarments, catering to varying blood flow and style options. Thinx underwear come in a large variety of styles, with their underwear ranging from $24 to $40 dollars.

Another option that offers an even greater advancement in offering by undergarments specifically designed for transgender people. The Thinx campaign is marketed for people with periods,” the same anonymous confident woman.”

“Menstrual cups and reusable pads” is an advancement that offers an even greater advancement by offering undergarments specifically designed for transgender people.

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“It’s the idea that my underwear is the only barrier between my blood and the rest of my outfit,” the same anonymous confident woman.
According to the third-year coach, his team takes this advice to heart, always striving for improvement.

“I think that our success has come from recruiting very talented and driven student-athletes,” Vari said.

The women’s soccer program is evidently full of motivated personnel, both on and off the pitch. Goalkeeper Jamie Lange earned the NWC Defensive Player of the Year Award as well as an academic honor, Kylee Roath was named First-year of the Year and Vari earned the Coach of the Year title.

Given all of this recent success, one might wonder if there is a danger of complacency on the team. Both Vari and Berg answered this question with authority.

“I never want my teammates or myself feeling comfortable,” Berg said.

Vari praised his players for their continuous lack of complacency, especially during the off-season when players do the vast majority of their work independently.

“That’s when we have to ask the most of our athletes, and we have been lucky with our group that has embraced that,” Vari said. “It’s also a testament to the type of students that we get at UPS. Loggers do more.”

All in all, it is crystal clear that Puget Sound women’s soccer will be a group to watch in the coming years. They will return to the pitch in fall 2019 to fight for their 17th Conference title of the millennium, and much more.
Kayak Club’s swift-water rescue is for anyone looking to improve their outdoor safety

By Serena Hawkey

Whether you’re an avid whitewater boater, a burgeoning outdoor adventurer or just like the way a wetsuit hugs your curves, Puget Sound’s upcoming swift-water rescue class is sure to take your on-river safety to the next level.

In partnership with Wet Planet Whitewater guided trip, the Puget Sound Kayak Club is putting on a two-day safety course on the Cedar River. From 8 a.m. on April 20 to 5 p.m. on April 21, you and any friend you can convince to sign up will practice on river safety scenarios lead by certified swift water instructors.

The saying “intensity in safe environments leads to safety in intense environments” seems to sum up kayak coach Clay Ross’ thoughts on the importance of taking a swift-water class.

“Nearly every person I’ve talked to about the class said that the course actually helped them feel more confident and powerful in the water. We spend a lot of time swimming, practicing rescues and learning how to work with, and not against, the water. As such, by the end, most people feel better about their relationship with moving water,” Ross said.

Junior and avid kayaker Quinn Martell sees whitewater education as a responsibility to yourself and to those around you if you choose to spend time engaging in whitewater sports.

“In whitewater rafting or kayaking the only help that a person has on the river is the other people they choose to surround themselves with. … If the people you surround yourself with are well-educated and well-prepared to help with little warning, the probability for a positive outcome of an incident increases dramatically. Although, it is not solely the other people’s responsibility to be prepared for an incident; if you are a part of a group you also need to be prepared as best as you can for an incident and have the knowledge and tools to quickly react,” Martell said.

Is swift water for everyone? Pretty much, Ross says. As long as you are a decent swimmer and are excited to spend time outside, learning how to keep yourself safe, this class is right for you.

“You need to be comfortable swimming, and being in and around the water … I think being in shape helps but is by no means a requirement. The course is largely in the water though, and it is cold water, so participants should be ready to work hard mentally and physically,” Ross said.

Whitewater guide and junior Izzy Linskey sees the benefits of taking the class as two-fold. First, it makes her a better guide — she is able to make more educated guesses about running bigger rapids, which helps keep herself and her guests safe and happy. Second, it’s a great opportunity for her to spend a weekend and get to know more river fanatics.

“We’re learning a lot and it’s giving you all these skills, but also you get to play in the water with your friends and set up tons of cool ropes and pulley systems, which is rad,” Linskey said.

Ross agrees and notes the small group dynamic as one of his favorite parts. “I loved the river rescue practice. Learning how to jump in the water after someone needs help is incredibly empowering! Also, spending a significant amount of time with a small group learning together creates a real bond that is incredibly important that is awesome as well,” Ross said.

While the course is a bit pricey ($250 for first timers, $150 if you’re getting your certification renewed), it lasts for three years, and your on-river safety is worth it.
A Letter From the Editor

Dear Campus Community,

I write to you today to sincerely apologize on behalf of myself and the Combat Zone for publishing a culturally offensive image in the March 15 issue of The Trail. Though the intent was lighthearted, the image itself was reminiscent of deeply painful images meant to dehumanize people of color, and for that harm I write to express my deepest regret.

When writing and producing satire, we have a responsibility to maintain sensitivity to the potential impact of our work, as well as to educate ourselves on the history and context of satirical works and cartoons. On March 15, I fell short of both those responsibilities. I am deeply mortified, working to try to understand how something this inappropriate slipped past my radar, and working especially to examine my own thinking and actions.

Our Editor-in-Chief and I have been reaching out to multiple faculty and staff, seeking feedback and resources to ensure that such a mistake does not happen in the future. Moving forward, the Combat Zone will be making several concrete changes:

1. We will be adhering to a stricter process oversight, to ensure that more people view each edition before publication.
2. I have been using the library's resources to compile educational material for myself and my staff regarding the history and context of such images. I will be leaving behind these resources for any following Combat Zone editor, in addition to a detailed explanation of the situation surrounding the March 15th cartoon and its impact.
3. As a staff, we will be participating in The Trail's upcoming cultural competency training.
4. The Combat Zone staff will be having ongoing conversations with faculty about our particular role and responsibilities as satirists. We will be adding these conversations into the ongoing canon of responsibilities of a Combat Zone writer.

The most important thing, moving forward, is that this offense does not get swept under the rug. I want to approach the situation with frankness and honesty, so that future Combat Zone writers and editors may enter their jobs with more sensitivity and education.

It is my ultimate hope that we can create this as a learning opportunity to create a lasting impact on The Trail and on the Combat Zone. We are aiming to prevent such a situation from happening again, but most importantly, we hope the steps we are taking will carry these lessons on into the future.

Sincerely, apologies,
Linnea Stoll, Combat Zone editor
Puget Sound Trail

Retention actually really good, many students just hibernating

By Grizz's Toe

This spring break, 200 Puget Sound students who were thought to have permanently left the school in December emerged from an underground burrow in the President’s Forest. Many college admissions programs have been making desperate moves to combat low nationwide retention — like building separate campuses for campus tours and installing salmon ponds for experiential fresh-caught sushi. But, it turns out that retention is higher than ever and one of the emerging adverse effects of climate change is human hibernation.

Right now the administration is trying to figure out how they missed the hibernation process. Full-time Diner employee Shirley Stewart predicted the mass seasonal subterranean migration, but didn’t air her suspicions.

“Around December the foods with the most Omega Three Fatty Acids were going like hotcakes. Students were sniping out of the S.U.B. with pockets chock-full of walnuts,” Stewart said. “Kids kept asking me, ‘Would a bear eat this?’ with this fervor in their eyes that I can’t fully explain. It was … eerie.”

First-year Jack Smith emerged from hibernation this week. “The whole experience is hazy,” Smith said. “Every night last December I’d sleepwalk to the President’s Forest. Each morning I’d wake up in a patch of pine-cones surrounded by 199 of my peers. We were all clutching an empty carton of eggs in one hand and a shovel in the other.” Smith explained that the group’s collective shiver and confusion surrounding their mass sleepwalking led them to keep this trend a secret.

One of the few ways that the students strayed from bear hibernation was that they all subconsciously programmed their phones to send messages to their families throughout the hibernation period.

“Once a week I’d receive a text from Jack that said things along the lines of, ‘Doing well in class, but I’m super busy. Hope you’re good,’ and, ‘Decided to visit my roommate over winter break, see y’all April 1st.’ Smith’s mom said, ‘There were a few one-offs that seemed odd to me though. Those would say things like, ‘Mom what’s that recipe for your most fat-filled walnut bread?’ or ‘GRRRERRRRRR.’”

This human hibernation trend is not unique to Puget Sound. About 10 percent of students across all campuses north of 40 degrees latitude went into hibernation. Scientists are certain that this tendency is tied to climate change, but are uncertain about why only some students were affected. Next week The Trail will report on the period between December and March when many beans showed up to class in place of the hibernating students.

Couple who had sex last night really flauting it in the S.U.B.

By Bean McQueen

Several eyewitness reports confirm that on Sunday, March 24, two people who had sex the previous night were really flaunting it in the S.U.B.

“It was loud. LOUD,” sophomore Maximilian Neuropoll said. “I couldn’t look away. I felt like they were yelling. Is that weird? They were kind of flexing their heterosexuality. Very heterosexual.”

Other witnesses concurred that the behavior displayed was, in fact, highly heterosexual.

“That was straight as hell,” senior Looper Mac said.

Many observers noted the way the woman, who was clearly wearing the man’s sweater, seemed to shelter in his shadow.

“Their body language made me think that she was ill, or injured, or … some kind of fragile bird? It was clear that he was caring for her and protecting her from the dangers of the S.U.B.,” eyewitness S.U.B. employee Troyve Gimnass said.

First-year Hank Brennolditz also described a sheltering behavior.

“The planes of the front of his body always formed an obtuse angle. She always occupied that angle. Ask me to describe anything in geometrical terms, and I will. If I’m not too busy,” Brennolditz said.

“When I inquired if any witnesses had overheard their conversation, all witnesses agreed that the couple was not talking.

“Oh, they didn’t say a word,” Neuropoll said. “She just buried her tiny face in his huge chest while he caressed her head.”

While human speech was never used, several people did notice some nonverbal vocalizations.

“She was whimpering, he was crooning,” junior Elizabeth Winningjin said. “It was truly repulsive and painful for my eyes and ears. At one point, they became separated by the throng, and the woman was isolated. She immediately collapsed and began wailing, like a young animal, calling for her mother to bring food to the den. Hearing her cry, the man returned. The two fused in the S.U.B. and then seemed to be oaks.”

S.U.B. worker Viktor Vaus said this was not an unusual event.

“Happens every Sunday,” Vaus said.
New exhibit ‘Above, Below and Beyond’ at Kittredge Gallery

By Arielle Harvey

Seattle-based artist Kathy Gore-Fuss’s vibrant and expressive paintings are evocative of the dichotomous Pacific Northwest landscape. Her moody and wild forests drenched in green paint contrast her angular depictions of industry, which are often neatly drawn with charcoal.

Many of Gore-Fuss’s plein-air paintings were created in the Washington woods or the port of Olympia near her home and are inspired by her love and respect for nature. This closeness to nature allows a more spiritual quality to come out in her paintings. When outdoors, she finds that her art becomes more personal and part of a larger whole.

Gore-Fuss’s charcoal industrial drawings are surrounded by nature and to be perfectly at peace. The charcoal industrial drawings remind the viewer of human’s complicated relationship with nature versus industry and her recent work in both of those environments equally well. Gore-Fuss finds that the act of painting becomes less personal and painting from the University of Puget Sound until April 20, explores our uncertain reality.

"When I was a studio artist, I drew mostly within myself on an emotional level. When I am working outdoors, I am really trying to experience the emotional connections I have with nature. I can work in both of those environments equally well as a painter, but when I am in the forest, I seem to access something beyond the self, more universal, maybe even primordial," Gore-Fuss wrote.

When commuting to many of the trailheads in our state, one would frequently drive through a clear cut of logged land. I have always had questions about how we sustain ourselves and I think as I age, they have become much more pressing concerns for me," Gore-Fuss wrote.

Recently, in an attempt to expand her understanding of nature from a rapidly developing technological world, Gore-Fuss began capturing images of nature using a GoPro.

"I am hoping that the aerial viewpoint will expand my understanding of how nature and humans might live together harmoniously. Sometimes when we see things from a different point of view, we can understand a greater ‘whole,’" Gore-Fuss wrote.

Gore-Fuss is hoping that her expression of nature versus industry and her recent work of nature captured through technology will open up conversations and questions about our own relationships to nature. She hopes that these conversations might lead to a more unified perspective about the sacredness of nature.

"We need to talk to one another more, try to understand different viewpoints even if we find them confusing or off-putting to any of our own values. Art can help us to experience something unexpected, and we can encounter ourselves more truthfully. If art can spark more inquiry and more discussions, then I think I might have done my job," Gore-Fuss wrote.

It is clear when walking into the gallery that Gore-Fuss has connected to a more spiritual realm. The forest paintings go beyond landscape painting to capture not only nature in itself, but the way it feels to be surrounded by nature and to be perfectly at peace. The charcoal industrial drawings shatter this peace with their sharp edges and remind the viewer of human’s complicated relationship with nature.

Ubiquitous They unveils spring comedy showcase

By Carlisle Huntington

Is the monotonous drudgery of being groomed to be a wage slave getting you down? Are you feeling listless, floating through the gray fog of our uncertain reality? Maybe what you need is to embrace the innate absurdity of life with the Ubiquitous They sketch comedy show!

Tonight at 9:30 p.m. and tomorrow, March 30, at 9:30 p.m. in Rausch Auditorium, Puget Sound’s student-run sketch comedy troupe Ubiquitous They (UT) will be unveiling their one and only spring showcase titled “Business on My Day Off.”

The team has been working on the show since the beginning of the spring semester. Junior Jordan Pearson described preparing for the show as a three-step process.

First, at the beginning of the semester we spend a few weeks meeting up and doing bits, writing down what’s funny and turning what makes us laugh into written sketches. Then for the next few weeks we memorize and rehearse the sketches, and finally the week before the show we figure out tech (lighting, sound effects, etc.). It’s a semester-long process, but it’s always worth it," Pearson said.

The show will be an hour of original funny-filled comedy sketches written and performed by the team. While previous shows have had an overarching link, this semester the team decided not to put a limit to their creativity.

“The sketches are independent of one another,” UT performer Clara Jacobs said. “But some of them are linked because they are specific to UPS culture.”

While the members of UT would not disclose any details about the upcoming sketches, many couldn’t help but to express their excitement about this semester’s material.

“I can’t tell you what my favorite sketch is; that would be a spoiler!” Pearson said. “But I will say that Sam Doubek is very flexible. Take that how you will.”

Jacobs, on the other hand, had a clear favorite: “My favorite sketch is called ‘Gene and Wallace.’ It was written by my genius best friend Hanna Woods. You’ll recognize it by my loud laugh backstage.”

All of the sketches, however, have something to offer. “I think that every semester’s show is unique since the sketches are new each semester,” sophomore Meredith Folensbee said. “Also, when we’re choosing sketches, we make sure the ones that are going into the show aren’t super similar to any of the other ones or ones we’ve done in the past.”

But what’s most important to the members of UT is providing a brief escape from the existential torture that is the college experience.

“I hope that audiences laugh and have a good time,” Jacobs said. “My favorite things to do are to laugh and to make other people laugh. School is so stressful, so I think that sketch shows are a perfect way to escape for a little while and have fun watching other people have fun.”
By Kaeza Wood

The first thing you see when you walk into Kittredge's Hiroshige prints exhibit, titled "Traversing the Urban Landscape Through the Floating World of Japanese Prints," are two seemingly identical pieces hanging up on the wall.

However, upon closer inspection, the eye can detect minute differences between the two pieces. The wall tag next to the works states that these prints are a perfect example of how no two ‘original’ copies of a woodblock print are exactly the same. "The prints were donated by Magdalena Maher Shelton to the University of Puget Sound in 1999. They were found by librarians and given to Stanley who then contacted and collaborated with Hong and his students to make the exhibit happen," Hong said. "Two semesters ago Peter informed me that our library found the 10 pieces and then the library handed them over to the gallery." Hong said. "Peter asked whether we can work together to use this set of prints as part of the art history course and part of my Japanese art class. The timing is perfect," he said. Hong is referring to Art History 492: Curatorial/Art History Research Practicum, a quarter-unit class that runs every spring. The three students chosen for the class this spring were awarded the opportunity to work directly with the Hiroshige prints in order to put the exhibit together.

"The three students allowed to enroll in the class were handpicked by Hong and had to go through an application process that involved an interview with him. The class met one hour a week and followed Stanley's schedule. "Peter had very clear deadlines so our second week we had the text deadline and by the third week we had the timeline done," Hong said. Nelson confirmed that keeping up with all of the deadlines was one of the most difficult aspects of the class. "The biggest obstacle was definitely just the timeline of getting it all done just because it approached really fast and we had a lot of due dates within the first week already," he said.

The class started at the same time that the spring semester did, but because the exhibit was scheduled to be up by March 11, the students had just a little bit over two months to get everything ready. "Working within those time constraints and also meeting only once a week as well was definitely a challenge," Nelson said.

The exhibit will be up until April 20 and can be viewed during Kittredge's daily hours, 10 a.m. to 5 p.m. Monday through Friday and 12 to 5 p.m. Saturday.

Students curate Japanese print exhibit in Kittredge Gallery

Local music recommendations from the first quarter of 2019

Old Time Relijun: “See Now and Know” (Released March 8)

For Fans Of: Captain Beefheart, Nick Cave, Minutemen

After a decade-long hiatus, Olympia and K Records experimental-electronic legends Old Time Relijun have returned with a concise, bright set of songs written out of necessity in response to our troubling times.

Old Time Relijun seem to be working in multiple levels on “See Now and Know.” They are immediately confronting our current sociopolitical and economic reality, while also channeling a more transcendent power. The drums and bass provide a steady heartbeat of funk throughout the album that helps keep the album as recognizably part of our earthly experience. At the same time, the wailing saxophone, grunting vocals and dissonant guitars are played with such fiery spontaneity that it seems that the band might have been possessed by a powerful muse while recording. “See Now and Know” is a 23-minute ball of furious energy, feeling spontaneous and controlled all at once — it’s a ritual performed to banish evil forms from our world and bring forth mystic creatures from some other celestial plane to dance and heal with.

“See Now and Know” is available to stream and digitally download at oldtimerelijun.bandcamp.com

Clay Beds: “Clay Beds” EP (Released March 29)

For Fans Of: Grizzly Bear, Mm.., Björk

Clay Beds is the Tacoma-based collaborative project of John Anderson and Hailee Rogers. Their self-titled debut EP, released on Hush Hush Records, run by KEXP DJ Alex Ruder, is masterwork in short-form, enveloping dream-pop. It’s easy to get lost in Clay Beds’ debut, as their music is an encapsulating experience, especially when listening with headphones, which is absolutely my recommended form of listening for this project. The incredible soundscapes on “Clay Beds” make for some of the coziest 20 minutes of music I’ve heard this year.

"Clay Beds" is available right now at hushhushrecords.bandcamp.com

Honey Oat: “Honey Oat” (Released March 15)

For Fans Of: Thundertia, Badbadnotgood, Adult Jazz.

Hailing from Seattle, jazz-funk duo Honey Oat have released their debut album — a record full of swirling eclectic keys, jazz-inspired production and pseudo-falsetto vocals that make their way through constantly shifting tempos, time signatures, genres and moods.

The whole album, although relatively unpredictable in its movements, is immensely bouncy and accessible. “Honey Oat” never feels pinned down to one thing; the mixture of jazz, hip-hop funk and the occasional trip into Zimbabwean Shona music influences the album never grows stale and makes relisting incredibly easy. It’s impressive how the duo can manifest such deep, interesting soundscapes with just drums, keys and vocals.

I do wish that “Honey Oat” were a bit more expansive, allowing for some of the more dramatic musical shifts to feel more naturally fluid within the context of the album, but those feel like critical nitpicks, especially for a debut full-length. As it stands, Honey Oat’s self-titled album shows sparks of absolute brilliance that I believe will only be sharpened and further mastered as time goes on. “Honey Oat” was released on Astro Nuttio and is available right now at astronautico.bandcamp.com

For Fans Of: Grouper, Múm, Björk