Peer Allies shifts away from voluntary student labor

By Albert Chang-Yoo

The following story discusses themes of sexual violence and abuse. If you or someone you know needs resources, please refer to the Tower, Peer Allies, the University of Puget Sound’s student support group for survivors of sexual violence, or other resources listed in the report.

On Oct. 3rd, 2022, David Ferber, the new Director of Security Services emailed the campus community a copy of the 2022 Annual Campus Security and Fire Safety Report. One of the topics discussed in the report is sexual violence.

The report outlines the number of crimes reported on campus prior to 2022. Notably, the report lists 15 cases of sexual assault in the past two years. The report also states that the University has designated Peer Allies as a confidential resource. Peer Allies staff used to range from around 10-20 student volunteers who were expected to host 1-2 office hours each week. The anticipated start for new Peer Allies is October 24th. Eric Hetland became the Director of Student Support in July. When he examined last year’s Peer Allies data, he found that “there would be anywhere from six to 10 students coming through a month. When you average that out — that’s two people a week.”

Hetland explained that having, “someone who has never before. Politics and Government issues; her family disputes this claim. The Center for Human Rights in Iran reported that at least 92 lawyers and journalists had been arrested as of Oct. 7. In response to the outrage pulsing through the streets of Iran, the government has enacted country-wide internet bans. Despite efforts to limit communica- tion, Kigar says that Iranians are finding ways to remain connected. The bravery of journalists like Hamedi has enabled the exchange of protest footage and commentary that is sweeping across the internet. Videos from protests circulate across social media platforms, depicting flames tearing through streets, crowds of people marching in solidarity, and most impor-tantly, women courageously removing their hijabs and burning them in bonfires with riot police watching their every move.

Masha Amini’s death initiates women-led protests in Iran

By Emma Loenicker

Iranian revolution. Determinations of immoral behavior have largely been left up to the discretion of this officer. This power allowed officers to take Amini to a detention center where she would be reprimanded. Three days later, on Sept. 16, she died. The current uprisings have united Iranians across boundaries of socioeco-nomic class and religious affiliation like never before. Politics and Government Professor Seth Weinberger says this unification comes from a “shared respect for life.” Assistant Professor of Religion Sam Kigar points out that “this trage-dy has been a catalyst that has allowed diverse people to come together.” While past grievances committed by the Iranian government have infuriated the public, this latest surge of protests has fueled a more passionate response than previous economic woes.

Tolerance of the Iranian Republic’s theocratic rule has reached a breaking point. On Sept. 13, 2022, Mahsa Amini, a young Kurdish woman, was taken into custody by the Iranian morality police for wearing her hijab “improperly” in Tehran, Iran’s capital. The morality police have enforced conservative Islamic dress and behavior since the 1979 incident, so details are not shared. All reported incidents occurred on-campus. In the following semester, Peer Allies was designated as an ASUPS club, meaning it received funding and oversight through ASUPS. Now Peer Allies functions under the Center for Student Support. Ievie Bab-bie, fourth-year, who worked as a Peer Ally during the Fall of 2021, explained the challenges that Peer Allies faced as an ASUPS club, saying “We had to book rooms just like any other ASUPS clubs, so finding space and time to be able to use the Kilworth [Chapel] room, I think was going to be a challenge for the President and Vice President of the club.” Babbie now occupies one of the three paid Peer Ally positions. Peer Ally staff used to range from around 10-20 student volunteers who were expected to host 1-2 office hours each week. Now, with three standard paid positions there will be around 18 hours scheduled weekly on campus.

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Masha Amini's death initiates protests in Iran led by women

Continued from Page 1...

The anger of Iranian women stems not only from Amini's death, but the belief that she should not have been arrested to begin with. Kigar explains that in Iran, women's bodies are “forced to do all this symbolic work of representing the nation,” which might explain the authority's refusal to relinquish power over women's bodies. Both Weinberger and Kigar explained that controlling women's bodies is a key component in the government's ability to maintain theocratic political control. Faced with extreme repression, many women are putting their lives on the line because they feel there is no freedom left for them to lose.

As authorities crack down on protests with violence, arrests and deaths of activists have increased. An accurate death toll remains unobtainable because of the government's ban on internet access, but Iran Human Rights, an international non-profit organization, put the number of civilian casualties at 133 on Oct. 2.

Based on patterns of past uprisings in Iran, analysts predict that the government is likely to remain on the defensive in order to avoid showing weakness — authorities are showing no signs of lasting order. Faced with extreme repression, many women are putting their lives on the line because they feel there is no freedom left for them to lose.

Cross-department shortages create domino effect in the Diner

By Nikki Hindman

From early morning breakfast to late night snacks, the Diner is open for our students to feast at. Although we are slowly starting to see a return to normalcy from COVID-19, the Diner still struggles with a pandemic-related staff shortage. Unlike other locations on campus such as Diversions or Oppenheimer Café, the Diner hires full-time non-student workers. I sat down with Rutie MacKenzie-Margulies, a full-time staff worker at the Diner, to ask about her experiences.

When she was a student, she worked in the Cellar until she graduated and started to work full-time in the Diner in February 2021. The first thing MacKenzie-Margulies mentioned about working for the University was the long hiring process. As she explained, she had to fill out a forty-five minute application, pass a background check, take a drug-test and pass a physical exam before being hired. With a short-staffed HR department, these steps could take up to a month. However, her job comes with benefits such as healthcare and a retirement plan. In other food service industries, one might only have to apply and interview for the job and then start working in a few days' time but without those benefits.

The Diner also recruits by offering walk-in interviews. Many people have been hired through this process, but others would attend an interview but not fill out the application. Because of the staff shortages in HR, the people hired this summer have still not started working. Without enough full-time staff, stations have more limited hours. When new employees are hired, it can be “a giant puzzle,” said Chelsea Bairey, Director of Dining and Cafés, regarding the processes of opening up new stations and working around schedules.

I asked if the school's budget played a role in staff shortages. Bairey responded that the money to hire people, but that these problems stem from “The Great Resignation” over the pandemic. She and MacKenzie-Margulies both expressed that while going through the hiring process might be an inconvenience, at the end of the day, “We are employing people to come work in your home.” And though there is money to hire more staff, concerns about low wages for staff in the Diner likely make hiring more difficult.

Chelsea explained that student workers primarily help during normal rush hours and when there are lots of people visiting at once. Other students have worked at the Diner for a long time and have developed a great understanding of how the Diner works. Some help out when full-time staff members call out sick as they have the training and experience to close down a station.

While being short-staffed is a challenge, Bairey wants the students to know that “we have a great team.” The patience and kindness that students show toward workers goes a long way in making the Diner a terrific place to work.
For the first time since the spring of 2020, the University of Puget Sound is having a mask-optional semester. According to the CDC, 616,172,308 doses of vaccines have been administered, and the number of cases is down from 1,272,899 new cases per day at its peak this January to now 12,852 new cases per day as of Sept. 26. Many people believe that we can finally put the past behind us, and finally get on with our lives, while others still live in fear.

But how do students feel about the first mask-optional semester we’ve had in a while? To answer this question, the Trail spoke with students Georgia Karwhite and Kylie Smyth. Karwhite, who is immunocompromised, can be seen walking around campus with a double mask even today. “It’s definitely stressful trying to exist,” Karwhite said. “On the one hand, I get that the pandemic is over for a lot of people… that they’re done wanting to deal with it… But we’re still losing people…and somehow we’ve just deemed this as acceptable and anyone in a high-risk group [gets] to accept the risk.” Karwhite said she felt that she and others who are immunocompromised are being left behind, and specifically mentioned that many older staff members on campus are immunocompromised. “It feels like it’s just not the smartest move, in general, to put your faculty at risk. But I don’t make the decisions and I’ve kind of had to make peace with that,” Karwhite said.

Smyth shared similar sentiments about how the mask mandate being dropped lulled people into a false sense of security. “To be honest, it feels a bit more normal to me,” she said. “But it puts us in a kind of a false sense of ‘this is over’ when it’s really not over. It kind of makes us think that we can’t let our guard down and I think it is premature,” Smyth said. Smyth mentioned that since the mask mandate was dropped, her anxiety levels have gone down. She explained COVID-19 “was definitely isolating,” elaborating that her “state of fear was not that I would get sick, it was that I would spread it to people like my mom and my dad. My mom also has asthma and is immunocompromised and my brother is immunocompromised and they all live with me so… I can’t get sick.”

Karwhite said that her vigilance has continued, and even increased now that the mask mandate has dropped. “Even with masks, my seating is always [near] an open door, air filter, or window,” she said. “It’s a weird position to be in, to… know how sick you can get, and looking around and realizing no one else takes it this seriously.” She also spoke about how she had to miss out on certain events because they were indoors and she did not feel safe enough to participate. “I would love to hang out with everyone, would love to make friends in my major. I’m not going because… it’s not worth that risk.”

Both interviewees mentioned that it was interesting to see who continued to wear a mask after the mandate dropped last semester. Smyth stated that it was interesting seeing how who wears a mask changes between classes. Karwhite said “when we went … mask optional for two weeks … last semester, it was a fun little social experiment to look around and go, ‘oh, who’s wearing a mask?’ And it still is now.” She mentioned studying with professors who are immunocompromised and seeing who in her classes remembered and wore masks.

Smyth also spoke about the University’s decision to stop enforcing weekly COVID-19 testing after the first week. She mentioned that she tests frequently because she spends time with her grandfather, and that “there’s always been bins and bins of tests, and nobody tests.” As students returned to school, some felt that it was good to get back to “normal” while others worried about their health or that of their loved ones, resulting in an ongoing split in masking practices across the student body. While emails from the University still encourage people to mask indoors, this practice is no longer the norm.
missed connections

Across
1) RDG
6) LEAFBLOWERS
7) COMMENCEMENT
8) FOOTBALL
9) GREEN
12) MAKERSPACE
13) RAIN
14) ASTRONOMY TOWER
(we apologize for the unintentional space)
16) ASUPS
18) CHWS
20) GRANOLA
21) WYATT

Down
2) DIVERSIONS
3) MUSIC
4) WELCOMECENTER
5) GOODWILLBINS
10) BLP
11) DIVERSITY
15) MUSHROOM
17) LIBRARY
19) GRASS

Crossword keys will be posted in the following issue
9/30/22

Across
3 Cafe with an enthusiastic worker
5 Main purpose of the account
9 Underclass trying to get involved with this campus guide
11 Common complaint from those in dorms
12 Musicians mentioned for their sub talent
13 Student restaurant praised for their music
15 To the person i saw in the sub at like 2 today, you have no right to be _____
16 Too many posts about this feeling
18 ___ professor who caught a students eye
19 These can be seen being thrown out windows

Down
1 North quad instrument of choice
2 Dorm mentioned for its bathroom tendencies
4 A favorite activity involving a tree
5 Escaped 'pet'
6 Noise complaint
7 Students who are nearly hit by cars often
8 Display of people’s sex lives
10 Account that validates students feelings
14 Loud noise heard through dorm walls
17 Commonly praised workers
Scores:

Women’s Soccer (10-2)
- Oct 1: Loggers 2 - Whitworth University 1
- Oct 2: Loggers 1 - Whitman College 0
- Oct 8: Loggers 3 - Willamette University 0
- Oct 9: Loggers 6 - Pacific University 0

Men’s Soccer (6-3-4)
- Sep 25: Loggers 1 - Whitworth University 2
- Sep 30: Loggers 1 - Pacific University 1
- Oct 2: Loggers 2 - George Fox University 0
- Oct 7: Loggers 0 - Pacific Lutheran University 4

Football (0-3)
- Oct 1: Loggers 2 - Linfield University 27
- Oct 8: Loggers 21 - Pacific University 42

Volleyball (7-7)
- Sep 30: Loggers 1 - Willamette University 3
- Oct 1: Loggers 3 - Linfield University 1
- Oct 5: Loggers 3 - Pacific Lutheran University 2
- Oct 8: Loggers 3 - Lewis and Clark College 0

Upcoming Games

Women’s Soccer
- Oct 14 at Linfield University
- Oct 16 at George Fox University
- Oct 19 vs Pacific Lutheran University 4 P.M.
- Oct 22 vs Lewis and Clark College 12 P.M.

Men’s Soccer
- Oct 15 vs George Fox University 2:30 P.M.
- Oct 16 vs Pacific University 2:30 P.M.
- Oct 22 at Whitworth University
- Oct 23 at Whitman College

Volleyball
- Oct 14 at Whitman College
- Oct 15 at Whitworth University
- Oct 21 vs George Fox University 7 P.M.
- Oct 22 vs Pacific University 6 P.M.

Cross Country
- Oct 15 at Lewis and Clark Invitational

Football
- Oct 15 at George Fox University
- Oct 22 vs Lewis and Clark College 1 P.M.

Golf
- Oct 22 at Whitman Invitational

Swimming
- Oct 22 vs The College of Idaho 9 A.M.
Anxiety is ubiquitous on campus. Ev-ery-concerned student is everywhere, and so is anxiety. The American Psychiatric Association reports that 50% of college students in the US felt overwhelming anxiety. The World Health Organization (WHO) reports a 25% increase in anxiety and depression worldwide triggered by the onslaught of the COVID-19 pandemic. Autism and anxiety are dynamic forces in university life, but rarely do they feel the intersectional struggle is seen or understood. My autism is something I’m sometimes ashamed of but that’s because I struggle managing it properly. I don’t always pick up on social cues despite always trying my best to be attentive. Other times, I have serious trouble saying what I mean to people. My quirk can either confuse or irritate people which in turn fills me with guilt which amplifies my anxiety. My anxiety is my greatest enemy. I’m constantly on edge that I might make people mad, I worry not getting things done, and I’m constantly second-guessing my choices. I get scared that I might make people upset and feel so much overwhelming guilt when I do so. It’s like a mental film reel that never stops. I can’t live in the moment of being everywhere all at once. Over time, I’ve learned that the best I can do is accept it. Luckily for me, I’m not alone in this struggle.

Reuben Fellman (’25) manages both his autism and anxiety on a day-to-day basis, but is aware of the difficulties autistic people have with conventional anxiety management strategies. “Everyone is capable of developing tools for anxiety management, but it must be recognized that the majority of anxiety coping strategies are not made for or by autistic people and are therefore ineffective. Even if we are able to create an impressive arsenal of anxiety management strategies, we often find ourselves in events such as school or work that actively restrict our ability to apply those anxiety management skills,” he said over text. I relate to this. I try various strategies to cope with my anxiety. I try lightly rubbing my hand, replacing my thoughts with happy thoughts. But they’re always rebuffed by the intensity of my negative thoughts. What’s worse is that there are times I’m supposed to focus more on work or school than my anxiety. Some strategies work for some but don’t work for others, myself included. Yet having these strategies to cope with anxiety is an amazing starting point.

One thing that makes me feel better is, again, that I’m not alone. Yes, anxiety is a scary thing for people like me — not to mention the fact that managing it is a whole other battle. But these strategies are effective and worth trying. Whether or not they work, I don’t care. The most important thing is that they allow me to manage my anxiety so that I can continue to live my life. I’ve made progress, and I’m proud of myself for that. Anxiety can be a struggle, but it doesn’t have to rule my life. And that’s something I’ve come to realize.

The spectrum-impacted and the worrisome

By Julian Finholm

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Muddying the waters: University’s dubious response to campus antisemitism

By Stick Gershick

The Trail encourages all readers to respond to articles or important issues by writing a letter to the editor. Articles and letters in the Opinions section are printed at the discretion of the editorial staff. The Trail reserves the right to edit or refuse any letters that are submitted for publication. All letters must have a signature, full name and phone number and should not exceed 550 words. Letters can be e-mailed to trail@pugetsound.edu or delivered through the mail to Campus Mailbox 1095.
Queen Elizabeth II died. This came as a surprise to many across Great Britain, trapped inside over the past summer at the hands of a brutal heatwave and unable to keep up with a cost of living that has rapidly become unmanageable.

This has, understandably, struck a collective nerve in all those with a half-decent understanding of world history. Queen Elizabeth II, during her life, was the queen of 32 sovereign states, though that number fell to 15 by the time she died. Put another way, during the height of her reign, Queen Elizabeth II still held power over 32 nations that the British Empire had colonized and enforced their own rule upon. She was a supposed “figurehead” who — regardless of public perception — still held a not-insignificant amount of sway over parliamentary matters. To impose a period of national, mandated mourning for her makes perfect sense if you call her what she was: a living, breathing testament to the cruelty and abuse inflicted by the long arm of the British Empire upon countless sovereign peoples. Continuing to peddle the narrative of Elizabeth as a “beloved” elderly woman is, at best, a showcase of a truly staggering level of ignorance and absolute obliviousness to the untold thousands killed in the name of keeping the sun on Britain’s shores. At worst, it is an actively malicious weaponization of the public opinion to distract from the current state of the British government.

The ascension of King Charles to the throne cannot be overlooked. According to Metro, the new regent, 73 years old, is slated to have his official “slimmed-down” coronation sometime in 2023 — meaning cheaper integration of the public opinion to distract from the current state of the British government.

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The projected coronation a prime contender for one of the Horsemen of the Apocalypse Ruin for Great Britain. This is not even mentioning thequeue to see the queen, which was, at its longest, a roughly 10 mile line that saw people waiting close to 24 full hours, nor the fact that there was not a single public vote taken to see if anyone actually wants Charles on the throne. Even as its longest reigning figurehead dies, the rotting corpse of colonialism continues to flex its power; the least the people can do is to give it the respect it deserves. Which is absolutely none.
How to perform a self-exam for breast cancer!

Loggers, it’s not just spooky season, it’s Breast Cancer Awareness Month! The nationally recognized campaign is organized each October to raise awareness and acknowledge the experiences of survivors and those currently battling Breast Cancer. An essential aspect of the campaign is reminding those with breasts about the importance of regular doctor’s exams, mammograms, ultrasounds, and MRIs. The first step is self-examination, something anyone can do! A brief self-exam once a month is appropriate to recognize any changes in your breasts.

Here is how to perform a self-exam to identify any irregularities in your breasts!

1) Practice your power pose in the mirror! Place your hands on your hips and examine your bare breasts for any abnormalities such as lumps, swelling, rashes or inconsistencies of the nipple, including color change or leaking fluid. Raise your hands above your head, like a diver’s pose, and check again for irregularities. This is also an opportunity for some self-love; take a look at your reflection and say “I love you, boobies!” While not necessarily required by the American Cancer Society, I highly recommend it.

2) If you got em’, feel em’! Lie down and check your hips and examine your bare breasts for any abnormalities by massaging the breasts with three fingers, using a steady, firm touch. Rub in small circular motions around the entirety of the breast to detect any lumps that are worrisome.

3) Do a quick check in the shower! While you’re soap-ing up, may as well do a quick check. Raise your arm above your head and massage with your opposite hand as you would if you were lying down.

Not all lumps in the breast are a major cause for concern — many turn out to be benign. If you do find something concerning about the appearance or texture of your breasts, make a doctor’s appointment and anticipate a mammogram, but don’t panic! Early detection is key.

I hardy need an excuse to feel myself up, and Breast Cancer Awareness Month reminds us that familiarity with our bodies and personal massage is an important part of our health. So, get out there, Loggers, and give your boobies some love and attention!

University of Idaho’s ban on birth control - here we go...

By Amelia Pooser

The University of Idaho recently announced in response to the state’s abortion law that it will no longer be providing birth control to its students. The announcement, made by the University’s general council, not only banned staff from offering birth control to students but also included restrictions on speech. According to the email sent to university employees, they are no longer allowed to speak in support of abortion at work and if they do so they could face a felony conviction.

The announcement has made light of Idaho’s near-total abortion ban effective Aug. 25. Exceptions are made only in cases of rape and incest or when the mother’s life is at risk, as shown by a report made to local authorities. The story quickly spread as major news outlets around the country reported on the announcement, even making its way up to the White House. President Biden spoke out on the issue during a meeting of the Task Force on Reproductive Healthcare Access. “Folks, what century are we in?” he said, discussing the announcement — “my lord, we’re talking about contraception here. It shouldn’t be that controversial.”

The university even acknowledged that their bold move would be more progressive and choose to keep birth control available. Everyone should have the right to receive health care products that they see fit for them. “Another anonymous student said, “it would make sense for an educational institution to stop distributing it for it is not exactly their field to be influencers in.”

Ultimately, it is clear that this announcement has made an impact on the University’s student body. Student April Church said, “There was one instance where a mutual friend needed to access Plan-B, and neither my RA nor our university-employed friends could help.” Another student, Ethan McIntosh, commented on how he thought the announcement would affect his education. “We as a student body deserve to know that the staff and faculty that we pay thousands of dollars to have access to and to have teach us, should be able to teach us the most correct information they have available,” he said, “without the federal government or government in general messing information they have available.”

Students in Idaho with similar ages, experiences, and goals are now experiencing these changes in real-time. On the ground, there were seemingly mixed views on whether or not the university should provide birth control, with one anonymous student stating, “I wish the University would be more progressive and choose to keep birth control available. Everyone should have the right to receive health care products that they see fit for them.” Another anonymous student said, “it would make sense for an educational institution to stop distributing it for it is not exactly their field to be influencers in.”

It seems the sexual health services provided on campus will not be completely inaccessible as the guidance email specified that the University will continue to provide condoms — but only for the purpose of preventing STDs, and not as a form of birth control. Thus, to the college students of the University of Idaho, if you ever need to make a trip up to Washington, don’t hesitate to call.
Public health emergency: multiple novel forms of herpes transmission reported at UPS

By Queen McBean

On Sept. 23, 2022, the popular Instagram account @upsmissedconnections posted the first instance of someone reporting severe injuries from “a vacuum cleaner thrown out of the window,” followed by a picture of those “injuries.” Although quickly dismissed as standard fare from this account, further examination of these “injuries” revealed that they were, in fact, blisters symptomatic of the herpes simplex virus, popularly known as herpes. Although an isolated case of herpes on a college campus is normally no cause for alarm, as further reports of unlikely accidents and herpes blisters came in, panic began to set in.

After only three days, @upsmissedconnections reported dozens of instances of absurd accidents, including being hit with a frozen banana, being crushed by an inexplicable falling anvil, and being carried off by the bees on the roof of Thompson Hall to a land now long since lost to the mists of time. All of these reports include a picture of the injuries sustained, and all of those pictures, experts concur, are of herpes blisters. To these experts, who were summoned to campus to deal with this rapidly expanding public health crisis, the situation is as dire as it is clear: the herpes virus has mutated so significantly that it can be transmitted through these absurd accidents. Indeed, as per Dr. Saddam Haasah, W.M.D (Doctor of Whimsical Medicine, for those specializing in the surreal, absurd, and downright whimsical), a leading whimsicologist, this may very well be the defining threat of the 21st century.

To that point, Dr. Haasah strongly recommends abstaining from all things “bizarre, bewildering, and bananas,” until more is known about this new strain of herpes, now referred to as “the weird wounds” by the student body. Unfortunately, it would appear that the University’s student body has yet to view this mutated herpes as an actual threat; the greater threat, in their view, appears to be the restrictions themselves. As part of the University of Puget Sound’s official response to this herpes epidemic, it has officially halted the operation of all on-campus societies and clubs. The Strapped-to-an-ACME-Rocket Support Group, Society for the Humorous Placement of Banana Peels, and Future Accountants Club were inconsolable. However, the club that took the restrictions the hardest was the University’s Pre-Health Society.

Pre-health students, in particular, have chafed under these restrictions to the extent that they have begun to actively protest them. Protest leaders, when interviewed, have provided two key reasons for this rebellion. The first is that pre-health students can only truly be understood by other pre-health students, for no one else can even begin to take a comparable amount of pride in their masochism. The second, in contrast, is that restrictions on absurd and whimsical on-campus activities severely curtails most pre-health students’ extracurriculars, as they are lodged in a cold war with other pre-health students to engage in the most unorthodox and “quirky” activities as possible, to make their medical school applications stand out. By press time, however, most of these students realized that actively protesting public health restrictions — while simultaneously being on the pre-health track — makes for an extracurricular that will definitely grab the attention of medical school admissions committees.
**Horoscopes**

**Aries** - That mullet doesn’t look good. I know you want to be cool, and edgy, but the trendiness now cancels the edginess. First step: get over your ex. Then maybe you can choose a new hairstyle.

**Taurus** - Being afraid of change is fine but take time to be uncomfortable before making a rash decision. Don't run away when approached by a passionate figure. Next time maybe keep your tears to yourself, or if you must cry, the SUB bathrooms are a bit more quiet.

**Gemini** - I know people may say you started that rumor about your RA, but we know you didn’t. The drama may always finds you, but honestly, we respect that.

**Cancer** - Frankly you may have taken the 2009 Jonas Brothers obsession too far this time. Your college dorm doesn’t need to be a shrine and your roommate hates it. Get help!

**Leo** - I know while your first reaction to bad news may be to punch a wall, don't! Yes, you’re misunderstood. We get it, but maybe next time try a sudoku and some healthy coping mechanisms.

**Virgo** - Stop pretending your perfectionism isn’t just a mask for your mommy issues. Take a bath, drink a glass of wine and chill out.

**Libra** - You’ve got an ass that won’t quit and those jeans definitely don’t make it look flat. Put on your shoes and go strut yourself. Campus is a fashion show and commencement walk is your red carpet.

**Scorpio** - It’s time to start being a girl boss. Turns out taking a walk, having a skincare routine and cleaning your space can actually help your mental health. I know it’s crazy but being your most authentic girl boss self might be the key to a better life.

**Sagittarius** - You are doing WAAAAAYY too much. You don’t need to work a million jobs and frankly you’re dropping the ball with all of them. Talk to your boss/bosses and get it together.

**Capricorn** - I know you want to branch out and try new things, but that new Trader Joe’s salad won’t taste good and that haircut will probably be a disaster. Maybe call your mom and stick to your routine.

**Aquarius** - I know that your value village finds might make you think you’re happy, but that duck wall hanging isn’t helping anything. And neither will the boy who won’t text you back.

**Pisces** - I know you’re scared, but it might be time to start thinking about the future. Moving in with your parents is so not stay. Send that email, make that to-do list. You can do this!
La Paloma: a celebration of community cultural identity

By Ashlyn Collado

If you’ve been on Instagram within the past few weeks, you may have seen several posts with the title, “Lazy Sundays, at La Paloma Tacoma” featuring a person reading a book. La Paloma Marketplace, a shop at the intersection of N 21st and N Oakes St, started these Lazy Sundays as a time to connect and engage with the local community, including University Students. They sell a wide variety of items and food hauling from numerous cultural backgrounds. Most of their stock is sourced from local artists, such as their hand-made jewelry and pottery.

Molly Alvarado opened the shop in July 2022 and co-owns the store with her daughter Malia. La Paloma is “dedicated to serving historically excluded and marginalized community members while always welcoming allies,” as stated on their website. According to Alvarado, La Paloma means pigeon in Spanish, a bird packed with meaning for her. “The Pigeon represents a very misunderstood animal with an innate sense of returning home,” Alvarado said. La Paloma was opened and named for Alvarado’s father. “I grew up raising pigeons with my father. And so, it’s kind of more to honor him,” she said.

Alvarado believes that La Paloma and other spaces that center marginalized identities are very important. Molly herself is Native American, and her daughter Malia is also Mexican, making La Paloma one of the few Indigenous-owned shops in Tacoma. Alvarado said of La Paloma “it was created as a response to what we see in the community as part of just having a safe space to celebrate culture identity, and just explore origin.”

Alvarado emphasized the importance of supporting local businesses and artists from all backgrounds. “We are currently splitting 77 artists,” she said. “We have a focus in finding handmade items, unique items and things that are created by BIPOC community, also queer and folks living with disabilities,” Alvarado said, mentioning that it can be hard to find those things in Tacoma.

It wasn’t by pure chance that La Paloma has earned a place in students’ hearts. Every Sunday, La Paloma hosts a sale called Lazy Sundays, from 11AM to 5PM. “We invite local bakers licensed bakers to come in and sell their baked goods,” Alvarado said. Lazy Sundays also invites vendors to set up outside the shop and on the street, such as vintage vendors and local artisans. This sale is specifically direct-ed to students, and offers a 15% discount to students. Lazy Sundays are more than just a sale though. Alvarado wants to create a sense of belonging with them “What we’re focused in is bringing that in the style of like feeling at home by biting into, like, a Mexican pastry that reminds you of your grandmother or you know, a moon cake or something that maybe you can’t find everywhere,” Alvarado said.

Alvarado noted that she has noticed a lot of students coming into the shop. “We have realized you know, there’s lots of students that are new to the University that are away from home for the first time,” she said. This understanding fosters a connection and, “we’ve kind of become friends with a lot of students as well as we have a second mom and just like a safe space,” Alvarado explained. The shop even has a couch to give it more of a relaxed vibe and invite people to just come in and hang out. In a touching sentiment, Alvarado explained that their shop is “really a space that is a mix of cultural nostalgia and just things to make us feel at home.”

Making comfort in Collins

By Emma Pellegrini

It’s 12:55 pm on a Saturday and students start to gather around the library’s entrance, eagerly waiting for it to open. Inside, the energy among the staff is visible as the sunlight pours in through the large windows, and the tables long to be strewn with well-loved books and annotated articles, a sight that reminds the surveilling student of the comforting pride of accomplishing an academic task. Collins Memorial Library is a campus staple for studying and finding a kind of solitude that feels strangely communal. “You can come to the library and you’re in a social place, but you don’t have to socialize,” says Jane Carlin, library director.

Emma Hahn, fourth-year, loves the warm feeling of comfort the library gives her. “I really enjoy the helpful atmosphere, how helpful the library is, how willing to work with you to get things done and to solve issues,” Hahn said. To many on campus, Collins isn’t just a library, it’s a place of tranquility and belonging.

Carlin has worked as the library director at Collins Memorial Library for 13 years. In that time, she has worked to be a consistent advocate for amplifying diverse voices in art and literature and creating a safe, compassionate space for students. Carlin works to provide a variety of different spaces and environments within the library for students. “The Library is a place for everyone on campus. We have a variety of spaces, from quiet study floors (floors 3&4) to private study rooms in the Mezzanine and lower level, to group meeting spaces and open spaces to study and read and reflect,” she said. Carlin mentioned how the addition of the Makerspace, a small corner in the downstairs of the library where students can complete a variety of different art projects, was meant as a way to create an outlet for students to unwind from the stress of academics, as well as the introduction of other small spaces, meant to reduce student’s stress and anxiety. “Spaces like the Makerspace and the Pacific Northwest Room with rocking chairs provide the opportunity to reflect, make something and take a wellness break,” she said.

Carlin is also dedicated to the library’s relationship with the student body, a relationship that she claims holds a personal significance. She mentioned that connecting with students and guiding them to resources in the library is the core of her work, and often brings great satisfaction. Carlin’s sentiments about guiding students to resources extends beyond her.

Peggy Burge, the Associate Director for Public Services at the library, described the relationship between students and the library. “Everyone in the library, no matter their role, is dedicated to meeting the information and research needs of our students. We aim to meet each student where they are, and help them develop and extend their research and critical thinking skills,” Burge said. She mentioned a multitude of library services from in-person research consultations with liaisons to online subject and course guides. Many students benefit from the close interaction and personality of the library staff, an appreciation that makes the library even more special to them. Audrey Glaubius, second-year and Senior Makerspace Assistant, commented on the wonderful work environment that allows her to be creative. “I love Makerspace. I love working there. I feel like I have a lot of independence as an employee. My shifts are pretty much mine that I can do what I want a little bit as long as I’m, you know, helping people when they come in,” Glaubius said. Even as a student, Glaubius has an affinity for the Makerspace, specifically the sense of tranquility it creates. “I really enjoy having kind of that nice, enclosed, cozy, homey-almost environment to like sit down and do my work and do homework,” she said.

Carlin stressed the importance of offering in-person, creative, and interactive experiences at the library, in order to overcome an obstacle that all of campus has faced: transitioning out of pandemic limbo. She hopes that by offering such events as exhibits and coffee hours the library can once again begin to draw many students back. After all, many students find the particular atmosphere of Collins to be a quintessential campus comfort. No matter if it is a book sought after for research, or a much-needed game of Uno to unwind, the library offers restful seclusion. As many on campus already know, there is much comfort to be found in Collins.
Tacoma Film Festival: our annual hub of culture and community

By Henry Smalley

With so many clubs, activities and obligations here on campus, it can be easy to forget to get out of our red-brick bubble and explore the culture and community of the Gritty City around us. However, every fall, one opportunity arises to leave the hustle and bustle of campus and engage the wider community: the Tacoma Film Festival. TFF is a fantastic annual opportunity for anyone looking to learn more about indie films and the people who make them, participate in local culture events, or simply check out some new, hard-to-find movies. Even if you missed it this year, it is something worth keeping on your radar for next fall.

Hosted by the Grand Cinema since 2006, the Tacoma Film Festival is an 8-day festival showcasing a variety of new films from the year. The festival covers many genres, from narrative films to documentaries and short films – there is something for any movie lover to enjoy. The film festival also draws from around the globe, this year featuring filmmakers from South America, Asia and Europe as well as directors from right here in the Pacific Northwest. “The commonality is that all their films are independently made,” said David Dinnell, the director of programming for the festival. “Could be a film made by a single person with a camera and an idea – those could be incredibly amazing works. Could be anything up to a film with a huge budget and a big production crew;” Dinnell said.

Besides being a great way to see new films, TFF offers some unique opportunities here on campus. “Could be a filmmaker you’ve never heard of. Any chance to go to the Grand to see a film is worth your time. Dinnell believes that there is something special about the Grand. “The Grand Cinema is considered a gem of Tacoma, it’s a small and intimate art house theater. It definitely has its own charm,” he said. If you’re looking to get out more into Tacoma and explore some of its unique culture and community, the Grand is a great place to start. That sense of home-town charm is only heightened during the film festival, when those interested in Tacoma’s art scene come together in an intimate setting. “Even if you don’t think you’re a filmmaker, what a great opportunity to meet a slice of life that you wouldn’t otherwise,” said Priti Joshi, an English professor at the University and a juror for TFF.

As an added bonus – and perhaps a testament to TFF’s cultural value – Tacoma Creates, a public funding program focused on providing opportunities in arts and culture, has made it possible for the Grand Cinema to offer free tickets to any students in Tacoma. What a deal! If you did not get the chance to attend the festival this year, do not fret. Free tickets are available for all film showings at the Grand.

If you are looking for more opportunities to get involved in Tacoma’s film scene – or even show a film of your own – you don’t have to wait until next year’s festival. Besides being a professor and a TFF juror, Priti Joshi also serves as the longest-running juror for the 253 Short Film Contest, another event hosted by the Grand Cinema in which contestants have 72 hours to create a film. According to Professor Joshi, the final showing is not an event you’ll want to miss. She also recognizes the strong presence of local students in the contest, but points out that there are usually more filmmakers from nearby Pacific Lutheran University than from the University of Puget Sound. “I would love to see more UPS students participate in it,” she said. Let’s get those numbers up, Loggers!

Whether you are a film buff searching for niche foreign films to add to your Letterboxd or are just looking for something to do on a Saturday night, checking out the Tacoma Film Festival is certainly an experience worth your time. As soon you enter the Grand Cinema, it is apparent just how much everyone there cares and how hard they have worked to create an intimate and unique setting for film buffs and casual viewers alike. If you are looking to get out into Tacoma and explore some of the community and culture around you, there is no better place to start than The Grand Cinema and no better time to experience the Grand than during the Tacoma Film Festival. Of course, with free tickets for students year-round, there is no need to wait, but be sure to mark your calendars for next year’s festival.

KUPS - DJ spotlight!

By Sara Orozco

This week the Trail did an interview with Thaddeus Smith, who has been getting up to some funny business with his Madness in the Thadosphere, a specialty show at KUPS. Question: How long have you been a DJ? Thad: Since my first year, I’ve had a show every year except sophomore year; no one had a show during those times. My current show is a CD-based show, using all my own personal CDs. Question: Any thought to your DJ name? Thad: When I was a first-year, my DJ name used to be crock-pot, because when I was a first-year we did the icebreaker of what kitchen utensil would be, I went by it for a while but now I’m just Thad. Question: What’s the big idea (about your show)? Thad: I’ve never gone into a semester with an exact idea on what I want a show to be, I play what I’m feeling for the day. Today I did a ‘main character’ moment soundtrack. Who wouldn’t feel like a main character listening to ‘The Man’ by the Killers? *insert quality wedding dance moves*

Question: Why ‘d you get involved with KUPS? Thad: My mom was DJ for KUPS when she went to UPS, I remember her telling me about it and it sounded like the coolest thing ever. I like to be outgoing when no one is listening, but if there’s an audience… that’s nice too. My first show was about conspiracy theories and deep dives. I love doing it, so I stuck around.

Question: Favorite part of being in the booth? Thad: I’ve always loved how secluded it is, it’s an isolated little part of campus, feels super safe. I feel like a cool dude, safe lil bear in a cave.

Question: If you could have any artist come in to interview, who? Thad: Dan Auerbach, lead singer of the Black Keys. One of the most brilliant songwriters in the world, not just the best.”

Question: What’s the biggest idea (about your show)? Thad: My mom was DJ for KUPS when she went to UPS, I remember her telling me about it and it sounded like the coolest thing ever. I went by it for a while but now I’m just Thad.

Question: What’s the big idea (about your show)? Thad: I’ve never gone into a semester with an exact idea on what I want a show to be, I play what I’m feeling for the day. Today I did a ‘main character’ moment soundtrack. Who wouldn’t feel like a main character listening to ‘The Man’ by the Killers? *insert quality wedding dance moves*

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Question: If you could have any artist come in to interview, who? Thad: Dan Auerbach, lead singer of the Black Keys. One of the most brilliant songwriters in the world, not just the best. “He’s a producer!”

Question: Why should campus tune in? Thad: I live at a time when it seems like there’s only bad news around the corner, only bad news to be broadcasted; my show is straying away from that majority. I like to bring in local things, giving updates on the Mariners’ score, reading weird headlines, because if it brings me joy it must bring other people joy.

So, all in all, you should check out Thad’s show on Fridays at 2 PM if you’re looking for some quality background music to your daily activities. Also, clearly, he’s a super cool dude. Give it a listen!