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COVID-19 testing reveals low positivity rate

Of 100 students, faculty and staff randomly sampled, zero tests to-date have come back positive

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With plexiglass walls, a small team of masked medical personnel and a “please take a number” machine, Murchison lounge is a far cry from the midnight computer lab students know and love. Now, it’s the center of Trinity’s first round of COVID-19 surveillance testing.

The first round of mass testing revealed an exceptionally low positivity rate, and the most recent round has a nonexistent one. So far, there have been zero positive results from the first round of surveillance testing.

“It’s gone really efficiently, I’m pleased to say,” said Tess Coody-Anders, vice president for Strategic Communications and Marketing. “This is a pretty seminal moment. Mass testing was a big deal, now let’s see what’s happened since school started.”

About 100 participants were selected randomly by computer from the categories of on-campus students, off-campus commuter students, faculty and staff. The categories are selected proportionally to the size of populations relative to each other, meaning students account for more than 50% of those tested. Students are also representative of the different residence halls and buildings on campus.

The specifics of how many people to test, and in what ways, have been based on the recommendations of two local epidemiologists that have been in consultation with Trinity since the outbreak. “We rely on the professionals,” said Ivan Pendergast, Emergency Management Coordinator at Trinity.

Those randomly selected testees can choose online from a series of testing times so as not to interfere with classes or job obligations. Testees enter the one-way door, take a number, and after a short, socially-distanced wait, are given the polymerase chain reaction (PCR) “nasal swab” test. Once the test is complete, testees are then free to go about their day.

PCR tests are what Trinity is using right now, but that may change.

“Going forward, so that we can test perhaps more people and perhaps more often, we’re going to look at other options,” said Coody-Anders. “We’ve looked at and are trying to decide whether or not we’d use a rapid antigen test, or perhaps that in conversation with some other approaches.”

The level of resources Trinity has to respond to a COVID-19 outbreak on campus remains above what is currently being used.

“We’ve improved our processes at quarantine and isolation enough that we have a pretty good capacity,” Coody-Anders said. “We would want to be able to do enough testing frequently



JACKE ROBLEDO and **CHANTEL CHAMPAGNE** talk while waiting for students to arrive to the COVID-19 testing center in Murchison lounge. One-hundred students, faculty and staff were administered PCR tests. photo by **KATE NUELLE**

enough to take actions [and] reduce operations before the entire campus is implicated.”

“We don’t want to use low numbers as a false sense of security and relax,” said Pendergast. He attributes the success of the first round to “[Trinity’s] messaging and students listening.”

Surveillance testing will continue this way for the foreseeable future, on a recurring 14-day cycle. It is not set in stone how Trinity would respond to an outbreak indicated by a second round of testing. Administration is keeping its options open.

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Conduct panel, dean’s office issue Health Pledge violation sanctions

Forty-two reports of violations have been made anonymously and through TUPD, Residential Life

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As a part of Trinity’s ProtecTU campaign to limit the spread of COVID-19, all students, faculty and staff were required to sign the ProtecTU Health Pledge, in which they agreed to practice social distancing and wear masks. Designed to hold students accountable to their peers and community, students that break the pledge face consequences, ranging from removal from residence halls to a one-semester suspension.

“Generally, if the student breaks the promise made in the Health Pledge, their infraction is either handled through Residential Life staff or the Dean of Students office, either administratively or on a Conduct Panel,” wrote Casey McLeod, senior biochemistry and molecular biology major and member of the Student Conduct Board, in an email interview.

In order for an investigation to take place, a report must be made, either by Residential Life, TUPD, or through Trinity’s anonymous COVID-19 violation form.

“These cases can then be handled through several different outputs discussed above. Generally, if the report is sent through our anonymous forum, the Dean of Students office reaches out to the alleged students to get more information prior to scheduling a case,” wrote McLeod. “Once all the necessary information is gathered from both respondents and reporting parties, a Conduct Panel case is usually scheduled.”



MEGAN MAGILL, junior biology major and member of the Student Conduct Board, is one of the individuals hearing ProtecTU Health Pledge violation cases. Most reports so far have been by Residential Life staff. photo by **KATE NUELLE**

Most reports have come from Residential Life staff.

“The reports are consistent with rounds the [Resident Assistants] have to complete and thorough reports of noise complaints, etc.,” wrote Christina Castillo, coordinator for Student Conduct and Special Projects, in an email interview. “RA’s are not out looking for violations, but if they come across something that seems like it violated policy, they need to report it.”

So far, 42 reports have been received by the Office of the Dean of Students.

Outside of the reports made by Residential Life staff, reports have also trickled in from the student body, some of which are anonymous.

Castillo pointed out that “The reporting form asks for the reporter’s information, the students involved and a description of what occurred. The form also has a section to include uploads, such as pictures, videos, etc. Sometimes there is no information to follow up on in the report.”

When it comes to trial, these reporters will have a chance to give their say, and the

students accused will have the opportunity to defend themselves.

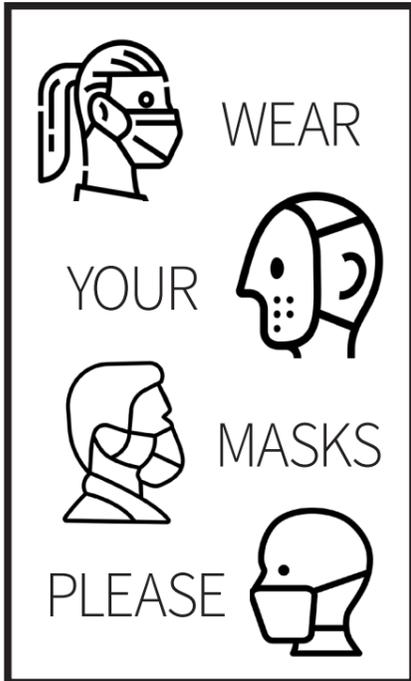
“If the reporter is a RA or RLC, we invite them as a witness to hearings. Witnesses have a non-speaking role, but the panel can ask them questions. Generally, if the party who reported the incident is involved in the hearing for Student Conduct, they are normally asked questions from the panelist,” wrote Castillo.

“The student conduct panel overall aims for fairness and transparency while holding students responsible for their actions. There is not a ‘cover all’, or ‘blanket’ sanction for violations of the health pledge,” wrote Castillo. “All cases are viewed independently, and the panel considers several factors, such as the impact to the TU and greater community, impact on the student, how the incident unfolded, etc. Within the panel, we encourage students to talk openly about the incident, the factors that led up to the incident, and so on.”

When it comes to consequences for health pledge violations, the potential sanctions are also variable.

“Most sanctions involve a warning and fine which can change depending on how severe the actions were,” wrote Meghan Magill, junior biology major and member of the Student Conduct Board, in an email interview.

Magill also noted that there were things that students who had violated the health code could do in order to positively influence the severity of the sanctions given to them.



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Previously, on SGA: Student Activity Fund, What's It Good For?

This covers the meeting on Sept. 16

CLIMATE CHECK

Sophomore senator Donya Ahmadi started off this week's climate check by inquiring about what students should do if they see someone who's not allowed on campus, referring to a person who hasn't been tested or tracked their symptoms. Advisor Thompson referred Ahmadi to the COVID Violation Report page where students can submit a report about an individual who is in violation of community health and safety guidelines.

Senator Ahmadi also suggested that SGA review their constitution to address conflicts of interests to prevent potential issues in the future. Though junior Vice President Oliver Chapin-Eiserloh stated that there are no active violations, junior senator Nasim Salehitezangi suggested that a constitution review would be good for SGA to ensure that there continue to be no active violations.

FIRST-YEAR ELECTIONS

Senior SGA President Jaelen Harris mentioned the upcoming first-year elections. The process includes holding 1-2 information sessions about SGA, sending out the application, waiting for submissions, campaigning and then voting. Once representatives are voted into SGA, they'll immediately be invited to meetings regarding

their newly-held positions. Planning for these elections will begin soon.

PUBLIC MEETINGS, NO PUBLIC?

VP Chapin-Eiserloh mentioned that they are currently looking to increase SGA visibility, particularly when it comes to community members attending their public meetings. Junior Communication Chair Rebecca Wicker said that they are currently working on inviting the community through Instagram where those interested can be sent a link if they wish to attend the meeting.

STUDENT ACTIVITY FUND

Once again, questions about where the student activity fund would be allocated were brought up. VP Chapin-Eiserloh said he was not in favor of distributing the money between students because it wouldn't be much anyway. He says he'd much rather see it allocated towards other ways of helping students that don't involve a cash disbursement.

COMITTEE ACCOUNTABILITY

President Harris mentioned that committees will be expected to submit a report about their progress every week in order to be transparent with everyone. Committee members will be expected to be honest about workload and their progress every week.

*Meetings are held every Wednesday at 6:00 p.m. on Zoom.
 Additional coverage can be found online at trinitonian.com, coverage by KAYLA PADILLA*

COVID Snapshot:

Updated 9/14/2020 at 2:30 p.m.

Overall Numbers

Total # Active Cases: 0
 # Test Results to Date: 2,764
 Total # in On-Campus Isolation: 1

Total # Tested: 2,803
 Total Positivity Rate: 0.4%
 Cumulative Tested Positive: 12

DISTRIBUTION

PRINT
 Sept. 10: 639
 Sept. 4: 601

CLASSIFIEDS

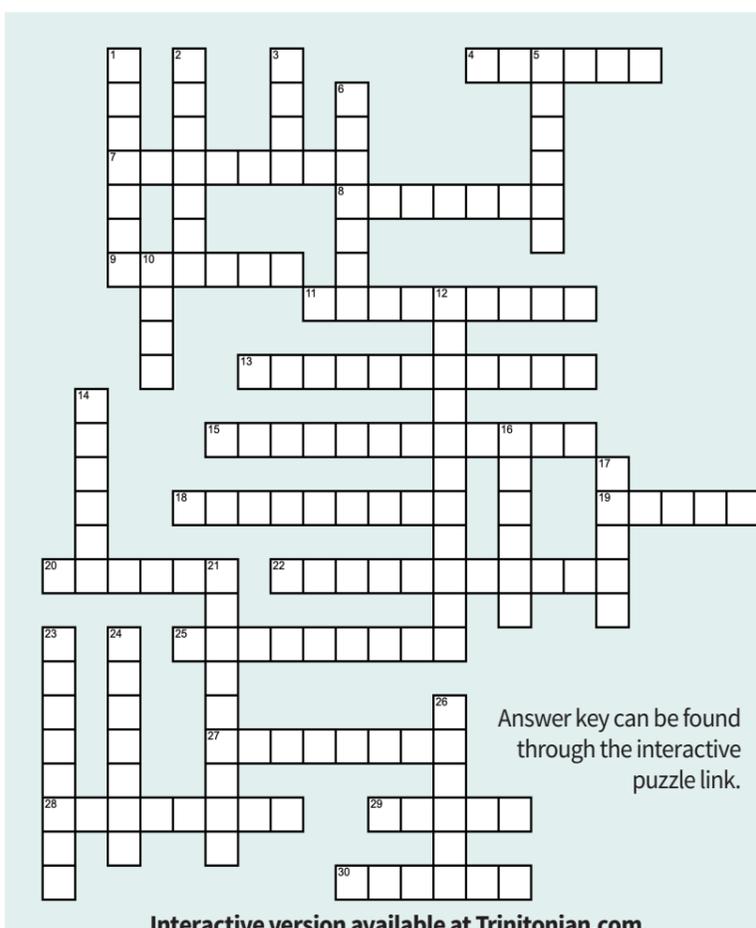
WANT TO TAKE OUT AN AD?

Classified ads are free for Trinity students. For non-students, each ad is \$25 for 25 words. Send your ads to trinitonian-adv@trinity.edu

CORRECTIONS

Spot a correction? Let us know!
trinitonian@trinity.edu

Food Crossword Puzzle



Answer key can be found through the interactive puzzle link.

Interactive version available at Trinitonian.com

ACROSS

4. "Eat Fresh"
7. Chain that had a food poisoning outbreak
8. Gourmet fungus
9. Ingredients in tapenades and martinis
11. Tostones
13. Snicket's "Opportune Odors _____ Factory"
15. German rye bread
18. Biggest fast food chain
19. "We have the meats"
20. Glazed and dunked confection
22. French dish and Pixar produced movie
25. The largest tree fruit
27. Short tube pasta
28. Increasingly implemented mode of getting food
29. Chocolate coffee
30. Both a crustacean and an insult

DOWN

1. Fruit controversially good on toast
2. Pasta pockets
3. Purple thick root
5. An "all you can eat" meal
6. Salty knotted to treat
10. Vegetable important to Wales
12. Celebrity that recently partnered with a chain
14. Latke's star
16. Popular coffee maker
17. College diet staple
21. Five-pointed fruit
23. Fermented tea
24. Cheese that rhymes with bear
26. Korean picked staple

Trinity prepares for a virtual Fall Family Weekend

Events will take place over Zoom, allowing parents, faculty and students to connect safely

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This year's Fall Family Weekend, while historically an opportunity for parents to reconnect with their students mid-semester and attend in-person events, will be going virtual due to COVID-19 precautions. As webinars replace tailgates and picnics, the planning committee has been flexible in its preparation for this Trinity tradition, which is to take place Oct. 2-4.

According to Susan Lavenant, assistant director of Special Events, all events for this year's Fall Family Weekend will take place online. While conducting the event over Zoom has its drawbacks, Lavenant noted that virtual events present an opportunity to expand engagement and attendance.

"I like to do face-to-face. I like to put a name to the face. Now we are having to do things a little differently, and it's virtual. I've been working at Trinity since 2011, so you have your same donors attend a lot of the events. It's always nice to be like, 'Oh, there are Joe, good to see you!' Or you have gotten to the point that you give them a hug or handshake or just a friendly welcome," said Lavenant. "I think being virtual, you don't get that same experience, however there's pros to it. Now, people that live out of town who have not been able to attend a lot of our events because of the distance, it's nice to have them join. It's a perfect year to explore all the different options."

Aliza Holzman-Cantu, director of Parent Giving and Engagement, described the various events taking place over the weekend, new and old.

"[This year there will be] panel discussions with leadership, a state of the university address from the president, Saturday the 3rd there's a theater production, so we are looking at that, and also a lecture on the election by a couple of professors who are experts in the field," said Holzman-Cantu.

David Tuttle, dean of students, emphasized the challenges of virtual planning, noting that concerns over privacy led the committee to alter the format of some events.

"We try to showcase our faculty at different times. In the past it has been that family members can visit a class. To do that in a Zoom environment with some of the FERPA considerations, the privacy considerations, we decided that would be just different enough that it made us uncomfortable. Instead what we will do is have a presentation to family members about the upcoming election. This way it will be an educational element. It's relevant, it's timely, it showcases our professors and it can be interactive," Tuttle said.

The state of the university address from Danny Anderson, president of Trinity University, is an annual highlight of Fall Family Weekend that will continue virtually and provide an opportunity for families to engage with Trinity leadership.

"We honestly discussed whether or not to even have [Fall Family Weekend], because it will be markedly different from what we have done before. One of the things that has always been a really important element is the state of the university [address] from President Anderson. We are trying to set that up as a live webinar event, and that's really important for families to pose their questions, unfiltered and direct to the president," Tuttle said.



One of the people behind the planning of Fall Family Weekend is **ALIZA HOLZMAN-CANTU**, director of Parent Giving and Engagement. Returning events include the state of the university address and a theatre production. photo provided by **TRINITY UNIVERSITY**

This year's Fall Family Weekend also presents an opportunity for parents to connect with one another virtually by region, making up for the loss of what are traditionally in-person connections.

While the committee is unsure of the number of families that plan to attend the fully virtual Fall Family Weekend, recent trends suggest

that many parents are likely to be interested in engaging in the events through Zoom.

"We did a virtual webinar that included alumni, donors, friends and a little over 300 people signed up for it. This was kind of the first one we had done like this, so I'm just comparing to that. I'm hoping it's going to be a really good turn out," Lavenant said.

Random sampling shows avoidance of outbreak

continued from **FRONT**

"If it seemed that the positive results were clustered in a particular cohort, that might dictate an action," Coody-Anders said. "I don't think one round [of testing] will in and of itself trigger a closure, but it could trigger a path."

Trinity has partnered with Florence Medical Group to facilitate testing. So far, Trinity administration has been satisfied with Florence.

"They're a wonderful group who've been able to adjust with us every step of the way," Pendergast said.

Murchison lounge's transformation from computer lab to COVID-19 testing center in a single morning is representative of larger collaboration efforts across departments at Trinity. The Nerve Center has coordinated efforts with the Health and Wellness working group, the Facilities and Operations working group, the Teaching and Learning Task Force, the Stakeholder Engagement working group, Campus Life working group and the Operating Budget Task Force.

Finding the intersection between safety and university function has been difficult for Trinity's top decision-makers. Canceling events and traditions like the first-year tower climb were hard calls to make.

"Let's look at everything that needs to be done and look at the balance of experience and education," said Pendergast. "That decision and ensuring safety and that we continue to operate."

"Trinity faculty and staff really demonstrated just how nimble, innovative and creative they could be when faced with a shared problem," said Coody-Anders. "I think it's a shining example of what it means to be a Trinitonian."

"I think we can get to the end of the semester, and I think it would be an incredible story for Trinity and Trinity students to tell about the kind of culture of engagement and commitment to each other we have.."

TESS COODY-ANDERS
VICE PRESIDENT OF STRATEGIC COMMUNICATIONS

Looking forward, Coody-Anders and Pendergast both independently described their outlooks as "cautiously optimistic."

"I think we can get to the end of the semester," Coody-Anders said. "I think we can get to the end of the semester, and I think it would be an incredible story for Trinity and Trinity students to tell about the kind of culture of engagement and commitment to each other we have."



Top: **DANIEL RESTREPO**, senior religion major, exits after his COVID-19 test. Bottom: **CHANTEL CHAMPAGNE** walks through Murchison, Trinity's makeshift COVID-19 testing center in partnership with Florence Medical Group. photos by **KATE NUELLE**

Facilities Services sanitizes, cleans campus

Classrooms, common areas, residence halls undergo daily cleaning and sanitization

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Amidst the hustle-and-bustle of getting back to campus, students and parents might not realize everything that went into getting the campus ready, clean and operating in the brave new world of COVID-19.

"We hit the ground running to get to August 14th, which was our day to be ready for students coming back for that first round of testing," said Bruce Bravo, senior director of Conferences and Special Programs and co-chair of the Facilities and Operations working group.

There are seven working groups that report to the Nerve Center, which is a coalition of individuals across campus sectors led by Tess Coody-Anders, vice president for Strategic Communications and Marketing, and Dan Carson, Project Management Consultant.

"The Nerve Center was brought together so that we could begin the Fall semester back on campus," said Jim Baker, senior director of Facilities Services and co-chair of the Facilities and Operations working group.

There were four scenarios that the Nerve Center considered for Fall 2020: T1, T2, T3 and T4. The T1 scenario was that no students returned back to campus. T2 was a partial return to campus, T3 was a scenario in which all students were expected to be back on campus and T4 was operating as if COVID-19 never happened.

"We were T3 all the way up to the 1st of August," said Baker, "We had fourteen days to switch over to T2." Aug. 14 was the first day of student arrival to residence halls.

"Where we were at in July in San Antonio, it just didn't look good," said Bravo.

The T3 approach was a much more costly plan for the University, as operations were expected to run at near 100% "normalcy" with the additional sanitation load for each classroom, office, residence hall, etc.

"T3 was brutal for sanitation and housekeeping. When we went to T2, we asked faculty to opt-in to a cleaning program. Of a total 141,000 square feet of office space, only 19,000 opt-in square feet opted-in," said Baker.

"The point of T2 was the de-densification of campus. Less residents, less students. By design, that meant we could focus our resources exactly where we needed it ... into common areas where people actually are," said Bravo.

All students who returned to on-campus housing received a white paper bag containing

a spray bottle filled with a self-contained dissolvable solution in the bottle and a microfiber towel.

"We provided you with the materials to clean your room as often as you think you needed and then once a week, we came by with the Clorox 360 machine to spray their room once a week," said Butler.

Spaces across campus undergo both cleaning, the routine housekeeping services such as dusting, sweeping and emptying trash, and sanitization, which offers additional disinfection to limit the spread of COVID-19. Staff members spend three hours a day using the nine Clorox 360 electrostatic misting machines a day, wearing the required N95 masks while operating the machines.

Classrooms on the registrar's schedule are cleaned and sanitized once per day, as are the common spaces in academic buildings and residence halls. Residence hall student rooms are cleaned as usual every two weeks and sanitized with the Clorox machines once a week.

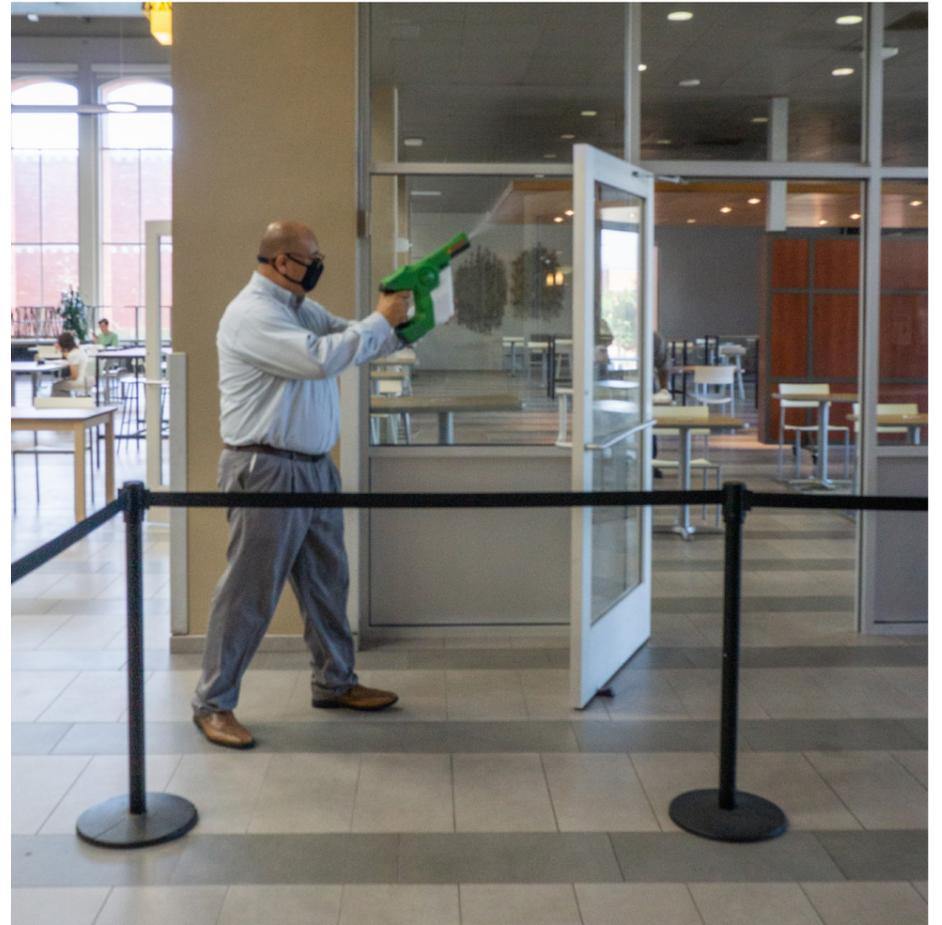
Using a colored dot system, students can choose whether or not they would like their space to be cleaned or sanitized. Red, orange, yellow and green dots are placed on doors to communicate students' preferences to staff.

Staff, who would otherwise be cleaning classrooms or offices, became part of the Microfiber Team. This Team wipes down the doors, elevators and handrails every morning. These staff workers are contracted through a custodial contract with ABM, a facility management company.

Facilities Services staff went through the same precautionary measures as students prior to coming on campus, including testing and education on COVID-19 safety and policies.

"Our department has been directed to only accept the nasal swab test results. We had no positive results. All of the Facilities Services staff have taken a 4 part training within SafeColleges Training," wrote Ernesto Gonzalez, associate director of Facilities Services, in an email interview. "... All of our staff are required to participate in the Conversahealth screening every morning and are randomly asked for their pass by supervisors. The university is also conducting random testing for our staff."

Custodial staff who clean the designated isolation rooms in Murchison wear gloves, a



A Facilities Services staff member disinfects surfaces in Mabee with an electrostatic sprayer. The sprayers are being used for sanitization in common spaces, classrooms, and residence halls. photo by KATE NUELLE

face shield and an N95 mask when cleaning. Due to student confidentiality, it is not disclosed to custodial staff whether a student in the isolation room has tested positive themselves or if the student had been in contact with a positive case elsewhere. The only thing known about those in isolation rooms is that they have been asked by the University to isolate.

Students are asked to make use of the hand sanitizer along with provided cleaning supplies to wipe down common spaces before and after use.

Speaking of common spaces, Bravo has been preparing for dining at Trinity during COVID-19, alongside Aramark's Management Team, since May 1. Aramark provided their corporate recommendations to Trinity which were considered in addition to the Health and Wellness working group's recommendations, according to Bravo.

"We leveraged Aramark's global resources. They immediately shared plans for catering, dining, cleaning and sanitation," said Bravo.

After each day, Clorox 360 machines are used throughout all dining areas on campus, including the Commons and Mabee. Bravo mentioned that the formerly-planned renovations to the Commons easily accommodated the social distancing and de-densification requirements for the flow in, out, and between buildings and spaces across campus.

"Our team looked at each academic building, each floor, and decided this was going to be a one-way, this was going to be an entrance, was going to be an exit, and got signage and that was one of the first things we did," said Bravo.

"Our priority is to continue to provide a safe environment where our students, faculty, and staff can focus on succeeding in their every endeavor within our Trinity community," said Gonzalez.

ProtecTU Health Pledge sanctions

continued from FRONT

"Such mitigating factors including respecting Residential Life/TUPD and honesty about the situation can result in a more efficient and clearer case. These factors influence the outcome of a case, as it reflects that the student(s) understand their actions," Magill wrote.

Rather than mere punitive measures, the sanctions are a way for students to hold themselves and others accountable to the Trinity community.

"Sanctions are not meant to upset the responsible students, but to reinforce the importance that without complete student cooperation the campus will be unable to remain open," Magill wrote. "Trinity has promised the students, their parents, the staff and anyone else associated with our campus that they will do everything possible to keep the campus safe and healthy, and as a result, the Conduct Panel is here to make sure that those who impede with those promises are held responsible."



Do:

- wear it tight, but comfy!
- wear clean ones every day!
- wash them frequently!

Don't:

- touch it or adjust it... in public
- lend them... or borrow them
- go without it... people will notice

Treat Your Mask Like Underwear!

NEWS BRIEFS

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CONSTRUCTION ON OAKMONT

The construction, done by the City of San Antonio Public Works Department, was completed in two days.

On Sept. 10, the City of San Antonio Public Works Department began construction to conduct improvements to and repave Oakmont Ct, located on Trinity's upper campus. Although Trinity community members were warned in an email from TUPD that the renovation window was until Oct. 10, the project was completed quickly and people were back to parking on Oakmont Ct by Sept. 12.

"They ground [the pavement], they hauled it off, brought in new asphalt, paved it, rolled it and they're gone and now we're parking on it," said Jim Baker, senior director of Facilities Services.

The improvements made to Oakmont were a city-sponsored project, the Public Works Department moving street-by-street to mill and overlay San Antonio roads. Trinity played no role in the project and underwent a quick turn-around to alert the community of parking limitations, having learned just days before that there would be construction.

"They have been repaving the streets in the neighborhood for I think nine months, and so they just kind of pick a street and progressively move through," said Baker. "We really didn't have anything to do with it. It was a great finished product, but not a university directive."

The homes on Oakmont house many Trinity administrators, including Danny Anderson, university president, David Tuttle, dean of students, and Sheryl Tynes, vice president of Student Life. While technically a residential street, the houses on Oakmont are an integral part of Trinity's landscape and the host of the university's annual Christmas on Oakmont event. Oakmont is also used by many Trinity students as a place to park their cars due to its proximity to the Center for the Sciences and Innovation.

Oakmont Ct is not the only street near Trinity seeing renovations: Rosewood Ave underwent preservation in Nov. 2019 and Shook Ave is set to undergo reclamation in the city's fiscal year of 2022, both projects a part of the City of San Antonio's five-year rolling Infrastructure Management Program (IMP). The mill and overlay of Oakmont Ct is not included in the directory of IMP projects.

FURTHER COVID-19 TESTING

More rounds of surveillance testing for COVID-19 are to come to the Trinity community in the upcoming weeks.

Given the zero percent positivity rate for the most recent surveillance testing, Trinity administration aims to continue rounds of testing on a biweekly basis. Extra precautions are being taken concerning the recent holiday Labor Day weekend and the potential of there having been social practices veering from COVID-19 health precautions.

University testing for COVID-19 is being administered in Murchison lounge, where Trinity's health services partners from Florence Medical Group are stationed. Currently, polymerase chain reaction (PCR) "nasal swab" tests are being used, allowing for quick functioning.



Construction crews contracted by the City of San Antonio Public Works Department began the process of repaving on Sept. 10 and were done by Sept. 12. photos by KATE NUELLE

FROM THE EDITORS' DESK

The Trinitonian grows with its readers

Over the summer, we sent a survey to the Trinity community to gauge a variety of concerns. We wanted to hear straight from our readers how they perceived the Trinitonian — if they felt our stories were diverse enough among other things — and gave them the option to address any other concerns they had about our paper and how we run it.

We are aware that the Trinitonian has developed a particular reputation. From the survey, we found that a significant number of the respondents consider the Trinitonian as a “gotcha” news source, one-sided, and closed off to responses and feedback. We understand that with our editorship comes the weight of what we’ve written about in the past. It’s perfectly valid to inquire about our intentions and inclusivity when we’ve written left-leaning opinions in the past. Does this mean we’re only going to publish left-leaning material because we want the Trinitonian to be some left-wing paper? Of course not. Being an opinion columnist means getting to share your opinions as an individual while being an editor means we put our politics aside and ensure our paper is representative of the

people who are in our community. While it’s only expected people refer to our past columns to try to paint a picture of how we’re going to run our paper, we think it’s important you know that we have every intention of being inclusive of all voices, whether we agree with them on a personal level or not.

Hold us
accountable, disagree
with us, and remember
that we want to hear
from you.

We are a student-run publication and will always strive to be better. It’s important to note that past experiences with the Trinitonian, while important to address and talk about, are just that — in the past. We lose staff, gain staff and get new executive editors every year. Hold us accountable, but recognize that

our collective of students is always in flux. We grow, we learn, and we develop into better reporters, photographers and editors.

Thank you for the constructive criticism. We hear you. We know there’s work to be done. Hold us accountable, disagree with us, and remember that we want to hear from you. Write a letter to the editor, submit a guest piece, let us know when you appreciate how a story is covered. If you feel the Trinitonian is lacking a certain perspective, please be that voice. Contribute and interact with our long-standing community paper.

It is a difficult job to run the Trinitonian when we’re all so far apart, but we hope our physical distance doesn’t discourage you from letting us know what you think. We hope our improvements are tangible and that our readers can respect the hustle. That’s what this is. A hustle on top of school, on top of our other commitments and on top of the craziness that is our current world. We love what we do, and we love hearing from our readers too. So talk to us, interact with our social media, let us know where you stand and where you want to see improvements.

The genius of instrumental metal



MAI VO
COLUMNIST
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Imagine this: it is just after midnight, there is a problem set due in eight hours that you have not started yet and no study music seems to be working. Lyrics are distracting, but most instrumental music just does not have the right tempo, or it all starts to sound the same. Orchestral music, movie soundtracks and lo-fi hip hop were all meant as background music, but they get boring after a while. What you need is a driving beat and a grooving guitar hook to keep on task.

Enter instrumental metal, the perfect study soundtrack which manages to keep things loud, fast and interesting without the distraction of vocals.

Instrumental metal and post-hardcore are exactly what they sound like: they feature loud and highly technical guitar work with a focus on complicated riffs and a driving beat from the bass and drums. The genre operates at a faster tempo than most instrumental “study music,” and the lack of vocals allows the musical talents of the metal guitar players to truly shine.

Most instrumental metal tracks fall into one of two categories. First, there is progressive metal, a broad genre closely related to the vaguely defined post-hardcore. Broadly, it encompasses all metal with experimental elements, such as uncommon time signatures, syncopation and unusual chord progressions. Within progressive metal is a sub-genre known as “djent,” named for the signature guitar sound: high gain, low pitch, distorted and palm-muted. The genre was pioneered by Meshuggah and Periphery, and bands within are noted for their use of guitars with more than six strings and for the technical prowess of their performers.

One of the seminal instrumental djent bands of the modern era is Animals as Leaders, a three-piece group that sounds little like its

parent genre. Animals as Leaders often takes a lighter approach to their riffs than those bands, pulling from jazz and electronica influences, among others. The other common name in the scene would be Polyphia, a mostly instrumental band based in Dallas, Texas. Personally, they are my absolute favorite, and I have no shame in admitting that I would go to any extent to see them if they are ever in town. Like Animals as Leaders, they practice frequent genre experimentation. Although

they have gained popularity by touring with such major acts as Periphery, Between the Buried and Me and August Burns Red, they cater to a smaller scene than those progressive metal giants.

For a solid example of “standard” instrumental djent, one has to look no further than Their Dogs Were Astronauts, an Austrian duo formed by brothers Denis and Leonard Roth in 2014. Both brothers play guitar and utilize backing tracks for other instruments when in concert. The sound is heavier than acts like Animals as Leaders or Polyphia, with a tremendous focus on the brothers’ guitar skills, and songs like “Low Life” would feel right at home in the soundtrack to a sci-fi action scene.

In the past, instrumental metal or heavy metal in general has not been taken seriously and is seen as lacking academic credibility when compared with other genres such as jazz and classical music, but that is just a cultural construct. I would even say that instrumental metal enables greater “riffiness” in metal. Without vocals to keep bringing the song back to repetition, riffs could have greater leeway and repetition would exist not out of standard song form but to emphasize parts of the song that need repeating for the sake of atmosphere.

For those who want a choice between listening, there are the Dance Gavin Dance



instrumental albums. Beginning this year, the post-hardcore band has begun releasing their old albums sans vocals, beginning with the most recent release, “Artificial Selection,” and working backward, putting out a new-old album every month. Because vocal lines were originally present, some selections sound empty, like “Count Bassy,” while others, like “Chucky vs. the Giant Tortoise,” on the album “Mothership,” allow the aggressively talented instrumentalists to shine.

Instrumental progressive metal and djent have gotten short shrift, mostly from metal fans who prefer vocal lines, but bands like Animals as Leaders, Polyphia and Their Dogs Were Astronauts have something to offer for everyone. For band members, particularly guitarists, it gives them a chance to show off their technical chops in extended form, outside a solo and not hidden behind screams and growls. For the burgeoning guitarist, an interesting riff gives them something fun and challenging to practice.

And for the college student, like me, these bands walk the line of being interesting to keep people awake and engaged in their essays and problem sets without distracting them into a sing-along.

Mai Vo is a junior piano performance and communication double major.

WANT TO
SUBMIT A
COLUMN?
here’s what you
should know.

letters to
the editor

Share your quick reactions to Trinitonian coverage and opinion columns. Send 300 words or fewer to the head editors and Phoebe Murphy, opinion editor, at pmurphy@trinity.edu. She or Kayla Padilla, editor-in-chief, will be in touch as soon as they can.

guest columns

Can’t keep it to a few hundred words? Pen a guest column and let your views be known. Please keep it between 500 and 700 words, and give us time to prepare. If possible, submit by Sunday at noon to be in the Friday edition of the paper. Email it to opinion editor Phoebe Murphy at pmurphy@trinity.edu.

please note!

The Opinion section editor and the Trinitonian copy editors will fact-check your work and edit for clarity, legal concerns, grammar and style, but we will not alter your argument. Also, please include your graduating year and major or your position at the university.

FORUM

When you see this “forum” stamp, know that you’re reading community voices. The Trinitonian is a public forum for Trinity students, faculty and staff. All guest columns are unpaid and do not represent the views of the Trinitonian. Want to join the forum? Here’s how to start a dialogue and have your voice heard in print and online.

Bigotry shouldn't be seen as a valid viewpoint



JULIAN VALDEZ
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It seems the more and more we try to make society inclusive and tolerable of others, the more certain viewpoints get silenced. This is relevant on social media where profiles can get deleted for spreading certain ideas and perhaps saying something seen as hate speech. And the more this happens, the more I see the same outcry: "So much for the tolerant left," as if we should be giving every single viewpoint equal value in the general public's mish-mash of ideas. This makes sense, however, being tolerant also means not tolerating any viewpoint that is intolerant of others.

Why should those who preach inclusivity not tolerate certain views? Well, for one, certain views go against the main idea of inclusivity. If someone believes a certain race or a certain culture is less than another one, then this goes against trying to include them and make their views feel valid. This may seem like a contradiction, but it's not when you break down the logic.

If someone fights for inclusivity, they are inherently fighting against everything that is against inclusivity. What is the consequence of this? Well, this means trying to show how certain viewpoints are wrong. This doesn't necessarily mean silencing someone

completely. It just means we should treat it as a false viewpoint and one based on bad logic and bigotry. This means not letting people post whatever hate speech they want against a specific group, even if they believe that their viewpoint is inherently true.

I will then point out how the alt-right sees this as censorship and tend to try to cause an outcry when they are silenced on certain platforms for what they say and the ideas they spread. First, you can still say what you want, but it does not mean that we should tolerate that viewpoint and allow you to spread it further. Second, in any private platform run by a company and not the government, they have the right to remove those they deem not good for the platform and their image.

"This means not letting people post whatever hate speech they want against a group, even if they believe that the view of the world as true."

I think Americans are too used to having freedom of speech pushed into our collective minds as a proud right that should be

defended in all uses at all costs. However, this simply isn't true and our words carry meaning. Language and the use of it are so important. Racial slurs demean the races they attack, and the use of them normalizes that mindset. Spreading conspiracy theories of Jewish people controlling the world is an old and dangerous theory that led to the mass genocide of them in the second World War. We can never deny the existence of these terrible views, but the moment we actively allow this kind of speech to thrive and influence others is when we allow bigotry, hatred and ignorance to win.

Now, I am not trying to divide people, I'm simply trying to bring people together and trying to get those who use their words to spread hate to understand why they get silenced so easily. When they attack others — those not similar to them and "harder" to understand — they forget that they are humans from all walks of life. In the end, that is their goal, to show them as "others." I want us to empathize more as a society, but this does not apply to everyone and I hope we all can learn that. Despite how politics are today, I want us to stop seeing racism, sexism and all other forms of bigotry as normal. They should not be normalized as valid viewpoints because being anti-human rights goes against the very livelihood of marginalized people. These alleged opinions



illustration by GRACEN HOYLE

shouldn't be considered because they fundamentally undermine the humanity of others. We need to fight against them constantly to have an inclusive society that values the diversity of this world.

Julian Valdez is a sophomore philosophy major.

When in doubt, look to bread-baking for some comfort



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At some point in late April, when everyone was adjusting to being in our homes for an unforeseeable amount of time, I decided that I would make a sourdough starter from scratch. Everyone Online (TM) was either binge-watching Tiger King or making sourdough from scratch; sourdough seemed easier to adapt to my predictably short attention span and also seemed less ethically dubious than Tiger King, as a sort-of vegetarian and graduate of Dr. Rando's animal studies and modern fiction class last fall. It was time for me to do something: though I was busy enough with my summer research project, I was — and am — still experiencing quarantine-related anxiety and brain fog. Time seemed to slip away. I would wake up at 3 am and suddenly it was 8 pm, and I was becoming uncertain if I had actually attended Trinity University, gone places, or seen other people outside my house, or if the past few years were an elaborate dream, like a CIA psy-op but with more overdue homework. Whatever was happening, it was succeeding at the job of making me extremely sad.

So every day I started a ritual -- at around 5 pm, I would fill an oversized orange bowl with whole-wheat flour and warm water, and then I would scrape an unknowable amount away and discard it, at the advice of a suspiciously cheerful blog on organic baking. After a week or two, I put the bubbling mixture in a baking pan and succeeded at creating a loaf that looked more like something from a geology textbook than The Great British Baking Show, and at almost breaking all my teeth off when I bit into the dense, almost completely-whole-wheat crust. This was not a good bread loaf. It was the "US government's response to COVID-19" of bread loaves, and it was only a bit less likely to accidentally poison me. I threw it away, and resolved to make something better.

What did I want to do better the next time? I wanted to include a better white flour

to whole wheat flour ratio in my dough. I wanted to figure out what kneading was and how to shape the dough into a ball instead of a sad football-looking-thing. I wanted to learn how to notice more and react in a healthier way when things seemed to be going wrong. I wanted to do over everything — my loaf of dough, but also the past several months — and appreciate what I had before it was gone. That was sort of a lot to consider and

to emotionally project onto my sourdough, so I decided to keep a journal and to try to make focaccia the next day. Focaccia seemed harder to mess up, maybe because the bread is practically fried in olive oil and has a longer rising time than sourdough and you don't have to do any kneading. Reader, it is my solemn privilege and duty to bore you with bread facts for the duration of this column, you're welcome.



Pictured top to bottom: challah bread and soda bread after being baked thoroughly and seasoned. photo provided by NOELLE BARRERA

I was pleasantly surprised when I took the focaccia out of the oven some amount of time later — time is fake, but in baking time is very real and important — and it had a golden, crackling, sort of bubbling crust, and most importantly, it was edible. Maybe it was just a loaf of bread, but it felt like proof (this is also a bread pun, by the way)! Over the summer, I learned how to chart days and weeks by the breads that I had learned how to bake, or at least my haphazard attempts at them. I made challah bread, which I appreciated because it made my hands smell like flour, salt, and sugar, which was almost as wonderful as learning how to braid the dough. I watched a YouTube video of a woman braiding the dough while her toddler laughed in the background. I made whole-wheat bread, French country bread from the King Arthur's Flour website, and Alexandra Stafford's "peasant bread" recipe, the last one feeling relevant. I simply think if I were transported back into the medieval era, I would be able to bond with peasants over baking fresh bread, avoiding the plague, and revolting against elected officials! I tried my best to make mallorca bread (unsuccessfully) and croissants (I will never take Starbucks croissants for granted again, because these are so complicated to make). I documented all of my baking adventures online, to remind other people and myself that I existed and was baking cool things. And over time, I got better.

I still haven't learned how to make sourdough yet. However, I think I've made every other type of bread that is possible for someone to make while in their home with limited ingredients and that's something. Quarantine has been challenging, there's no doubt about it. The days pass by and sometimes I can't keep track of it. Not to be cliché, but in a time where everything seems uncertain, there's something satisfying about knowing that you can develop a tangible skill and make things that weren't present before in the world. If those things can be baked at 400 degrees and served alongside fresh rosemary and strawberry jam, well that's just a bonus I can happily live with.

Noelle Barrera is a senior anthropology major.

Kayla's Kitchen: Chile rellenos



KAYLA PADILLA
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This week, we'll be talking about one of my favorite vegetarian meals of all time, chile rellenos. Despite what I said in my previous column, this recipe does include a ground beef substitute. Trust me, once all the spices are added, even everyday meat-eaters won't know the difference. What are chile rellenos, though? Well, they are fried poblano or bell peppers stuffed with (in our case) a meat substitute and a few other ingredients. Typically, chile rellenos are fried, but my family uses a different approach and heats them up on a skillet. They are usually accompanied by rice and beans, but learning how to make Mexican rice and frijoles (beans) are columns for another time. For now, let's focus on learning how to make chile rellenos.

I am by no means an expert cook; I'm still learning myself, but the first step to becoming a better cook is to be okay with failing.

First, what does it take to follow a recipe of any sort? Sure, you can buy all the ingredients and kitchenware you need, but if that's all you've got, you're missing something else: courage. Cooking takes courage, and cooking takes a lot of sucking, and I mean a lot. Great cooks become great by making mistakes and accepting their failed attempts, so if you follow my recipes and find your chile rellenos or fideo aren't edible, try, try again.

If you're feeling insecure, try making these recipes for you as opposed to putting yourself under the immense stress of cooking a big family meal. I've had my fair share of cooking disasters; trust me, it never gets any less embarrassing. Eventually, though, you reach a point where you can comfortably cook for others. I am by no means an expert cook; I'm still learning myself, but the first step to becoming a better cook is to be okay with failing.

With the pandemic at its worst, we all need a distraction or at least something that isn't as scary as all the news we are consuming. Since we're at home,

cooking seemed like the perfect avenue for me to connect with our readers who, at the moment, feel very far away, so I hope you'll come on this journey with me as we get through this pandemic together, so let's get into it; let's make chile rellenos!

INGREDIENTS FOR 3 SERVINGS:

- 3 poblano or bell peppers
- 1 package Morning Star meat crumbles
- ½ cup of water
- 1 tomato
- 1 serrano pepper
- ¼ onion
- 1 ½ tbsp garlic powder
- ¾ can of tomato sauce
- ¾ tsp salt
- ¾ tsp pepper
- ¼ tsp cumin powder

INSTRUCTIONS:

1. Toast your poblano peppers on the stovetop on both sides until they turn blackish.
2. Remove them from the heat and peel off the black skin on the pepper.
3. In a separate pot, pour your package of Morning Star meat crumbles and ½ cup of water. The good thing about meat substitutes is that you never have to worry about them being raw. So, let your meat crumbles heat up for around 10 minutes.
4. When the crumbles are nice and heated, drain the water.
5. Add ¾ can of tomato sauce.
6. Add ¾ tsp salt, ¾ tsp pepper and ¼ cumin powder.
7. Cut into pieces a tomato, serrano pepper and ¼ of an onion, then pour into the crumbles mixture.
8. Mix all the ingredients together and let cook for 5 more minutes.
9. Remove from heat and let cool.
10. Slice each of your peppers in half, and evenly distribute the meat crumbles into the pepper's shell.
11. Add toppings of your choice to your chile rellenos, for instance, cheese.
12. Let cool and serve.

Kayla Padilla is a senior anthropology and English double major.



Chile rellenos are fried poblano or bell peppers stuffed with meat or a meat substitute and various other ingredients. They can be served with a side of rice or beans, like most other Mexican dishes. photo by KAYLA PADILLA



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Healthcare Administration students adjust to a changing field due to COVID

The pandemic has drastically changed medicine and the business side of healthcare

VICTORIA HENRETTY | REPORTER
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COVID has increased our culture's awareness of healthcare workers. Essential workers are constantly exposed to the virus, making them vulnerable. Without decisive action from local, state and national governments, COVID numbers continue to rise. This is putting a major strain on hospitals. In hot spot areas, hospitals do not have enough staff, ventilators, beds, or sometimes even morgue space.

Gabriella Lopez, a candidate for a master's in healthcare administration, said, "when we were seeing a national shortage of personal protective equipment (PPE) and ventilators, the task to help secure that equipment fell onto hospital administrators."

A lot of background work goes into making sure a hospital runs smoothly and can help people.

"Often, people are confused about the role of the healthcare administrator because they are only familiar with the front line works (doctors, nurses, techs, etc.). Healthcare administrators work to support those clinical functions as well as environmental services, laboratory, revenue cycle, food and nutrition, billing/coding, etc.," Lopez said.

Administrators are some of the unsung heroes of our time.

"They continue to work round the clock with their COVID-19 command centers, front line workers [and] state/local officials to ensure communities are receiving the appropriate care they deserve," Lopez said.

The logistical work behind running a hospital may go unnoticed, but it is an essential and highly skilled job. Helping people goes beyond the care between doctor and patient. Hospitals are a large network of different departments that depend on each other to run smoothly. "It takes a village," Lopez said.

COVID-19 has impacted the field in innumerable ways.

Dr. Schumacher, the department chair for healthcare administration, said, "[COVID-19] really highlighted the inequities in our health system. We've known that inequities across race, socioeconomic class and COVID has revealed that the healthcare system is really lacking."

COVID has amplified the existing problems within healthcare.

"Historically, the health system and public health have been independent arenas...there hasn't been interaction and COVID has exposed the danger in that," Schumacher said.

Healthcare administration students are deeply interested in resolving these inequities.

"I was born and raised in a low-income community and witnessed what happens when communities have poor social determinants of health and how that plays into their healthcare journey long term," Lopez said.

Moving forward, the field will evolve to include public health issues and bridge the gaps of healthcare that hurt marginalized communities.

Graduate students are already getting a hand at trying to bridge public health and healthcare administration.

"This pandemic has only highlighted some of the disparities in our healthcare system... I hope to be part of the solution as a future healthcare leader."

SABRINA ARIZAGA
HEALTHCARE GRADUATE STUDENT

Sabrina Arizaga, a graduate student and Trinity graduate, said, "I worked with Katherine Hewitt, Trinity's Wellness Coordinator, on developing a public health campaign for a safe reopening in fall 2020 while working with the evolving state and county public health guidelines."

Arizaga and Lopez both worked on Trinity's public health campaign, ProtecTU. The campaign's goal is to help Trinity students keep our campus and wider San Antonio community safe.

"Our small team within the larger Health and Wellness team collaborated with Trinity's Strategic Communications and Marketing department, epidemiologists, professors and others to create COVID-19 educational and training material and the ProtecTU Health Pledge," Arizaga said.

Entering the job market is already scary for any college graduate but even scarier during a global pandemic that is causing major layoffs. Despite the stressful situation, the graduate students are looking optimistically towards the future.

"This pandemic has only highlighted some of the disparities in our healthcare system. Because of this pressure, the healthcare industry is experiencing tremendous change right now, and I hope to be part of the solution as a future healthcare leader," Arizaga said.

Lopez shares the same sentiment.

"I feel privileged and honored to get to be a part of something so much larger than myself," Lopez said.

Trinity's graduate program is 28 months long, with a 12-month residency at the end of the program. Students had to postpone their residency processes, which would have originally begun in May.

"We were very nervous and anxious about the residency search process at first since we didn't know if hospitals would still be looking for residents since many hospitals were being negatively impacted financially by COVID-19," Arizaga said.

Students like Lopez and Arizaga exemplify the young administrators who want to improve the field and make healthcare more accessible for everyone.



Healthcare administration graduate students, **GABRIELLA LOPEZ** and **SABRINA ARIZAGA** are entering a completely new landscape of business in healthcare as they work to complete their program. photo coordinated by **NADIA CRAWFORD**

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Jaelen Harris: Student Representative

Student Government Association president discusses focus on positive messaging

MIKAYLA MULLIN | REPORTER
mmullin@trinity.edu

At the local, state and national levels, students are often compelled to find ways they can make their voices heard. As students of Trinity, we are impacted by every decision our administration makes, and the SGA (Student Government Association) exists as the body that represents such student interests. Its president is Jaelen Harris, who has been working with SGA since the fall of 2019.

I had the opportunity to sit down with Harris and ask him about SGA, and Harris described his presidential responsibilities. "I serve as the bridge between the student body and the administration. It is my job to represent SGA's interests and by extension the student body's interests," Harris said.

While SGA cannot make the university's policies themselves, it can support certain policies on behalf of the students. "I think one way that SGA helps students is that it is our purpose to advocate for students," Harris said.

However, these new times mean that SGA's representation will look a little different, and in some ways, it will be harder. "The students that we represent aren't all in the same place. We can't be in close contact to pick up on these important conversations, so it is harder to detect issues," Harris said.

Harris and SGA are not giving up, though. They are looking at these new challenges as an opportunity. For instance, the coronavirus restrictions have given SGA a lot more time, and it is using that time to evolve as an organization. "The biggest opportunity that I've seen that we have is a chance to really review how we conduct our business," Harris said.

One of the ways SGA has evolved is really taking advantage of its social media. "We are working on 'how do we get our voice out there,

and how do we hear our students' voices?' SGA does have an Instagram and Twitter. We are also working on a website. These will have links to a form where students can submit concerns, a place to field questions, and will spotlight what we're doing," Harris said.

There is more to SGA's effort than making themselves available. With so many students off campus, SGA has to work harder to make students feel like they have a voice.

"Part of the messaging is not only making ourselves available but telling them why it may be important to reach out," Harris said.

"It is my job to represent SGA's interests and by extension the student body's interests."

JAELEN HARRIS
SGA PRESIDENT

This outreach especially includes the students living off campus. "Part of increasing our outreach efforts is for the students at home who still want to raise their voice and remain involved on campus, how can we make them feel as welcomed and remembered," Harris said.

To remain involved, students should also be aware of a couple of positions SGA is taking. Two of the most important issues this semester are living during the coronavirus and diversity and inclusion.

SGA is aware of the priority that the student body has put on diversity and inclusion, and it has made it a priority for itself as well. "Over the summer, much larger than Trinity itself, there was a moment



JAELEN HARRIS, Student Government Association president, speaks on SGA's mission for outreach and leading students through the coronavirus outbreak as they seek to act in students' best interests. photos by **NADIA CRAWFORD**

when many voices were calling out for change. Student groups made their voices and demands heard, and that's all they needed to do. I believe it is SGA's job to remain in lockstep with the administration to fight for diversity and inclusion. Fighting for diversity and inclusion is fighting for every student," Harris said.

SGA also wants the student body to be aware of how important it is to be safe during the coronavirus. However, the

students do not have to see it as a hindrance. "Every student is going to have a different experience. The question is 'how can we inspire students to stay safe, hold each other accountable and maintain a positive mindset?'" Harris said.

From talking to Harris, it is clear that despite the struggles we are facing, SGA has committed to staying positive and seeing the struggles as an opportunity to find new ways to serve the student body.

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- GOODFELLAS
- AVATAR
- BORAT
- SUPERBAD
- DEADPOOL
- GETOUT
- BATMAN
- SKYFALL
- ROMA

INSTA-POSIUM

What are you most excited to return to campus for post-COVID?

@emma.swims

Sports.

@matthewbart0n

Nacho Hour on Wednesdays

@alexmegmoriarty

All of my friends in the same spot!!!!

@thepineapplestolemyhusband

I'm just a freshman, but I'm excited for COVID to be over so that I can hug my friends.

@dinoalec

In-person classes.

@josh42

Getting to live on campus, driving to school every day kinda sucks!

@untitled_dork

Social activities + in person classes

@nataliebartine

Being able to build special relationships with professors and classmates again.

@brittany.it

Playing D&D in person again!

@ellabookhunter

Theatre!!!

@absolutefluidity

Returning to production nights in the newsroom with all the other section editors!

@isabel_c

Having people gather in the garden to harvest and eat what we grow!

@john_jacob_jeremy_jaylor

Being able to sit down and have a meal with people other than my family.

@charleslauffer

Being back in a truly academic environment as opposed to this strange limbo in Zoom.

@scarlett.patino

Calling (the cat) Fern a f*tass every time I pass by her.

@jordan_juran

Milk 'n cookies!!

Remembering Chadwick Boseman for how he lived

Opinion: From “42” to “Black Panther” Boseman inspired generations of people



KAYLA PADILLA
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Chadwick Boseman's abrupt death two weeks ago was revealed to be the end result of a 4-year-long battle with colon cancer. In the midst of the global pandemic and social unrest, coping with mass death and suffering has become increasingly difficult. Boseman's passing was a shock to everyone who admired him and his work, and it left many unsure with how to cope.

Boseman is most notable for playing T'Challa in *Black Panther* and portraying Black icons like Major League Baseball player Jackie Robinson in “42” and singer-songwriter James Brown in the biographical drama “Get On Up.” His portrayal of Robinson in the 2013 biographical film about the baseball player's life was an early highlight in Boseman's career. Only a year later would he be cast as the legendary James Brown.

According to a statement posted on Boseman's Twitter by his family, the renown actor had been managing starring in films while also receiving treatment for his cancer.

“A true fighter, Chadwick persevered through it all, and brought you many of the films you have come to love so much. From *Marshall* to *Da 5 Bloods*, *August Wilson's Ma Rainey's Black Bottom* and several more, all were filmed during and between countless surgeries and chemotherapy. It was the honor of his career to bring King T'Challa to life in *Black Panther*,” wrote the family.

The Twitter post received a whopping 7.7 million likes as of this week, making it the most liked tweet in Twitter history. The comments were flooded with expressions of grief and disbelief at his passing, he had kept his diagnosis a secret after all. Boseman battled cancer on his own terms, and didn't abide by the expectation

that celebrity means sharing every aspect of your life with the world. No one in his inner circle leaked his diagnosis or went against his wishes to receive treatment in private. Those around him evidently respected his decision to battle cancer without the invasiveness that comes with celebrity. For years, they knew what we didn't, and when he passed, they were allowed to hear it from those close to him.

Boseman died in his Los Angeles home with his family by his side. He didn't leave behind children of his own, but parents around the world were left with the task of telling their own children that “Black Panther died.” They shared photos of their children in *Black Panther* costumes with sentimental, tear-jerking captions. Others were quick to note that the character of *Black Panther* didn't pass away, rather the phenomenal man who portrayed the character, all while battling colon cancer. Whether parents told or plan to tell their children about Boseman's passing is up to them, but what can't be undone is the inspiration Boseman instilled in millions of people. He was a superhero of his own.

His decision to keep his diagnosis secret, though entirely understandable, did prompt discussion regarding ableism and comments Boseman had received about his fluctuating weight over the years. Though those who left comments on his social media profiles about his weight loss couldn't have known about his battle with cancer, this proves that we shouldn't be commenting on anyone's body to begin with. Between eating disorders, chronic conditions, and general illness, commenting on anyone's weight is always detrimental and supercedes our intentions, whether good or bad.

Along with the decision to withhold his diagnosis from the public come speculations about why someone may choose to keep that information private. Ableism is so deeply embedded in our communities, and undoubtedly in the film industry. If Boseman had shared his diagnosis, filmmakers may have

questioned his ability to fulfill the roles for which he was auditioning for because of their preconceived notions of whose bodies fit into their molds. Navigating the film industry as a disabled person can be isolating, and even when films portray disabled characters, they are often played by able-bodied people. In 2016, research by the Ruderman Family Foundation revealed that only 5 percent of television characters with a disability were portrayed by a disabled actor. Even when films include disabled characters, the film and television industry often give these roles to able-bodied people, therefore being discriminatory while receiving acclaim for pioneering ‘inclusive film and television.’

Boseman passed away on Jackie Robinson Day, a holiday celebrated by the MLB and adoring fans all around the world. The MLB Twitter account released a statement regarding Boseman's passing.

“We are devastated by the tragic loss of Chadwick Boseman. His transcendent performance in “42” will stand the test of time and serve as a powerful vehicle to tell Jackie's story to audiences for generations to come,” wrote the MLB in a tweet.

Boseman's influence is immeasurable. He continues to live in children, teenagers, and anyone who watched in awe as he performed his movie screen magic. How do we cope with such a



illustration by GRACEN HOYLE

massive loss at a time when we're losing so many others?

The beauty of film and television is that even when an actor passes away, their characters get to live on forever, frozen in time. Whenever we choose, whenever we feel like it, we can turn on one of Boseman's films and watch knowing that he lived doing what he loved, and maybe for him, we should too.

Boseman's life hasn't evaporated into thin air, it's in DVD's, it's a click away, it's in the eyes of children who wear their *Black Panther* costumes to class, and sports fan who adore “42.” He's everywhere we are, so long as we remember to look for him.

Theatre Department creates new virtual series

Moving Forward: Voices, Stories, and Performances from the Trinity BIPOC community

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Sophomore Juliana Martinez will be reading a poem at a Moving Forward event put together by the Trinity University theatre department. photo by KATE NUELLE

The Trinity University Theatre department is making strides to ensure their programming is more inclusive of BIPOC. BIPOC has become a common acronym in conversations about diversity and inclusion, it stands for Black, Indigenous and people of color.

Dr. Rachel Joseph, director of the theatre department, came together with other faculty from the theatre program to create a more racially diverse and representative environment by giving historically disadvantaged groups a

platform to express themselves. As a result, the program has created the virtual series, *Moving Forward: Voices, Stories, and Performances from the Trinity BIPOC Community*.

“We were all horrified by the killing of George Floyd that we thought it was important to begin to address our own response as a theatre program committed to anti-racist policies, season, and curriculum, and to consider the things that we wanted to improve about diversity of our season and the curriculum,” said Joseph. “We wrote a statement as a theatre program which outlined a number of actionable items. The idea for *Moving Forward* came from the statement and our desire to offer a platform that amplified BIPOC voices at Trinity University.”

From recitations and monologues to dance and performance art, the *Moving Forward* event showcases a variety of talent and perspectives present among the Trinity BIPOC community.

Wren Ramos, a junior theatre and communications major, along with helping run the event, is going to be performing both a personal and a community piece. According to Ramos, the personal piece is going to be a performance about love and identity, focusing on Latinx culture and gender.

“The community piece is going to be on the experience of BIPOC students on campus informed by interviews for the scenic design and with testimonies of different BIPOC students on

campus about their time at our university. This is an experience that I don't think can be easily said but rather felt and seen... that is the beauty of art,” said Ramos. “I have been gathering research because I want to be delicate about it and make sure it's informed from others.”

The message of this community piece mirrors junior Thomas Peña's outlook on what *Moving Forward* signifies.

“*Moving Forward* to me is giving voice to BIPOC members of the Trinity community to share not only their art and literature, but a platform to share common experiences marginalized groups face within the United States,” said Peña.

Peña is going to be reciting a poem by Francisco Alarcón, titled “En un barrio de Los Angeles,” in English and Spanish.

Sophomore Seiler Nishimura is going to be performing a monologue stand up centered around her experience as an Asian adoptee.

“I come from a very privileged background and I want to be cautious of that, but I feel comfortable speaking on this subject as something that I feel people have less awareness of,” says Nishimura.

Juliana Martinez, a sophomore English major, is going to be reciting an original poem about reckoning with her mixed heritage.

“I like playing with the different things that language can do, developing my own style has

been the process of trial and error,” said Martinez. “I knew right away what I wanted to do, it was figuring out how to put those thoughts into words. That was the tricky part!”

Though every contributor brings forth their own lived experiences, they are all brought together by their desire to share a piece of themselves with the community.

“It's important people outside of the department know about this event and are encouraged to participate. We want people outside of just the theatre program to get involved. This event is only made stronger if we get people to actually rally around this cause, both participants and audience,” said Nishimura.

“For anyone too nervous to sign up or doesn't have an idea of what to do, please reach out to either me or any of our professors. It isn't about throwing you a mic and expecting you to have a finished product,” said Ramos. “The most important thing is you come with your passions and together we can create something. This isn't just about performing, it is about creation and community, so don't be afraid to reach out!”

Performances are going to be broadcast through out the semester. The debut of the first event will be October 17.

You may email the Production Manager, Jodi Karjala at jkarjala@trinity.edu if you would like to be involved with the series, or learn more about *Moving Forward*.

TUPS' First Years Putting on Theatre prepares for a virtual shows

TUPS hopes FYPOT helps to replicate sense of community amidst remote learning and social distancing.

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One of the major traditions of the Trinity University Players (TUPS) is their annual show First Years Putting on Theatre (FYPOT). Production for this event starts at the end of the spring semester when upperclassmen writers and directors are paired up to create original short shows. The main goal of FYPOT is to welcome first-year students into the theatre department and to help them meet their peers.

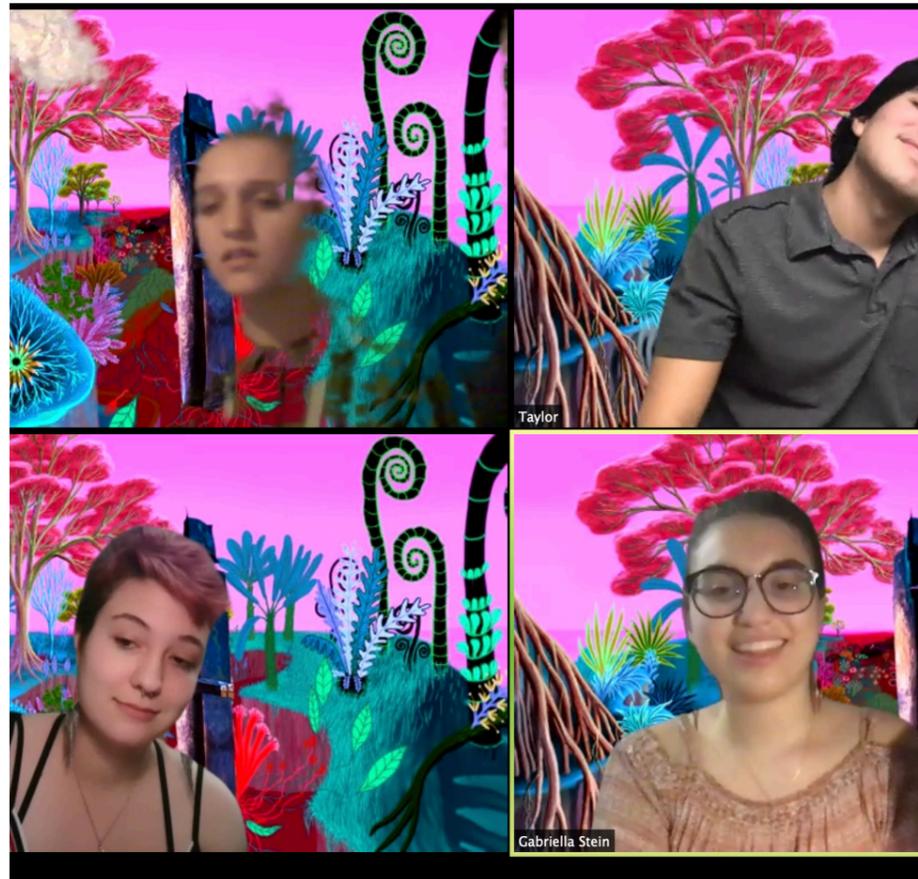
“Coming in as a first-semester college student is already scary enough, already lonely enough, and then you added in a pandemic that is isolating and soul-crushing. We have to be there, and we want to be there for the first-years.”

“First and foremost, the goal of FYPOT is to create a great show, but the goal, even over that, is for the first-years to have fun and to make friends in the theatre department. It’s our way of welcoming them,” said Megan McGuire, a sophomore who is the Recruitment and Retention Officer of TUPS.

This year’s FYPOT features five unique shows that range from parodies of popular musicals to a piece on the challenges of remote learning. While each piece is created independently, which has led its shows to have a wide range of tones, all the shows this year are comedic and light-hearted.

“No matter what’s happening in our lives right now, everybody needs a good laugh,” said Dr. Nathan Stith, theatre professor and faculty sponsor of TUPS. “It’s been a rough time for everybody, so a good opportunity to laugh is always good.”

Like everything, though, the pandemic



EMILY YOUNGERMAN, WREN RAMOS, KAYLIN BALYEAT and GABRIELLA STEIN rehearse over Zoom for their FYPOT show, Conversation with Magic Stones. photo by KATE NUELLE

drastically altered the way FYPOT was produced and put on. Yet despite the challenges, they never considered canceling the show.

“We had a lot of early conversations throughout the summer at our officer planning meetings about how we were going to do FYPOT, not whether or not we were going to do FYPOT,” said Anthony Tresca, a junior and the president of TUPS. “We knew that FYPOT is probably the most important thing that TUPS as an organization does the entire year.”

Since the beginning of summer, TUPS has gone through many different plans for what FYPOT was going to look like this year. They had

originally planned to put on a socially distanced performance in front an audience, but as the pandemic worsened they decided it would be best to perform virtually.

“We wanted to get as close to doing and emulating a live performance as possible, so we decided that we would use Zoom, although Zoom is not perfect,” said Tresca.

Although many changes have had to be made, there is a silver lining in the form of the new possibilities that Zoom introduces as an artistic medium. Basic aspects of theatre, such as dialogue, general interaction between characters, and staging, must be completely reimaged

and adapted in to fit a remote performance. Additionally, in an in-person performance, there is a team of people in charge of elements like lighting, sound, and prop design that help to bring the show together, but the remote theatre has fundamentally changed the way designers perform their roles. Even though these may seem like only more challenges to overcome, McGuire is looking forward to the innovation and creativity that will hopefully come from using Zoom as a new performance medium.

“It’s interesting to see not only how the shows have turned out but how everyone is using Zoom to their advantage,” said McGuire. “There’s going to be different shows that are just making fun of [Zoom]...If there’s an inconsistency with props, since everyone has to make their own, people will react to how it’s changed and play it for laughs.”

Overall, TUPS hopes that FYPOT helps to give students a way to connect with each other and make friends as well as create a sense of normalcy. According to Tresca, many students use theatre as both a stress reliever and safe space where they are free to express themselves without judgement. According to him, he stress students are already feeling with the pandemic and college in general would only be exacerbated if TUPS wasn’t there to provide them with support and community.

“Coming in as a first-semester college student is already scary enough, already lonely enough, and then you added in a pandemic that is isolating and soul-crushing,” said Tresca. “We have to be there, and we want to be there for the first-years.”

Apart from FYPOT, TUPS has big plans for the remainder of the semester. As a result of the isolating nature of remote learning, the organization is hoping to hold a variety of virtual social events and club hang-outs, whether it be through watching a movie, hosting a game night, or reading Shakespeare. TUPS is also looking to put on more virtual theatre performances and encourages people to submit ideas of their own.

FYPOT will be performed via Zoom on Sept. 19 at 8:00 pm. More information about TUPS and FYPOT can be found on their Instagram page @tups_official.

For the Record: The Wrecks’ debut album Infinitely Ordinary

The Wrecks’ debut album is anything but a wreck as it takes listeners on a musical journey.

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illustration by REN RADER

For the record, the origin of The Wrecks might be one of my favorite things about the band. Hailing from Thousand Oaks, California, the alternative pop-rock band has slowly been making a name for themselves in the indie/alternative music scene. However, they might not have found success at all if it wasn’t for the self-produced singles that they recorded while sneaking into a studio back in 2016.

After forming the band a week prior and with a total budget of \$0, the group had

no way to record their music effectively. However, when a friend of theirs mentioned they were house-sitting for a place with a home studio, they took advantage of the situation and snuck in at night to record three songs in three days. Those songs now make up their self-titled debut EP “We Are The Wrecks” and created a foundation for the band’s career.

Despite the initial popularity from their first release and an additional EP that came in 2018, it took the group nearly four years to release their debut album “Infinitely Ordinary.” Premiering on May 1 of this year, all 8 tracks on the LP are dynamic and make a lasting impression. Influence from the likes of The Strokes, Weezer and Cage The Elephant makes the record fun and authentic while also touching themes of relationships, love and the chaos of life.

“Freaking Out” might be one of the most unconventional songs to start an album. The opening lines, “In the bathroom, on my back / There’s a picture on the wall of Kanye West / He’s staring at me, he’s staring at me / I’m freaking out, I’m freaking out,” are humorously delivered and probably quite confusing if you’ve never listened to The Wrecks before, but when the chorus comes along, the band’s true sound shines through. Upbeat electric guitar and bass riffs create an instantly catchy melody that seems to oppose the lyrics. It’s a song that’s incited a few love/hate reactions and definitely requires a few listens to be appreciated fully.

The subject changes in the next few songs to focus on both the good and bad aspects of relationships. “Feels So Nice” explores that feeling at the beginning of a relationship when everything is going well, featuring the lyrics “Cause it feels nice / It feels so good / When we’re dancing around in your bedroom / And it feels nice / If it’s so good / We can live just like this if you want to.” That feeling doesn’t stay for long, however, as tracks “Out of Style” and “Fvck Somebody” speak to the bitterness of breakups and literally wishing your significant other would cheat on you so you have an excuse to leave the relationship.

Despite the interesting subject matter, the music is irresistibly catchy and fun to listen to. The fifth song on the album, ironically named “Four,” is a beautifully written piano ballad that is authentic and vulnerable. “Four” is one of my favorite songs on this record for the way it breaks up the style and sound. The mood changes again with tracks 6 and 7, “We All Get Lonely” and “This Life I Have.” The Wrecks show their angsty punk-rock side with saturated electric guitars and drum-heavy tempos. Finally, the album’s title track “Infinitely Ordinary” closes out the record with a classic alternative/indie rock tune that makes it hard not to sing along.

The Wrecks have come a long way from sneaking into home studios to record in the middle of the night. They’ve developed and diversified their sound while emerging as one of the up and coming alternative bands to keep an eye on. Despite taking nearly four years to formulate a debut album, I think they’ve succeeded in pushing themselves in the right direction and have given fans a reason to be excited about them in the future. Although “Infinitely Ordinary” is just over 22 minutes long, the record speaks for itself and is sure to give the listener something to relate to.

illustration by GRACEN HOYLE



Tiger student-athletes talk favorite sports movies

Favorites range from heartwarming underdog stories to laugh out loud comedies

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Typically, the Trinitonian reports on athletes' thoughts on games or their statistics and performances. However, since sports are on somewhat of a hiatus this semester, I have the unique opportunity to learn more about our student-athletes personally and see what they like and dislikes are. This week, we take a look at our athletes' favorite sports movies.

Movies can serve all kinds of purposes. They can provide a reprieve, giving someone a couple of hours of joy and a chance to escape from every day worries. They can make social commentary, make you cry or laugh and even inspire you. Sports movies especially seem to leave profound impacts on people's lives, from showing the power of teamwork to highlighting a team that shouldn't win yet shocks the world.

The following movies have impacted players differently, from serious messaging to simply providing a laugh.

McFarland USA

Based on a true story, this movie is about a predominately Latino high school cross country team working to win the state championship with their new white coach.

Taylor Kotfas, a sophomore track member at Trinity, explains how influential and motivating this movie and its characters

have been for her. During her high school state cross country meet, it began pouring rain in the freezing cold, but she thought back to the movie.

"I remember seeing the adverse conditions that these boys were facing, mentally, emotionally and physically ... well, I thought of that movie and what that team had to face. Then, I knew I could get through [the weather conditions], and I knew my team would be there with me," Kotfas said.

She elaborates that this movie has also impacted how she views running and relates to her teammates.

"I would say it has definitely made me appreciate my team so much. I have always been super loving towards my teams throughout high school and college, but it is the connections that I saw in that movie that really made me realize how important these people are to me. They are my family," Kotfas said. "I would also say that this movie made me realize how much I love to run and how much competing means to me. It is so important to work hard, but it is also the heart that you put into everything."

Dodgeball: A True Underdog Story

This comedy is about Peter La Fleur (Vince Vaughn), owner of Average Joe's Gym, who must enter a dodgeball tournament to save his gym. He faces off against the high-end Globo-Gym, owned by White Goodman (Ben Stiller) accompanied by an unlikely group of underdogs.

SPORTS MOVIE



illustration by **REN RADER**

"I like this movie because it's hard not to root for an underdog. So while there are many other examples, in real life too, of an underdog emerging victorious, this one, in particular, stuck out in my mind due to the incredible acting performances and wacky characters. I think it's not just funny, but an iconic film that helped set the tone for comedy to follow in the next decade," said Neil Verwillow, senior men's soccer player.

Verwillow has fond memories of watching *Dodgeball* whenever his family traveled and even entered in a dodgeball phase after watching it so much.

"I would attribute a lot of my competitive nature today from watching this and other movies like it. Nothing like an underdog story motivates you," Verwillow said.

Friday Night Lights

This movie is about a small-town Texas high school football team looking to win the state championship. It shows the adversities faced by the players, coaches and families of the team whose lives revolve around football. If you live in Texas or like football, there's a good chance you've seen this movie. Or perhaps you've read the book the movie is based on. Maybe you've seen the TV series adaptation. The point is, this is a classic story.

Annie Rose Leggett, senior volleyball player, explains that she loves this movie because it not only talks about football itself but also outlines many of the life struggles athletes experience while playing at a high-level. *Friday Night Lights* has served to motivate her and has informed her work ethic.

"They really emphasize the fact that it'll never be easy to reach your end goal, whatever it may be, and I find that very true in personal experiences with playing volleyball. It also showed me how those experiences along the way are what will build character and make you better, which is something I definitely live by as I work towards my own goals," Leggett said.

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Coach Daniel Martinez talks sports psychology

Head strength & conditioning coach seeks to motivate athletes on and off the field

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Daniel Martinez is entering his fourth year as Trinity's Head Strength & Conditioning Coach and Coordinator of the Sports Performance Center, as well as his first year as the Advisor for the Student-Athlete Advisory Committee (SAAC). Martinez holds an impressive resume, having worked with athletes in over 25 NCAA athletic programs and with professional strength & conditioning and sport science departments internationally. Martinez also competed in track & field at a collegiate level for the University of Texas-San Antonio (UTSA) and as an Olympic weightlifter.

Among his many certifications, Martinez has a minor in Sports Psychology and he is known for integrating sports psychology in his work with Trinity's student-athletes. As we enter the Fall 2020 season without intercollegiate competition, Martinez gave some perspective about the role of sports psychology in athletics during a pandemic.

What, in your experience, drives an athlete to grow and improve? Is it competition, success, community or something else entirely?

I think it can be influenced by all those things and more. If we attempt to reduce it to its essential nature, from a first-principles standpoint, I think we can have the biggest impact together if we can connect student-athletes with purpose, character and community/tribe. This has multiple levels across identity, as the big failure for many athletes, including myself in my time as a competitive athlete, is over-identifying with their identity as an athlete and leaving the

practice of pushing one's self to excel to that arena alone.

We articulate this false dichotomy simply as transactional vs. transformational action, which can occur at the coach/mentor and athlete/student level. We can have moderate success focusing on the transactional nature of sports performance, i.e., lift a little more, run a little faster this time, etc., but to truly exploit our full potential we need to go further and impact the transformational. There's a great Deepak Chopra quote that reflects this and has always resonated with me and it says, "If you use your mind, you

will change minds. If you use your heart, you will change hearts. If you use your life, you will change lives."

How do you think athletes can continue to motivate themselves when, due to COVID-19, there is no competition and practices must follow social-distance restrictions?

Well, the idea that there is no competition is false, it is just having to occur at a different level of experience. Competitions dedicated to a specific championship season are not happening, that part is true. However, as I

have communicated often to our student-athletes the word competition comes from the Latin word *competere*, which translates to mean "to strive together." We can still compete, and we can make everything we engage in our lives reflect *aretas*, which is a Greek term that loosely translates to represent the virtue of excellence found through competition.

We can still engage and compete every day at the individual and team level, but it certainly helps if we can communicate this clearly to our student-athletes in a way that they can connect with. We understand, as an athletic department, that, without championships to pursue, our current aims can feel listless. But our hope with this next block of time is to help inspire our athletes to in many ways allow their preparation to reflect more. That part is not lost on most of our student-athletes as they certainly understand the feeling of loss currently, and this has inspired many of them to reflect on what the opportunity to train and compete with their teammates really means to them. I think we have a tremendous opportunity to add this additional layer to their experience in the next semester and see that translate into more connection and cohesiveness as teams.

Do you think that, in the context of COVID-19 and the changes made to the fall season, team bonding and leadership development for student-athletes will be impacted? How so?

I think it has the potential to do that, yes, absolutely. But I also think we can look at it as an opportunity to take advantage of previously untapped resources that may actually improve our overall efficiency.

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DANIEL MARTINEZ is in his fourth year as Trinity's Head Strength & Conditioning Coach. He also serves as Coordinator of the Sports Performance Center and as the advisor for the Student-Athlete Advisory Committee. Martinez often integrates sports psychology into his work with Tiger athletes. photo provided by **DANIEL MARTINEZ**

Socially - distanced sports everyone can play

Opinion: Six fun athletic activities people can do alone or spread apart from others



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Sports all over the nation are being canceled or postponed due to COVID-19, but there doesn't seem to be much talk about sports you can play while social distancing. Sure you can do individual activities, but it's nice to know you have the option of participating in interactive activities with those you've been in quarantine with. So, let's get into it.

Walking

Walking is one of the most underrated forms of exercise. Without all the breathlessness that comes with running, walking gives you time for reflection that you wouldn't necessarily have otherwise. It's great to get your steps in while you're rushing to your next class, but be sure to set aside some time in the early morning or evening to spend time walking without any distractions. Counting steps is cool, but be sure you're allowing yourself the peace and quiet of walking without expectations or deadlines. Walk with a friend and you'll be deep into conversation before you know it.

Be sure to be mindful of people passing you on the street and always maintain 6 feet or more of distance.

Rollerblading

Okay, I'll admit, this one can be difficult, especially if you're an amateur roller-blader. It becomes easier the more you practice, though, so be sure to keep at it. You'll want to invest in safety pads and a helmet, you wouldn't want your leisurely afternoon to become a nightmare trip to the E.R. Trust me, all the falls, scrapes and bruises are worth it. Eventually, you'll be a good enough skater that you'll be able to skate the sidewalks of your neighborhood as you listen to your favorite musical artists.

Bike-riding

There's nothing like a good bike ride to alleviate some of your stress and make you feel like you're the quirky side character in an early 2000's comedy. Bicycles can be pricey, but if you can afford to get one, you'll soon find yourself daydreaming as you pedal away into the sunset. Don't daydream too much though. Keep your eyes on the road! You can schedule an early morning or evening bike ride to avoid the sweltering heat.

Tennis

Ever wondered what it was like to win a national tennis championship and beat your opponent by a large margin? No? Well, I guess I'm projecting. Even if you're not looking to win a championship match, tennis could be the perfect team sport for you and your friends. If you're just looking to play for fun, the kind of racquet you get doesn't really matter, so you don't have to go all out and spend \$80 on a racquet. Not only is tennis a fun sport, but it's naturally socially distanced too—perfect for our current times.

Soccer

Even if you've never played soccer before, playing with someone in your household can be a great way to bond. You can go at your own pace and you don't even need to have a real net. Set up your own net with objects lying around your house, and start trying to score goals! What's great about playing with your friends is that unless they're part of a soccer team, you'll more than likely be on the same level. So take it at your own pace, and be mindful of social distancing if there are other people playing near you.

Guided Meditation

This is more of a mental exercise, but it is deeply underutilized. Meditation on your own can be great, but if you have a wandering mind like me, guided meditation can help keep you focused and achieve ultimate calmness. Additionally, the affirmations provided in each session can help provide you with a new framework of thinking. If you're recovering from last week's tennis match, take some time to work on mental exercise. You won't regret it.

illustration by **REN RADER**



Martinez motivates student-athletes

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I have used a resiliency example with our teams that reflects this in the great pyramids and a coral reef. The great pyramids represent a resiliency that is resilient, but unchanged over time. A coral reef is an example of another type of resiliency, one of resilience changed, where the reef becomes more robust over time with stress. So the only way we cannot continue our growth process is if our systems do not have sufficient complexity, making them brittle and less responsive to change (resilience unchanged). This is novel stress to be sure, and a challenge I don't think any of us want to engage in again for the remainder of our lives. But we are not leaders if we cannot channel optimism in this that we will make the best of our time.

One of my favorite quotes that reflects this duality is from former prisoner of war and Vice Admiral Jim Stockdale, who said, "You must never confuse the faith that you will prevail in the end, which you can never afford to lose, with the discipline to confront the most brutal facts of your current reality, whatever they might be." Blind optimism will not help us get through this next semester. There are challenges that remain that we cannot fully comprehend yet. We do not even know that we will be able to train and practice completely through this next semester without interruption. But one thing we do know, and have embraced as an athletic department, is that if we do not honor the ProtecTU health pledge, and if we do not follow our COVID-19 protocols and procedures then we will not have a chance.

How does learning about sports psychology help student-athletes improve? Can this continue during COVID?

Mindset is one of the four pillars that we communicate are important to a successful competition orientation, which reflects the

comprehensive focus we believe necessary to sustainable growth and, ultimately, championship performance: mindset, nutrition, performance, and recovery. I have told our student-athletes that, while I have always enjoyed the visual of pillars, it is probably more effective to think of them as buckets to be filled. Often, we can get carried away focusing on the performance bucket, pushing hard in training and competition, while neglecting to fill the other areas.

This can be a difficult thing for student-athletes as sometimes they may want to compartmentalize their sport involvement, i.e., show up to practice, go hard, and then move on to the other areas of their campus life. But while embracing the challenge of being a 24-hour student-athlete may sound overwhelming, the discipline found in that process can lead towards greater balance and harmony demonstrated in their daily life experiences, ultimately resulting in true personal freedom. The rub is that change can be difficult, as many of our habitual processes run our individual programming. There is a great Warren Buffet quote that says, "the chains of habit are too light to be felt until they are too heavy to be broken."

Another of my favorite quotes is, "the ability to learn faster than your competition is the only sustainable advantage." I minored in sports psychology in undergrad and loved it, but after that I probably knew just enough to be dangerous professionally. My continued commitment to learning around sports psychology is based on my orientation as a coach, which means that I want to take advantage of every possible area to help our student-athletes learn and grow, to teach them to learn, train, and compete without barriers... As I hope my previous responses have demonstrated, we do not want to let them down and we cannot help our student-athletes improve the way we know is possible if we allow for barriers like mindset to get in the way of their growth.

Sports movies that Tigers love to watch

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Talladega Nights: The Ballad of Ricky Bobby

This comedy is about the NASCAR superstar, Ricky Bobby (Will Ferrell), who loses it all after crashing during a race. After the devastating setback, Ricky must face off against his biggest competitor with the help of his friends and family.

Shamzi Alkaff, a senior on the men's swimming and diving team, states that this is his favorite sports movie because of its ability to create laughs while sending a message.

"It combines comedy with sports and teaches many important life lessons. I remember watching this movie on my couch with my friends. I can recall us getting emotional throughout the movie because the story was so compelling. I laughed and cried throughout the movie but in the end, I rejoiced because the ending was so happy," Alkaff said.

Talladega Nights, a movie filled with an endless amount of memorable quotes, taught Alkaff important lessons about family and perseverance.

"Ricky was at the lowest point of his life after his crash. He even got fired from being a pizza delivery driver. Even though Ricky's father left him, he still taught him valuable lessons that helped Ricky on the road back to success," Alkaff said.

While there are countless other sports movies out there, it was great hearing about students' experiences with each of these movies. It's clear that sports movies have the ability to make a mark on people's lives well beyond the field.

If you find some free time any time soon between all your homework, club meetings and social distancing, make sure to watch these and see what all the fuss is about!

Did you not see a sports movie you love in this story?

Send us in your favorite sports movie and we just might talk about it in an upcoming issue!

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