

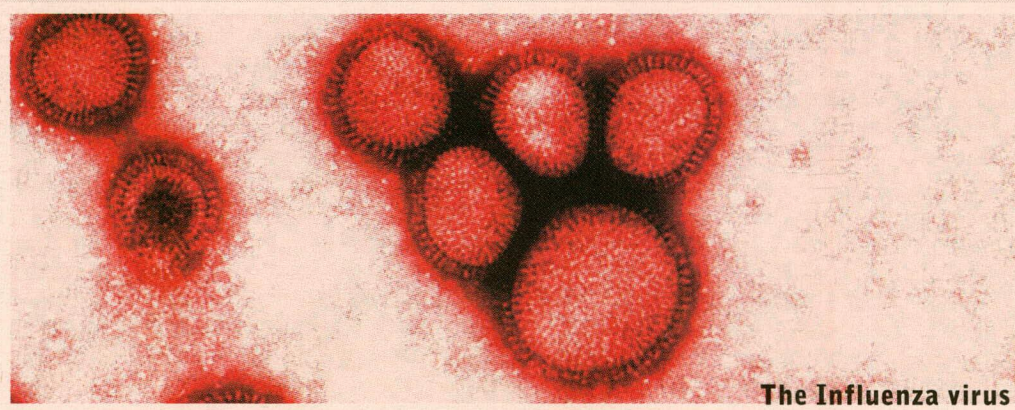
THE PUGET SOUND TRAIL

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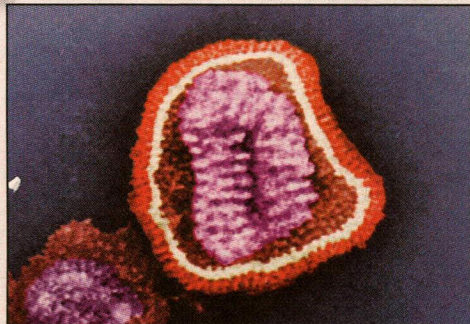


The Influenza virus

Getting the Shot

With the winter months approaching, the Influenza virus will become more and more prevalent, forcing some students to seek the vaccine.

Some stats on Influenza



- **63,730 deaths** in US, for Influenza and Influenza-related illness.
- **10-20 percent** of Americans catch the Flu, annually.
- In 2000, Influenza/Pneumonia were the **seventh** leading cause of death.
- **Seven** people die of the flu every hour.

BY HARRY YU
NEWS WRITER

Throughout the flu season, which begins in December and lasts until March, UPS will give flu shots — CHWS began the giving vaccinations Oct. 1.

The Influenza (The flu) virus can be deadly because it could cause a potentially fatal pneumonia.

Linda Everson, director and medical coordinator of the CHWS, is in charge of the flu vaccinations given to students. The flu is dangerous in that it can lead to a variety of diseases such as pneumonia, bronchitis, and in rare cases meningitis, according to Everson.

SEE SHOT PAGE 3

Stealing from Wheelock getting worse

BY KATHARINE WEISS
ASST. NEWS EDITOR

While standing in line to check out at the SUB, a young girl nibbles on a cookie. By the time she reaches the front of the line the cookie is gone and she gets through without being charged for the dessert. No big deal. It is just \$0.29, right?

However, if every student at UPS followed suit, that cookie could cost the school as much as \$650 as well as an inflated meal plan price for every student, according to Steven Davis, Assistant Director of Dining Services.

Recently you might have noticed new signs posted around the SUB that read: "Stealing from the SUB is stealing from yourself." The signs are part of the dining services new plan to combat food theft on campus.

"The problem is not a recent one. [Stealing food from the SUB] has been going on for a long time," Davis said. "The problem includes everything from people nibbling from the salad bar or directly putting

SEE THEFT PAGE 3

B-GLAD hosting 'Queer History Month'

BY MIKE KNAPE
NEWS WRITER

What do Lindsay Lohan, Oscar Wilde, and Albus Dumbledore have in common? They are all part of Bisexuals, Gays, Lesbians, and Allies for Diversity's (B-GLAD) "Gay of the Day" calendar in the SUB to celebrate October as Queer History Month.

After overcoming a couple of logistical issues, the calendar is back this year and each day will add a new queer figure. The featured persons are picked because of historical significance to the gay rights movement or by popular demand.

While the term "queer" has multiple meanings, it is used in this case as a blanket term for the LGBTQ+ (Lesbians, Gays, Bisexuals, Trans-gendered, questioning+) community.

Besides "Gay of the Day," B-GLAD hosted a couple of other events and activities this week to celebrate Queer History Month.

National Coming Out Day is an important tradition in the LGBTQ+ community and is part of the reason why October

SEE B-GLAD PAGE 3

University holds public reaccreditation forums

Once each decade, this University undergoes the reaccreditation process which consists of a self study that is heavily influenced by the public and students.

BY KATHARINE WEISS
ASST. NEWS EDITOR

Every ten years, as an accredited institution, the University of Puget Sound undergoes a full reaccreditation review. The process consists of creating a self-study that, come April, the Northwest Commission on College and Universities (NWCCU) will review before determining whether UPS should be reaccredited.

"All institutions of higher learning must go through this process. Every school from Doris' Beauty College to Harvard University," Kristine Bartanen, UPS Academic Vice President, said.

The Reaccreditation Steering Committee, which is comprised of a variety of faculty members, has been working towards addressing a list of standards put forth by the NWCCU to determine the

effectiveness of every institution.

The standards address questions, according to Bartanen, like: Is the University managing itself well and does UPS provide the education that it claims to provide?

Every five years the University goes through a process in which they review the design and department majors and courses. This year UPS is able to combine this process with the reaccreditation process.

The University relies upon different forms of feedback to help the school better understand which areas need improvement, according to Bartanen.

"We use student voice surveys, senior surveys and learning outcomes assessments to help us understand what we can do better," Bartanen said.

Students and faculty are able to voice their opinions about

UPS by either visiting the reaccreditation site online at <http://www2.ups.edu/dean/reaccreditation> or by attending public forums on campus.

Two forums have already taken place. The forum that took place Oct. 2 focused on finance, physical resources, mission goals, governance and administration and institutional integrity. The second forum, Oct. 6, centered on educational effectiveness, faculty and library resources. The forums are open to anyone and allow for faculty and students to voice their opinions. In depth documents about each standard can also be found on the website.

The gathering of information as well as the completion of the self study is a long process that will not reach its conclusion until April of 2009, when the NWCCU will send a committee to campus to

tour and review the document.

"I am confident that we will be reaccredited. The only reason we would not be reaccredited is if we had any major issues or we weren't doing what we were supposed to be doing," Bartanen said.

Classics Professor Eric Orlin, a member of the UPS Reaccreditation Steering Committee, has been working on the self study for several months now and is in charge of gathering materials for the Humanities department.

While the process can be tedious at times, Orlin says he has enjoyed learning about the different departments at UPS.

"The History offices are right across the hall from me but I have no sense of what they discuss or are trying to do with the department. I have learned... from other departments by going through this process," he said.

As a member of the steering committee, Orlin has been in charge of collecting and assessing information regarding academic programming at UPS.

"I was pleasantly surprised to find that everyone is doing what

they should be doing," Orlin said.

While all departments are running fairly smoothly, Orlin has noticed a school-wide desire for more resources.

"Almost all departments feel resources are too limited. As an institution we just don't have enough. Some departments feel that if they [were able to] hire an extra faculty member they would be better than they already are," Orlin said.

Students will be able to play a role in the reaccreditation process, according to Orlin.

"UPS has a strong tradition of student involvement. When the reaccreditation committee comes to campus, they may want to speak with students," he said.

At the end of the process, Orlin says that all he can hope for is a better sense of what needs improvement at UPS.

"The best result would be to identify places we could improve the educational experience. To be able to identify what we do well and how we can improve," Orlin said.

SUPPLY COSTS



ASUPS PHOTO SERVICES / ABBY KAUFMAN

Inflation: With inflation rising rapidly, the cost of basic goods is going up. This rise could affect the cost of textbooks and other goods and services around the University.

Questions answered in forum on fiscal crisis

BY JENI OPPENHEIMER
NEWS WRITER

Recently Professor Michael Veseth lead a discussion on the financial crisis, the event was created to help answer student questions about the financial downturn and the recent events with the stock market.

Veseth began the discussion by speaking on the cause of the financial issues.

"[It was a] combination of moral hazard and leverage," Veseth said.

Moral hazard, which Veseth calls the "crack cocaine" of finance, is addictive and people often don't consider the risks.

"Moral hazard is taking a risk when you are not protected from loss," Veseth said.

The issue with betting with borrowed money is a small loss in the bet meant large debt because the money was on loan. At the discussion Veseth gave a list of the people that were affected through the "bad" loans, these included everyone from investment banks to regular citizens, according to Veseth.

After the background on some of the basic causes of the financial crisis, Veseth asked for comments and questions. During the discussion there was a debate between an economy professor and a student, Veseth said. The debate focused on the bailout deal.

"The student wondered

why he had to sacrifice when he didn't make any bad decisions," Veseth said, adding that the professor was claiming we were "bailing out the economic system, so the problem did not get worse."

Since the brown bag discussion, the bailout deal was signed into action.

"The goal is that this won't effect our everyday lives, though there aren't any details yet," Veseth said. "The money comes from borrowing from other countries."

With worst week in stock market history, Veseth explained that this forced people to come up with a plan to fix the issue of liquidity.

"The British system is working the best, they are going to get some ownership of the banks," he said.

This could stabilize the economy and could help to create some liquidity, according to Veseth.

"Government intervention will cause the stocks in these companies to be worth less, but less is better than nothing," Veseth said.

"[The discussion] went pretty well, I was able to outline the issues," Veseth said.

He also said there might be another discussion later in the year for students who were unable to attend, and to discuss the developments in the issue.

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THEFT

CONT. FROM PAGE 1

their fingers in the food. Some people will eat salads while waiting in line or get a cup or grapes and granola and eat it as they go around. There are even more blatant cases of stealing in which people attempt to hide things on their person."

While the levels of food theft may vary each case, Davis said, is just as harmful to the University and the University's students.

"People will not wash their hands and then touch something. This not only causes illness but leads to a marked

rise in costs," Davis said.

Dining Services has been handling the issue in a number of ways.

"First and foremost we want to educate the students by putting up signs. We have also been having conversations with students in leadership positions in residence halls. We need to talk about the importance of not eating in the Diner. It is not just a health issue," Davis said.

While the problem is most evident in the SUB, Davis said, The Cellar and Diversions Café have also faced issues of theft.

"There have been thefts in The Cellar on busy nights and there just haven't been enough people working. A few years ago we had to put locks on the cases with the Naked Juices in them at the Café because people thought that since it was busy it would be a good opportunity to get a deal," Davis said.

Theft at the SUB, according to Davis, goes beyond just stealing food.

"People have been taking the china. We allow people to borrow the plates and silver

wear, but they need to bring it back. We spend \$20,000 per year on china that never comes back," Davis said.

Davis often taken on-campus theft personally.

"The situation is frustrating," he said. "I used to take it personally but I have come to realize if a student is stealing upstairs in the SUB he really stealing from you."

Because theft in the SUB has become such a problem, it could lead to an increase in the prices of meal plans.

"We would like to think that

the number of people with the intent of stealing is small, but ultimately it will cost everyone," Davis said. "Every year we evaluate the cost of meal plans and there will likely be an increase because of the number of food products stolen."

Davis says he wishes students would realize that the SUB is just like a grocery store.

"This is a sore spot for me," he said. "You don't go to Safeway and eat cookies and grapes without paying for them, [if you do] you will get a free ride downtown."

FINISTERRA TRIO



ASUPS PHOTO SERVICES / HOLLY HARTMAN

Concert: The award-winning, Seattle-based, chamber ensemble performed in Schneebeck Concert Hall, Sept. 26. Tickets were sold in the SUB for \$12.50.

B-GLAD

CONT. FROM PAGE 1

became Queer History Month. Although it is formally on Oct. 11, B-GLAD moved their National Coming Out Day activities to Oct. 14 in order to get more visibility.

"It's symbolic of breaking the silence that many people live through," Smith said.

B-GLAD encouraged all students to participate by coming out of the door as something new, but not necessarily regarding sexual orientation or status.

"We normally get a wide variety of students. Some come out as trekkies or outdoorsy people and a lot dress up," Smith said.

Later that night at 7:30 p.m. B-GLAD hosted a Queer 101 in the WSC Rotunda. A Queer 101 is an open forum/discussion where a panel of LGBT students start by telling their story before opening the conversation up to include the audience.

"It provides an open and educational atmosphere for discussion. We also have a moderator to make sure the discussion stays appropriate and respectful," Smith said.

Last year's event brought close to 30 people and they have filled up the rotunda in the past.

B-Glad is putting on a gay dinner on Tuesday, Oct. 28 and is planning a trip to *The Rocky Horror Picture Show* on Nov 1.

SHOT

CONT. FROM PAGE 1

Because the flu virus in continually mutating, in order for one to keep his immunity, he must be revaccinated each year. Additionally, vaccinations are given in October, rather than later in the winter months, so the shot has adequate time, two weeks, to take full effect.

The people who should get vaccinated, according to Everson, are students who are immune suppressed or suffer from a chronic disease. Youth and elderly are also more susceptible to the flu.

This year, Everson ordered 200 shots. Unlike past years, when there have been shortages of the vaccine, this year has no such problem. If more shots are needed, Everson says, the University may order more from the Centers for Disease Control (CDC).

"The Advisory committee of [the] CDC formulates the viruses of the vaccine," Everson said.

The Advisory committee formulates the vaccine for specific strains they think are most prominent in the area. It is possible for the CDC to miss a strain, Everson said. But added that it happens rarely.

The vaccine will not give the injected influenza. However, it does cause the body to gain an immunity to it. The shot itself is more of a mixture because it

contains a variety of antigens that will stimulate the body to produce desired antibodies.

Students not needing a shot, can still take steps to prevent the flu.

"Adequate rest, proper diet, good hand washing techniques, coughing or sneezing into the elbow rather than the hand, and not sharing personal items or utensils or drinks [can help prevent contraction of the virus]," Everson said.

The Flu Symptoms and Care handout from CHWS states that students should not drink alcohol or smoke. However, the flyer also states that you should drink eight to 10 glasses of water each day. If you do catch the flu, you should stay home and not attend class.

Flu symptoms include: headache, fever &/or chills, coughing, body aches, sore throat, runny or stuffy nose, fatigue, nausea and/or vomiting.

The handout says that if you have extreme symptoms, you should see a doctor.

Everson stressed that the most valuable thing you can do to prevent the flu is hand washing — which will kill the virus and stop its spread. Considering the campus setting, This is important, Everson said, since it's very easy for diseases to spread.

Security Report

The following incidents occurred on campus between October 7, 2009 and October 13, 2008 and were reported to Security Services:

- A 19 inch flat screen LCD monitor was reported missing from a computer lab in Wyatt Hall. The cord to the corresponding mouse was also discovered cut.
- Security and Student Development staff contacted a student in University Hall for a suspected violation of the University's drug policy.
- A student reported his wallet was stolen from the table where he was working in the basement for Library. He believes someone took it while he looked away momentarily. He saw no one suspicious in the area.

Courtesy Todd Badham, Director of Security

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Correction:

Regarding the article published in the Sept. 26 edition titled "Religion, Politics, Violence" lecture series to appear on campus throughout October"

1. The title of the lecture series is Religion and Violence, not Religion, Politics and Violence.
2. The lecture series will continue through the academic year. It is not limited to October.
3. David Domke, not David Dormke, is the October 1 speaker.
4. The Religion department organizes and hosts the lecture series. The Catherine Gould Chism Fund provided financial support, as did a wide range of departments and programs.

Corrections submitted by Greta Austin, Jonathan Stockdale, and Suzanne Holland

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Voting third party

Make your vote count by choosing a realistic candidate

BY M. LAWRENCE
OPINIONS WRITER

With the presidential election fast approaching, Obama and McCain's campaigns are smattered across the news. Predictably, the country remains divided between the two candidates.

However, it is often forgotten that these are not the only two people running for president

this year. As always, there are various third party candidates running for election as Green Party, Independent, and many others. In each election, a small percentage of voters vote for one of these third party candidates.

I would like to suggest that this is one of the most useless ways someone could choose to vote while still filling out a ballot. I understand that neither of the two candidates

running for office is perfect, and that in third party candidates voters often find someone whom he or she considers more suited for the job.

With this in mind however, there is a time when practicality is better than perfection. We need to face the facts. In less than a month this country will elect either Obama or McCain as president. No-one else stands a chance to win the

While these voices are important, a presidential election is not the time for protest. There is a time when practicality is better than perfection.

your vote away on a candidate that has no chance of defeating the two main opponents.

The purpose of voting is to make your voice heard. A person who votes third party most likely recognizes that his or her candidate is not going to win, but is arguably still making his

SEE VOTING PAGE. 5

Weekends not so much fun

BY ISABELLE EYRE
OPINIONS WRITER

I am writing this on the threshold of a glorious time in the week: Friday afternoon. I, like most of the human population living with a conventional work week, look forward to the weekend.

The hectic-ness of daily life at UPS, with the constant juggling of classes, homework and basic social commitments, completely changes over the weekend. Classes are not a factor in weekend planning, but I would argue that social and work scheduling can be just as stressful over the weekend as it is during the week.

In fact, it becomes more hectic trying to plan around friends and dates who often have vastly differing priorities.

Moreover, the anticipation for the weekend leads to a massive letdown half the time, because once it comes there is next to no exciting events going on at this campus. When two middle-aged men running around in Schneebeck Hall throwing mousetraps at each other is the social event of the season, you have to wonder about the overall quality of the campus activities.

The sad truth is that the weekend usually ends up being a lot more depressing than epic. During the week most people only have time for the homework that needs to be completed



PHOTO COURTESY / WWW.UPS.EDU

Just more studying: Is this your idea of a good weekend?

for the following day. Invariably, long research assignments and readings get put off until... you guessed it, the weekend.

Have you ever noticed that for some reason, the weekend seems like it will be a much longer amount of time on Wednesday then it turns out to be on Sunday? Along with school work, social obligations get put off for "fully free" days as well. Dating and any intense socializing with friends all logistically occurs over the weekend when the entire student body is free.

Combine all that with a sport or club, and you have a recipe for chaos. Of course, most people do not want a chaotically frantic schedule, so they end up

giving up at least one of these things on any given weekend.

If you avoid doing all the homework until five o'clock Sunday afternoon, you end up kicking yourself for not starting sooner. I usually feel a little guilty on Saturday if I do not get at least some of my work done, but I still put it off never the less.

But then, of course, if one does the "right thing" and stays in doing schoolwork on a Saturday night, one just feels like the whole "weekend freedom" has absolutely no point. The third option, putting off school and friends for a sport or some other

SEE WEEKEND PAGE. 6

UPS in need of more handicapped accessibility

BY NATHAN MOORMAN
OPINIONS WRITER

If you have ever had a leg injury then you know how painful it is to walk up and down stairs. So why is it that our campus is so drastically behind in providing full access to those people and students with handicaps?

I have had multiple injuries due to playing soccer or just plain stupidity, and I am sure that many other people have as well. So it makes me a little bit angry whenever I see the lack of thought given to people who are unable to or have trouble walking.

I am sorry, but we pay upwards of \$40,000 a year to come here. Is it really that hard to help out our fellow students? If you are unfortunate enough to have class on the second floor of Jones then you are just flat out screwed. Trying to walk up those stairs to get to class has made me want to scream in pain because of a blown out knee last year, but I had to do it because there was no other option.

There is exactly one freshman dormitory that is fully wheelchair accessible. Congratulations Todd/Phibbs! Register happens to have handicap stalls in its building, but there are required stairs to get in and around the building. Sorry girls, guess you got a little unlucky over there.

All dormitories and all buildings should be wheelchair accessible, and the fact that they are not is something

we should all be embarrassed about. Our university tries to claim that their campus is wheelchair accessible, though.

If you look at our website, they make it a point to have two separate symbols on the campus map; one for a fully wheelchair accessible building and one for a building that has only one floor that is wheelchair accessible. These symbols are so misleading that it is embarrassing. There is almost no difference in the symbols so people can be easily confused into thinking that we strive to make it possible for everyone to get around safely and comfortably here.

In reality, we have exactly fifteen buildings out of forty-five that are entirely wheelchair accessible. And, embarrassingly enough, out of those fifteen buildings that allow for complete wheelchair access, the student diversity center is not one of them.

It would appear that our student diversity center does not provide handicap restrooms according to the campus map on our University website. Way to go, student diversity center, I am sure we all appreciate the irony in this.

Our own President's house is not fully wheelchair accessible. It has handicap stalls and one floor that is wheelchair accessible. Is this setting a good example for the rest of our college community? I think not.

Our school should be ashamed of our claim of diversity when we refuse to ad-

dress this issue. When you visit PLU's website, they state that "Pacific Lutheran University complies with the American with Disabilities Act and Section 504 of the Rehabilitation Act and provides reasonable accommodations to students with documented disabilities."

Why is it that our campus does not make such a statement? These two acts state that people may not be discriminated against or be excluded from participation because of their disability. Our lack of a completely handicap accessible campus seems to be a violation of these acts.

I will give our campus this, they make an excellent effort to help those with learning disabilities and that is something to be applauded. However, we should still take this a step further and help everyone.

One of the greatest examples of character is the ability to look out for someone who has different needs from you and have the good sense to know that it needs to be done simply because it is the right thing to do.

I will continue to hobble up and down stairs to get to my classes and most likely I will be silently screaming in agony from a torn muscle. But at least I know that I will eventually heal and be able to move past the pain.

I just wish that I never had to worry about being in pain, and that none of my fellow students ever have to either.

• Nathan suggests slides for easy exits from buildings

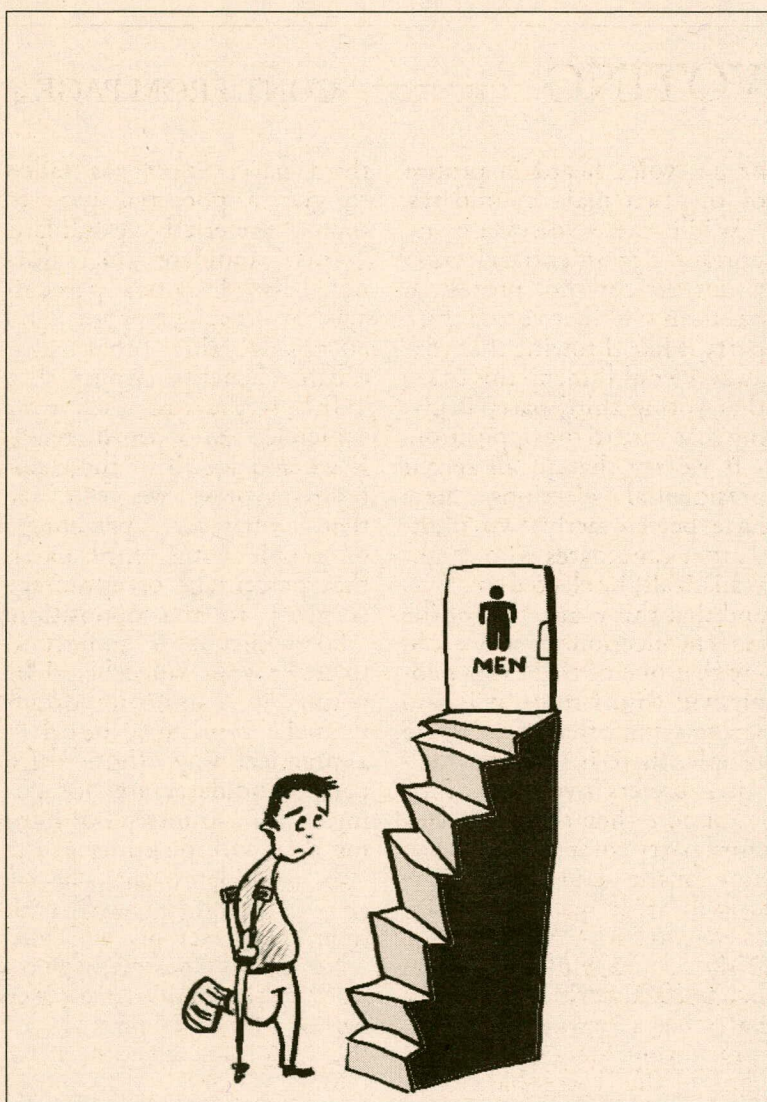


PHOTO COURTESY DAVID COHN

Inaccessibility: For a campus as welcoming as UPS it is surprising how few buildings are handicap accessible. Only fifteen buildings out of forty-five are entirely wheelchair accessible.



Human trafficking



Speed bumps



Fall break!



The Man

Where has all funding for arts programs gone?

BY LAUREN BAGBY
OPINIONS WRITER

Before going on stage to perform for a high school choral workshop a few weekends ago, my choir director expressed to us how excited the high school singers were to hear university level choirs sing, as many of them are accustomed to poor quality public music programs.

This brought me back to the day when I found out that my high school football team received brand new jerseys and shiny equipment while us kids in the fine arts programs received budget cuts and feigned sympathy from the administration.

Cuts in overall public educational funding have been problematic and fatal all across the country, but funding for the arts tends to be hit the hardest.

Why is this? According to the National Endowment for the Arts (NEA), 93% of Americans rightfully think that the arts are an important aspect to our national educational system.

With this kind of support, I would expect to find arts education higher up on the national agenda, but clearly this is not the case.

Under the Bush administration, we have experienced unacceptable cuts in funding for crucial arts programs. Broadcast Music, Inc. (BMI), a performing rights organization, points out that for the eighth consecutive year, Bush's budget



PHOTO COURTESY / WWW.FITNESSESENTIALS.CA

More cuts: Funding for arts education is going down again.

has cut funding for the Department of Education's Arts in Education programs. A spokesman says that this cut will "include funding for model arts programs and collaborations with schools, teacher professional development, and arts programs for at-risk youth."

In addition, Bush cut funding for the NEA by \$16.3 million this year alone, leaving the or-

ganization with a \$128.4 million annual budget, down from its \$175 million annual budget in 1992. This lack of concern for public arts education and for the cultural and artistic health of our country is appalling and should be reversed.

Politicians always talk about the importance of math and science and the need for our students to perform more

competitively in those subjects. I find myself holding my breath in vain, however, as I wait to hear the same kind of attention focused on preserving and improving our education for the arts.

The issue at hand may be that the arts are considered to be "just for fun" or "in addition to" a standard education. President Bush's fiscal and rhetorical priorities could easily be seen as supporting this view.

The purpose of early exposure to the arts is not simply to give children something to do after school, but to provide a foundation for the creative and effective communicators we so desperately need to contribute to our society.

Our national priorities are surely not focused enough on education, and when the subject does get addressed, it is mostly math and science that are valued above all other subjects. But as the chairman for the NEA points out, "The purpose of arts education is not to produce more artists, though that is a by product.

The real purpose of arts education is to create complete human beings capable of leading successful and productive lives in a free society."

Even students who do not decide to pursue the arts professionally can benefit from all that arts education provides. The NEA also reports that arts education correlates with higher test scores in all subject areas,

suggesting that children who benefit from quality arts education are more versatile and exceed in many other subjects.

Furthermore, from a more personal perspective, more government and public support for the arts can help improve the self-esteem and motivation for those creative individuals who may not perform as well in math and science. If our educational system claims to be equal and supportive, then the strengths of the artistic student should be duly noted and appreciated.

There is great value in artistic expression and creative thinking, and I would like to see more support for arts education and after school programs dedicated to artistic pursuits from politicians.

A comprehensive and effective educational system has to include greater support for the arts so that our children are capable of leading dynamic and meaningful lives.

• *Lauren is still bitter about the football jerseys.*

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Caught in the Twilight zone?

BY LISA GRISWOLD
OPINIONS WRITER

Edward Cullen is a name that is probably recognizable by at least every female on campus, if not a good majority of the males as well. Along with the mention of this name comes a gasp, squeal, and/or an "Oh my God!" Further mention of Bella Swan, Jacob Black, vampires and the town of Forks, WA tends to elicit ungodly amounts of excitement from the general population.

If you are unaware of this obscure lingo, hold onto your necks, because you are in for a wild ride of vampire lore.

If you are not in the know, this lingo derives from the series of teen novels written by Stephanie Meyer, commonly referred to as the Twilight series.

She has written a four part compilation that is comprised of *Twilight*, *New Moon*, *Eclipse*, and *Breaking Dawn*. Since the series' release in 2005, these books became elevated to the best seller level within an extremely short time.

These novels explore the lives of human teenager Bella Swan and her obscure relationships with a vampire and a were-

wolf in Washington state. Although these novels are written for a fifth grade reading level, teens to adults alike hail to them because of their entertainment or addictive values.

However, simultaneously, a bulk of the student population absolutely detests them as a joke for literature. The debate consistently ensues over whether or not these novels are supreme or exactly the opposite.

Many agree that the Twilight series is a bad excuse for

anything that should gain even the least bit of acclaim. Although Meyer attained a degree in English literature, her novels present an immature degree of writing.

Evidence of this can be seen in her incessant use of the verbs "to say," "to be" and "to ask". Not only does she insist upon the perpetuation of overly simple vocabulary, but

SEE TWILIGHT PAGE. 6



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VOTING — CONT. FROM PAGE 4

or her voice heard in protest of the two main candidates.

While these voices are important, a presidential election is not the time for protest. It has been said that voting third party is like throwing that vote away. I would amend this to say that voting third party is giving that vote to the opposition.

If we say that in all recent presidential elections there have been exactly two presidential candidates who might realistically be elected to office, and that this is also true of the current election, then we can say that one of these two people will win. I think it is also safe to assume that of these two people, there is one that each voter prefers over the other.

Suppose then that we have a third party voter who does not vote for the main candidate he would rather see win, but instead votes for a candidate he wishes could win the election in a perfect world where every party has a legitimate chance.

In voting for a third party choice, the voter has taken away a potential vote from their realistically preferred candidate, therefore giving that vote to the opposition.

By not voting for either one of the main candidates, the

third party voter has failed to give a potential vote to their preferred candidate.

This candidate then does not have the extra percentage of that pro-vote, and effectively the other candidate benefits from this.

This is the case each time someone votes third party. If we add up all of these potential votes, we can see that whatever percentage of people votes third party, that percentage of advantage is given to the opposition.

So while it is important to make your voice heard by voting, it is more important to make your voice heard in a practical way. Those third party candidates are not going to win, so instead of hoping they will, pick one of the two candidates that has a chance, even if you have to call them the lesser of two evils.

No matter how many times we say this is not a two party nation, for the purpose of the upcoming election it is.

Make your vote useful, and vote for a candidate with a chance.

• *Meredith thinks you should just write in your own name if you hate the candidates that much.*



The Hatchet
returns



Midterms



Queer history
month



Chemistry
Magic Show,
Oct. 23

In defense of creative journalism

BY TRAVIS HANCOCK
MANAGING EDITOR

As one of The Trail's Managing Editors this year, and the Combat Zone Editor last year, I have become acutely aware of the type of journalistic content this campus is willing to tolerate. For the most part, I believe our staff is in tune with these sentiments, and as a result, we generally succeed in presenting a perfectly tolerable paper each week. However, this is not always the case. From time to time, we publish something that stirs up controversy, offends a person or group, or accidentally misstates a fact. In any of these cases, we welcome criticism in the form of an email or letter to the editor regarding a specific article's content.

Unfortunately, I have seen a trend in the arguments against The Trail that seem to be stemming less from the content of specific articles and more from a gap between the goals of certain sections of The Trail and our reading audience's reception of these goals. This gap has been growing since the beginning of this year, causing gross misunderstandings and raised tensions between The Trail and the campus community. I would like to take this opportunity to clarify

these misunderstandings and attempt to quell these tensions.

At The Trail we frequently receive negative feedback concerning the goals of our most creative section, the Combat Zone. To clarify, the Combat Zone is a creative section because it demands our writers to create fictitious stories in order to serve a real-life purpose. This purpose may be political, comical, domestic, personal, or otherwise critical. To fulfill these purposes, our writers may employ any number of writing techniques that fall under the broader categories of writing styles known as parody or satire.

The Oxford English Dictionary defines parody as:

A literary composition modeled on and imitating another work, esp. a composition in which the characteristic style and themes of a particular author or genre are satirized by being applied to inappropriate or unlikely subjects, or are otherwise exaggerated for comic effect.

This type of writing is used in the Combat Zone frequently, as many articles imitate the types of articles found in national and local newspapers, in order to satirize conditions on campus and elsewhere. To do so, subjects that some might deem as "inappropriate or unlikely" are put to use.

Even more frequently used are forms of satire, broadly defined by the OED as:

The employment, in speaking or writing, of sarcasm, irony, ridicule, etc. in exposing, denouncing, deriding, or ridiculing vice, folly, indecorum, abuses, or evils of any kind.

Overall, the conventions employed by the Combat Zone are part of a long tradition of creatively critical forms of writing. These definitions ought to further clarify that the writers of articles that might be construed as blatantly offensive are just using creative tactics to expose issues readers may find interesting, humorous, or deserving of criticism. This lengthy description is merely an expansion of what is already stated every week in the disclaimer that lines the bottom of the Combat Zone page. The disclaimer points out that all works in the Combat Zone are works of satire, which do not reflect the views of the Trail, and in fact, do not represent anyone's opinion in particular.

In short, the disclaimer points out that the Combat Zone is just putting ideas out there in hopes that some might find it funny, or thought provoking. While individual writers may have alternative agendas,

the Combat Zone by no means stands for the opinions of the entire Trail staff or ASUPS, our funding supplier, for that matter.

All students are welcome to apply to write for The Trail, and everyone is welcome to submit ideas via letters to The Editor. While these can be written as creatively as you want, we will not publish material in the form of baseless ranting or hateful slander.

Voltaire famously once said, "I may not agree with what you say, but I will defend to the death your right to say it." Likewise, while we do not always agree with one another's opinions, we ought to appreciate that there is a medium for alternative voices on this campus.

I personally believe that the self-examining aspects of The Trail are its most vital to the campus community. Even when the content sparks controversy, it is serving a purpose, as it can give way to critical discussion and provoke readers to enact positive changes on campus, should they choose to. One thing has become clear to me in my time at The Trail: it's one thing to think something, and something else entirely to say it.

• *Travis is a happy person, and he wants you to be happy too.*

WEEKEND

CONT. FROM PAGE 4

club (like theatre, for example) ends up being a fun combination of the feelings of the other two options—having no social life and no time management skills when it comes to school.

Why is there not more to do around here? Our proximity to a major urban center only 45 minutes away probably contributes to it.

Rather than look for things to do on campus, many students choose to leave this sleepy residential neighborhood, if not to go to Seattle, than at least Point Defiance or the downtown area. The (almost) never-ending rain this time of year does not help rouse people from their dorm dens, either.

Going out takes effort. I would argue that it takes more effort than most people want to expend on the weekends. So, the people who really want to do something go off somewhere else on the weekends, and those who want to "do nothing" really do end up doing nothing.

Thus, the few people who are out there, looking for something to do on campus have a really hard time of it, if they even try at all. The frustration that comes from the search for "a perfect weekend" makes many UPS students to give up on the campus life altogether.

While I believe that half the fun of the weekend is the anticipation of it, I also believe that if you really want a great weekend, you have to take some initiative. There are things out there to do—even just leaving your room to strike up a conversation in the lounge can brighten up a boring Saturday morning. The kind of people who came to UPS are rugged individualists, people who like doing and experiencing a wide variety of things in their own way. Since we all like doing "our own thing", there will probably never be a lot of really obvious things to do on campus.

But they are out there, and a few people who want to join you are out there as well.

• *Isabelle's has lots of homework.*

Letters to the Editor...

Ms. Bagby, in her recent Opinions article (Oct 10, pg 5, "Girls enjoy getting dressed up and we know you like it"), proclaims that women not only enjoy getting 'prettied up,' but that they must. The implication is that this is an inherently "womanly" thing to do, revealing the continued existence of misogyny throughout our culture.

The notion that women must be "presentable," "beautiful," or "sexy" in order to be worth anything is an example of the nearly unchallenged domination

of women. Ms. Bagby's generalizations serve no purpose but to reinforce this hierarchy.

Andrew Moll
Class of '07

I am writing in response to a Hey You published in last week's Trail. This Hey You read: "Hey You we shouldn't have done coke that one time. Lets do it again." This Hey You is inappropriate and offensive for a number of reasons. To

begin with, coke is an illegal drug with many potentially dangerous and negative effects associated with it. Several students at UPS may have experienced these negative side effects themselves or seen friends experience them, how does a comment such as this affect them? Printing a Hey You that endorses drug use makes it appear to a reader that UPS (or at least affiliates of UPS such as The Trail) endorses drug use. The Trail is read by students, faculty, alumni, prospective students and par-

ents. What may appear funny to some of us is offensive for many of them. Furthermore, what kind of image do we want to portray of our school? What kind of school do we want to remember as alumni?

I realize that printing a Hey You like this may be considered a right to free speech, but when that speech offends readers and misrepresents our campus I would encourage the editors to practice the right to edit.

Emily Waldron

TWILIGHT

she refuses to yield any underlying themes, metaphors, or use of literary devices.

By skimming, readers do not even need to worry about missing important information because there essentially is no depth to interpret.

The main story line of the progression of Bella and Edward's relationship refuses to emit any truths of life or the cure to cancer. What is on the surface of the Twilight novels is what you as a reader are going to receive, nothing more and a definite possibility of less.

General consensus of English major students from my English class was that these novels were first and foremost a story line to make money. The stereotypical musings of high school life in conjunction with the overemphasized themes of teenage lust, angst and unruly hormones cause for a situation of literary disaster in any English student's mind.

One student, Ian Greenfield, exclaimed that the novels "are thinly distinguished teen fulfillment and fantasy," which places emphasis on their signif-

icant deficiency of originality. Other phrases tossed around in regards to this book consist of: "not that great," "lack the seriousness of reading" and, "an absence of good writing."

However, there are those who revere the Twilight series as one of the most compelling compilations to ever materialize. Often termed the "Twilight saga," this set of four books is considered by many to be the biggest book sweep since the finale of the Harry Potter series.

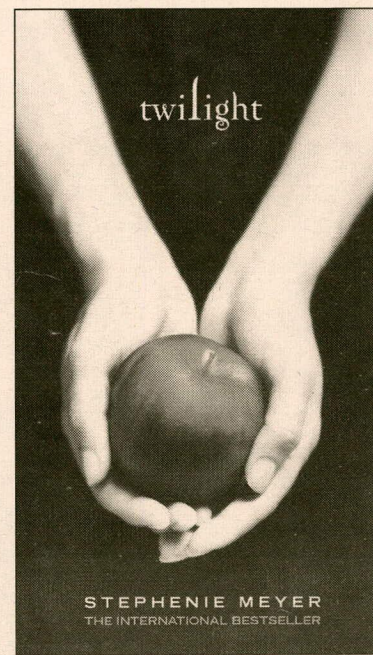
Touting similar accomplishments such as international fame, crazed book release parties and film production, the Twilight series is a burgeoning force in more than just the young adult target market.

The reason why the Twilight series has gained so much success is because of its familiarity. A student, Christina Olson, agreed that "the novels reach a broad audience with Meyer's speech, therefore, it appeals to a lot of age groups." The recognizable nature of the writing, dialogue and basic theme actually yield advantages because of its extensive approachability.

The novels present the appealing high school age, where it seems their situations leave little room for a life of academic study and focus almost solely on the social. Bella, the lowly character who does not fit in, offers a recognizable face to readers. She is an outcast, but eventually achieves resilience in the end.

But the real motivation to read the Twilight series is to encounter perfection in a male character that often cannot be found in "good" literature. It only makes sense this novel has such a large fan base, because Edward is a representation of absolute flawlessness. Meyer writes her character to possess an appearance, disposition and overall quirkiness that enraptures readers into a male of a seemingly faultless nature.

By diving into the novels, readers are able to participate in Bella and Edwards' relationship that is completely surreal and addictive. From an everyday school class to a duel between vampires, the appeal to read is never lost. The extra supernatural story



First in the series: Twilight introduces the love story between Bella and a vampire.

line does create extra pizzazz, but in the end, many claim it is the relationship that keeps eyes glued to the page.

The debate will undoubtedly continue on as the sensationalism has only just begun with the

impending film appearance.

However, it seems absurd to discredit the books because they are of course a true indulgence. If you do not understand thus far, then I would advise you to give it a glance. You cannot blame someone for wanting to read about the perfect character, a relationship with the said character and an over arching story line of love (no matter how trite it is).

Entertainment for entertainment's sake is a definite argument, but Meyer should have worked to integrate a more intellectually stimulating experience.

Literature can and should be a responsible art form. Meyer could have worked harder to provide elevated writing, even if it as just through a type of subliminal messages. Considering the novels' wide expanse of the market, Meyer holds the influence in her hands at least for the next book she writes.

As for now, critics will carry on complaining, and readers will continue to forge ahead with excitement at full blast.

• *Lisa chooses Team Edward.*

CONT. FROM PAGE 5

Still Perfect



Sophomore Defender Serwaah Fourdjour (Shoreline, Wash.) out-manuevers a Lewis and Clark player last Saturday.

BRIAN WALKER
SPORTS EDITOR

With conference play half-way over, the UPS women's soccer team could not be sitting in a better position at this point in the season. The Loggers are undefeated against conference opponents, ranked fifth in the nation, and have outscored their opponents 16-0 in their last five games. Sophomore Katie Wheeler (Oregon City, Ore.) saw the milestone as a chance to reflect and refocus on their goals.

"Right now our goal is to take each game one step at a time. We know that we have to focus on every game and continually improving ourselves," Wheeler said.

The two latest victories for UPS began with a match-up last Oct. 11 against the Willamette Bearcats in Salem. The teams exchanged possession of the ball for most of the first

period until Junior Melissa Abellanida (Pukalani, Hawaii) of the Loggers scored her first goal of the season in minute 34 of the match. Senior Fiona Gornick (Portland, Ore.) had the corner kick that allowed Abellanida the go-ahead score to put UPS on top 1-0. There were three penalty shots in the final eight minutes of the first half, two for UPS and one for Willamette, all of which missed their target and maintained the score 1-0 going into halftime.

Where the first half had featured a lack of scoring, the second half had plenty. Only 1:47 into the second period, Freshman Logger Jenny Moore (Kent, Wash.) scored her only goal of the game to put the UPS on top 2-0. To the dismay of the Bearcats, Moore's goal incited a stampede of Logger offense—two successive goals by Senior Janece Levien (Bea-

verton, Ore.) and another by Freshman Mikaela Freeman (Alameda, Calif.) rocketed the lead to 5-0 in favor of UPS.

"We had a little bit of a tough time in the first half adjusting to the size and strength of Willamette but made adjustments in the second half. Once we got the second goal early in the half we were able to play more composed and confident. After that, we just did a great job finishing our opportunities on goal," Wheeler said.

While UPS attempted a respectable twelve shots, equally impressive is the Logger defense which held the Bearcats to just six shots. Of these there were four saves, two each by Junior Kallie Wolfer (Salt Lake City, Utah) and Wheeler. The Bearcats inability to put the ball in the net left them scoreless and rounded out a solid

SEE WOMEN PG. 9

UPS Volleyball not able to fend off Pios

Loggers lackluster in pivotal Northwest Conference matches



ASUPS PHOTO SERVICES/ANDREW SHERIDAN

CHRIS DUGOVICH
SPORTS WRITER

Over at Stadium High School, the stellar women's volleyball team added both a win and a loss to their season. Despite the up and down weekend, the nationally ranked Loggers are determined to continue on the path to another successful post season. For the team, the challenge now is to continue their dominance at the conference level.

"Our main task needs to be keeping our eye on our team vision. We all know how well we can play together, and so keeping our focus and our high level of play is how we are going about our conference season," Junior Lindsey Denman (Kenmore, Wash.) said.

The Loggers definitely had their focus last Friday night, smashing the George Fox Bruins three sets to zero. Proving that they deserve the thirteenth rank in the nation, the ladies held the lead nearly the entire match, sending the Bruins packing.

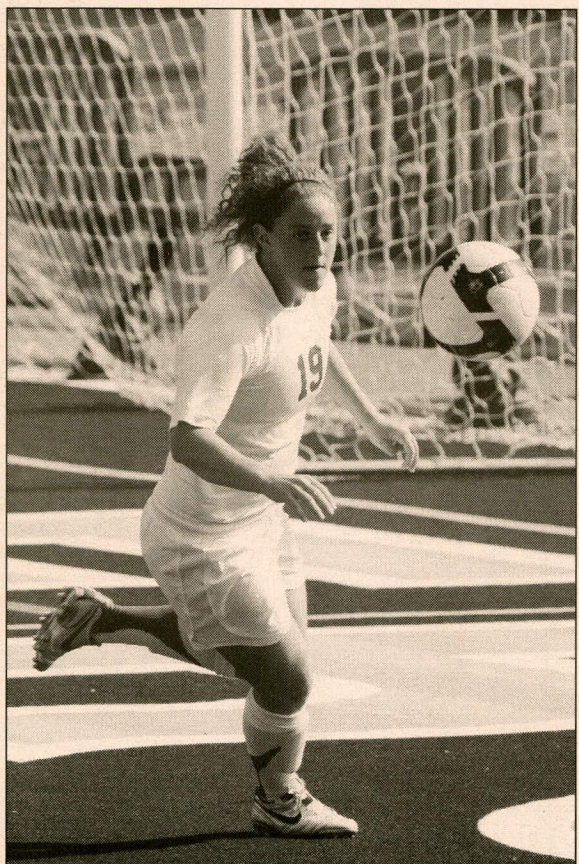
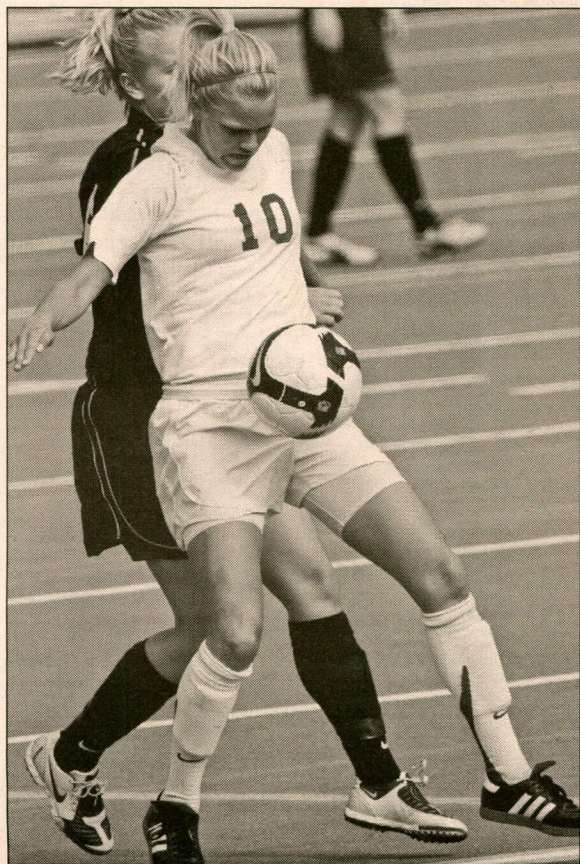
From the opening serve the Loggers displayed unwavering

prowess, never once allowing the Bruins a lead in the first set. George Fox showed glimpses of a comeback effort, but the Loggers trounced, ending the set 25 to 21 and giving the team a one to zero advantage.

In the second set the Bruins managed to step it up with a flurry of successful scores. The surge, however, was no match for the Loggers, whose staunch defense and powerful offense once again held the lead for the entire second set. The Loggers ended the second set with a score of 25 to the Bruins 18, giving the Loggers a two to zero lead heading into the half.

The third set was no different for the Loggers. George Fox, already sensing defeat, lost their footing and made eight attack errors, wiping out any chance of a third set victory. On the other side of the net, the Loggers were literally killing, collecting a match-high 15 kills on 38 attacks with just four errors as they sew up their sixth NWC sweep of the season.

SEE VOLLEYBALL PG. 8



Left: Sophomore Molly Winterrowd blocks out a defender. Right: Senior Nikki Graff chases down a ball during a match.

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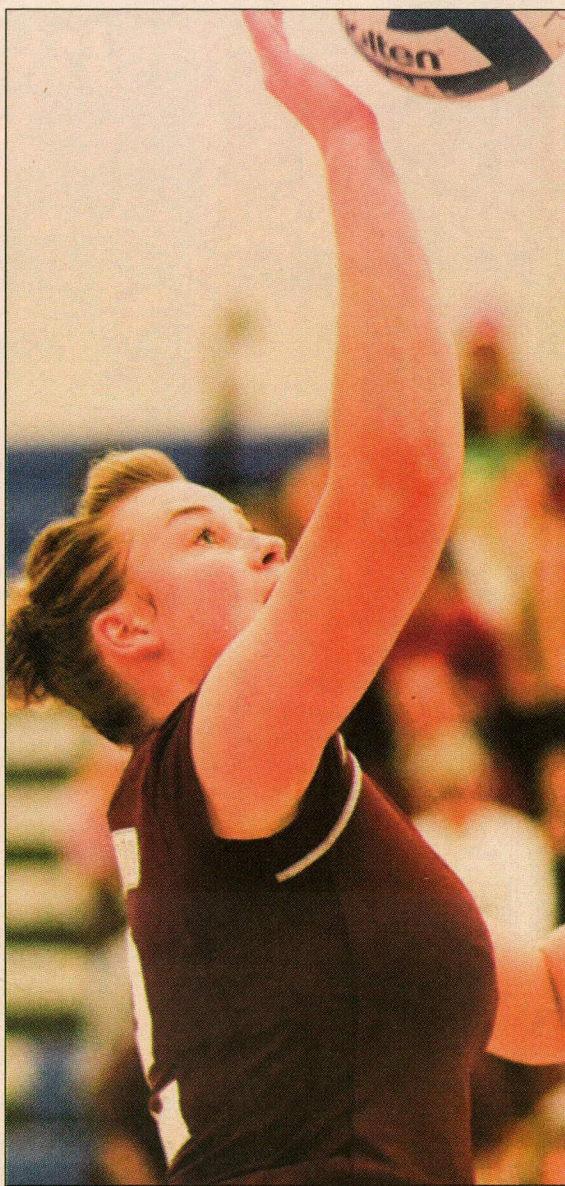
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ASUPS PHOTO SERVICES/ANDREW SHERIDAN

Logger Volleyball: After suffering a loss against Lewis and Clark, the Loggers remain a potent force to be reconed with.

Volleyball ——— CONT. FROM PAGE 7

Junior Kalli Kamphaus (Manson, Wash.) lead the team with thirteen kills, and also added a pair of blocks along with another twelve kills and six digs added by Lindsey Denman. Jamee Fred (Centennial, Colo.) also performed exceptionally, adding 30 digs on the day to round out an all around awesome performance from the Loggers.

Saturday, the Loggers were unable to build on the performance of the night before, falling short of the Lewis & Clark Pioneers three sets to one. A slow start from the Loggers allowed Lewis & Clark the momentum needed to win the bout

"...we have a target on our back, and because we're ranked everyone in conference is out to get us. No matter our perception of the game, every other team sees playing us as a huge deal," Denman said.

The Pioneers had that target in sight Saturday, and although the first set was close, they were able to snatch a victory with 25 points to the Loggers' 21.

The Loggers, roused by the first set, threw down ten kills in the second set, but again the Pios were able to out hit the Loggers, tacking up twelve kills of their own. The Loggers headed into the break losing again 25 to 21.

The Loggers came out of the break swinging. In the third set, the team dramatically stepped up their game, serving up 13

kills without any error. Lewis & Clark couldn't handle the barrage, and gave up the set 25-17 preventing their shot at a sweep.

The fourth set swung back into the Pios' momentum. They won the set 25 to 20 to take the match, three to one.

The Loggers were led by 11 kills each from Freshmen Erika Green (Draper, Utah) and Brynn Blickenstaff (Eagle, Idaho). Jamee Fred added 22 assists and Stephanie Harvey (Yakima, Wash.) chipped in 19 assists in the losing effort.

It was a humbling loss, showing that despite ranking thirteenth in the nation, the Loggers still have a long ways to go before reaching the post-season.

"There hasn't been a game yet, where everyone has felt the passion and the solid game that we bring to practice everyday. We have crushed some teams, yet right now we are fighting to bring our energy and communication with us on the weekends," Denman said.

Finding that passion may be a challenge for the Loggers, but, then again, the thirteenth ranked Loggers are no strangers to challenges.

The team is in Oregon tonight, playing Pacific University in Forest Grove. Their next home match is against PLU on Wednesday, October 22.

• Chris Dugovich is a selfish Netfixer

Football loses heartbreaker

Loggers suffer first conference loss at the hands of Menlo

DAVID SKOLNIK
SPORTS WRITER

The UPS football team traveled to Atherton, California on Oct. 11 for a game against the Menlo Oaks. Menlo came out fired up to play in front of their home crowd and jumped on the Loggers early. They capped a ten-play, 62-yard drive with a touchdown that gave them a 6-0 lead less than five minutes into the game. The Loggers quickly proved up to the challenge when they answered back with a five-yard touchdown run from Senior Silas Paul (Portland, Ore.). Freshman Kicker Wyatt Evenson (Spokane, Wash.) converted the extra point and the Loggers held a 7-6 lead at the end of the first quarter.

The second quarter belonged to the Oaks offense. They scored early on a 21-yard touchdown pass and again late in the quarter on a 36-yard touchdown strike. The Menlo kicker failed to connect on both PATs. The Logger offense wasn't able to put a drive together before halftime and Menlo went to the half with an 18-7 lead. Despite the deficit, the Loggers went into halftime with optimism.

"We knew what we had to do and how to do it." Said Sophomore Miles Murphy, (Orcus Island, Wash.) "It just came down to a matter of execution."

The Loggers showed their ability to execute during a gritty third quarter. Down by eleven points, the Loggers began their comeback when Paul got his second score of the game. He broke through the line of scrim-

mage and powered into the end zone for a 14-yard touchdown.

After Evensen's extra point attempt split the uprights, the Loggers were within four points of the Oaks. Menlo's attempt to answer with a touchdown was stopped by the Logger defense and the Oaks were forced to settle for a 26-yard field goal and a 21-14 lead. The Loggers' third-quarter heroics weren't over yet though. After the Menlo field goal the Logger offense drove the ball the length of the field, capping the drive with a 14-yard touchdown pass from Senior Quarterback Kavin Williams (Ocean Shores, Wash.) to Senior Halfback Isaac Blum (Rancho Santa Fe, Calif.). At the end of the third quarter, Menlo's eleven point lead had disappeared, and they found themselves in a 21-21 tie with the resilient Loggers.

The Oaks' defense turned up the pressure early in the fourth quarter, causing Williams to fumble and returning it 40 yards for a touchdown. Menlo converted the extra point and took a 28-21 lead early in the quarter. Menlo may have thought the play would seal the game but the Loggers had one more comeback up their sleeve. Williams found Senior Wide Receiver Darrell Stewart (Long Beach, Calif.) for a 38 yard touchdown that evened the score at 28-28 with just over two minutes left in the game. Unfortunately the Oaks needed only one play to retake the lead. A 76-yard touchdown pass put Menlo ahead 35-28 and there just wasn't enough time

left on the clock for the Loggers to mount another comeback.

The Loggers were lead on offense by Williams, who finished with 98 yards rushing and 114 yards passing. Paul finished with 95 yards rushing

on 21 carries while Stewart lead the team in receiving with six receptions for 82 yards. Senior Linebacker Eric Borton (Yakima, Wash.) led the Loggers' defense with 13 total tackles.

The Loggers will look to

rid themselves of the sour taste of the Menlo game when they travel to Spokane next weekend for a game against the Whitworth Pirates.

• David Skolnik is wishing he lived in Menlo



ASUPS PHOTO SERVICES/ANDREW SHERIDAN

Above: Senior Silas Paul rushed for 98 yards, 2 touchdowns, and a 2 point conversion in Saturday's game against Menlo.

Men's soccer drops rivalry game

KYRA FRIEDEL
SPORTS WRITER

The Loggers lost their first match against their cross-town rivals, just miles away at PLU Wednesday, Oct. 8. The Pacific Lutheran Lutes, rallied for an upset to break their seven game stint against the UPS men's soccer team. The teams have competed ardently since 2004, during which time the Loggers have beaten their neighbor opponents five times and tied them twice. The only goal of the game was scored in minute 56 by PLU Senior Andy Hyres who, because of a broken leg, has an additional year of eligibility. The goal was scored against Junior UPS goalkeeper Greg Saetrum (Boise, Idaho).

Saetrum, despite the score, did an excellent job of defending the goal throughout his time on the pitch. He managed to prevent eight shots from PLU, often in quick succession. He even drew a foul from PLU freshman striker Ricky Morales. The foul was an important feat for UPS as Morales is the lead scorer for the Lutes.

"We aren't able to implement in games what we do in practice as well. Our game is different than when we play just as a team and we can't seem to transfer what we work on to our games. It's really just mental and hopefully Saturday, we can start a new kind of phase in our season," said Freshman Midfielder Peter Russell (Molalla, Ore.) in regards to their loss in the game against PLU Wednesday afternoon.

The men's Logger Soccer team was able to do just that in their crucial win against Willamette this Saturday, Oct. 11. The Willamette Bearcats hosted the Loggers in Salem, Oregon, which resulted in a 1-0 game for Puget Sound. Last Sunday, Oct. 5 PLU came out with another win against Willamette with a score mirroring the Logger-Lute 1-0 game Wednesday Oct. 8.

The only game of the goal was scored by Senior Defender Kyle Johnson (Bremerton, Wash.) a quarter of the way into the game. Johnson scored on the left side from a cross by Freshman Defender Eric Laukkanen (Forest Grove, Ore.) five yards from goal.

Not only does the UPS men's soccer team hold an impressive record of 3-2-2 in the Northwest Conference, but they have kept

their game clean. In comparison to their two yellow cards and the absence of any red cards, the Logger's opponents have drawn eleven yellow cards and two red.

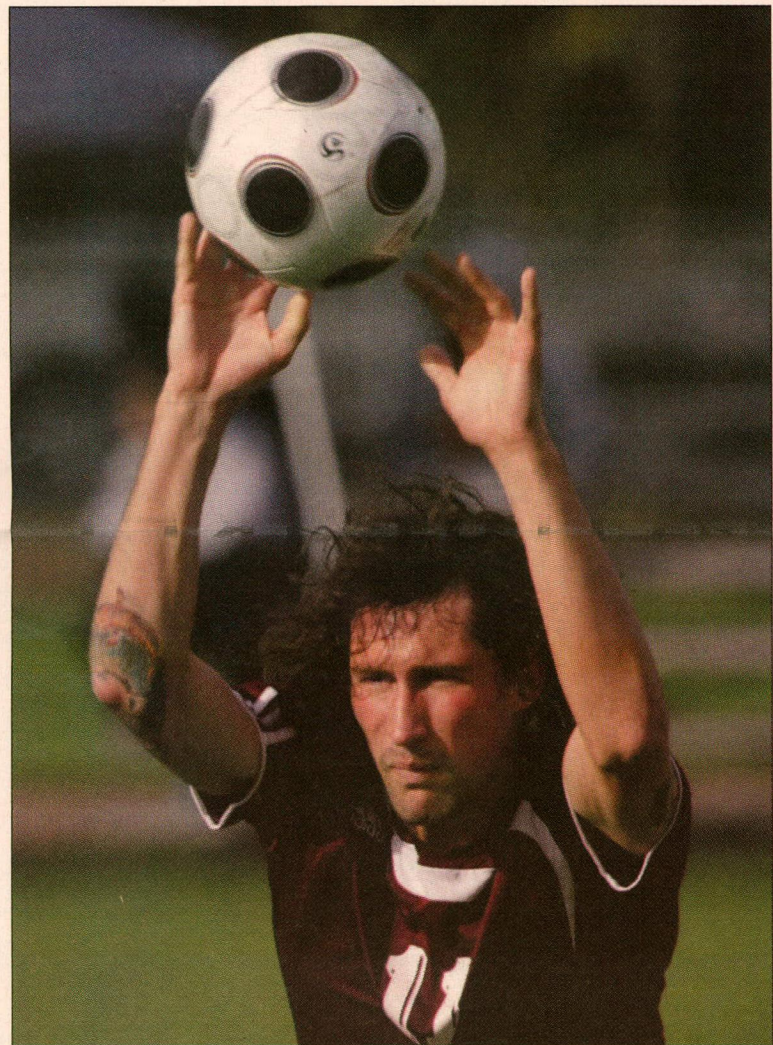
The men return this year as a cohesive offensive unit. Senior captain Taylor Hyde (Sandy, Utah) leads the loggers not only in shots, but with two game winning goals as well. Sophomore Forward Kyle Benson (Lynnwood, Wash.) and Senior Forward Alex Lehecka (Burlington, Wash.) are right behind Hyde, with three goals two, respectively. The Logger's hope to utilize Lehecka's offensive talent in next year's lineup as he still has one extra year of eligibility. The Loggers are looking to one of their eight new freshmen to put some balls in the back of the net next year, despite potentially losing only

four players for the next season.

Once again Saetrum, who is second in the conference for goals-against average, was on his game with ten saves against the Bearcats' 18 shots. The Loggers were unable to match Willamette in their shots on goal, but did beat their opponents in accuracy as the score reflects.

The split this week will help the Logger's maintain their edge in the Northwest Conference. The men are set to play against PLU this Wednesday, Oct. 15 on Peyton Field and again on Saturday, October 18, also at home against George Fox. Both teams are in the Northwest Conference and will be decisive wins in the Loggers' season.

• Kyra Friedell is a huge fan of Reggie Bush



ASUPS PHOTO SERVICES/ANDREW SHERIDAN
Senior Kyle Johnson (Bremerton, Wash.) throws a ball in against rival PLU.



ASUPS PHOTO SERVICES/ANDREW SHERIDAN
Above: Senior Taylor Hyde makes a break on a ball. Below: Senior Alex Lehecka overpowers a Lute.

Women

CONT. FROM PAGE 7

victory for the Loggers 5-0.

The Logger defense posted another strong performance on Sunday when the Loggers challenged the Lewis and Clark Pioneers in Portland. Kallie Wolfer played all 90 minutes of the contest and accumulated two saves against the Pios. Wheeler credits the mentality and teamwork of the defense with their exceptional play.

"We set goals and standards to shut down our opponent's opportunities. Also, defense starts with our forwards and works all the way back, so it really is a team effort," Wheeler said.

Meanwhile, Lewis and Clark had given up an early goal just seven minutes into the game to the offensive dominance of Janece Leven. With 7:13 on the game clock, Leven capital-

ized on an assist by Freshman Abby Goss (Spokane, Wash.) and put the Loggers in the lead 1-0. For the rest of the game, the Pioneers tightened up their defenses, and Freshman Pioneer Goalkeeper Kate MacDougall (Danville, Calif.) came away with 11 saves out of 12 on-target shots by the Loggers. Unfortunately for the Pios, it was that single slip-up that cost them.

"Sunday was a closer game for us but we were happy to get the result. Janece's goal was very important. Anytime we can get ahead of a team early is great. Away games are always tough in conference but Lewis and Clark is one of the tougher fields to play on. We knew we could not rest on a one goal lead and we fought until the final seconds of the game," Wheeler said.

With their conference schedule half over and three of their next four games being at home, the Loggers are trying to keep themselves grounded. Keeper Katie Wheeler did little more than mention the post-season—first things, first.

"Another conference title and shot at the national championship is always in the back of our minds and continues to spark our determination," Wheeler said. "By getting the little things right everyday, we hope to be ready for whatever is ahead."

What is directly ahead for the Loggers is a rivalry match-up with the PLU Lutes, Oct. 15 in Parkland as they begin their second tour of NWC opponents.

• Brian Walker is in the zone.

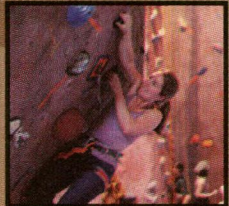
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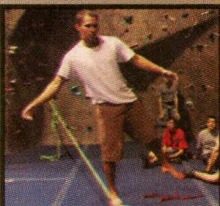
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Hey You...

Wanna submit a Hey You? Email trailheyyou@ups.edu or put one in the box in the cellar.

Rules:

- No reference to drug or alcohol use
- No references to identifiable people
- No excessive use of foul language

"HEY YOU," housemate, I wish I knew which way you swing...I'm intrigued and a little interested.

"HEY YOU," VOTE!

"HEY YOU," Garden Level, you're HOT!

"HEY YOU," Trick...or...treat?

"HEY YOU," I want to eat kolaches with you and talk about the south.

"HEY YOU," I'm still mad that you are a jerk, even a year and a half later.

"HEY YOU," housemates! Put yo stunna shades on!!!

"HEY YOU," squeaky toy, shut up. I'm trying to sleep.

"HEY YOU," UPS: pants optional.

"HEY YOU," Lucky Charms, How did you get so magically delicious?

"HEY YOU," hearing Okkervil River every Monday makes my week not suck so much.

"HEY YOU," worst 3 seconds of sex EVER.

"HEY YOU," sweet-cheeks. You should come over and I'll take you down.

"HEY YOU," Oppenheimer cutie. Imagine if you were a caramel and I were an apple. Together we'd be delicious.

"HEY YOU," Curly haired chemistry bro. Keep shreddin' the gnard and I'll keep stompin' the yard.

"HEY YOU," in Russia, road forks you!

"HEY YOU," Kappa Kai Bid Day, January 2009.

"HEY YOU," Man-leading is a real man's sport.

"HEY YOU," I love our sketchy adventures.

"HEY YOU," I love our post class conversations... lets continue them over dinner.

"HEY YOU," get it done.

"HEY YOU," don't call me long distance at 9 on a Monday morning to yell at me for being a crappy girlfriend.

"HEY YOU," with the Patriot Pony tail. I want you.

"HEY YOU," gorgeous housemates from the land of famous potatoes. I love you.

"HEY YOU," twinsie! I like you.

"HEY YOU," make a move.

"HEY YOU," Winky. Love sticky butt.

"HEY YOU," pretty piano girl, I challah-ed you, but you were too beautiful to notice.

"HEY YOU," you're lying when you sing along.

"HEY YOU," person who keyed my car. Thanks a lot, ass.

"HEY YOU," stop with the 'tude. It's not our fault that your section can't count.

"HEY YOU," trees are farmed to make paper. It's not like we grind up old growth forests, so at least complain about dioxins or something.

"HEY YOU," I still love you even if you do smell like a condom factory on fire.

"HEY YOU," thanks for your support in the past few days, you don't know how much it means to me.

"HEY YOU," can you please not ask me if the infant I babysit is mine.

"HEY YOU," shake it.

"HEY YOU," you..you can't...write either...

"HEY YOU," saw you with another girl today, I'm glad you're moving on.

"HEY YOU," juicy slab of meat, when can I tenderize and have a piece of you... I'm hungry.

"HEY YOU," it was a one millimeter chunk of chocolate. And she deserved it.

"HEY YOU," frisbee girl, I'm digging the freckles... and those sick in-cuts.

"HEY YOU," if you give a girl a fish...

"HEY YOU," I know you don't wanna date anyone right now, and although that is disappointing, I can accept it if only because there's nothing I can do to change it.

"HEY YOU," it's a shame you're already dating her because we would make a good couple seeing as how we're both so awesome.

"HEY YOU," Apple. I don't think you're a robot, its just a lot of fun to practice my robot sounds. Bleep. Blorp.

"HEY YOU," bitches is crazy.

"HEY YOU," I'm passionately in love with your thin hair. It's hella sexy!

"HEY YOU," UT, you guys funny. UT Porn should be a real thing. I know I'd watch it. We may need a wider angle lens.

"HEY YOU," I know so many amazing women on campus - why aren't the men fighting over them?

"HEY YOU," Jewish transfer boy, Can I take a picture of you, so I can show Santa just what I want for Christmas?

"HEY YOU," Kappa Kai means bidding through souls.

"HEY YOU," cutie violin girl, you can be my druid with +4 charisma if you let me be your level 8 mage.

"HEY YOU," crew cutie, I wish you would throw me over your starboard and give me the port the whole night.

"HEY YOU," Kappa Kai means no horseplay. This isn't elementary school. Grow up.

"HEY YOU," bite me.

"HEY YOU," Avril Lavigne, I'm with you.

"HEY YOU," Indie Chick, I hope that dog is as cute as its pictures. Fall break is going to be lame without you.

"HEY YOU," Parkour kids, get away from there. Get down. No, NO. Stop that. Why are you... put that down, you're gonna break it. What did I just say? Damn it.

"HEY YOU," wildcat, you gotta go in guns blazing. No one has ever heard of the guy who walked away.

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Fat, calories hidden amongst SUB dishes

When you're eating at the SUB every day instead of buying your own food, it's easy to slip into a sort of food bubble. We have a limited amount of choices and nutritional information isn't usually handy, so we simply eat what is served. But how nutritious is this diet? Here are comparisons of some SUB standbys.

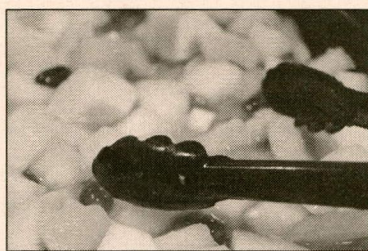
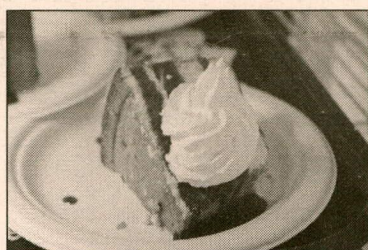
BY AMBER CATFORD-ROBINSON
FEATURES WRITER

Mealtime rolls around again and with a sigh, you head back to the SUB. Again. For the third time today. For the 24th time this week, and who knows what the number is in total? It is unavoidable; with the same eating options presented to you for such a long while, it begins to feel a little tedious. If you are a healthy eater, perhaps you feel as if you have exhausted all the healthy options, and can't take even one more grain of brown rice, or another salad this week, and the fried foods and sugary treats are beginning to call your name.

Although it may not feel like it, we are presented with a good number of options in the SUB for varied eating. Weekly variation in some stations and daily in others allows us to mix things up. Good planning helps too; if something that isn't a regular item looks promising, it is definitely a good idea to go for it. Often it is hard to make the decision between eating your old standby that you just ate for lunch yesterday and trying something new. But on top of this, there is another important question: How healthy do you really want to be today?

But this can be a hard decision to make if you don't actually know what is really good for you. We tend to take just take what is served. Some things in the SUB are lurking under a false guise of health, and more likely than not, you probably don't even know about them.

If you have been going for the whole-wheat bagels, you needn't really bother if health is your aim. The difference between most of the bagels is so nominal that it doesn't really make a difference which you eat. Same with the muffins –



the bran muffin is just as bad as any of the others in terms of the calories, sugar and fat (it actually is the fattiest), and you don't get any more fiber from it.

If you have ever gone for a spicy chicken wrap, or thought that, perhaps, chicken in pita sounds pretty healthy for you, then you might be surprised to know that it contains more fat and calories than many options you could go for in the SUB.

The worst dish by far, however, seems to be the sweet and sour pork at the Full Fare station. It has almost 900 calories, and nearly 30 grams of saturated fat.

This doesn't, however, mean you are doomed to either eat only vegetables or gain a million pounds.

The teriyaki chicken and orange chicken are both under 100 calories and have so much less fat it is almost comical. You could eat more than five servings of each and still not have imbibed as much fat or calories as in the sweet and sour pork.

There are also some things that don't sound very different, but in reality, one might be much better for you than another. The tomato basil soup is about twice as many calories as the minestrone, so simply switching the two would help a lot. And if you really are craving something fried, but can't decide between the onion rings and French fries, going with the fries instead will cut out a lot of fat that you don't really need to eat.

Being healthy in the SUB doesn't have to mean boring meals, but it does mean being aware of what exactly you are eating.

Nutrition Facts

1 Refried bean, chicken and rice burrito with cheese, lettuce and tomato

Amount Per Serving		1
Calories		1345
		% Daily Value*
Total Fat	35g	54%
Protein	1g	2%

Guacamole adds 70 calories and 7 g fat. Salsa adds 10 calories and 4.5g fat

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

1 Belgian waffle

Amount Per Serving		1
Calories		170
		% Daily Value*
Total Fat	5g	7%
Protein	4g	8%

Strawberry and Blackberry sauce both add 60 calories. Raspberry sauce adds 80. Whipped cream adds 25 calories and 15g fat.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

1 turkey and provolone cheese sandwich on a French baguette

Amount Per Serving		1
Calories		370
		% Daily Value*
Total Fat	11g	17%
Protein	25g	50%

Adding pesto spread accounts for an additional 225 calories, 23.5g fat and 3g protein. Chipotle sauce contains 166 calories, 17g fat, and .5g protein.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

More nutrition information...

While several dining options offered in the SUB can be high in calories and fat, a variety of options, when exercised correctly, represent healthy, organic options for students. Some additional dishes are located below

From the Grille, a cheeseburger holds 580 calories, 35g fat and 40g protein. Chicken strips contain 430 calories, 10g fat and 70g protein. A

gardenburger is 240 calories, 4.5g fat and 11g protein.

One bowl of garden tortellini contains 390 calories, 10g fat and 19g protein. A vegetarian black bean burger has 310 calories, 8g fat and 21g protein.

Spaghetti with meat sauce is 250 calories, 2.5g fat and 8g protein.

A chocolate chunk cookie has 190 calories, 80g fat and 2g protein. A slice of New York cheesecake contains

490 calories, 270g fat and 8g protein.

Most of the salad makings at the salad bar contain negligible amounts of fat, calories and protein. The beans have the most protein and the cheese will add fat to the salad. The salad dressing is really where the nutritional facts matter. The Caesar dressing has 140 calories, 14g fat and 1g protein (and it does contain some anchovy ingredients). The fat free Italian has 60 calories and 0g fat and protein, com-

pared with the regular Italian, which contains 140 calories and 14g fat. Ranch, another common choice, has 120 calories, 12g fat and 1g protein.

For the nutritional facts for all SUB meals, Diversions and the Cellular, visit www.ups.edu/x16190.xml. If you have questions about your diet, you can contact the campus dietitian, Eve Voddenthornton, at evoddenthornton@ups.edu.

Vegetarianism: myths and misconceptions

BY CASEY WHITLATCH
FEATURES WRITER

I have been a vegetarian for nearly ten years. There is not much that anyone can say to me that would surprise me. But, occasionally, it happens. Taken from all over the internet, and my own personal experience, here are some of the best myths:

Vegetarians do not eat eggs, cheese, milk, etc.

Most people who call themselves vegetarians do eat egg and dairy products. For all intensive purposes, "vegetarian" is the larger category that covers many levels and forms of this dietary choice.

Vegan: no meat, no animal derived ingredients (egg, dairy, gelatin, rennet, anchovy bases, etc.)

Pesca-Vegetarian: fish and fish products, but no other meat

Ovo-Lacto Vegetarian: most vegetarians fall under this category, no meat products but egg and dairy are permissible.

This is not necessarily the end all, be all for vegetarianism. Many people fall between category lines. There is also the use of animal products in other ways to consider. Do you shun the burger but wear the loafers? It is up to you. But please, only eating poultry does not make you a vegetarian, it just makes you health-conscious.

Vegetarians do not eat enough protein.

Unfortunately for most of my generation, we grew up with the food pyramid including a "meat group." This is a misnomer. It is officially called the protein group. That is because meat (especially the red meat that most Americans picture as "protein") is not the only source. It is not even necessarily the best source.

If you are looking for a protein fix without the extra calories, fat and bad cholesterol, go for nuts and seeds, legumes (like alfalfa, peas and lentils) and whole grains.

If you are concerned about whole proteins (your body needs the amino acids to build and maintain muscle mass) then soy or animal proteins (eggs and cheese fall into this category) are the way to go. Many vegetarians (myself included) eat too much soy. Soy is great in moderation, but it is high in fat and some research suggests that it can leach calcium. Another concern for vegetarians is vitamin B12. This is one of the most difficult vitamins to get, and it is imperative to your health. It maintains your metabolism and helps out your central nervous system. Vegetarian sources include eggs and milk products, but many vegans opt to get it in pill form.

Vegans cannot possibly have strong bones.

There are many plant sources of calcium, as well as dairy products. Other species need calcium for their bone health, so where do they get it? Leafy green vegetables are a great source of calcium and pack a lot fewer calories than most milk products. These include broccoli, spinach, rhubarb and kale. Also, though it is not as healthy, many foods come fortified with calcium. So keep an eye on your cereal and orange juice labels.

Vegetarianism is okay for adults, but kids need meat for their development.

This ties directly into the need for amino acids, calcium, etc. You can get those nutrients from plant sources, you just have to pay attention to what you and your family are eating. For example, those 7/11

nachos may be vegetarian, but your kids won't get any nutrition out of them.

Human beings were meant to eat meat (or variations including remarks about the food chain).

The research on this is conflicting. Most of our teeth are designed for plant consumption, but there is no denying our canine-infused smiles. What does that mean? Early humans were most likely omnivores. We are capable of digesting both, but more successful at digesting plant matter.

Vegetarianism is not for everyone. And making the choice may not be easy. Everyone has their own reasons and there are plenty to choose from: environment, health, cost of living, animal rights, etc.

You may wonder how difficult it would be to vegetarian on campus. Truth is, the Vegetarian & Co. has some of the best food offered at rush hours. And the UPS salad bar is pretty hard to beat. As for keeping it strict, the nutritional information is available on the Dining and Conference Services website and if you are unsure, you can always ask. There is one place in the SUB that warrants a careful eye when you are keeping it vegetarian (or Kosher, for that matter). The Grille. Generally, they keep everything separate: meat on the grated grill and grilled cheese, etc. on the flat grill. But during dinner and other busy times, bacon and other meat products tend to mingle where they are not wanted. Also, remember that fries are cooked in the same oil as the chicken fingers. So, if you are into keeping it strict, stick to your guns and keep your eyes open. If you are worried, say something. The worst you will probably get is a strange look.

SAD? Blame rain

BY MARY KRAUSZER
FEATURES WRITER

Winter is coming. The abnormally warm, sunny days that welcomed us to campus are being quickly replaced with cold, foggy mornings, cloudy afternoons and dark consuming nights. As these new meteorological norms set in, those gloomy clouds may be carrying more than the Tacoma sprinkles the decrease in sunlight may affect you emotionally beyond the forceful shift from sundresses to Uggs. With winter approaching, this is the time when people get SAD.

SAD, Seasonal Affective Disorder, is more commonly known as winter depression or cabin fever. As implied by these common names, SAD is a mood disorder that affects sufferers during the winter season with symptoms similar to depression.

SAD sufferers exhibit symptoms such as sleeping too much, having little energy, craving sweet and starchy foods, losing motivation, decreasing productivity, social withdrawal, substance abuse and, at the extreme, thoughts of suicide. You may be thinking that most of these symptoms could also be explained by the approach of midterms or the simple reality of college life, but SAD is characterized by a sudden change in behavior or normal emotional status that coincides with the change of season. Being from the land of 30 Days of Night, I have seen classmates get bitten by SAD and morph into whole new creatures just as the darkness descends (vampire allusion intended). This is not to say that one day of sleeping through your alarm and doodling Bunny Suicides during class condemns you to a season of SAD; everyone is allowed a

few blue days. But when your life starts to sound like the Eiffel 65 90's hit, consider the change in season as a possible explanation.

The biological cause of SAD is not fully understood. One theory is that the change in the daylight-to-night ratio disrupts normal circadian rhythms and imbalances emotional systems. Other suspects include the increased production of melatonin in the brain caused by long nights, and decreased levels of serotonin production because of a lack of sunlight. All of these speculated causes agree that the winter blues are related to the change in light. This consensus also explains trends in SAD sufferers geographically. Northern locations that receive less sunlight during the winter months tend to have higher rates of SAD, and cloudy rather than cold winters, unfortunately for us, can be even worse.

But don't let this chilly statistic get you down; there are treatments and even prevention tools for treating SAD. Common treatments address SAD based on the sun-deprivation understanding. Light therapy, using daily exposure to bright lights, is a widely accepted treatment (to the point where what I call 'happy lights' were installed as normal lighting in my Alaskan high school). Other easy solutions are regulating diet, exercising regularly, and getting outside during those few daylight hours. Only in extreme cases are more serious measures such as antidepressant medications or cognitive behavioral therapy taken.

So, as you don your beanies and walk to class in the dark, pay close attention to distinct changes in your own or your friends' behavior and contact CHWS or seek other medical help if you feel SAD is at work.

Some time to relax...

Relaxation is key to destressing. One great way to do this is to treat yourself to a concert. Over Fall Break, there are a plethora of concerts in the area. If you are wondering what to do with yourself over the long weekend, perhaps one of the following concerts might make a good outing.

Friday, October 17th

Dar Williams with Shawn Mullins - Moore Theatre, Seattle. 8:00 PM

Duffy - Showbox SoDo, Seattle. 8:00 PM

Stereolab - Showbox at the Market, Seattle. 8:00 PM

Susan and God - Taproot Theatre, Seattle. 8:00 PM

One Drop - Nectar Lounge, Seattle. 9:00 PM

Quintron & Miss Pussycat - Chop Suey, Seattle. 9:00 PM

Saturday, October 18th

Susan and God - Taproot Theatre, Seattle. 2:00 PM

Chiodos / Silverstein - Showbox SoDo, Seattle. 5:00 PM

Ralph Stanley & the Clinch Mt. Boys - Moore Theatre, Seattle. 7:30 PM

Celine Dion - Tacoma Dome, Tacoma. 8:00 PM

Daylo Abortions with the Accused / Broken Oars / the Blackout Kings - Hells Kitchen, Tacoma. 8:00 PM

Sara Bareilles - Knitting Factory Concert House, Spokane. 8:00 PM

Super Diamond - Showbox at the Market, Seattle. 8:00 PM

Susan and God - Taproot Theatre, Seattle. 8:00 PM

Sunday, October 19th

Fleet Foxes - Moore Theatre, Seattle. 8:00 PM

Psalm One - Nectar Lounge, Seattle. 8:00 PM

The Rumble Strips - Chop Suey, Seattle. 8:00 PM

Monday, October 20th

Sherwood - Chop Suey, Seattle. 6:00 PM

Kings of Leon - Paramount Theatre, Seattle. 7:00 PM

The Mountain Goats & Kaki King pres: The Last Happy Night of Your Life - Showbox at the Market, Seattle. 8:00 PM

Tuesday, October 21st

Four Year Strong - Chop Suey, Seattle. 7:00 PM

The Kooks - Showbox SoDo, Seattle. 8:00 PM

Hot Topic Presents: the Academy Is... & We the Kings - Showbox at the Market, Seattle. 7:00 PM

Compiled from ticketmaster.com

How to say no to stressing during midterms and mayhem

BY SHELBY TAYLOR
FEATURES WRITER

As I write this, the time to cram is upon me. Next week holds four midterms, catch-up reading for those same classes and a group project presentation on top of regular assignments. The workload does not take into account the extras—sorority commitments, exercise class, and two other clubs. Ask anyone who knows me, and they will be quick to sum me up as a stresser.

I say to them, though, I used to be worse. I was that girl in high school, the one who spent Friday nights in, working away on this task and that task. That buzzing of "it must be done NOW" was my high. Sick (no, not as in cool), I know.

Rest assured, I now sleep as soon as I hit my two pillows. I have many allies to call upon in my daily battle with Sir Stress, and reader, you may benefit from some if not all of them.

I can sum up much of my stress to the temptress (or tempter?) called procrastination. At the time, it seems like oh such a good idea to make a Met run or go into tune out mode with Gossip Girl. I reassure myself with the fact that with tomorrow comes another day I can start on that assignment. Maybe

you have managed to get along fine with procrastination, but I find that when I put off work on a paper until the day before it is due, I have paved the way for a stress invasion.

Stress coupled with a deadline wears out the body and the mind, and how can you produce quality work under the influence of said foe? Thus, let me be your mom for a moment and repeat the fact that starting on a paper in advance will help maintain your sanity and other mental capacities. Your immune system is already weakened by dorm room living, so don't put it in jeopardy by stressing. Get a head start and your body will thank you.

That isn't to say that you should deny yourself free time. Study, then take a break, study, take a break, and so on. Blocks of solely studying sap you of energy and time, and lack of time is a breeding ground for stress. And the thing about stress is that it is quite a selfish bugger, as once you realize you are stressing, you stress about stress. Do apply caution when breaking through, for when breaks take over studying, danger sets in.

In terms of worthy breaks, exercise is one. You do not have to be in a varsity sport to benefit from a shot of adrenaline. I encourage you who felt at odds

in PE class to branch out. I for one am a believer in Zumba, a dance class that fuses salsa dancing and aerobics. Can I dance? Heck no. Do I excel in the arena of aerobics? I am certainly not the best. But finding an outlet where you don't necessarily realize you are working out can do the body good, just like milk. Washing worries away with sweat can make way for levelheaded thinking later on.

If it is raining and your room is too small to run laps in, then have yourself a good laugh, a good cry, a good conversation. A releasing of emotion can put stress in its rightful place. A releasing of emotion can also reveal the answers in a test setting. Why do you think we were taught to take deep breaths as early as preschool? Increasing oxygen flow and letting go of stress can let the productivity flow.

Perhaps I sounded a bit like Oprah, even though I didn't quote health experts in my personal account. In this time of midterms and thus mayhem, having another source looking out for your wellbeing can only help. Well, it can annoy, too, but understand where I am coming from. I conclude with the words of every preteen's dream, Jesse McCartney: "don't stress, don't stress, don't stress." Let's make it our motto.

Old man reportedly very angry about America

By JOE HARDY
CZ INTERVIEWER

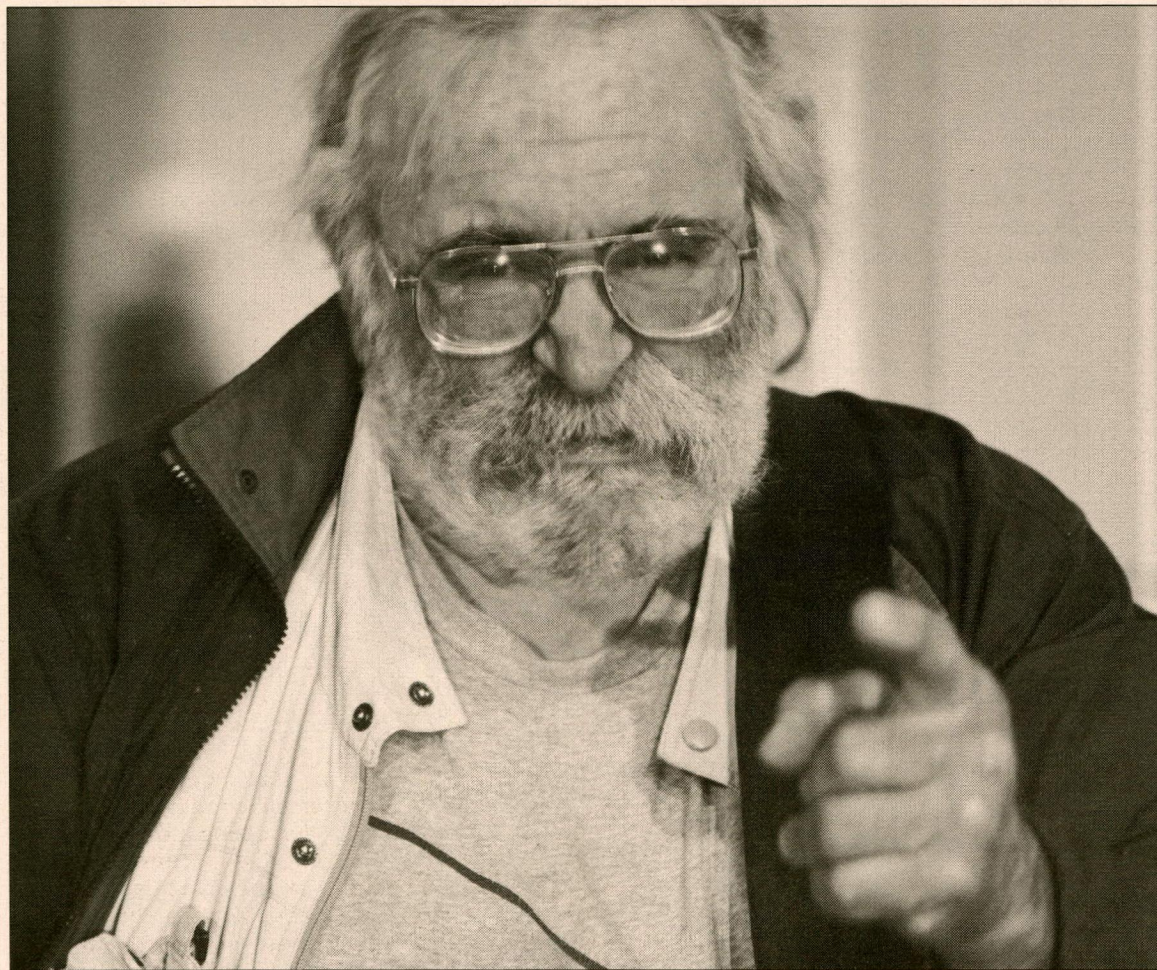
In a recent interview with 68-year-old Jack Hayseed, it was determined that Hayseed had grown extremely discontent with various aspects about America as he saw it. There was practically nothing that Hayseed didn't have an angry opinion about, regardless of how well he was acquainted with the subject matter. Topics ranging from the Internet, to kids on his lawn and property all equally enraged Hayseed.

When Hayseed was questioned about his childhood, he simply commented, "when I was a kid, we had respek for our elders. I tell you wha, coupla weeks ago some damn kid rode his bike up and down my driveway. If I had pulled a got damn stunt like that my pappy would have gone and whipped me silly!"

Although most of the interview was pierced with obscenities, derogatory statements and generally unprintable, a few phrases summed up well some of the main points of Hayseed's agenda:

- "Why on God's green earth did we let them women get the vote? All they do is screw things up."

- "If there is one thing I really can't darn stand, its bare-ass liberals telling me how much I can and can't shoot my gun at things. I tell you what, if in they try to git my gun, sure as shootin they're a-fixin to git the bullets."



ASUPS PHOTO SERVICES / CONRAD GOWELL

Jack Hayseed, age 68, discussing the finer points of why everyone with a first name starting with a vowel is inferior. At one point during the interview Hayseed fell asleep and wet himself.

- "The senate is a bunch of got-damn dope-smokin' commie democrats, and they should be run out of town!"

- "I don't care if you're from New England or Old England, your still a no good red coat, and you can get the hell out of MY coun-

try and have yerselves a teaparty with the king back in England."

- "What kinda upside down bass-ackwards world do we

live in where a man can't even challenge a judge to a duel?"

- "Don't even get me started about microwave ovens. If I want somethin' cooked quick, I'll make one of my 17 chilluns run to the general store and buy me sumthin!"

It seems very likely that Hayseed will continue to believe the way he believes regardless of criticism or fact. On one occasion, Hayseed commented, "if they wanted to, the Brits could kill us all in our beds when we're sleeping; those bastards outnumber us 40 to 1."

Clearly a miscalculation in the size and power of the British Isles. Hayseed is a ranking member of the CSA (Confederate States of America) and the New Whig Party, and one day hopes to put both back at the top of US politics.

Studies indicate that Hayseed is not alone in his general dislike of the U.S., and indeed the entire world. Recent Gallup polls have shown the world's approval rating on a steady decline since 1993. Some scholars attribute this to the extinction of the modern boy-band. Other researchers cite the rise of Dane Cook as the chief reason for the general decline in acceptability of the world.

No one knows if Hayseed's cries for change will be answered.

• Joe Hardy spends his free time solving mysteries.

Study finds longboards increasingly used to cover up students' insecurities

By JOHNNY TWOSAX
SKATER HATER

In a recent study spearheaded by the Psychology Department, researchers found that one of the fastest growing social façades employed by insecure UPS students is longboard-skateboarding and all the character connotations attached to it. According to a dozen student testimonials collected by the researchers, the types of insecurities students have been able to successfully conceal range from social awkwardness to genital size issues.

Head researcher, Dr. Peter Sizematters, explained, "Many students readily participated in our study. Apparently, the feelings of inner guilt and self-deception have been really building up in our students, and they wanted a safe place to get it off their chests. Our department is a safe place indeed – we ensure total confidentiality, so I won't give any specific names, but I will offer the blanket generalization that

our campus is full of douchebags."

While Sizematters' study, which has looked at student longboard use in relation to self-perception over the past two years at UPS, found vast jumps in this year's data, many people on campus have been noticing the trend on their own.

According to Debbie Hertz, a nurse, longboard related injuries have gone up tenfold this fall alone. She said, "I can't believe it. I've never seen more skinned knees and elbows in my life. I don't know why they keep doing it. I ask them what maneuver they were attempting and the majority seem to have just been trying to roll from one class to another. I tell them to stop kidding themselves, but they all say 'You don't understand' and that it's 'going to pay off in the real world,' where 'coolness' matters."

Some students who deal with their insecurities in a less trendy manner echoed these sentiments. One non-phony sophomore with clear perspective, John Fitzroy,

said, "I'm just tired of seeing these MTV generation robots all over the place. Everywhere I look I see another kid in his cargo shorts, polo shirt and puka-shell necklace cruising by with their 'shred-sled' – which they are usually carrying because they are too busy looking cool to learn how to use it. But really, I guess it's better when they carry them, because then I don't have to fear for my life every time one of them wobbles down the bunny-hill sidewalks with their arms flailing while they try to smile like they know what they are doing."

As you can see, the Psychology Department's study was picking up on a campus-wide feeling. Apparently, longboards aren't a very effective façade after all. When confronted with this evidence, Dr. Sizematters said that this isn't likely to deter his participants. "These kids have tried almost everything to cover up their issues; and their issues run deep. One student with abandonment issues looks directly



ASUPS PHOTO SERVICES / JESSE BALDRIDGE

These skaters manage to smile, smoke despite crippling insecurities.

to Tony Hawk and Ryan Sheckler when making all life decisions. As long as society keeps deeming extreme actions sports as cool, kids like that aren't gonna give it up."

Unfortunately for dudes who really know how to skateboard, the rise in students using longboards for motives beyond the love of the pastime are tainting the legitimacy of all real skaters. This is a sad thing, but a reality,

as Dr. Sizematters' study revealed.

Among Dr. Sizematters' related interests is a forthcoming study looking directly at the size of UPS male's penises with regard to the length of their longboards. The Combat Zone is hoping to be the first to publish those results.

• Twosax just bought a longboard. It is actually really fun.

Okay, disregard this article.

Local student reads satire, left confused and hurt

By BARRY GOODS
A LITTLE ON THE NOSE

Jeremy Winthrope, age 22, was left horribly confused Saturday after reading The Trail's most recent edition of The Combat Zone. Winthrope was halfway through his scone in Divisions café when he flipped to the back of the University's school newspaper and nearly choked.

"I couldn't believe what I saw," he said, "I was almost certain that none of the headlines were factually accurate."

And Winthrope's hunch turned out to be correct. A recent study found that some, if not all, of the stories written had no basis in actual fact. A probe conducted Thursday by six leading news organizations found that the Combat Zone had been, "consistently writing stories founded

on un-truths and blatant lies. The student body of The University of Puget Sound should be outraged."

The exposed scandal has erupted across the entire campus leading to some murmured speculation that the Combat Zone might have actually been, at one point, intended to be satirical in nature.

One disgruntled student said, "I have always depended on the Combat Zone for actual news. I've been reading it for over two

years and to find out, only now, that it has been satire this entire time is an unacceptable violation of my rights as a reader."

No one is more displeased than Winthrope. "The disclaimer at the bottom of the page labeling it as satire is too small," he complains, "and is an inappropriate way to convey information to the student body. I come from a small town where we say 'just kidding' after a joke. The idea that an entire article

could be published as 'fake news' just doesn't make sense and frankly, is not funny. I would prefer that each article be preceded with a note from the writer explaining the satirical elements and why it might be considered humorous."

Winthrope has rallied like-minded students around the cause and reportedly claims to be starting a Facebook group on the issue in the near future.

• Barry Goods gets it. Do you?

Charisma, talent carry live music show

BY JEN DAVIS
A&E WRITER

Despite its many non-commercial charms, Shakabrah Java on 6th and Oakes is completely without pretension. Upon stepping foot inside the door, one is greeted by the sensation of a space which knows exactly what its job is and how to get that job done.

When, on Saturday, Oct. 11 around 7:30 p.m. that job called for the soon-to-be-defunct coffee shop to host the CD release concert of local band Kusikia, both the venue and the performers came together to create something much more than the sum of their parts.

As with so many shows, 7:30 saw the place pretty empty, a fact that would change throughout the evening. As bands warmed up, the present population took to milling around, conversing at tables, or ordering coffee from the volunteer overtime workers of Shakabrah.

The café itself is situated comfortably on one side of a duplex-esque street front, evoking through wooden bookshelved walls and vinyl covered booths a sort of idiosyncratic all-night diner atmosphere.

The other half of the building, separated by a wall and an open door frame, is much more akin to a ballroom, with a stage and appropriate lighting directed towards the far end of the room.

First to the stage was Teeath, an all-girl, three-person, garage punk outfit who set the rougher musical tone that would carry through to the end of the night.

Although Teeath was one of the only bands with a permeating and consistent rhythm, it appeared that the hour was not quite late enough for the crowd to begin dancing. It was clear, however, that both the crowd and band were supportive and excited about each other: excited to hear music, excited that their Saturday night



ASUPS PHOTO SERVICES/GRACE DYER

CD Release: Nsayi Matingou and Peter Ryan of Kusikia bring artful jams to Shakabrah.

had only just begun to rock.

Around 9:00 came an impromptu performance by the Headbangs: a drummer and keyboardist/singer whose music sat largely in the vein of the arhythmic, amelodic bedroom-rock so often produced by hand organs.

That being said, the true champion of the night was the rapport between the different factors of the show: the bands and their audience, the space and its inhabitants. The Headbangs were enjoying themselves, and, regardless of their musical preference or personal taste, the audience enjoyed itself too.

The members of the previous bands stayed on to witness the space-age mania of Palo Verde. Armed with a drum set, a guitar and white nuclear plant

suits, Palo Verde thoroughly rocked the house for the entirety of their one, 6-minute song.

In classic prog-rock style, each semi-melodic segment somehow melded into the next to create an accordion wave of strangeness that was not altogether unpleasant and was perfectly timed to preempt the main attraction.

The band Kusikia, the Swahili verb for "to hear" and "to feel," consists of lead singer/guitarist Nsayi Matingou and drummer Peter Ryan. Taking the stage to perform only a handful of songs to end the evening, Kusikia built off the already-established goodwill of the entire event.

As if completing a puzzle started by each successive band, they progressed through distorted melodies and teeter-

ing rhythms, building up hurricanes of sound only to crash back to earth with Matingou's crackling whisper. The beats were movable, the licks obvious products of craft and thought.

Yes, I thought when offered after the show, I would like to buy a Kusikia CD. Perhaps they are not my favorite band, nor a band I would listen to on a regular basis, but their show was one I completely enjoyed and took in.

The experience itself acted as a testament to the power of good vibes and talented individuals, proving that live shows, no matter their size or sound, are still worth seeing.

• Jen Davis believes that experience trumps theory; get out there and listen to some music!!!

Quickies Café satisfies vegan food cravings but misses on traditional fare

BY NAZIR OLANGIAN
A&E WRITER

I cannot remember the last time I woke up eager to start a Sunday morning – whether it is facing a mound of mundane study hours, fulfilling certain irksome social obligations, or confronting the hysteria related to a disillusioned sense of not having enough order to effectively start your week.

I do not know if a viable remedy exists for the melodramatic, sophomoric, existential Sunday plight, but to quote Dwight Hansen (Robert De Niro) from *This Boy's Life*, I do know a thing or two about a thing or two – a good meal and a good dining experience.

Frankly, the best remedy for my overly exaggerated solipsism is a group of eclectic quasi-deviant friends and a dining establishment that encourages lively interaction.

In hopes of somehow complimenting the hippie feel of Quickies, I'll loosely and sheepishly paraphrase Bob Marley's "One Love": the antithetical bros from 6th and Lawrence, the beautiful women of the Social Justice house that give me hope for humanity, and myself got together in order to feel alright and fight the Holy Armageddon, and headed for a vegan restaurant that opposes the unethical treatment of animals.

Quickies Too, an extension of the Hillside Quickies, is one of the Pacific Northwest's leading "slow-food" vegan and natural foods restaurants.

The restaurant is heavily decorated

SEE QUICKIES PAGE 16

Over-21 venues withhold musical enjoyment from fans

BY THEA TRINDLE
A&E WRITER

For those of us under the age of twenty-one, the idea of getting a fake ID is increasingly appealing. Yes, it does make the periodic trip to the corner store easier, and one could actually walk into a bar if they desired, but the real reason I want to get one into my hands is so I can finally attend all those damned 21+ shows.

According to Washington State Law, minors cannot be in close proximity to alcohol; that is why in venues like The Showbox at the Market and Neumos the bars are in separate areas from where the actual performances occur.

Thus, when all-ages shows occur the minors and those who choose to drink are essentially caged off from one another and alcohol cannot leave the designated area.

This works for me, for I have had personal experiences at shows where people think they can hold their cup of beer without getting elbowed. Inevitably they do get knocked at some point during the show and they consequently drench my comrades and I with their beverage.

How many times have you discovered that your favorite artist or band is coming into town only to find that those who can legally drink are the only ones who can actually attend?

This has happened to me many times: last year Beirut and Deerhoof played at a bar in San Francisco that I could not attend, and most recently Yelle is playing a 21+ show at Neumos on Oct. 27 and all the poor souls without a golden ticket stamped with age approval are restricted.

On the upside, I did get to see Deerhoof last week at Neumos—absolutely fantastic—but I still find it inconvenient that the legal drinking age comes between dedicated music fans and phenomenal live shows.

Anyone who wants to attend a live show is an individual who loves the artist enough to stand for three hours or more, not someone who only wants to get trashed—at least I hope that this is the case.

A freshman and devout music fan, Lucy Stillman, said, "I was going to see the Hold Steady, my favorite band, on my birth-



ASUPS PHOTO SERVICES/CONRAD GOWELL

Underage: Depressingly enough, unless you have been blessed with becoming 21, you can forget about enjoying concerts in one of the many local venues with easily accessible bars.

SEE OVER 21 PAGE 15

UPS student musician recognized in local scene

BY COLIN WALLACE
A&E WRITER

David Wolf is a man pulled in many directions. He is a classically trained violinist who began playing at the age of five. On Oct. 28, he is scheduled to open for the band Crystal Castles at Neumos in Seattle.

The journey in between those two points — from preternaturally talented child prodigy to one of the Northwest's fastest rising DJs — is a drastic yet logical transformation. To fans of his often startling yet hypnotic remixes, it should come as no surprise that the artist himself is full of contradictory elements.

Walking around the UPS campus, Wolf does not call much attention to himself. He is of average height, slight build, and often wears dark clothing. The result is that he is often hard to spot even when he is right in front of you, blended in with the gloomy Tacoma sky.

Wolf would not have it any other way. He says he prefers to remain anonymous, and rejects the notion that his music has a large following of fans on campus.

"I wouldn't call myself a musician. I don't think you have to be that talented to make music on a computer," he said.

Wolf attributes his transition from violin to making beats on the computer to simple "teenage rebellion" in high school. At first he switched to the guitar, but soon dropped it because "the guitar seemed too obvious."

He says he appreciates the freedom the computer allows him to create and mix his own music, as opposed to other instruments, where he would be stuck playing another composer's work.

"I'm not that impressed by people who just play instruments. It just seems like a cover band to me. No one would care about a Led Zepelin cover band. So I don't see why people care about Mozart cover bands," he said.

Wolf cites Crystal Castles as one of his biggest inspirations and credits the band with giving him his big break in the summer of 2007. On a whim, Wolf sent an e-mail to what he believed was the band's label. To his surprise, he had reached the group's personal address.

So Wolf sent Crystal Castles three of his tracks. After a month of not hearing back, Wolf received a Myspace message from the group saying that they had played his songs on their European tour in Brighton and Liverpool, and that the crowd had loved it.

It was then that Crystal Castles took him under their wing, eventually laying their own vocals over one of Wolf's songs. The remix is currently available on iTunes.

Despite his success, Wolf remains committed to graduating from UPS in the spring with a double major in Theatre Arts and Philosophy. He had considered dropping out when his music career began to take off, but decided against it.

"I realized that I could do everything I wanted to do while still in college. And I liked what I was doing in college. Even though it was maybe not directly related to what I was doing in music," Wolf said.

Nevertheless, he admits that the life of a musician and the life of a student are often at odds.

"[Musicians] sleep all day and then they are up at night, like, playing gigs and stuff. And I have to sleep at night and be in class during the day," he said.

In fact, it is a school obligation that may prevent him from opening for Crystal Castles on Oct. 28. Wolf's directing class, which is required for the Theatre major, holds auditions and casts actors that same night. If it comes down to one or the other, Wolf says he is going to pick school over Neumos.

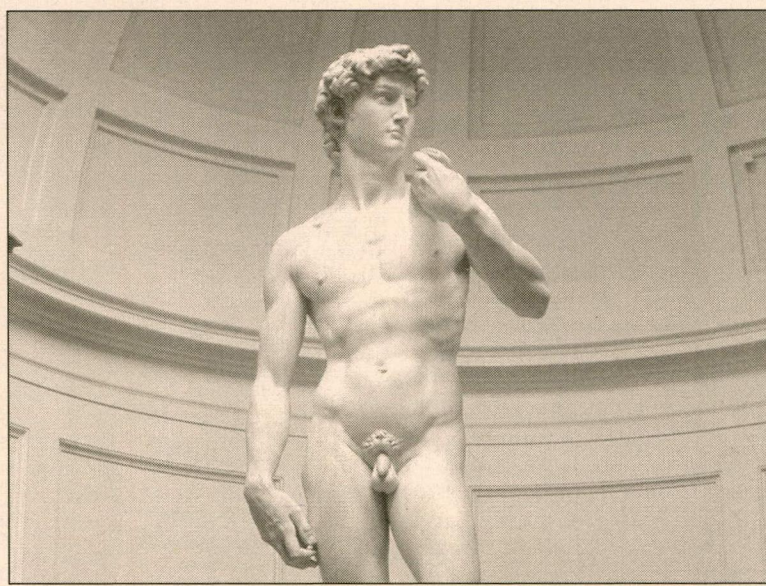
"I'm not going to drop directing class for [the Neumos show]. Even though it's a huge opportunity. That would be, like, my biggest show ever. It's going to be sold out, I'm sure."

Wolf pauses, as if he has to take a moment to convince himself of his priorities. When he resumes, he sounds wistful, aware of what he may have to sacrifice for school.

"I don't know. It'll probably come again," he said.

And he is probably right. Given the varied roads Wolf has traveled down in his life, there is no doubt that more opportunities lie ahead.

• Colin Wallace will say he knew David Wolf when...



SCULPTURE COURTESY MICHELANGELO



PHOTO COURTESY GETAWALLPAPER.COM

Split Personality: David (top), Wolf (bottom). Boom.

Graveyard Book catchy and relatable

BY DAVID LEV
A&E WRITER

Coming-of-age stories are tricky to write. This, I think, is because you have to balance two very different concerns: a) you must have characters that are interesting and b) your characters must change over the course of the story. Unfortunately, what makes the characters fascinating is often what needs to change by the story's end.

Neil Gaiman's newest novel, *The Graveyard Book*, is an example of a beautiful balance between these two concerns. It has an intriguing cast, including a werewolf, a vampire, many ghosts, and a serial killer.

Its main character, Nobody Owens, truly changes and grows up over the course of the book. The end of the story, not to give away anything, is the end of one part of his life, but the start of another part.

The story starts with a mysterious individual named "the man Jack" wandering around a house, looking for a young baby boy. And his intentions are not friendly: he means to kill the baby, just like he did the boy's parents and sister. For the start of a book that is supposedly a young adult novel, it is quite a way to grab attention.

Fortunately, the baby wanders outside and into a local abandoned graveyard, which is still inhabited by the ghosts of the people buried there.

A married couple, the Owens, decide to adopt the child, and a mysterious individual named Silas, who is neither dead nor alive, promises to be the child's guardian. The child is named Nobody Owens, or Bod for short.

Each chapter is essentially a separate adventure, occurring about two years apart as Bod grows up. All together, there are eight chapters, plus an "Interlude" between chapters five and six concerning the man Jack.

Modeled somewhat on Rudyard Kipling's *The Jungle Book*, this means you can either blow all the way through the novel, or else pick and choose amongst your favorite chapters.

Some of the stories are cute, some are terrifying and others are simply wondrous. I had special fondness for chapter three, "The Hands of God," in which Bod is kidnapped by ghouls, and chapter four, "The Witch's Headstone," in which Bod tries to get enough money to buy a headstone for a grave on unconsecrated ground.

Gaiman is a master at managing to include several different tones in a single story, so each story includes parts that are scary, parts that are funny, parts that are cute and parts that are unbelievably imaginative.

Gaiman is a champion world builder, and in this book it shows. The key to this, I think, is

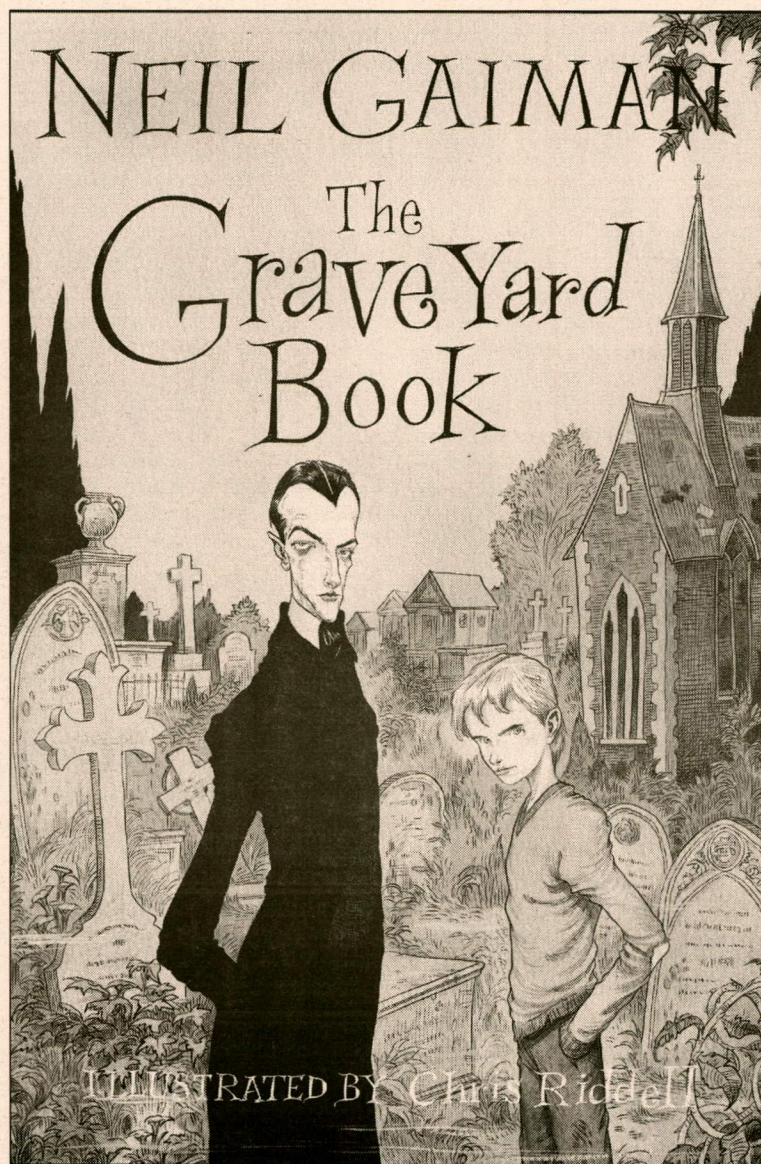


PHOTO COURTESY ELBAKIN.COM

Personal Growth: In Gaiman's latest book, vampires, werewolves, and serial killers assist in coming-of-age.

SEE GAIMAN PAGE 16

OVER 21

— CONT. FROM PAGE 14

day, and a couple days before the show I got an email that said they had changed the venue, and I didn't even consider that the new venue would be 21+ since the previous venue was all ages, and when we got there our souls were crushed by the man who said we couldn't get in... of course my older brother got in and left my friend and I to go and see *The Heartbreak Kid*... blegh."

This is what happens. When one does reach the age of 21 the option of having a drink when going out is nice, but ultimately I like the idea of all-ages venues. The Vera Project in Seattle is a venue of this sort. They book great bands and attract a diverse crowd of individuals who come to enjoy great music.

One of the powerful things about music is that it unites people in a way that not many things can. It is a universal language. Why should drinking age disrupt this?

Many cannot help but feel incredibly tempted to obtain a fake ID to satisfy the music lover within.

The average price tag of one hundred and fifty dollars is quite steep, but in the greater scheme of things it actually works out for those of us who are only eighteen.

Let's see... I have about three years until I turn 21, so technically it is about five bucks a month. Sounds worth it to me (purely for the use of acquiring tickets to 21+ shows)!

•Thea Trindle wants to know where she can get a fake ID to see Yelle at Neumos.

QUICKIES

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ASUPS PHOTO SERVICES/KEVIN CURLETT

Ethics: Quickies Too in Tacoma offers cruelty-free breakfast options for diners looking for a healthy Sunday morning meal.

orated with Bob Marley and reggae festival posters (something comparable to the token hippie dorm room); even the management sports dreadlocks. Surprisingly, Quickies played jazz music and not reggae.

Sundays, open from 11 a.m. to 3 p.m., Quickies only offers their brunch special (\$14). From my recollection, the order was as follows: freshly squeezed orange juice and/or coffee; a fluffy and moist blueberry muf-

fin, sweetened with powdered sugar; biscuits with strawberry jam; and then the main course (which was the confusing portion of the experience because the plates were simply brought out to us without any description of what this new and unfamiliar food was): scrambled tofu, smoked tempeh, fried plantains, candied apples with cinnamon and rosemary potatoes.

Straight up, I have to say that the vegan diet strikes me as un-

comfortable and unknown, especially when it comes to breakfast and brunch. However, the paradigm shift from eggs, dairy and meat to soy dairy substitute, scrambled tofu and smoked tofu is something worth trying, and after all it was delicious enough to keep eating.

I first tasted a little bit of every portion before realizing that it is best to complement each portion with another. The sweet and spicy candied apples with the

salty scrambled tofu, fried plantains with the smoked tempeh and the rosemary potatoes with stuffing-like texture seemed to be the perfect natural combination.

Unfortunately for Quickies, my friends and I shared the consensus that the scrambled tofu and smoked tempeh were too salty and oily, and even more unfortunately for me, worsened my beer heartburn induced from the previous evening. In hindsight, breakfast and

Quickies Cafe:

1324 MLK Jr. Way
Tacoma, WA 98405

(253) 572-4549.

Hours:

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11 a.m. - 5 p.m.
Sun. (brunch only)
11 a.m. - 3 p.m.

Prices: \$14 brunch special

www.hillsidequickie.com

brunch are not meals that I would like to substitute with vegan-friendly foods, especially when veganism is new and unfamiliar to my body.

Sunday morning anxieties tend to be best curbed with the John Wayne American style breakfast, best expressed with the *Unforgivable* accent: gut-busting, artery-clogging, asthma-inducing bloody New York steak, fried eggs, hash browns, dark toast with real butter and a strong black coffee.

My verdict is not out yet on Quickies. I plan to return to check out their regular weekday menu, after being struck in the face by junior Sara Jackson for hinting at writing an unfavorable Sunday brunch review. "You have to go back and try the wraps!" she said.

In a pleasant example of irony, Quickies is not that quick. The management makes a point to take its time and to allow the patrons to take their time to enjoy their meal.

• *Nazir is examining his muscles to find one that rivals the tenderness of tenderloin.*

GAIMAN

CONT. FROM PAGE 15

intricate and beautiful descriptions of the scenery, which hint at even more intriguing places just off screen, to make the world around the story seem huge, alive and dynamic.

I would have been content had Bod and Silas just meandered about the town the story is set in, commenting on the things they see. What I got

was so much more interesting.

There are many little touches that I just loved. I loved how whenever the reader is introduced to a new ghost, we are told what it says on their gravestone, and I like how their epitaph can often times encapsulate their personality perfectly.

I liked how the Sleer, the mysterious prehistoric horror that guards the oldest tomb in the graveyard, becomes a character that the reader truly sympathizes with, without turning it some kind of CuteN' CuddlyCthulhu.

I loved the mummy who carries around a lucky pig. And I loved the bizarre and intriguing names that the ghouls give themselves, which made me wonder how they pick them out.

Dave McKean's line drawings within the book also deserve mention. They seem dynamic and alive, and are the kind of pictures you can casually grasp, but that still offer

see new and interesting insights every time you look at them.

I mentioned that *The Graveyard Book* is a coming-of-age story. Which it is: the focus of the novel is how living among the dead causes Bod to have an interesting new outlook on how to live his life.

Bod grows up over the course of the book: the Bod in chapter seven is no longer the Bod in chapter two. Although the ending is bittersweet, it is earned and beautiful. It is the kind of ending that makes you urgently want to read what happens next. Gaiman seems to specialize in this, because almost all of his books provoke this reaction in me.

The Graveyard Book is a wonder of a book, in every sense of the word. It is a worthy addition to the Gaiman canon, and the kind of book everyone who has ever grown up should check out.

• *David Lev wishes he had been raised in a used bookstore.*

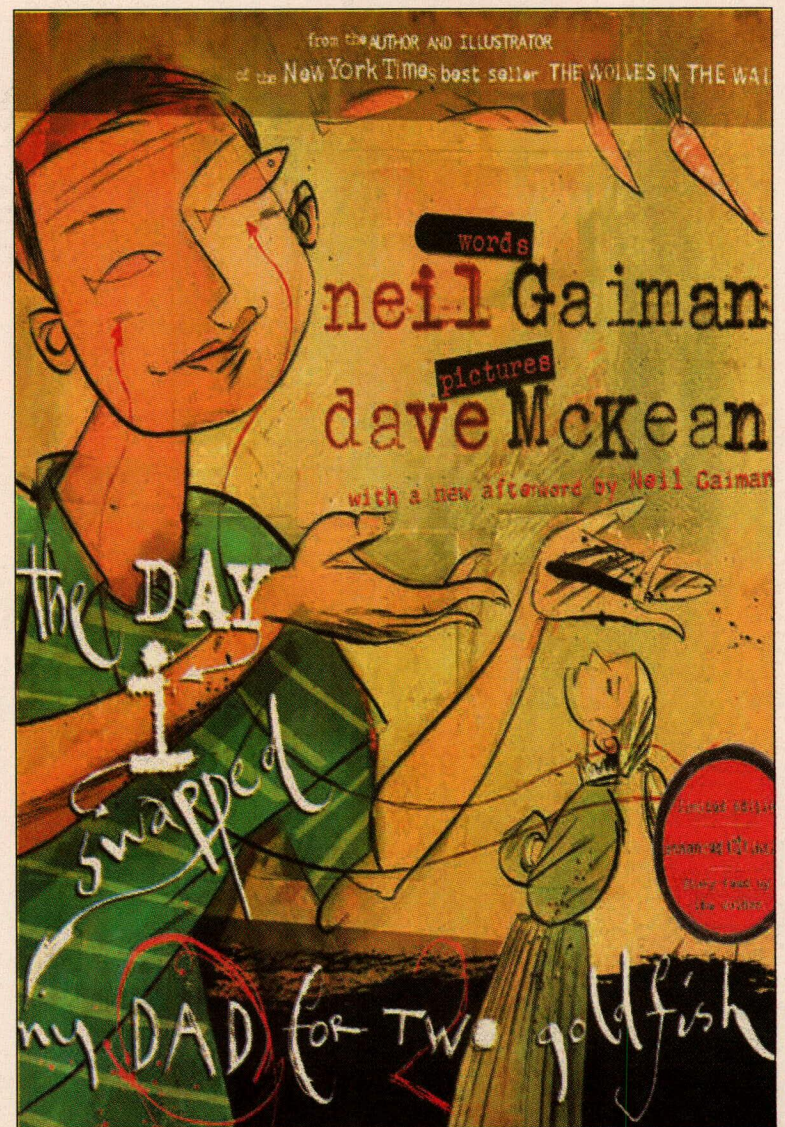


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Visuals: McKean and Gaiman have worked on other books.

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