Shots fired at Puget Sound Security Officers, man arrested

By Ella Frazer

Gun violence on college campuses has become a reality for many people in the United States, and the Puget Sound community is no exception. According to The News Tribune, 21-year-old Alex Kjellesvik, not a student at the University, has been charged with two counts of first-degree assault, exhibiting violent behavior at this time.

Eventually, Kjellesvik left the vehicle at North 13th Street and Lawrence Street and began walking toward Alder Street. Security followed at a distance and was in contact, with Tacoma Police Department (TPD) by radio. When the suspect crossed Alder, according to Badham, he then turned and fired shots at the two security officers. The officers were able to quickly move behind a tree and were not hit by any bullets.

No one was hurt in this incident, which Director of Security Todd Badham attributes to the way the situation was handled by security staff. “I don’t think we could have hoped for a better response,” Badham said.

Not only did the two full-time security personnel remain vigilant and aware of the situation as it developed, but they were also in contact with TPD from the very beginning. "The primary goal is to both stand in solidarity with sexual assault survivors and create a space for students to freely express emotion surrounding the shooting. Many students were concerned with the wellbeing of the greater community of students, faculty and staff in the days after this incident."

On the evening of Tuesday, Nov. 3, Segawa, Badham and a number of other staff held an event to address student concerns and create a space for students to freely express emotion surrounding the shooting. Badham and Dean of Students Mike Segawa have also attempted to improve communication flow and address the emotion surrounding the shooting.

On the evening of Tuesday, Nov. 3, Segawa, Badham and a number of other staff held an event to address student concerns and create a space for students to freely express emotion surrounding the shooting. Many students were concerned with the wellbeing of the greater community of students, faculty and staff in the days after this incident. On the evening of Tuesday, Nov. 3, Segawa, Badham and a number of other staff held an event to address student concerns and create a space for students to freely express emotion surrounding the shooting. Many students were concerned with the wellbeing of the greater community of students, faculty and staff in the days after this incident.

Over 200 march for Take Back the Night

By Casey O’Brien

Every two minutes, someone is raped in the United States, and a third of women in Washington State have been raped in their lifetime. 90% of college-aged survivors know their attacker, according to the Washington Coalition of Sexual Assault Programs. According to Security Services’ Annual Report, 7 rapes were reported on campus in 2012 complaining that notification was sent in a timely fashion. Tacoma News Tribune, two students contacted Security Services officers following the shooting in 2012 complaining that notification was sent in a timely fashion. They said that with the suspect in custody directly following the incident, there was no need for the campus to go

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Over 200 march for Take Back the Night

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survivor, it was extremely important to make the space accessible for all survivors, and not frame the march as a woman-only event. Trans and non-binary people are frequently not included in conversations on violence, and often feel the need to not be included in discussions at all—despite people of all gender identities experiencing power-based personal violence. Doing so, Segawa said, helps draw attention to the high rates of woman-identified victims, but it’s also important to acknowledge men, trans & non-binary people, Conrad said.

A crowd of students attending identified as men, women and many other gender identities, and for some, this gender diversity was a reality of the event. “It’s so cool to see cis men here, taking responsibility for the culture we live in and their part in it,” sophomore Sam Bainbridge said, who attended the march this year and last.

Over 200 students showed up to demonstrate their support, making posters that read things like “Shatter the Silence,” “Consent is Necessary” and “We’re all here for the survivors.” Student Grace Shively, who has attended Take Back the Nights both years since she began at Puget Sound, said, “It’s really wonderful to see more than double the number of people that were here last year.”

Badham and Executive Director of Health and Well-Being, Heather Wyatt and marched through campus shouting chants about ending violence and rape culture. When passing the president’s house, the students yelled, “Out of Ron Thom’s house, into the night! For a world where women’s voices are heard!”

This altar, organized by Latinos Unidos and Queer Alliance, was a woman-identified and empowerment for survivors. “Survivors are all around us. We everywhere,” Ackerman said. The march ended with a “speak out” for survivors of sexual assault—an openness forum where people shared their stories, often to loud applause.

“We’re sending a message that sexual assault is to have our voices heard and validated,” said Conrad, “The most important thing for survivors of sexual assault is to have our voices heard and validated. Having a public forum for that is important and important for survivors.”

We called it ‘The Death of Diversity’ to represent the voices of marginalized voices on campus... We are ignored, we are invisible, we are unimportant. The altar allowed us to celebrate and share our culture with the campus community, but also express our experiences and struggles of students from color.”

Death of Diversity Altar in the SUB

By Olivia Langen

While Dia de los Muertos traditionally consists of students, artwork, narratives and photographs from students in clubs including the Black Student Union, the Asian American Student Union and Queer Alliance.

We wanted to make a statement this year with the altar,” sophomore and president of Latinos Unidos Amanda Diaz said. “We called it ‘The Death of Diversity’ because it’s so much about the voices of marginalized voices on campus. Many of us feel like we are both living and dead at the same time. We have our experiences, yet we are treated like we’re dead. We are ignored, we are invisible, we are unimportant. The altar allowed us to celebrate and share our culture with the campus community, but also express our experiences and struggles of students from color.”

Dia de los Muertos is a celebration that was originally coined by the indigenous populations in Mexico and spread throughout Latin America.

We usually celebrate Dia de los Muertos with an altar commemorating those who have passed in our lives by putting their favorite foods and their favorite activities on the altar,” Diaz said. “The indigenous population believed it would attract the spirits of the people that have passed on.

The historical significance of this holiday is often overlooked by U.S. citizens, as it is observed soon after Halloween.

“A common misconception among people who are unaware of Latino culture is that Dia de los Muertos is like a Halloween for Latinos,” Diaz said. “This is mostly because it’s near Halloween and there’s a lot of skull imagery and mention of death. But really it’s the complete opposite of Halloween. It’s a celebration of life, and it’s a reminder of the people that have left us. It’s a time for you to reflect on who left this world, so we can commemorate those families and friends. In particular, the Latinxs who died, and we wanted to use this altar to educate students about the holiday and spark conversations about the topic of diversity and representation.”

The altar received quite a bit of attention, “co-creator and student of color Madeleine Gathman said. “Every time I looked, there was somebody observing it. We got a lot of people sharing pictures on Facebook and recommending friends to check it out. Over the weekend there were many families observing the altar and taking in the display.”

This includes office areas and residential spaces.
- Seem your residence and/or room — especially at night while sleeping.
- Always immediately report suspicious activity to Security Services or Tacoma Police.
- Security Services is open and staffed 24/7 to serve the university community.
- Utilize the Security Consulting Escort Service if you find yourself in a threatening situation.

WHERE TO FIND THE TRAIL

BLACK BEAR YOGURT
BLUEBEARD COFFEE
CAFE BOURSEAU
METRONOME COFFEE
SHAKABRAH JAYA

Over 200 march for Take Back the Night

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Our first obligation is to deal with the situation,” Badham said. “We’ll try to do several things simultaneously, which means communicating information out, but being very careful when the incident occurs, and the resources I have on campus and the magnitude of the incident. We want to minimize the potential for information to be leaked and communicate with the campus as it’s going to vary.”

Concerns have also been raised by students both regarding the actual language used regarding the possibility of the University arming full-time Security Staff in response to such incidents of violence. Segawa noted that he, Badham and Executive Director of Community Engagement and Associate Vice President for Business Services John Hickey are constantly in discussion of how to properly equip and support staff.

“Armed guards, get us those vests and pepper spray!”, Segawa said, “which would include things like Tasers or any other weapons that we need [W]ant to have a community conversation.

That’s the piece where the plan [would be] written out and developed to identify where to go in terms of community meetings, group meetings and residential meetings,” Segawa said, “by what things are about how people are feeling about safety and security on campus.”

Segawa notes that he has not had any conversations at this point about equipping security staff with any additional weapons or tactical equipment.

Badham notes that it is important for campus members to utilize resources, such as the Annual Security Report, that include plans and informational videos, and take steps to educate themselves on how to respond to such incidents of violence. Segawa noted that he, Badham and Executive Director of Community Engagement and Associate Vice President for Business Services John Hickey are constantly in discussion of how to properly equip and support staff.

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The students left from Wyatt and marched 13th and Alder Streets. No one

By Kaitlyn Vallance

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Opinions

November 13, 2015
trailops@pugetsound.edu

Stop complaining about the vegetarian options at the SUB

By Nicholas Smit

T here’s a food fight on campus between the Diner staff and onlookers of vegan, vegetarian and food-allergy students— and both sides are actually winning.

On-campus students are required to purchase a meal plan; thus, students get a sizable discount on food bought at Diversions, Oppenheimer, the Cellar and the Diner. The Diner being the primary food hub with a vast menu of options.

Clearly, if students are forced to dish out money on a meal plan, they’re concerned and not have enough different foods so that all can eat. It’s basic equity.

Every year many food-allergic students were paying in without pay-off.

That’s why, when the SUB underwent a complete kitchen remodeling last school year, Executive Chef Brian Sullivan said providing for students with allergies also had to be—and was —seriously addressed.

There’s a huge need for allergen-free food. I’ve been here three years and every single year that I’ve been here the number of students with food allergies grows tremendously,” Sullivan said. “If we don’t provide for that, then they can’t eat somewhere else.”

The Diner is now equipped with the “Allergy Friendly” station, which supports its own separate kitchen to prevent cross-contamination with the top eight common food allergies.

It is unquestionably a more towards equity, but many students saw two steps forward and one step back. Notably, the vegetarian station was gone, and with it an obvious and guaranteed provision for vegetarians and vegans.

“I was kind of disappointed because it feels like the vegetarian options are now very limited,” Senior Elena Wadsworth said.

He shows students who approach him the upcoming weekly menu and gives them a tour of the stations as reassurance that the Diner is providing a diverse array of vegetarian and vegan foods at all times of the day.

New this year is a revision of the protein-dish policy at the Chef’s Table, reducing the former two protein-dish policy to one protein-dish alongside a permanent vegetarian or vegan entrée.

“Of our Chef’s Table, we have Jamaican jerk pork steak, and we also have a tofu steak which is really, really good. We just tried it. I’m not big on tofu but the jerk marinade on it is really good,” Sullivan said.

The Asian Station also has the new policy of one permanently vegetarian or vegan entrée at each meal. The Grill always has vegetarian and vegan menu items and now boasts separate flyers for each. One of the two soups is always vegan, and the Sandwich Station and Latin American Station have new and diverse options as well.

It’s safe to say vegans and vegetarians can eat at the Diner, even with the disappearance of the Vegetarian Station—arguably, they now have more choices. So why do the complaints persist, and should the Diner react?

Wadsworth explains that two things are limiting her and many others’ meal options; the first is less to do with availability and more to do with perceptions.

“I don’t necessarily go to the Chef’s Table because I have the assumption that it’s still meat entrees, so I don’t even check it out,” Wadsworth said. “I didn’t know that they have tofu steaks and different things.”

So, returning students just have to adjust to a more scattered vegetarian menu. For first-years, unaware that a vegetarian station even existed, being vegan at the Diner is easy.

“As a vegan, I thought it would be very hard in the beginning, but I’m living quite fine,” Gherman said.

“Wadsworth said. “I walk along looking for the little green dots [denoting vegan items] and so far so good.”

“The salad bar is usually pimpy’ and they have all those organic smoothies. Those are so helpful. They are expensive and they are wiping out my dining dollar bar if you are just focusing on those food groups it’s okay,” Gherman said.

The second, and far more important problem many students face is when they have both allergies and a vegetarian or vegan diet.

“I’m also gluten-intolerant and lactose-intolerant so sometimes they just assume it can be pasta everywhere and that doesn’t work out for me,” Wadsworth said. “They’re very gluten-centered with their vegetarian options.”

“When I go to the SUB, what I see is meat, tofu, and gluten. And the tofu is great for people who are vegan, vegetarian and not allergic to everything, but I’m allergic to soy,” senior Kaylene Barber said.

Barber has a list of allergies: a mile long, including uncommon ones such as soy, legumes, gluten and pistachios. Finding any food at all in the Diner has been a struggle for her.

“I was excited when I first heard about the Allergy-Friendly Station and then after I became vegan I really couldn’t eat anything there,” Barber said.

I became vegan I really couldn’t eat anything there,” Barber said.

Th eir biggest weakness is how unpublicized all their efforts are. Gherman has some pointers as well.

“Breakfast is, for the general population, meat and eggs. It would be really cool if they had alternative milk options, some healthier branded cereals. Their fruit game is also pretty weak, it doesn’t taste good and the quality is pretty low,” Gherman said.

Surprisingly, the Diner has a special offer for people like Barber: an individual menu, crafted by the student in collaboration with the allergy-friendly staff. At every meal on every day, the student can visit the allergy-friendly staff to receive their uniquely prepared dish.

Only three students were on the list. Barber, as of Nov. 2, makes it four people. As half a dozen Dining Staff came to check her allergies and accommodate her needs, she started tearying up.

Beginning Nov. 9, Barber will have a safe and stress-free source of healthy food. Others who have a similarly problematic list of allergies should talk to Brian Sullivan or other head Diner staff promptly.

“In my mind, we hit two birds with one stone,” Sullivan said. “We ramped up our vegan and vegetarian items, and we also provided a safe place for people with food allergies to eat at every day.”

The Diner has certainly done a lot this year to provide for vegans, vegetarians and food-allergy students, but there are still issues of equity. Wadsworth’s observation that gluten-intolerant vegetarians have limited entrée choices is one such problem to resolve. Gherman has some pointers as well.

Overall, the Diner scores an A for effort. Their biggest weakness lies in how unpublicized all their efforts are, to the point that people don’t eat in the Diner who easily could and would be satisfied.
To the Editor of The Trail,

The Associated Students of the University of Puget Sound did not represent the interests of all students on this campus and has repeatedly shown that they do not seek to integrate the issue. While ASUPS certainly has issues beyond the scope of what will be discussed here (R2) and believe that our topic of this letter is the events that followed ASUPS student programming bringing a Mariachi band to the SUB during lunch on Thursday, October 22nd. For those unfamiliar with the incident, the lack of respect for the performers and for the culture that surrounds Mariachi music shocked members of Puget Sound's Latino community and their supporters. The idea of bringing Spanish music to UPS was not inherently bad, but having the band perform at the SUB during lunch reduced the program to a sideshow simply meant to entertain in the background culture so acute that it left several members of our campus’ Latinos in tears.

While the event itself was, to put it lightly, a representation of offensive, micro-aggressions, it is the way that ASUPS handled the reaction to this situation that I take the most issue with. These problems began soon after the incident occurred, with an email sent from an official ASUPS email account. The email, received by Latinos Unidos co-president as a result of our executive action, was actually written by ASUPS and we send it to a Facebook post to Ms. Díaz’s personal Facebook page about the Mariachi band. This email would have been the perfect opportunity to take responsibility for the event and while reaching out to outraged members of the community to understand the reaction, what was actually written defers any responsibility for the reaction. This was a clear misfire and the email was to shift the blame as far as ASUPS possible, and it should be acknowledged as less of an issue. This is unacceptable in what should have been a humble apology.

But the mishandling did not stop there. Five days later, Ms. Díaz received another message from an ASUPS employee, one a thoroughly unapologetic response. Rather than display an "opportunity" perspective on the event. “One week later, on Thursday, October 29th, members of Latinos Unidos were present at formal senate to petition the senate to issue an official and public apology for the incident and for not informing the Latino community of the event.”

While the Senate’s reaction to the testimony was outwardly positive sounding, the language used was patronizing and ultimately empty.

The most egregious aspect of this language was how times I and the others I stood were reminded how “brave” it was of us to come before the Senate to voice these concerns. Fear is not a feeling that should be associated with marginalized groups and political senators serve to represent the students of this university not as something routine, not extraordinary, for a group of people to share their view with another attitude is not constructive to ASUPS representing the campus community as the perfect opportunity to take responsibility on the students reacting to the appropriation from the organizers of the event. This passage of the email not only damaged the marginalized identity, we feel our university. It is immoral that our university, but in excess of the most professional benefitted by this increase. The ability to be upwardly social mobility by working at our university. It is immoral that those who have the most to gain are made the most professionally by this increase. The ability to be upwardly social mobility by working at our university.

In order to sustain a lifetime of intellectual curiosity, our time ought not be impeded or prohibited. Student loan recovery from student loan debts that could have decades of serious consequences on lives. That, however, is an issue that could be solved by expanding high recovery happens in the form of wage garnishment.

While some say that, if our next president is a person of an underestimated or marginalized identity, we feel that this increase in wages for the lowest paid need not come entirely at grave expense for the new president. We believe that it is necessary to reward those who are leading the direction of our university, in addition to the lowest paid employees receive is excessive. This is not intended to diminish the priorities or identity of the next president, should they be representative of the community unconditionally not sustainable, nor are inevitable increases in revenue necessary for the mission of academic curiosity.

Thoughtful moral discourse brings us to those who are forgotten when tuition is raised. As a result of the low wages, salaries are expanded, it means that our university’s pay scheme benefits those already entitled to the privilege of a livable wage, denying those who would be most benefitted by this increase the ability to be upwardly social mobility by working at our university. It is immoral that those who have the most to gain are made the most professionally by this increase. The ability to be upwardly social mobility by working at our university. It is immoral that those who have the most to gain are made the most professionally by this increase. The ability to be upwardly social mobility by working at our university.

The moral argument can further be made that the way our system works now is oppressive and repressive of traditions. Those who have the most to gain the most at stake, and the most to gain, in this hope that there will be a chance to get a new car, attend further education, or make advances in their lives. We can empower that. We can counter trends in comparable for-profit corporate the letters. Our contemporary values here are being communicated by our university and we need to make a statement, until we can make a values statement beyond the mission statement of the University it is our hope to exercise our voices on behalf of the students. By represent to say that our student tuition dollars should go to those who have come to this university to better themselves and their communities; our home.

Our communities will be tested after graduation, as the mission statement states, to be democratic citizens. While some say that, if our next president is a person of an underestimated or marginalized identity, we feel that this increase in wages for the lowest paid need not come entirely at grave expense for the new president. We believe that it is necessary to reward those who are leading the direction of our university, in addition to the lowest paid employees receive is excessive. This is not intended to diminish the priorities or identity of the next president, should they be representative of the community unconditionally not sustainable, nor are inevitable increases in revenue necessary for the mission of academic curiosity.

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We have a privilege to be here to access the facilities and opportunities of our education and our university. That is not true for everyone in our campus community. University senators serve to represent the campus community, and we need to make a statement, until we can make a values statement beyond the mission statement of the University it is our hope to exercise our voices on behalf of the students. By represent to say that our student tuition dollars should go to those who have come to this university to better themselves and their communities; our home.

This is a test of democratic citizenship. This is what our university is geared toward, as an institution, for its students.

And, while the word “sorry” might have been used by individual senators to describe how they felt about the incident, that feeling alone does not provide any of them to put forth a measure to issue the official apology requested by Latinos Unidos that day. As it is, the only official response to the outrage surrounding the issue has been the email sent to Ms. Díaz, despite recent commitment from ASUPS to issue an official apology.

This lapse in accountability is unacceptable, the preamble to the ASUPS constitution itself lists as its purpose to provide a student voice through representation, foster a sense of community among the students of our purposes thoroughly unexecuted in this instance.

Thank you,
Nicolas Rothbacher

nicotbacher@pugetsound.edu

In conclusion, a Senate, if we are rising to this test of democratic citizenship.

Respectfully submitted,
ASUPS Senator-at-Large Kyle Chong

kkchong@pugetsound.edu

Note from Senate Chair Lydia Brea

The ASUPS Senate voted to endorse this letter of rationale and support for the passage of the concurrent resolution with the faculty senate concerning the fair pay ratio.

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Mental health affects all aspects of life, from physiological functions like appetite and reaction time to thought processes, interactions and sense of identity, which for many people includes gender and sexuality. The anxiety of being perceived as different to the perceived flaw itself, or from the perception of others, can result in a lack of desire to have sex or a desire to have sex in order to validate oneself.

**Bipolar disorder**

Bipolar disorder manifests itself with alternating phases of depression and mania—or hypomania, a less severe version—that may vary significantly in length and intensity. The depressive episodes are similar to those described above. Manic episodes, however, may include an increased sex drive and a tendency to engage in ‘pleasurable,’ ‘risk-taking’ behaviors such as unprotected sex, which can have both physical and emotional consequences. They may also include a general period of hypersexuality—extremely frequent or suddenly increased sexual urges or sexual activity, including excessive masturbation, hook-ups, viewing pornography and a general obsession with sex, claims John M. Grohol, Psy.D.

Regarding sex, the manic episodes of the depressive episodes may not seem like much in themselves, but the combination of the two can have a heavy impact on the individual and the relationships they have with other people. A lack of sexual desire for months may be followed by a few days of extremely high libido. A relationship may begin when the bipolar person is hypomanic and has a relatively high sex drive, and then they might plunge overnight into a depression that includes an aversion to sex. The perceptions of these behaviors as cold, irresponsible, confusing or finicky often affects the relationships and the bipolar person more than the sex—or lack thereof—in itself.

Even without specified disorders, a negative body image for any reason, often connected to anxiety/depression, can impact how desirable one feels, which can result in a lack of desire to have sex or a desire to have sex in order to validate oneself.

**Borderline Personality Disorder**

Borderline Personality Disorder (BPD) fits into the category of somatoform disorders—which include anxiety and OCD—and involves a patient floating on a part of the body or the body overall that they perceive as flawed or ugly. This can be construed to obsessive thoughts resulting in further compulsive actions such as skin-picking or looking in the mirror, according to The Anxiety and Depression Association of America. The feeling of ugliness due to the perceived flaw itself or from the resulting problems may make one feel undesirable and depressed or anxious about having sex; it overlaps significantly with societal pressures and what bodies are deemed normative by society, claims Katherine Phillips in her book The Broken Mirror: Understanding and Treating Body Dysmorphic Disorders.

BDD sometimes overlaps with gender/body dysphoria, which, while not a mental illness or disorder in itself, does affect mental health in that it is often a major source of depression, anxiety and obsession in transgender individuals. However, trans advocate Kate Callahan of ROYGBIV, the

**Mental illness & sexuality**

By Natalie Scoggins and Kaitlyn Vallance

mental health is associated with the experiences of asexual and gender nonconforming people, which are often related to genital and secondary sex characteristics—Adam’s apple, breasts and so on—which can affect a transgender person’s comfort and desire to have sex.

Borderline Personality Disorder: Borderline Personality Disorder (BPD) falls under the umbrella of Emotional Dysregulation Disorders, which include bipolar disorder and attention deficit hyperactivity disorder (ADHD). While bipolar disorder and borderline personality disorder share certain clinical features, such as impulsive actions and mood swings, BPD is often described as emotionally and physically abusive in relationships. Borderline personality disorder is characterized by intense and unstable relationships. Psychcentral.com provides resources on maintaining healthy relationships and managing emotional closeness with others, leading to attachment patterns in relationships.

Unfortunately, the intense reactions of BPD individuals can be perceived as coldness to others, leaving the partner abandoned by the partner. Since BPD individuals experience intense emotional reactions, they strongly desire intimacy and relationships. Commitment to partners can become romanticized in popular culture. Movies and television portrayals of (what can be described as) BPD depict mood instability and controlling behaviors with erotic passion and sexual allure. BPD individuals often use sexual encounters as means of proving self-worth or guaranteeing the loyalty of a partner. On BPDFamily.org, Roger Melton describes how BPD-related passion and commitment should not be seen as something sexy, but as a survival mechanism: “The intensity of [her] erotic passion can sweep you away, but once the storm is dodged. One side of it comes from the instinctual built-in, turbulent emotionality of her disorder… But the other side of her is driven by an equally infinitesimal and concentrated need to control you.” Due to the nature of BPD, sexual relationships can frequently be difficult to navigate, but BPD is very treatable, with many people maintaining healthy relationships once attaining treatment.

Other Personality Disorders

Narcissistic Personality Disorder (NPD): While NPD and BPD fall into the same cluster of personality disorders—cluster B—NPD is not characterized by mood fluctuations or impulsive behaviors; rather, those with NPD are characterized primarily by exaggerated feelings of self-importance and entitlement. Alexander Burgemeester describes the narcissistic personality disorder in his article “Sexual Attitudes of a Narcissist. Sex and the Narcissist.” He claims that, due to the narcissist’s desire to be admired and felt desirable, they manipulate others with NPD use relationships as a means of self-esteem regulation and proof of desirability, not because of feelings of love or intimacy. Sexual relationships and erotic displays are important for individuals with NPD because they offer a way of attracting attention and exerting power through their ability to seduce others. Somatic or hypersexual narcissists will use serial sexual conquests as a means of constantly affirming those feelings of desirability and control.

Individuals with NPD are often described as emotionally and physically abusive in relationships because of their intense and unstable relationships. Form meaningful emotional connections with partners, but these people are capable of forming meaningful connections with others, leading to attachment patterns in relationships. Psychcentral.com provides many treatment options for people with NPD and cite group therapy as one of the best, as it allows the therapist to develop empathy in a non-confrontational way.

Similar to NPD is histrionic personality disorder (HPPD), a condition in which an individual acts in an exaggerated manner in order to draw attention to themselves, asserts Fred Berger, M.D. Acting seductively or sexually is a commonly-noted symptom, as well as a need for reassurance and approval.

The Effects of Medication on Sexual Desire

Just as mental illness can affect sexual desire and arousal, the medications meant to help neurotypical individuals can have a huge impact on sex drive. In Dr. Arson B. M. emotional article “7 Meds That Can Wreck Your Sex Life,” among other types of medications, Dr. Neil J. describes the effects antidepressants and antipsychotics on patients’ sex drives.

* Antidepressants

Antidepressants, while often prescribed to those living with depression, can also be prescribed for a variety of other psychological and physical problems, including anxiety disorders, OCD and chronic pain. Dr. Neil J. describes the various types of antidepressants available, but makes clear that antipsychotic drugs can cause problems with all normal sexual functions. Because antidepressants block acetylcholine, serotonine and noradrenephrine, patients taking antidepressants may experience a decrease in libido, impotence and an inability to ejaculate. Difficulties with sexual desire and performance are not an inevitable outcome to taking antidepressants, but if you do experience a sudden change in sex drive after being prescribed antidepressants, talk with your healthcare provider about a possible change in dosage or a holistic therapy option.

Antipsychotics

Antipsychotics are primarily prescribed to treat schizophrenia, bipolar disorder and psychotic depression. Like antidepressants, antipsychotic drugs work by blocking certain brain chemicals from relaying signals between nerve cells. Antipsychotics block dopamine, “a brain chemical that helps regulate emotional responses and control the brain’s reward and pleasure centers,” Dr. Neil J. wrote. Coupled with the increase in the hormone prolactin, this can lead to problems maintaining arousal, reduced libido and difficulty orgasming. Neil J. also notes that since many of the psychiatric conditions which antipsychotics are meant to treat often have sexual problems as symptoms, it is difficult to know what is caused by the original condition and what is caused by the antipsychotic drug. Similarly to antidepressants, if you experience a sudden change in sex drive after being prescribed antipsychotics, consult with your healthcare provider.

While it can be frustrating when medications cause problems with sex drive and arousal that may not have occurred before taking prescription medication, always talk to your healthcare provider before you stop taking a medication. Seriously consider the positives and negatives of any decisions you make to make an informed decision about whether the benefits of having your sex drive returned to its previous state outweighs the benefits of your medication.
The seats in the room steadily filled with Puget Sound students dedicated to social justice issues ranging from feminism to racial equality to LGBTQ+ rights. The students kept checking the back door, eager for the guest to arrive and anxious to discover how disability justice has a home in just about every social issue faced today.

On Nov. 7, Mia Mingus presented a lecture titled “Beyond Access to Liberation: Disability Justice,” that aimed to change the way the community viewed disability and domestic issues of disability justice with racism, sexism and other structural forms of violence.

Mingus is a writer, community educator and organizer working toward disability justice and transformative justice responses to child sexual abuse. She is also a queer, physically disabled Korean woman and a transracial adoptee who was born in Korea and raised in the Caribbean and the southern U.S. She now lives in Seattle.

“Students have been talking to each other about how physically and financially inaccessible Puget Sound is, but we really haven’t talked about how that can be changed,” diversity and programs coordinator at the Center for Intercultural and Civic Engagement Rory Wong Jacobs said.

Wong Jacobs wanted to give students the opportunity to see these feelings and opinions represented more concretely on campus. Thus, the University invited Mingus to campus in hopes of spurring conversation, and potentially action, on issues of disability.

In her lecture, Mingus defined a disabled person as any person who falls outside of what a given society defines as normal/able and who is subject to social treatment and perception of disabled individuals.

“With this definition, she set out to reshape the work done by individuals striving to better the lives of disabled individuals,” diversity and programs coordinator at the Center for Intercultural and Civic Engagement Rory Wong Jacobs said.

“The prizes were amazing and I know that members of RHA worked really hard to make them happen,” first year Nat Livingston said. “With performances from student music groups, KUPS DJs and student dance troupes, hundreds of students came together to help raise money for the RHA and the Associated Students of University of Puget Sound.”

“The RSA and RHA put this event on to bring the community together for a night,” Krolopp said.

Want to learn more?
Follow Mia Mingus on Twitter or check out her blog @miamingus
https://leavingevidence.wordpress.com

Casino Night fundraiser a success
By Eada Gendelman

With the weather getting colder and the winter months rapidly approaching, the Resident Housing Association (RHA) seems to have chosen the perfect theme for this year’s annual Casino Night fundraiser. On Nov. 7 from 7 p.m. to 11 p.m., students had the opportunity to enjoy the fun and classic casino games while enjoying a “summer nights” theme in Lower Marshall Hall.

“We spent four weeks preparing this event for the student body,” said the decoration committee chair top notch,” first year and Schutt/Harrington RHA president Justine Loye said. “We used 20th century Havana as inspiration for the building.’

“The event offered roulette, blackjack, poker and several other casino games alongside a raffle, in which students had the chance to compete for various prizes provided by local companies and businesses. Top prizes included gift cards, gift baskets, a GoPro camera and a helicopter tour of Seattle.

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“With so many students in attendance, the “summer nights” theme proved to be a huge success. The majority of the money raised will go towards planning future RHA events.

“I always go to school events thinking it’s going to be super awkward, but Casino Night was great,” Livingston said. Our community really is supportive and fun.”

CLASSIFIED
Free to good home, 2 Yorkie puppies re-homing, AKC reg, contact via email for more details: jamesbrown12300@gmail.com

Disclaimer: This seller is not associated with either the University of Puget Sound or The Trail.

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Drink of the month: VOLCANO HOT CHOCOLATE

Try Diversions Cafe’s new twist on hot chocolate, complete with the addition of cayenne pepper, chili pepper, nutmeg and cinnamon.

“I’m not a fan of the traditional hot chocolate because it’s too sweet, but the volcano hot chocolate provides the perfect blend of spicy and sweet.” - Danya Axelrod-Hausmann

“I really like it. It tasted like the perfect holiday drink.” - Beatrix Evans

“Overall the spice didn’t really come through but it was so delicious anyways. Lots of different types of sweetness going on.” - Andy Rogers

“It tastes like pop rocks and hot chocolate had a baby.” - Matt Feldmann

Connecting to the Tacoma Community

Students looking to improve the quality of living for individuals in the community can look into volunteering at any one of these local non-profits

BY EMILY PARLAN

YWCA

The YWCA provides services to anyone who is a survivor of domestic violence, regardless of gender, gender identity, gender expression or religious affiliation. They are “dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all,” according to the YWCA national website. The YWCA provides a number of services for those in need, including emergency shelters, family support and housing for victims of domestic violence. Volunteer opportunities are available for a range of talents and abilities, and can include projects such as organizing donation storage spaces or collecting cellphones for distribution. YWCA also accepts donations of clothing, bedding, diapers and baby wipes, car seats, gift cards and cash, with cash donations funding legal battles, transportation and food, among other things.

Tacoma Stands Up

Tacoma Stands Up is a local initiative calling for an end to police brutality and social injustice through peaceful organization. Recent events have included a march down Pacific Avenue—which shut down traffic and called attention to issues of racism and police brutality in America—and an effort to help launch a weekly Sunday gathering at Don Pugnetti Park called The People’s Assembly. Follow them on Facebook or on Twitter (@TacomaStandsUp) for more information on upcoming events and ways to get involved.

Hilltop Artists

Hilltop Artists is a community that believes in the power of volunteering to enrich the lives of our youth and the world around us. We were founded through the efforts of dedicated volunteers, and volunteers continue to play a vital role working and collaborating alongside staff members to reach our goals. We love our volunteers and appreciate all the time and energy they dedicate to Hilltop Artists.

The organization offers new volunteers to our team. If you have any questions, would like to be added to the volunteer email list, or want to learn more, please contact Anne Daily through email or by phone at 253.571.7720.

Information provided by http://hilltopartists.org
GET IN SHAPE FOR THE HOLIDAYS

By Mad Punz

HOLIDAY SHAPES:

The soup bowl
This holiday season, consider taking the shape of a soup bowl. Soup is warm and makes people feel better when they’re sick. Having the soup bowl body type is a high honor. It means you’re the nurturing one in your friend group.

The leaf
Another wonderful shape to consider taking on is that of the leaf. If you’re leaf-shaped, it means you adapt to your surroundings. And during fall, you are more vibrant than ever.

The pear
Glamour magazines have been comparing women’s bodies to pears for years, but the pear takes on a new meaning in the holiday season. The pear-shaped individual is in season during fall and is sure to bring the juiciest tidbits of information into conversation.

Now that Halloween is over, the holiday season is officially here. On average, most people gain five to seven pounds over the holiday season. And, while you promise yourself every year that this won’t be you, that it’ll be different this time, realistically, you’re probably going to be another number adding to this statistic.

Don’t want to be a part of that? Trying to get that happy holiday glow? Well, look no further than right here. We all know that we can judge how good your holidays were by how loose your sweater is when you come back from break in January. Make sure you’re wearing the biggest and baggiest sweater when you come back from the holidays this year.

Look at these top six ways to expand your stomach so that you can get the most bang for your buck—or food for your fill. If you start training now, you will be more than prepared for the season’s coming festivities.

Eat cabbage a couple of days before the big event.
Eating cabbage and then drinking a ton of water will help swell your stomach so that when the time comes for that holiday feast, you are fully prepared. Make sure you eat until you feel like you’re going to vomit, then go lie down for a little. Repeat until the day before.

Eat breakfast.
It’s a common misconception that skipping breakfast will help you eat more later on in the day. Eating breakfast will kick your metabolism into high gear so that you will be hungrier later in the day and ready to eat like there’s no tomorrow.

Indulge in natural hunger enhancements.
Certain substances can help increase your appetite. Stepping outside and coming back inside ready to munch on some good turkey leg will enhance not only your appetite, but the experience as well.

Eat standing up.
The stomach can stretch a lot further when you’re standing up, while sitting down scrunches your stomach up, making less room for the food. Pro tip: wear loose-fitting clothing for additional help in taking pressure off your stomach.

Drink.
Drinking something with sugar in it spikes your insulin, which helps trick your body into thinking that you want to eat more food. Which you do (whether your stomach likes it or not).
60 things heard on the Puget Sound campus this fall:

By Mad Punz, SpaNish, and Yolo Ono

1) Hello.
2) Can I borrow your meal card?
3) We made out, that's all.
4) Have you thought about your 401K?
5) I got my septum pierced.
6) My parents are coming, how do I hide my septum piercing?
7) I actually love O Chem.
8) Copless day, again?
9) I can't have to go to my radio show.
10) You're an athlete?
11) Did you get that from Retrospect?
12) That isn't very PC of you.
13) That isn't very rookiemag of you.
14) Divest UPS!
15) Div(ersions, estment, ersity)
16) He needs to check his privilege.
17) I want our next president to be a cyborg.
18) I don't always drive to campus.
19) Look, it's raining outside!
20) You've hooked up with him too?
21) CHWS prescribed me xanax again.
22) Yeah, I'm DJing tonight.
23) Are you going to Masa tonight?
24) I regret going to Masa last night.
25) Why would you buy the carton Stumptown?
26) I'm majoring in IPE.
27) I'm actually really excited about the new Fieldhouse renovations.
28) I'm genuinely happy.
29) I have no problems with Greek life.
30) The professing staff here is really diverse.
31) My advisor and I are so close.
32) I love the two-year housing requirement.
33) I met some of my closest friends on passages!
34) I don't get winded walking up to the 4th floor of Thompson.
35) I'm not sexist, but…
36) I don't get winded walking up to the 4th floor of Thompson.
37) I'm not sexist, but…
38) I got my septum pierced.
39) Should I get my septum pierced?
40) I don't always drive to campus.
41) I have no problems with Greek life.
42) The professing staff here is really diverse.
43) That wasn't problematic at all!
44) I am so stressed out about midterms.
45) The Trail received no backlash.
46) I got my Trail paycheck on time!
47) All my friends read The Trail.
48) Dimensions is my family.
49) John Miller Giltner is hot.
50) Oh my god, is that blood?
51) Should we call an Uber?
52) Why would you buy the carton Stumptown?
53) I'm majoring in IPE.
54) I'm actually really excited about the new Fieldhouse renovations.
55) I'm genuinely happy.
56) I have no problems with Greek life.
57) The professing staff here is really diverse.
58) I got my septum pierced.
59) Should I get my septum pierced?
60) People say this is the Harvard of the West coast.

BREAKING:
Film professor actually just two dogs in a trenchcoat

By Michelle Loserby

“My professor ate my homework” might be a valid excuse for students enrolled in Film Studies 251 this semester. It turns out the visiting professor known as Dr. Marco Bradley is not actually a human, but two dogs in a trenchcoat.

Chairwoman of the Film Studies department Elise Graham, who hired Dr. Bradley, was bewildered by this revelation. “When I interviewed Dr. Bradley for the position, I thought, ‘wow, this guy is very hairy and has horrible breath,’” Graham said. “But he was clearly the most qualified for the position. To not offer him the position based on looks would be discrimination. That’s a fact.”

Dr. Bradley was hired to teach a survey of different film genres. In interviews, Graham largely avoided the canine subject and instead focused on her rationale for hiring him. “I remember Dr. Bradley’s outstanding referrals in the hiring process,” Graham said. “They all said things like, ‘he’s a good boy,’ and characterized him as patient, obedient and loyal. He was the obvious choice for the department.”

Sophomore Kara Brinkman claims she should have known her professor was actually just two dogs. “There were signs,” Brinkman said. “He never really talked,” Mack said. “He would just turn on a movie and that’d be it. There were no clear assignments.” Mack said she was disappointed in Dr. Bradley’s professorship from day one.

“There are so many genres of film, but our syllabus only mentioned two,” Mack said. “Also, mine was a little bit wet on one side when I got it.”

The two genres Dr. Bradley chose to study in the class, according to his syllabus, were “Cop Movies” and “Pup Fiction: from Air Bud to Beethoven.” “Also, when a student brought food into class, he would just start crying unless you gave some to him,” Mack said.

This was also how students finally discovered Dr. Bradley was just two dogs in a trenchcoat. “Yeah, I brought some leftover chicken to class one day when I was really hungry,” sophomore Michael Corbin said. “As soon as I opened it, the professor looked at me and I thought he looked really weird and angry or something so I started to put it away, but the next thing I know, I was on the ground and there was a massive golden retriever eating my chicken.”

“It was the bottom one,” Mack said. “The top trenchcoat dog was just crying a lot.” Students reported the incident to the Dean of Students.

It is currently unclear whether Dr. Bradley will remain in his position.

Dr. Barko Bradley: This is the official staff photo of film professor, Dr. Barko Bradley. He’s a good boy.

ILLUSTRATION BY TONY CALABRESE-THOMAS
Women’s soccer, Acorda-Fey finishes unstoppable season

By Nick Nestingen

The Loggers had four games to finish out the season, the first on Friday, Oct. 30 against George Fox at home. They fell in four sets (3-1), despite leading in the second set 22-20 and taking the third at 25-23. A loss to George Fox meant the Loggers’ season was over, ending with an overall record of 9-15 and 6-10 in the Northwest Conference.

FOOTBALL

Loggers football will have a winning record for the first time since 1979 against Pacific Lutheran at Baker Stadium on Saturday, Oct. 31. In a thrilling week of games, the Loggers tied 1-1 with the Bruins in 2OT with sophomore Ben Whitham (Claremont, California) providing the goal. Next, the Loggers went to Pacific (Oregon) on Sunday, Nov. 1 and fell 1-0 after the Boxers scored in the 48th minute. The Loggers concluded their season with a record of 5-3 overall and 4-2 in the Northwest Conference.

The Loggers had four games to finish their season undefeated, and we did that. A national championship is definitely one of our goals, and we think we have the courage and resilience to compete for one. — Amalia Acorda-Fey

The Loggers scored a field goal late in the fourth quarter for their lone points. The Loggers fell 72-3 and went to 5-3 overall and 4-2 in the NWC. The Loggers scored a field goal late in the fourth quarter for their lone points. The Loggers fell 72-3 and went to 5-3 overall and 4-2 in the NWC.

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Noun - Throw Your Body On the Gears and Stop the Machine With Your Blood

Frontwoman of New Jersey's Screaming Females tried her hand at making some nostalgic 80s goth rock with this side project. Drum machines and squealing guitars take us through tracks full of high energy, dissonance and frenzy, while songs like "Dirty Mind" take us through the more chilling and slick side of the genre. While some of the lyrics come off a bit silly and contrived, the great, catchy vocal hooks will have you singing along with them off the coastballs of Halloween and into the cold dark heart of winter.

REVIEW BY GEORGE DIAMOND GUSTASON

Oh! The Places You’ll Go! ... in Tacoma

Brave Miss World
Drama, Documentary, Biography | 2016
NR. 1hr 28min
DIRECTOR: Cecilia Peck
*Director in attendance*
DATE: Monday, Nov. 23
TIME: 7:00 p.m.
Vans to and from Grand Cinema in front of Diversions at 6 p.m.
COST: $8

In collaboration with the University of Puget Sound and the University of Washington, Tacoma, the Grand Cinema is presenting the film Brave Miss World. The documentary recounts the story of Miss Isreal Linor Abargil who was abducted, raped and stabbed six weeks before attending the Miss World pageant, where she was later crowned. The film explores the trauma of sexual assault through one young woman’s journey from teenage rape victim, to Miss World, to empowered lawyer and activist.

ALBUM REVIEW

Dirty Mind
Jersey's Screaming Females

Frontwoman of New Jersey's Screaming Females tried her hand at making some nostalgic 80s goth rock with this side project. Drum machines and squealing guitars take us through tracks full of high energy, dissonance and frenzy, while songs like "Dirty Mind" take us through the more chilling and slick side of the genre. While some of the lyrics come off a bit silly and contrived, the great, catchy vocal hooks will have you singing along with them off the coastballs of Halloween and into the cold dark heart of winter.

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he lobby entrance of the Tacoma Art museum was bustling with life. Animated children, their faces painted into colorful death masks, chattered and scampered, many of them fixed with fascination by their own additions to the scattered explosion of chalk art that created the day's sidewalk scenery.

Inside, the enticing smells of churros and burritos filled the busy air. It was the Tacoma Art Museum's 11th annual Dia De Los Muertos community festival, and if the lively crowd was any indication, the event was a success.

According to a statement made by Amanda Diaz, president of Latinos Unidos, the celebratory nature of this day is in line of the belief that "the gates of heaven are opened at midnight on Oct. 31, and the spirits of all deceased children (angelitos) are allowed to reunite with their families for 24 hours," and the next day signifies adults doing the same.

Created by the indigenous people of central and southern Mexico, it is a celebration of the goddess of death Mictecacihuatl and the Catholic holiday All Souls and All Saints Day and creates a chance to celebrate with loved ones spanning down from generation to generation. Here, the collision of life and death came in a burst of color. Walking in, Rene Julio's colossal sand painting embodied this, with skulls fanning out from what looked almost like a landscape of greenery. Families created bone-filled linocuts amid displays of prints with stylized graffiti art, paint cans and equipment that served not only as a memorial to the artists themselves, but the art that had been callously sprayed over in white and beige.

Everything about their performance was intricate, from the massive, densely decorated headdresses that fanned out several feet, to the tightness and variation of their synchronized movements.

Most of them had made the costumes themselves, with love and care for the dense symbolism painted onto each one. Herrera explained that the pair of blue hummingbirds across the bottom piece of her outfit represented her, how the exact date and time of her birth determined what color and animal was with her throughout the day.

"And for the night, I have the coyote," she said with a satisfied snarl.

A highlight was the cleverly rendered altar for Graffiti artist who had passed, built upon a stepladder and brimming with stylized graffiti art, paint cans and equipment that served not only as a memorial to the artists themselves, but the art that had been callously sprayed over. An especially hard-hitting work was dedicated to trans women of color who have died in the past year, their young faces smiling among bead and lace. A massive altar dedicated to the children who died in Gaza steeped the atmosphere in a weight so heavy one could feel the crushing in their chest just as they passed. Regardless of scale, all commemorations were political as well. Altars were cleverly rendered, dedicated to the dead, or invitations to let them back in, were valid that day. A bony community altar commemorating dead pets stood not too far from an altar commemorating the death of Latin Culture itself. One work, fittingly, had a cheeky, suited paper-maché skeleton holding up a piece commenting on the appropriation of Dia De Los Muertos. Our own Latinos Unidos club on campus usually has an exhibition during this festival, but this year found it more important to make their voices heard on campus with their Death of Diversity altar set up in the Student Center.

"The Death of Diversity is a Political Statement," Diaz said. "We as students from marginalized backgrounds feel like we are both living and dead because we are ignored, invisible and seemingly unimportant to our campus community."

The altar gave acknowledgment to several marginalized groups and significant figures in Latin culture.

"Day of the Dead is becoming very popular in the U.S. — perhaps because we don't have a way to celebrate and honor our dead," Diaz said.

The mixed display of solemnity and joy at the Art Museum's festival showed a glimpse of just how fulfilling and cathartic such a celebration can be. Participate with love and respect, and it can help carry one through the chilly winter months as they find harmony within the deaths and lives they are a part of.