

## Chronicles from far away lands

By Jessica Bruce  
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Class of 2008

Sure, you are just now getting settled in to your new home in Tacoma. What with the exotic cuisine of the SUB to sample, a maze of new academic halls and dorms to navigate, and perhaps prospects of a weekend getaway in Seattle in mind, packing up yet again and moving to a different country may be the last thing on your mind.

However, for the 245 Loggers returning to campus this year from a stint abroad in the past academic year, foreign places are at the tip of our tongues. I count myself as one of the lucky 139 UPS-ers who studied abroad in the spring of 2007, and thus, though orientation week may seem a little too early for you to start considering study abroad, I am here to inform you of its glories.

Typically, UPS students study abroad during their junior year, though some sophomores participate as well. With the aid of academic advisors and the International Programs office, students choose a country, an academic program of interest and submit an application. Application and financial procedures vary from program to program; to study abroad in the spring, submit your application by Sept. 15. With as little as a short essay, a few signatures and a professor's recommendation, you could be on your way to anywhere in the globe.

"Last year we sent a large number of students on programs to developing countries, where students do independent research for the last month of the program," said Jannie Meisberger, director of International Programs. "We also sent a large number of students on programs to Europe and Australia, both directly enrolling in universities and on programs offering special language and area studies courses."

Because programs differ considerably in format, style, content, and location, I interviewed several Loggers who are returning to Tacoma this semester after studying abroad in the past year and one who is leaving this semester. Here, we share our wisdom on our programs and countries of choice. If our stories intrigue you, set up an appointment with the International Programs office (215 Howarth Hall).

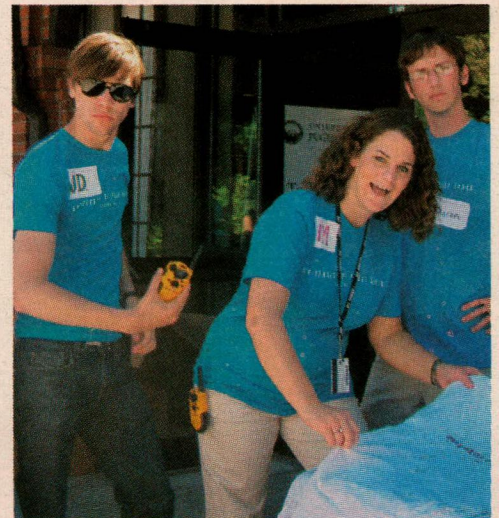
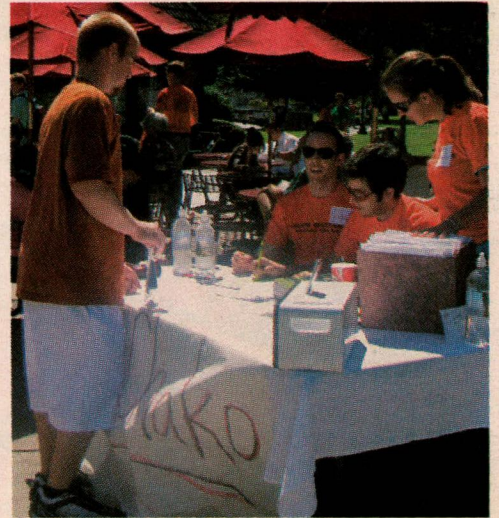
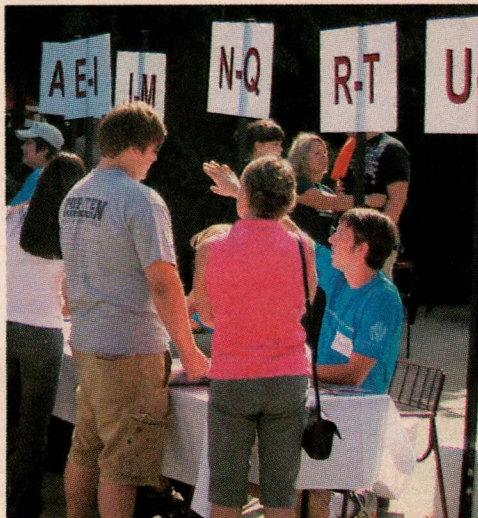
**Student name:** Marcos Goldstein '08

**Program:** Dijon, France

**What he said:** Studying abroad allows us to be exactly who we are in a place where no anticipation exists. We can also be as free as we want and whoever we want...it's like role playing for 5 months. Moreover, immersing ourselves in another culture with another language, takes our defense mechanisms down and make us the most vulnerable people that we can

## A guide to being a UPS freshman

• Some do's and dont's from a recent defector



PHOTOS COURTESY OF LAUREN SHATZ

The class of 2011 (and their parents) making their way through the throng of activities, tables and lines on Move-In Day, Aug. 24.

By Lauren Foster  
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Class of 2010

So you have unpacked your family car of all the stuff you brought to college and will never use.

You've made your bed in your dorm room with those crisp new sheets and later you realize that everyone has the same kind. You have nervously shaken the hand of your roommate and you can't wait until both your parents leave so you can talk about more than what high school you went to and what sports you like to play.

Now, you've kissed your parents goodbye and all of a sudden you are on your own.

You have made it to that point where you can stay up as long as you want, you can go out to the city or to a party without being quizzed by your parents. You can eat all the French fries and ice cream your heart desires.

But the question is, what do you do when you're free? Where does your direction lie when suddenly all the security you ran from is gone?

Well, here are some tips to prepare you for one of the best years of your life.

**1) Don't get completely trashed your first night on campus.** You will have so many opportunities to go party and get stupid the entire semester. Your RAs are especially on watch the first couple of weeks and if you're throwing up in the bathroom you will be caught and trust me, it's just too early to make your RA suspicious.

**2) Don't try to walk across Todd Field.** In the winter, that thing is basically a swap. And in the summer they water it enough that you will sink right in. If you want to get wet and muddy walk right through, but your actions will be screaming "Freshman Ignorance."

**3) Don't freak out about your weight.** Girls, I know you are afraid of that Freshman 15 and you are determined not to gain it, but I'm sorry, it's kind of inevitable. Try to work out and stay healthy but know that you will most likely gain a couple of pounds and so what? Go to the Cellar and get a pizza, eat the Mac and cheese, it really is part of the experience and you have 3 years afterwards to lose it.

**4) Try not to stress out that much.** Your classes will be challenging but meet with your professors, study in a group and try to enjoy them and it will make a difference in your grades.

**5) Don't go to the Library to hang out with your friends.** Everyone has done it and everyone has been a victim of it. Bottom line, go somewhere else to mess around. I don't think you want to make a dozen sleepless, highly caffeinated, hung-over upperclassmen trying to write a huge paper they should have done weeks ago, angry.

**6) Remember that this school is small.** You do something stupid with someone one night, chances are you will see

that person at breakfast the next morning. Prepare yourself for all kinds of awkward encounters.

**7) Don't even waste your time with an umbrella in the rain.** My mother (a Californian parent I might add) bought me about a dozen new umbrellas before I moved up north. Once I got settled, I realized that if

Whatever you do, have fun with it and let yourself develop as a person...College will be more rewarding if you jump out of your safety zone.

you walk around with an umbrella, you are clearly in denial. Washington is wet; when you live in Washington you're going to get wet. It dries, just live with it. You don't want to be the freshman running into people with your rain gear.

**8) Get involved with something other than going to class and playing Guitar Hero in your dorm room.** If you participate in some kind of extra curricular activity you will be introduced to so many more upperclassmen and in return get to know the campus and the traditions on a whole new level.

**9) Oh, slipping.** At some point you will have a legendary slip during your experience at the university. Whether it is down the stairs in front of Jones (from personal experience, watch out for those) or walking around on a slick porch while at a party, you will uncontrollably fall.

As you pick yourself up and regain balance people might point and chuckle, but only because we have done the same thing. Don't stress, you're one of so very many.

**10.) Step out of your "comfort zone".** Now this is going to sound incredibly corny and you might feel like you're reading a teenagers' self-help book, but one of the most important things I could ever tip an incoming freshman on is to have an open mind.

I could bet that just about everyone comes to college with a certain identity and then discovers that that role they have been playing at home will be stretched and challenged and probably changed to some extent.

I think that for a lot of people freshman year is a bit of a rollercoaster, an enjoyable one at that, but there will be a lot of ups, maybe a few downs and sometimes you will have no idea which direction you're going in.

Whatever you do, have fun with it and let yourself develop as a person.

Don't only fulfill the title of the jock from high school or the drama kid who only wears black. Be a little adventurous. College will be more rewarding if you jump out of your safety zone.

Now some of these tips may not apply to you and some of you might think that I've made coming to college a little too sentimental, but all tips aside, welcome to UPS. Have fun and have a great year!

• Lauren Foster thinks she's safe but she's still an underclassman.

# 9th

The Princeton Review rated UPS's KUPS 90.1 FM radio station the 9th best college radio station in the country



**Enrollment:**  
UNDERGRADUATE: 2,576  
GRADUATE: 209

**Faculty:**  
TOTAL: 219

- 11 Varsity Women's
- 10 Varsity Men's
- 14 Intramural
- 3 Club

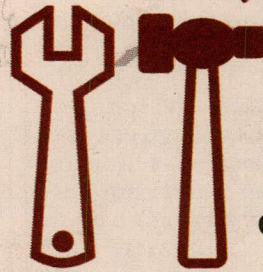
**▲ Athletics:**

**98% of Tenure-line faculty have a Ph.D. or terminal degree in their field.**

**Interested in campus clubs and organizations?**

Don't forget LogJam on September 7th where campus clubs and organizations will be showcasing what they're all about.

**Housing:**



**\$133.4**  
The amount of facilities re...  
past

**Residence Halls: 11**

**On-Campus Houses: 58**

**Theme/Foreign Lang. Houses: 21**

**Student Clubs and Orgs: 100**

**Fraternities and Sororities: 8**

# UNIVERSITY OF PUGET SOUND

**If you like to listen**

... then Dive...  
But the busy times be over something to

**If you**

... then the is your best on your wi up there. I include ad floor.

**If you like dirt and trees:**

... Point Defiance Park or Ruston Way are perfect spots for you. Getting off campus is always refreshing, almost as refreshing as eating dirt and hugging trees.

**If you like overly stuffed**

... then Firehouse Union is your best be consumed in an couch while you st

Per capita, men drink 1.9 cups per day while women only drink 1.4

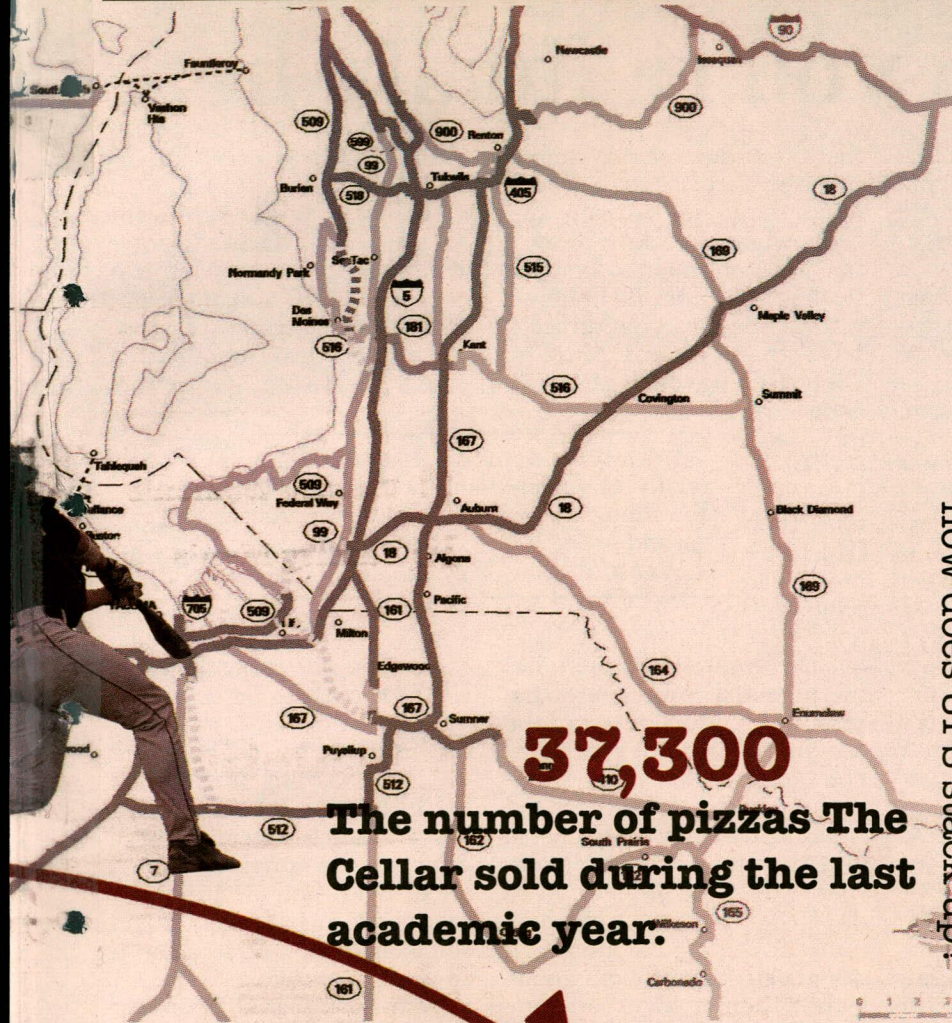
In 1999 there were more than 100,000 cups of coffee served in the U.S.

Puget Sound was the first university in the Northwest to offer Fair Trade coffee exclusively.

Over the course of the last academic year, WPS served over 8,975 lbs of Free Trade Coffee, which is equivalent to 575,000 cups!



The Diversions Cafe is open until 2 a.m. on campus. However there are over 125 Starbucks locations in Tacoma alone.



**STREET CRED**  
how does UPS stack up?

- Men's Basketball has won 3 NWC titles ('04, '05, and '06).
- Ranks among The Princeton Review's 366 Best Colleges for 14th consecutive year.
- In 2006, PETA voted Puget Sound the nation's third most vegetarian-friendly campus.
- Women's Swimming has won 10 consecutive Northwest Conference titles.
- Since 2002 seven Puget Sound students have been named Watson Fellows, five of them in the last two years.
- Is one of five independent national undergraduate liberal arts colleges in the Northwest.
- Ranks among The Princeton Review's 123 Best Western Colleges.
- Ranked first of small colleges for the number of graduates in the Peace Corps.
- Ranks in the top 10 U.S. baccalaureate institutions producing Fulbright Scholars.
- Yahoo Internet Life™ named us one of the 100 most wired colleges in the nation.

**37,300**  
The number of pizzas The Cellar sold during the last academic year.

**1 million**  
spent on fa-  
ovations in the  
decade.

**245**  
The number of stu-  
dents that went  
abroad this past aca-  
demic year.



Students at  
UPS come  
from **47**  
states and **13**  
countries

We get less average  
rainfall than New  
York, Boston, Houston,  
St. Louis, or Washing-  
ton, D.C.



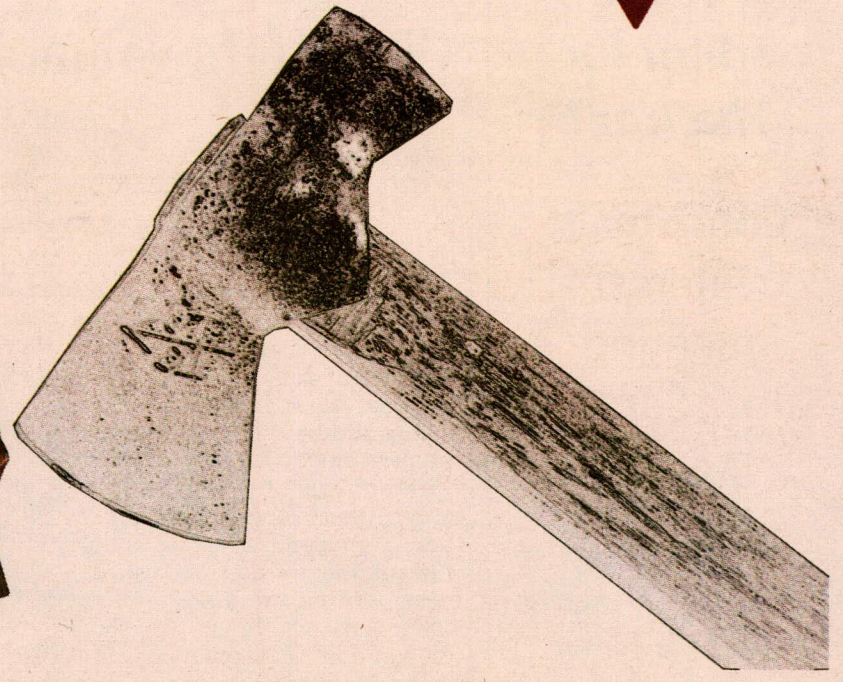
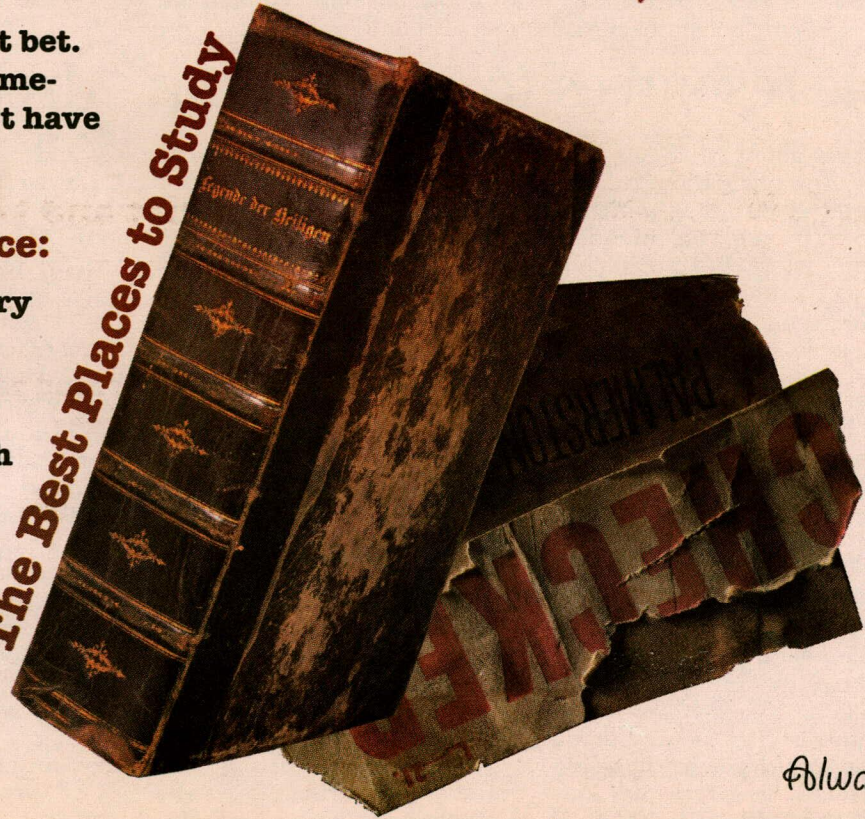
**TY**  
**OUND**  
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**to music:**  
sions Cafe is your best bet.  
atmosphere can be some-  
rwhelming if you don't have  
help you tune out.

**u need total silence:**  
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**The Best Places to Study**



**A**t 4:51 A.M. on May 12, 2002, someone stole the crown jewel of the University.

The Hatchet has been an unofficial mascot of the University of Puget Sound since it was unearthed in 1908.

Since 1908, seniors have carved their graduating year into the handle and vied for the possession of the Hatchet.

The Hatchet has traveled across the country, been hung from the ceiling of Kilworth and hidden in a carved out book in Collins Memorial.

During Homecoming 2006, ASUPS staged an elaborate scene with the supposed "Hatchet". The "Hatchet" was actually a recreation bought by former ASUPS executives Alex Israel and Ryan McAninch ('05).

Some believe the Hatchet is hidden in the fraternities. Others believe the Hatchet is in the hands of bitter members of a former UPS magazine, The Internationalist. Most have no idea where the Hatchet has been for the past five years.

Regardless, the Hatchet tradition is kept alive through hopeful students. The search continues...

Always online at <http://www.thetrailnewspaper.com>

## Letter from the Editor: Welcome to UPS!

By Chelsea Taylor  
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Class of 2008

It's finally hit me—I'm not only a senior, but I'm old. I'm a product of the 80s while you...are a product of the 90s.

When you were being conceived, I was on my way to kindergarten, learning to share.

My horrifying first day of high school? Yeah, you guys were starting sixth grade. That's sick.

You guys may laugh at how we're old and how we'll be awake writing our thesis, but before you know it, you'll be here too.

But don't fret, you have quite the four years coming up, let me tell you.

Freshman year: definitely a year of firsts. First shared bathroom, first fraternity party, first glimpse at college life.

You'll be going through a lot this year—more than you think.

You'll be given advice—all of which you probably won't take. But that's what your freshman year is about—taking risks.

You will find yourself, hopefully only once, changing to please other people. You will find yourself doing something(s) you will regret. But you will also find yourself growing up.

The person I was freshman year is definitely not the same person I am today. Which is a good thing.

College is meant to change you. It's inevitable. Deal with it, but don't force it, for God's sake.

Enjoy college and everything it has to offer.

I wish you all the best of luck and I hope to meet some of you real soon.

*• Chelsea Taylor tripped up the stairs on move-in day. Then a few months later at the SUB. Then in front of Jones. Then...*

**Interested in being a writer or section editor for The Trail?**

**Come to an interest meeting Sun. Sept. 9 @ 6 p.m.**

**(at the Media House 1302 Alder, across from Langlow)**

trail@ups.edu

## What to do when you're finally here

By Brandon Lueken  
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Class of 2008

College is now. I know, this year may have snuck up on everyone, especially the seniors who are facing their last year and the freshmen who just finished four years of high school.

For freshmen, this is a time to look forward to everything college has to offer — staying up for late night philosophical conversations, rocking out at college parties and going to classes you're actually interested in. Of course, there's also skipping those interesting classes to sleep or to enjoy beautiful weather. Students can go to the Homecoming football game to see what ASUPS has cooked up this year, or celebrate however far Women's Basketball progresses into the NCAA tournament. These are all things that will happen during your college career at least once.

For Seniors, this is a time to reflect upon all the things they have done over three years, and try to figure out what to do in their last year. Should they ask that certain someone on a date? Apply for Graduate School? Or perhaps write that paper when they intend to?

However, all of these experiences can be found at any other college. Truth be told, we came to the University of Puget Sound for a reason. We

thought it was the right place to go, and everybody should try to make the most of where they are. So, what we here at The Trail have concocted is a list of UPS specific things that you should try to do before you graduate.

- **Have lunch with a professor.** UPS just crawled onto Princeton Review's top 20 schools where professors go the extra mile, and it shows. With class sizes averaging 17 students, this gives anyone ample room to get to know any of the possible 32 professors they could have. Get to know one of these brainiacs that grade your papers. They're smart, caring, and often very witty individuals who've got a better sense about what's going on than you imagine.
- **Play around on Todd Field after midnight.** Whether for Frisbee, tag, capture the flag, or in the event of snow — a snowball fight — students should really check out the field at night. Bonus points if there's fog. In that case, the Arboretum may be a better bet.
- **Wander the Tacoma Glass Museum at night.** The museum is a tad overpriced for exploring sans parents (except every third Thursday of the month when it's free), but all the cool stuff is actually outside and easily accessible at night. It's got an eerie feeling, like the abandoned Emerald City from Oz.
- **Devise a plot to steal the Hatchet.** Although the object

that sits in the case may not actually be the real hatchet, it still peaks the desire of many students who would love to set it free and continue the Hatchet stealing tradition. Definitely a worthwhile cause, but difficult.

- **Go to an Improv Show in Club Rendezvous.** Since its creation in fall 2004, Ubiquitous They (UT) Improv has only gotten better. UT Improv definitely has the potential to be one of the sustaining cultural facets of the campus. When they perform every other Friday night, it becomes a major social event and is worth crowding 100 people into the stuffy Club Rendezvous. While you're there, go to the Cellar. If you get to know some of the regular staff, you can get all sorts of extra goodies on your pizza or experimental products.
- **Go to a Music School Concert.** It's not exactly a secret that our music school is good. Some have called it Conservatory level, which is saying something. These students are remarkably devoted, and to watch them perform is exceptional. Even if you just enjoy listening to the singers and the trumpet players practicing while walking to class, it's a treat to hear them do what they do so well. The

Homecoming concert is particularly good.

- **Make a midnight run to the Metropolitan Market.** Known affectionately as the Met, it is open 24 hours, and the night staff are friendly and very understanding if you're somewhat impaired. You can go get that last six pack before they stop selling at 2 a.m., grab a sandwich when the Cellar ovens close, or go just because you have nothing better to do.
  - **Work on campus.** It doesn't matter what you do, but work on campus. Sling food at the SUB, dig holes for Facilities, TA for a lab, research for a professor, do anything. You'll understand how the university works so much better and you'll really appreciate how it all works together.
  - **Rush for a seat at President Thomas' house.** If possible go to the Fireside Dinner at President Thomas' house. Come on now, who doesn't want some face to face time with President Ron Thom? You could influence important decisions.
- If you have any other ideas about things to do on campus, e-mail them to us at trail@ups.edu.
- Brandon Lueken does not condone underage drinking. Oh, and neither does The Trail.*

## Travelers



PHOTO COURTESY OF EMILY NOEL

Senior Emily Noel dons some German garb and has a pretzel.

be, teaching us a valuable lesson about who we are. We are lost in the crowd murmuring a foreign tongue but as we find

our way through the masses we discover the reality of ourselves.

**Student name:** Lan Nguyen '08  
**Program:** Cape Town, South Africa at SIT (Fall '07)

**What she said:** I looked into the programs and found myself interested in the ones from the SIT since they are mostly stationed in developing countries, which is my emphasis in International Political Economy. After dabbling in the prospect of summer programs, I finally made the decision to go abroad this semester after School of International Training became a "partner" program at UPS, meaning all my scholarships and financial aid would be applied to my study abroad. I didn't sign up to go to South Africa to be comfortable — I want my study abroad

experience to challenge me academically, emotionally and physically. From homestays in townships and rural areas of South Africa, as well as the independent study project required for the program, I'm hoping this deviation from my college life in Tacoma will teach me things that I haven't even considered before the experience.

**Student name:** Emily Noel '08  
**Program:** Year-long study in Munich, Germany

**What she said:** The reason I chose the program I was on was simple, it lasted a year. Even though it occasionally felt like the year would never end I wouldn't exchange my year for only a semester ever. A year abroad allowed me to really get to know not only Munich but the surrounding areas and the

rest of Europe too. In the middle we had a two-month vacation between our two semesters during which I was able to travel all through Europe by train, bus and occasionally foot. Those two months were easily the most amazing experience of my life, but almost better was coming back to Munich and feeling like I was coming home. At the end of my year I was so happy to have had the experience of living abroad but also so excited to be able come home to a university I love, friends that understand my jokes, and still have all my memories of an amazing year. I'll miss the culture, public transportation, and of course the beer, but I'm more than ready to start a new adventure back at UPS!

*• Jessica Bruce once feared buying pet shampoo in Germany.*

## CES offers valuable resources to obtain your "dream" job

By Kris Hay  
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CES Communications Coordinator

Would you attempt to summit Mount Everest without ever having used of a carabiner for anything besides holding your keys? Is it likely that you would be offered a chance to perform at Carnegie Hall without years of rehearsals and preparation? How do you suppose your application for your Dream Job would go if you'd never written a resume?

Like many things in life, preparation and practice can make experiences more obtainable and enjoyable, and career development is no exception. It is never too early to start

thinking about what you want to do after graduation.

Don't groan! Stay with me here. Why are you attending college? Most students include among their top reasons for attending college "so I can get a good job after graduation." They then proceed to ignore opportunities to build or practice skills that would prepare them for that eventuality, saying "I'll worry about that when I get closer to graduation." These same students are then completely stressed out spring semester of their senior year when they realize that career development is a process and they haven't done anything to prepare.

Think of it this way. Even if you could get in, it would be unwise as a first year student to enroll in a 400 level

course when you lack basic 101 knowledge. As a senior, your life will be much less stressful if you haven't put off taking prerequisites needed to enroll in the final class standing between you and a degree.

You can take small steps right now. Whether you are trying to decide about your career path or are ready to begin a job search, there is an office here on campus to help you.

Career and Employment Services (CES) in Howarth 101 offers a comprehensive approach to student employment, work-study, internships, career planning, and post-graduation pursuits. There are resources to assist you at every step in your career development process.

And there are lots of easy ways to get started... Visit the CES web site at www.ups.edu/

ces and poke around. Drop by CES at Howarth 101 and scan the job boards or peruse titles in the Career Resource Library. Glance at the CES Weekly Table on Wednesdays near the cafeteria or read the CES Career Connections weekly e-mail. Attend CES events and talk with alumni and other professionals about their career fields or get your resume reviewed. You can even call ext. 3161 to make an appointment with a career counselor to talk one-on-one about your interests and options.

Preparing for a career after college doesn't have to be scary or daunting. Use CES resources early and often, and before you know it, you'll be ready to ace your Dream Job interview.

*• CES employees are extremely helpful. Make use of them.*

CONT. FROM PG. 1