

Health Notice

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The Pioneer Log

LEWIS AND CLARK COLLEGE

Today's Weather

Rain. A 90% chance of precipitation. High of 52 degrees in the daytime, dropping to a low of 41 during the night. South wind of 7 mph during the day, and 5 to 9 mph southeast wind at night.

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LC announces 2021 commencement will be all virtual due to pandemic

By VENUS EDLIN

IN A FEB. 17 email to graduating seniors, Lewis & Clark announced that the College of Arts and Sciences (CAS) commencement will be entirely virtual.

The 148th Annual Commencement will be held on May 8 at 2 p.m. The 2020 commencement was the first in LC history to be a live streamed event, though many previous commencements have been filmed. The law and graduate commencement programs will also likely be virtual.

The Office of the Dean is currently in the process of confirming a virtual commencement speaker. At the February Board of Trustees meeting, an honorary degree was approved for Linda Thomas-Greenfield, the new U.S. ambassador to the United Nations. Thomas-Greenfield is expected to be the CAS commencement speaker, though the college is still working to finalize an arrangement. A formal announcement will be made at a later date.

According to the email sent to seniors, LC aims for commencement to have “the same celebratory tone as our in-person gatherings” while prioritizing safety. Director of Student Engagement and Special Events Tamara Ko is head of the Commencement Committee and was part of the decision to make the event virtual.

“Presently, there are at least 380 seniors who are slated to graduate and commencement is a time consuming process,” Ko said. “It requires down deposits to be made to plan anything, really. With commencement being on May 8, the likelihood of our governor letting us have a big in-person event in Multnomah County is very slim.”

Ko is working with the rest of the Commencement Committee to



PHOTO COURTESY OF LEWIS & CLARK

President Wim Wiewel waits to begin his opening remarks at the 2020 virtual commencement, which was livestreamed last May.

coordinate optional, small in-person elements to celebrate graduation, including a photo booth for seniors and their pods.

Despite limitations, the Commencement Committee is also exploring an opportunity to offer an in-person gathering later in the summer.

“As we try to move forward with this option, that might not be the best option — but it’s currently the best in terms of where we are with

health measures,” Ko said. “We were also working with Alumni and Parent programs for when we’re able to celebrate again in person, to somehow offer a gathering for seniors.”

Sam Helms-Galbraith ’21 was surprised by the announcement to make commencement virtual and had the idea to write a petition opposing the decision.

“Over four years, you just imagine graduation as a monumental event in your life, it means something,” Helms-

Galbraith said. “The decision felt just a little bit premature.”

Helms-Galbraith discussed the idea with Jacob Serafini ’21, who ended up writing the petition. So far, it has garnered 248 signatures and multiple comments of support from seniors. For the organizers, the ultimate goal of the petition is to start a conversation with administrators about the decision to make the ceremony virtual.

“Of course we will not have an in-person graduation ceremony like we have in the “Commencement” continued on page 3

Symposium links TCKs to careers

By ISABEL REKOW

THE NINTH ANNUAL Third Culture Kid (TCK) Symposium, which took place on Feb. 24, featured Amanda Bates presenting on “Creating a Career Out of the International Pieces.” A panel discussion among faculty, staff, parent and student TCKs followed Bates’ presentation.

The symposium had originally been slated for Feb. 17, but was rescheduled due to the winter storms and power outages affecting the Portland area.

TCKs, or global nomads, are people who spent a significant part of their upbringing in a culture that is not their parents’. Their own culture is a mix of their parents’ culture and the cultures of the locations where they grow up. Many TCKs are the children of diplomats, teachers or members of the military, and often attend international schools.

TCK Intern Brenna Ketchum ’23 opened the symposium and introduced Bates, the director of veterinary career services and professional development at the North Carolina State College of Veterinary Medicine. She is also the founder and creative director of The Black Expat and host of the Global Chatter podcast.

The TCK board, made up entirely of TCK students, chose Bates to be the speaker this year because they wanted to learn about finding careers and “TCKs” continued on page 2

Student Life debuts new recognitions

By TOR PARSONS

AFTER MONTHS of planning, Lewis & Clark’s Student Life Staff Development Committee launched their Awards and Recognition program, which will give out five awards to outstanding staff members annually.

The awards are chosen by submitting nomination forms on the Student Life webpage. Students, staff and faculty can nominate staff members for three of the awards, while the other two awards only take nominations from Student Life staff members. The nominations are vetted by an awards committee, chaired by admissions staff member Bridget Flaherty, that announces the winners. Flaherty could not be reached for comment.

Jessica Sweeney, the executive assistant to Vice President of Student Life and Dean of Students Robin Holmes-Sullivan, credits Holmes-Sullivan with the idea for the awards.

“She went over some things that she wanted to do in order to build community and bring people closer together,” Sweeney said. “One of the things that she wanted to have created was an awards program.”

“Career” continued on page 3

ASLC grapples with pay issues after SAAB chair demands equitable wage structure



THE PIONEER LOG ARCHIVES

By IHSAAN MOHAMED

AFTER A TUMULTUOUS few weeks, the Associated Students of Lewis & Clark (ASLC) reconvened on Feb. 23 for their third Senate meeting of the semester.

The evening began with a debrief by ASLC Vice President Jeremiah

Koshy ’21 on the campus graffiti incident in January. According to Koshy, after much deliberation, ASLC ultimately decided that the incident should be handled through means other than student government. Feminist Student Union Representative Caroline Arnis ’22 invited those who wanted further discussion to a meeting with

Prison Abolition Club — which has been leading transformative justice efforts.

A special election was also conducted at the Feb. 23 meeting for the position of student resources coordinator. Katie Kruger ’21, who previously served as vice-coordinator, was unanimously elected by senators and representatives.

The meeting quickly moved to the most contentious agenda topic: issues of compensation within ASLC.

On the morning of Feb. 21, seven members of ASLC and Student Academic Affairs Board (SAAB) — Mikah Bertelmann ’21, Koshy, Olivia Weiss ’23, Jacques Parker ’23, Mateo Telles ’21, Ela Pencl ’21 and Madisyn Taylor ’21 — received a letter from SAAB Chair Arunima Jamwal ’21 titled “Workplace Malpractice.” In the letter, Jamwal outlined what they perceived to be an unequal pay structure for ASLC Cabinet members.

Jamwal declined to comment on this story.

At LC, student leaders sign agreements that classify them as independent contractors, which

removes liability from the college for paying them an hourly wage. Those that sign these contracts often receive a stipend from their student organization.

Jamwal calculated all the hours they had worked as an ASLC Cabinet member since Spring 2020. Using Oregon’s minimum wage as a benchmark, Jamwal calculated that they should have been compensated over \$11,000 since April 2020. In the letter, Jamwal announced that they would be “indefinitely boycotting all the responsibilities, tasks and commitments” of their position and asked for a “monetary redressal” of the alleged compensation due to them.

Over the next two days, the rest of Cabinet was forwarded Jamwal’s letter via email. ASLC Treasurer Sam Daer ’21 and Student Organizations Coordinator (SOC) Quentin Gaul ’21 — the student government’s two financial officers — were not initially included among the letter’s recipients. A petition soon circulated among SAAB members in support of Jamwal’s letter.

“Members” continued on page 3



This Week on The PioPod

In today’s episode, we hear about psychologist Philip Zimbardo’s lecture for the Psych Club, the Third Culture Kid Symposium and the upcoming Gender Studies Symposium.



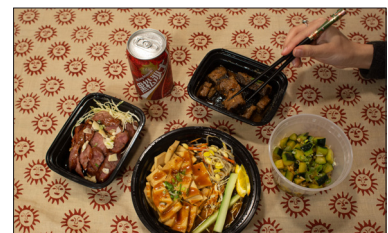
OPINION Geary Deserves Criticism

A key figure in Lewis & Clark’s history has a dark past of harming Indigenous groups throughout the Pacific Northwest. PAGE 4



FEATURES Life of Gov. Dixie Lee Ray

The former governor of Washington was an eccentric and independent figure, breaking boundaries in the fields of politics and science. PAGE 6



ARTS Local Restaurant Review

Zha Nan Taiwan Bistro offers a variety of affordable and delicious Taiwanese cuisine and is only 10 minutes from campus. PAGE 9



SPORTS Softball Is Back at LC

After almost a full year off due to COVID-19, LC softball is back on the field, starting their season with a 2-2 record. PAGE 11

Head of Stanford Prison Experiment visits LC

Philip Zimbardo spoke to the Psych Club about his controversial study of the effects of incarceration

By MACKENZIE HERRING

ON FEB. 23, Lewis & Clark's Psych Club hosted Philip Zimbardo, a psychologist best known for leading the infamous Stanford Prison Experiment.

The event was set up by one of the leaders of the Psych Club, Andrew Steinberg '21.

"We were brainstorming some big ideas for events, and I realized that a connection of mine had previously worked with Philip Zimbardo and was in contact with him," Steinberg said via email. "I emailed him with high hopes and low expectations, and sure enough ... within a day or two, I was alarmed to see an email from the legend himself!"

The Stanford Prison Experiment turns 50 this year and is widely taught across academia for the debate it sparked on the ethics of experimental design and the insights it gave into the effect of power dynamics on human behavior.

Professor of Psychology Jerusha Detweiler-Bedell knew Zimbardo from when she was an undergraduate student at Stanford University.

"I was a student in Dr. Z's introductory psychology class in my sophomore year, and that experience led me to abandon plans to be an international relations or journalism major and to instead pursue psychology," Detweiler-Bedell said via email.

The event was open to the entire LC community, and began with Zimbardo's lecture followed by a Q&A

portion. There was relatively high attendance, with several pages of Zoom attendees.

"His generosity in sharing his time and insights with undergraduate students continues to inspire me," Detweiler-Bedell said via email.

Zimbardo's experience growing up poor in the South Bronx and the gang violence he saw around him inspired the experiment and shaped his interests in the field of psychology. Zimbardo described his childhood as similar to "Lord of the Flies," the disturbing allegorical novel by William Golding.

"So that set me on the pace of wanting to understand why good people do bad, evil things," Zimbardo said. "And so I did some early research on what was called deindividuation — what happens when you take away your identity in a social situation."

The Stanford Prison Experiment, conducted in 1971, aimed at examining the effects of deindividuation. Paid student volunteers were randomly selected to be either guards or prisoners, and were tasked with acting in their roles for 1-2 weeks. Prisoners had to act in their roles 24/7, while guards only had to act for the duration of their shifts. The study was terminated on the sixth day due to the hostility and authoritarian mentality adopted by the guard, and the mental toll and psychological abuse inflicted on the prisoners.

Due to the around-the-clock nature of the study, resources were running low and threatened the longevity of

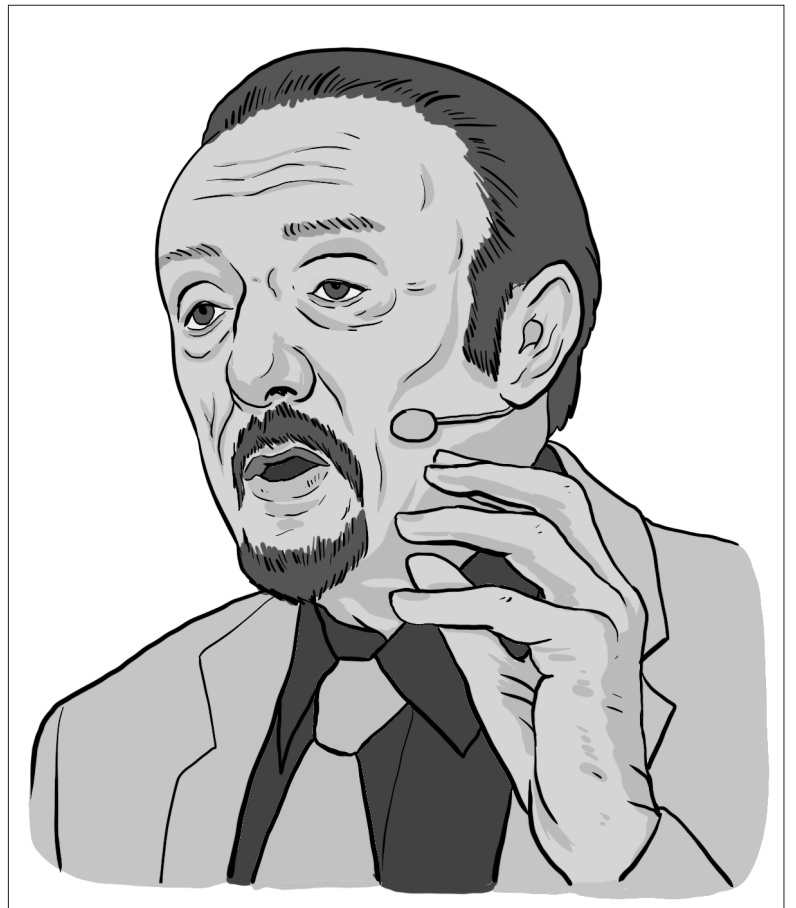
the experiment. Christina Maslach, his girlfriend at the time and later his wife, visited Zimbardo and witnessed a particularly upsetting scene where prisoners were forced to urinate on themselves in an elevator. Maslach criticized the study, emphasizing the mistreatment of the students, which convinced Zimbardo to end the experiment. He believes that one of his mistakes was tasking himself as "superintendent" of the prison, making him both a participant and an observer.

After the experiment ended, Zimbardo wrote academic articles about it, not believing the experiment to be a big deal at the time.

"After I did the prison study in 1971, I wrote a few articles about it, mostly to give to my graduate students," Zimbardo said. "It was simply a demonstration of the power situation and role playing. So, honestly, I thought it was a nice study but nothing I want to hang my hat on."

Much of Zimbardo's previous research focused on what makes an average person turn evil. Since his experiment ended, he has shifted to studying the circumstances that cause an ordinary person to act heroically. After giving a TED talk on the psychology of evil, someone had come up to Zimbardo and offered him a donation to start a nonprofit studying heroism. The nonprofit was started in San Francisco and developed lessons on transforming ordinary people into situational heroes through instruction.

When asked about Zimbardo's importance in the psychology

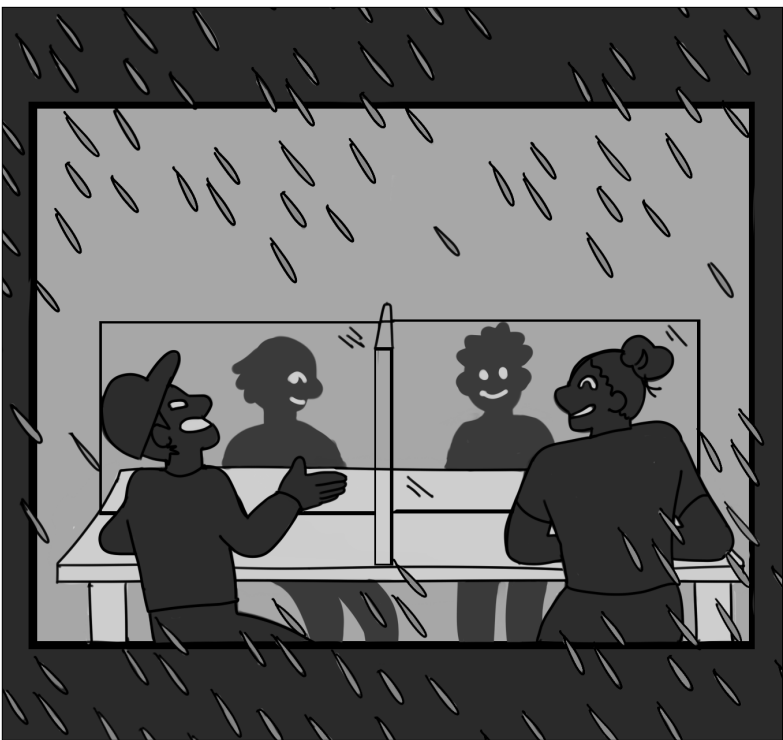


MAYA WINSELL/THE PIONEER LOG

community, Steinberg commented on Zimbardo's work researching heroism and his connection to the LC community.

"His non-profit The Heroic Imagination Project is very successful, and has involved dozens of LC students," Steinberg said via email.

COVID-19 updates: no positive tests on campus this February



SETH MORIARTY/THE PIONEER LOG

By AUBREY ROCHE

DURING THE month of February, no positive coronavirus tests were reported out of 1,089 on-campus tests. Two tests conducted off campus returned positive results in February: an employee and an off-campus student, for a total of two positive tests with on-campus impact.

"After a small number of positive cases identified in January, we have had no positive tests so far in February, and there are currently no students in isolation or quarantine on campus,"

President Wim Wiewel said in a Feb. 25 email.

Effluent testing samples taken on Feb. 23 returned all negative results.

Lewis & Clark is holding weekly testing clinics for asymptomatic individuals on

Lewis & Clark is holding weekly testing clinics for asymptomatic individuals on Tuesdays.

Tuesdays, pulling from a random sample of students. Participation in this clinic is mandatory if selected, and students who fail to get tested will be unable to attend in-person classes and will have to either pay to get tested at the next clinic or take a molecular test off-campus. If a student does not get tested by the following week, they will face disciplinary action from Student Rights and Responsibilities, which can include being asked to move to a fully-remote format for the remainder of the semester.

There are a number of exemptions for the testing clinic, such as experiencing COVID-19

Students can apply to hold in-person events in J.R. Howard Hall and the Miller Center for the Humanities.

symptoms or having had COVID-19 in the last 90 days.

On Feb. 21, the United States surpassed 500,000 total deaths from coronavirus. Nationwide coronavirus cases are averaging around 70,000 cases each day, which are the lowest case numbers since October, according to The New York Times. However, despite largely decreasing numbers since January, daily cases are beginning to level out. Multnomah County is averaging around 50 cases per day.

The following on-campus changes were announced in a Feb. 11 email from Vice President of Student Life Robin Holmes-Sullivan, and implemented on Feb. 12:

In-person dining: Fields Dining Hall, the Trail Room and Stamm Dining Room are open for limited in-person dining, with a cap of 25 people in each space. Tables continue to have plexiglass dividers.

Moving between residence halls: Students living on campus can now visit other residence halls, and must sign in using a QR code in order to keep track of names for contact tracing. However, in order to maintain accurate effluent testing results, students are not allowed to use the restrooms in residence halls other than their own for solid waste. Students living off-campus are still not permitted to visit residence halls.

In-person events: Students can apply to hold in-person events in J.R. Howard Hall and the Miller Center for the Humanities. Students applying must provide thorough details about the event, including the anticipated number of people, whether or not food will be served and how the host will keep track of participants. Events will re-quire at least one person to act as an event safety monitor, who will ensure that participants wear masks, wash their hands frequently and maintain social distancing.

TCKs exchange career advice at symposium

Continued from page 1

making plans for after college. Since one of her jobs is a career counselor, Bates was a natural choice.

Martin Lopez '23 said that Bates' being a person of color was a further plus. Bates used her international experience to launch the website The Black Expat, which aims to create a greater representation of Black people abroad.

Bates spoke about her personal experience as a TCK and Black expatriate, and how these identities shaped her search for a career.

"When you look at my entire life, and you look at my entire career, a lot of it started because I was that awkward TCK kid who didn't fit in any boxes, couldn't figure out where to go, wasn't sure what I wanted to do," Bates said. "But instead of leaning into that awkwardness, I was able to take the things that were struggles for me and craft a career out of it."

Bates was born in Washington, D.C. to Anglophone Cameroonian parents. As a child, she moved with her family to the Francophone part of Cameroon. Bates said that, in the United States, she had been an ethnic and racial minority who spoke the majority language, while in Francophone Cameroon she was part of the racial majority, but was a linguistic minority.

"I also struggled with identity because I didn't feel African enough and I didn't feel American enough," Bates said.

Before earning her master's degrees in business administration and counselor education, Bates worked at a series of internships and jobs, including a year teaching with AmeriCorps. Through trial and error, she learned that she disliked teaching, but loved working with people, especially those from underrepresented groups.

"Don't be scared to try something different," Bates said. "It's only a failure if you didn't learn anything from it."

During the panel discussion, Associate Director of Counseling Michelle Kirton expanded on Bates' presentation. Kirton said that her own experience as a TCK helped her develop her values.

"One of the things that my TCK background did for me is it really, on an emotional level and a psychological level,

concretized my values, or highlighted what those values were, at a very young age," Kirton said.

Kirton said her TCK experience heightened her curiosity about the world and the diverse cultural environments in which people live. These qualities helped her in her career as a psychologist since they make her sensitive to the larger contexts in which her clients act.

Bates emphasized that not all TCKs will have the same strengths and weaknesses.

"My own TCK experience did bring out all these other characteristics about me that I was able to kind of craft a career out of," Bates said.

Lopez expressed his appreciation of the symposium, saying that the TCK community at LC validates the identity struggles many members experience as they grow up in between cultures.

"It makes me really happy to have the TCK Symposium every year because before coming here, I didn't know I was a TCK and I did not understand my place. It was kind of hard to not know," Lopez said. "Finding a TCK group here has been great ... it makes me feel like a part of a community, it makes me feel welcome."

According to Ketchum, many students do not realize they are TCKs, and LC can connect them to resources and a community of TCK students.

"Even though not all of them consciously choose to make that a larger part of their identity, or choose to reflect on that experience more, I hope they know that there's this community here for them and there are resources to help them and tons of other TCKs to relate to," Ketchum said.

Students can reach Ketchum at tck@lclark.edu and follow the LC TCK Instagram at [@lewisandclark_college_tck](https://www.instagram.com/lewisandclark_college_tck).



MAYA WINSELL/THE PIONEER LOG

Alumni and Parent Programs hosts congressman

Earl Blumenauer, who represents Oregon's third district, attended a Lewis & Clark Zoom event

By AIDAN D'ANNA

ON FEB. 18, Lewis & Clark Alumni and Parent Programs kicked off their Spring Featured Alumni speaker series by hosting a virtual conversation with Rep. Earl Blumenauer B.A. '70, J.D. '76.

Blumenauer represents Oregon's third congressional district, which encompasses most of Portland, including LC. He just won his 13th term last November. Blumenauer graduated from LC in 1970 with a bachelor's degree in political science and received his J.D. from Lewis & Clark Law School in 1976. He has since maintained a close relationship with the alumni network and has participated in multiple events through Alumni and Parent Programs.

Associate Director of Alumni and Parent Programs Ginger Moshofsky

'83 organized the event, which 117 alumni attended.

"When the pandemic came about last year, everything was put on hold," Moshofsky said. "We started thinking about what we could still do that would create community and would connect people, that would be enriching ... so we started doing virtual events."

Blumenauer began the event by summarizing the major political events that have happened since November, from the insurrection at the U.S. Capitol on Jan. 6 to President Biden's inauguration 14 days later. He emphasized how important being involved in politics is right now, and the dangers of blind partisanship.

"We are facing probably the most consequential session of Congress in our history," Blumenauer said.

After his 15-minute introduction, Blumenauer opened the floor for

questions, moderated by political science major Nick Gothard '21.

"Some people might tell you that conversational events aren't beneficial from public officials," Gothard said. "But I would say that it really gives the elected a chance to open up and talk about the issues and what they think honestly, and then also go beyond and start to put that investment in their communities."

Attendees asked questions covering topics ranging from election security and the post office to the Electoral College and bipartisanship.

"We have legislation that is named after our dear departed colleague, John Lewis, who dedicated his life to make it possible for people to participate politically," Blumenauer said. "And we're going to try and move this legislation forward. Again, this is something that shouldn't be partisan, but is intensely partisan."

Though the congressman was speaking as a representative from the Democratic Party and expressed his political views candidly, the conversation was branded as a non-political event.

"As an institution, we don't take a political stand, because we want to respect everybody that's out there," Moshofsky said. "But (Blumenauer) is a political figure, and he did express his views on things, and we're okay with that."

The Alumni and Parent Programs office plans to continue this speaker series. Their goal is to feature as many interesting and notable alumni as possible while strengthening the community of alumni that has been forced to eschew their normal social interactions over the past year. Coming up later this spring are chef and owner of Classic Foods Jake Greenberg and Adam Bradley, who is involved in the literary estate of Ralph Ellison.

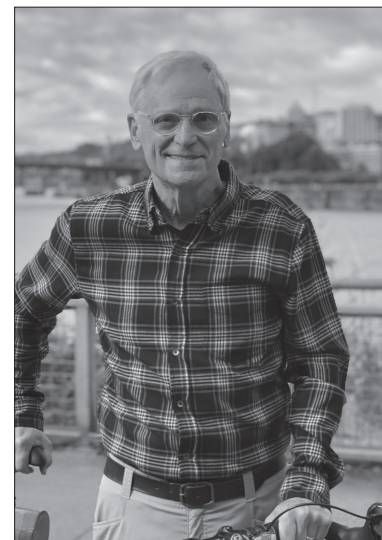


PHOTO COURTESY OF EARL BLUMENAUER
Rep. Earl Blumenauer is an LC alumnus.

Career Center staff member wins award

Members of ASLC discuss ethics of stipend payments for student leaders

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Vice President of Student Life and Dean of Students Robin Holmes-Sullivan was informed of the issue on Feb. 22 by Rocky Campbell, assistant dean of student engagement and ASLC's interim advisor. Campbell, Ombudsperson Valerie White and Director of Student Engagement and Special Events Tamara Ko were present at the meeting.

On Feb. 22, ASLC Chief Justice Jacques Parker '23 sent a letter to Bertelmann and Koshy reminding them that they are obligated to promote equity within ASLC. If they failed to consider Jamwal's requests, Parker was prepared to initiate a recall of them both. Parker's letter was widely interpreted by various ASLC members as a developed plan to recall Bertelmann and Koshy, though he denies this was the letter's intention.

"I sent what I meant to be a notice saying, 'Hey, you agreed to be equitable and my hand will be forced to initiate a recall process if you choose to be inequitable,'" Parker said. "I meant it as a notice and it could have been misconstrued as a plan."

Parker does not intend to initiate a recall process unless Bertelmann and Koshy flatly reject Jamwal's requests without a conversation. He was not willing to share his letter with The Pioneer Log.

Multiple ASLC officers confirm that the issue of pay has been discussed within Cabinet. According to Weiss, ASLC had an excess of funds due to COVID-19 that Bertelmann was planning to use on bonuses as a surprise for ASLC members. Cabinet members collectively decided on a fair way to calculate the bonuses.

"It was a financial equation," Weiss said. "You were supposed to calculate how much more work you were doing."

Bertelmann and Koshy confirmed in an email statement that "The ASLC Strategic Direction Task Force, chaired by (Koshy), is working to review compensation structures and amounts

at other schools and recommend changes for ASLC." According to sources, Jamwal and Parker previously expressed dissatisfaction with Cabinet stipends, but had never publicly voiced the disapproval outlined in Jamwal's letter. Multiple sources described receiving Jamwal and Parker's two letters as a "shock."

Gaul, the SOC, stated that she felt "bewilderment and surprise" after obtaining Jamwal's letter.

"My other reaction was confusion about why the letter was directed at the President and Vice President of ASLC because they don't have the power to unilaterally change the stipend system, and they have been working this year to improve stipends for the future," Gaul said. "I was also confused why the treasurer, and myself as the SOC, were left off of the letter."

During the Senate meeting, a few ASLC members felt as though Jamwal's letter was targeting Bertelmann and Koshy. Asian Student Union Representative Anna Graff '22 warned against tone policing the letter. According to Graff, Jamwal's actions were to the benefit of all student leaders, particularly ASLC members. Policing tone would only increase divisiveness and distract from the central message.

"There should be camaraderie among the Cabinet," Graff said. "I don't want to police their tone because I don't know their intentions when they wrote it." Her statements were echoed by Arnis.

Currently, ASLC's budget is supported by the Student Body Fee, a \$360-per-year mandatory charge to students that funds most student organizations. Daer, the ASLC treasurer, explained the financial limitations ASLC is experiencing in terms of student wages.

"It is not financially possible to pay ASLC Cabinet members hourly unless

we recategorize ourselves as student employees and therefore are not paid via the Student Fee money," Daer said. "Personally, I think it is unethical for Cabinet members to be paid hourly when student leaders do not receive a stipend at all, or unless everyone is paid hourly."

In an email statement, Bertelmann and Koshy echoed Daer's reluctance to increase Cabinet pay when some student leaders receive less compensation or none at all.

"We do not think it would be right to push for better compensation for ourselves in the Cabinet, while so many of our peers serve and labor for our community, with a fraction of the compensation we receive," Bertelmann and Koshy said. "First let's fix that, then we can talk about better compensation all around, for all folks in student leadership."

Telles, chair of the ASLC Equity, Inclusion, & Justice Committee, questioned the ethics behind the way student leaders are currently compensated.

"I believe that this question points towards a greater systemic issue rather than Arunima's personal case," Telles said. "I believe that anybody who is committing themselves to 40+ hours a week, which is full-time, all the while being a full-time student, yet being labeled as a 'volunteer' is ridiculous."

Though he respected Jamwal's decision to boycott their role until the issue was resolved, Telles offered support for SAAB committee members and students.

"We as a Cabinet absolutely do not want students to be affected by Arunima's decision, so while I cannot speak on behalf of my colleagues, I can say that I am personally committed to help where I can so that this does not become the case," Telles said.

Additional reporting by Nicholas Nerli.



FAITH GALLEGOS/THE PIONEER LOG

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Holmes-Sullivan created a similar awards program when she worked at the University of Oregon. Sweeney was tasked with setting up LC's program, talking to staff members to determine what they wanted out of an awards program and researching similar policies at other schools.

There are five awards listed on the Student Life webpage. The Team Award is given to a Student Life staff member who excels at building consensus and collaborating with others. The Excellence in Innovation Award honors a staff member who has improved the functioning of a Student Life office through innovative, creative and inclusive initiatives. The Student Life Highest Award recognizes "excellent administrative and/or professional performance" in general. Students, staff and faculty are all welcome to fill out a nomination form recommending someone for one of these three awards.

The other two awards are the Student Life Medallion and Student Life Partner. The Medallion is awarded to a staff member who has been at LC for under five years, who "goes above and beyond in their efforts to support the student experience," according to the website. The Partner award is given to a staff or faculty member outside the Division of Student Life who has assisted Student Life in their goals. Nominations for these awards can only be submitted by Student Life staff.

So far, one award has been given: the Medallion award. Unlike the other awards, the Medallion is awarded once per semester, rather than once per year, so the fall semester Medallion was announced at Student Life's winter divisional meeting in January. Its first recipient was Amanda Wheaton, the employer relations coordinator at the Career Center. Wheaton was surprised by her win — she said she did not know she had even been nominated. She believes that she won because of her promotion of virtual career fairs in cooperation with several other Pacific Northwest colleges.

The deadline for submitting a nomination for an award is March 15, and the winners will be announced in May. Wheaton recommends submitting a nomination.

"There are so many dedicated professionals in the Division of Student Life who work extremely hard every day to make the student experience at Lewis & Clark meaningful and valuable," Wheaton said via email. "I'm very lucky to work with them, learn about their area of specialty and help to serve students as they navigate both college and post-grad life. I greatly appreciate the work the committee is doing to recognize the Division of Student Life Staff and the leadership Robin Holmes-Sullivan has exhibited in making this an institutional priority."

Commencement Committee prepares supplemental in-person opportunities

Continued from page 1

past, but it seems egregious to not thoroughly consider safe, in-person options," the petition reads. "It seems reasonable to keep the virtual option as a back up plan if COVID does get worse, but it in no way should be the leading and sole option three months before graduation is set to occur."

Ko is aware of the petition and hopes to continue collaborating with seniors to make the best of graduation.

"The seniors want to be able to make their voices heard," Ko said. "I also want to make sure that it is representative of the seniors, if it is truly signed by seniors only. At the end of the day, I don't make the final call, but I definitely want to be able to take that input."

Helms-Galbraith and Serafini report a strong positive reaction to the petition from their fellow seniors. They advocate for a cohorted, socially-distanced commencement ceremony, organized by major or last name. For the two of them, the fact that the college coordinated events such as New Student Orientation, with around 500 students, means that a COVID-19 safe in-person event would be possible.

Seniors must also meet a March 15 deadline to submit photos for commencement, as well as measurements for a custom-fitted cap and gown. Cords and diplomas will be offered as usual. Diplomas can be picked up two weeks after commencement, or they will be sent

via mail to the address on file. Friends or family can pick up diplomas with a note from the graduate.

LC also offers formats for students and their families to fill in their personal information to send hometown graduation announcements to their local papers.

Annual Gifting, as part of the Student Philanthropy division, is continuing the senior gift program. Each donation from graduating seniors will be matched with \$50, with a minimum donation of \$1. Donations can go to the general fund which contributes to scholarships and other forms of student support, or seniors can donate to specific departments, sports or clubs.

It is time to acknowledge our founders' flaws

Edward R. Geary's harm toward Pacific Northwest's Indigenous peoples has impacted generations

By CAS MULFORD

RECENTLY, collegiate institutions across the United States have been coming to terms with their historical connections to racism and their complacency therein. Brown University's Steering Committee on Slavery and Justice was one of the first major examples of a university seeking to seriously accept blame and strive towards amending its historical harm. The violence brought by Lewis & Clark's third president and

founding stakeholder, Rev. Edward R. Geary, demands that we begin a path of conciliation of our own.

Geary, a key figure in the founding of our college (first located in Albany, Oregon, and later moved to Palatine Hill in 1942), was sent to Oregon to establish an educational institution in 1850. According to his obituary, Geary "was compelled by the necessity that knows no law, to support his growing family by secular pursuits," which he did by working within the federal Indian

Affairs office. Here, Geary assisted in the negotiating and signing of treaties with the northern tribes of Oregon while actively calling for the removal of citizens of the Chinook Nation. Additionally, following the removal of many tribes in the Willamette Valley, he helped run and manage a reservation that held removed people. Geary's obituary says that "he had much to do with shaping the policy of the government towards these Indians and providing for their future education and improvement."

In 1859, Geary was appointed superintendent of Indian affairs for Oregon and Washington. Soon after, the U.S. Congress ratified the treaties that Geary had been a signatory to four years prior. In this way, Geary helped craft and execute the removal of the Indigenous people who first called Oregon home. Geary's first annual report published in 1859 clarifies his role in clearing Indigenous tribes from their land. In it, he says, "as a means of mutual safety to the races, and for preventing the horrors of savage warfare, no scheme commends itself so strongly as that, now become the policy of the government, the collection of the Indians on properly located reservations."

Geary firmly believed it was natural for Indigenous cultures to be eradicated. He espoused that "roaming unrestrained without a fixed abode ... man has never risen high in the intellectual and moral scale." Geary believed it was destined that the Indigenous people on this coast should "succumb to superior intelligence ... and finally dwindle into extinction." He believed that "this destiny can only be ... sustained and protected by the resources of the government." Geary

sums his beliefs as such: "There is neither respite nor escape. They must rise with the billows or sink beneath them. The alternative is civilization or annihilation."

Geary also advocated for the use of schools to bring about cultural genocide. In his 1860 annual report, he says, "The civilizing influence of the school room ... is wholly counteracted by the associations of their savage homes. Industrial schools, where ... children may be placed, boarded and brought under proper discipline, away from their homes and savage associates, presents, in my judgment, the only feasible plan for ... results." The assimilative possibilities of education that Geary believed in were abhorrent. Rather than remembering him for striving to develop educational enterprises that could "one day be a beacon light to the whole Northwest," we should remember him for maintaining "the civilizing influence of the school room."

We cannot pretend that these are just empty words written in some bygone era. They had power and led to real consequences, manifesting in the removal and killing of Indigenous people. The money and prestige Geary obtained while removing these people from their homes is what allowed him to contribute so much to our college. These impacts are felt by the descendants of these tribes every day. Meanwhile our institution exists on land that we stole.

LC should act quickly, but not to issue a lengthy apology about the growth we have made since Geary's time. This history calls for more than a mere letter. As we stroll by the Frank Manor House with blissful ignorance, the tribes who originated in the Pacific Northwest live with the memory of the deprivations

carried out by one of our founders. It is inexcusable that for our sesquicentennial, LC conducted biographical research into many of the key players of our institution, including Geary, but omitted details from his horrific past. Geary's past was far from hidden; most of the quotations and information in this piece come from Geary's obituary, a copy of which is in our school's special reserves and available for free online.

Our community has the ethical obligation to advocate for change. Due to the atrocities outlined above, LC should conduct an investigation into the harms Geary inflicted and publish the results with recommendations on how to rectify his damage. LC students should do more to support the Indigenous students on campus by attending and supporting their events. As students, we must have conversations about the past violence that now allows us to receive our education. The best path forward is one where we reach out to harmed tribes and seek to have continual dialogues about their lived experiences and ways we can offer support; refusing to do so is morally indefensible. This process of creating legitimate ties must start with direct outreach from our college leadership. With our college planning large infrastructural spending through the Strategic Plan, we should consider building a space that is open to Indigenous people and their needs, a place of gathering where students and tribes can learn from each other.

People at Geary's funeral regarded him as a "pioneer of enlightened civilization" for the colonizing force he helped herald throughout Oregon "like a bugle-call;" it would be wise to remember this before we howl "Roll Pios!"



COURTESY OF LEWIS & CLARK DIGITAL COLLECTIONS AND ARCHIVE

Edward R. Geary was a key founder of what would become Lewis & Clark College.

To-go dining creates massive waste at LC

By ALEXANDRA FLORY

COVID-19 MITIGATION policies have changed many of the daily operations at Lewis & Clark. One example is the implementation of single-use to-go boxes in campus dining services. This new development has raised some serious environmental concerns regarding waste. Nevertheless, it is difficult to find a simple solution.

This semester, beverages such as milk, juice and coffee are allowed to be served to students. However, in accordance with state laws, students may not bring reusable cups. On its own, this creates some waste from cups and causes frustration for students who are not allowed to fill up their own reusable water bottles from Fields Dining Hall. Additionally, many students use plastic utensils provided by the school rather than metal ones. This point is a bit more frustrating considering the fact that first-year students were given a full set of metal utensils when they first arrived on campus, not to mention reusable utensils are fairly easy to get a hold of.

However, the largest point of contention about increased waste on campus is the large amount of trash produced by to-go boxes. With hundreds of students visiting Fields Dining Hall up to three times a day, the math of how much waste is produced by the to-go boxes is hard to come to terms with. To make matters worse, the trash receptacles used to throw away the to-go boxes are only located in certain spots on campus, resulting in the overflow of trash with volumes they were not designed to hold.

It is clear that LC is aware of this problem and is attempting to combat it by adding solar-powered trash compactors around campus. These can hold five times more waste than regular trash cans, reducing the frequency of trash collection by 80%. While this is a good start, there are simply not enough of these compactors to make a significant difference. In other words, we need more. The compactors also do not decrease the amount of overall waste that is actually produced.

Another problem that has been ongoing is food portions. One morning, I had the pleasure of attending breakfast at the same time as the LC football team after a morning practice. I was surprised to have been given the same amount of eggs and French toast as someone who had just completed an intense workout.

To my understanding, Bon Appétit creates predetermined serving sizes for every meal. However, not everyone needs the same amount of food to feel full. In general, the portions are too big. This exacerbates the waste problem as copious amounts of extra food end up being thrown away because students cannot finish it all.

Using reusable utensils instead of plastic ones, reducing the frequency of getting beverages, keeping leftovers in the fridge and simply asking for smaller portions are some small steps that could reduce the amount of waste on campus. But even these come with some caveats. For example, the Get app does not allow for students to specify how much food they want and gives plastic utensils with every order. These solutions also fail to address the waste produced by to-go boxes. Storing food in the fridge as leftovers may lessen food waste, but the box will still need to be thrown away eventually.

The boxes themselves are green product certified and made from 100% recycled paper, but are only recyclable in a few areas that accept polylined food service packaging. Unfortunately Portland is not one of them. We cannot "Boycott the Bon" because people need to eat and do not have any other meal options. We cannot share food in to-go boxes because COVID-19 makes that dangerous.

Ultimately, there is not a simple, all-encompassing solution. But the upside is that to-go boxes are not a permanent part of LC. We are starting to see change made both by the college in adding trash compactors as well as individuals making more environmentally conscious decisions. Together, we can begin solving this environmental issue as a community.

Incident with Fred Meyer, police is a symptom of capitalist reality

By VENUS EDLIN

AFTER THE recent inclement weather, Portland once again approved that it values property over people.

On Feb. 16, according to several news outlets, multiple people reported employees guarding thrown-out food at the Hollywood West Fred Meyer location. When bystanders started filming videos and taking pictures of the food that had been disposed of shortly after the power went out, police were called to the scene. This was a decision made by the local franchise.

This picture alone illustrates the problem. Underpaid employees were expected to protect the property that a company gave up, simply because they could no longer profit from it. When activists came to the store, they planned to redistribute the food in community fridges, but were met by Portland Police Bureau officers. This exchange exemplifies how police function as an arm of the state, a state that serves private property rather than people in need.

Many have justified the behavior of the store and the police involved due to food safety concerns. Kroger, Fred Meyer's parent company, responded to a tweet criticizing the store's actions saying, "Our store team became concerned that area residents would consume the food and risk foodborne illness, and they engaged local law enforcement out of an abundance of caution." Another statement pointed to an Oregon Health Authority (OHA) fact sheet that gives guidance on foodborne illnesses in case of power outages for "licensed establishments."

However, the OHA guidelines are not as stringent as Kroger suggests. Once the power went out, the backup

generator at the location activated, so the food's temperature likely did not rise above the 41-degree temperature threshold that is used as a guideline. Even if the food did increase to the threshold, the fact sheet recommends an assessment of the food products at this point, rather than simply throwing them out. It was also below freezing outside for the duration that the food was in the dumpster.

For a large corporation like Kroger, it makes perfect sense to throw out all

of the risky food products because the cost to replace them is much less than the liability of lawsuits, even if the food is still safe. The company expressed wishes to donate the food in their statement, though they were unable to do so given hazardous driving conditions.

They also mentioned their Zero Hunger | Zero Waste Foundation, a social impact plan which donates meals to food banks. Despite the good intentions of the program, it seems to exist to placate liberal concerns. Kroger has made recent headlines on its union busting. Most recently, the Washington Post reported that Kroger would close more stores when Seattle mandated \$4 per hour hazard pay for pandemic workers. Clearly, the company's priority is capital, despite its claims to care about food insecurity and social justice.

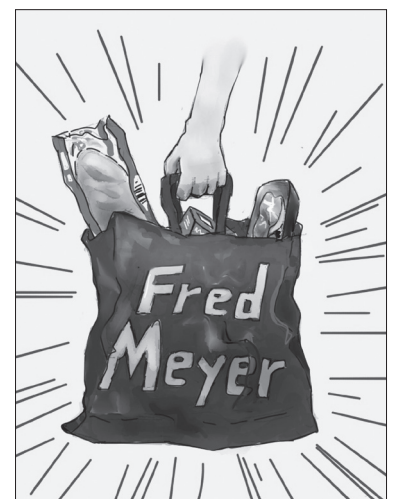
Fortunately, after police left the dumpster, those standing by took a significant amount of food to various community fridges across the city. But the question of what to do next still remains. For example, should Lewis & Clark students shop somewhere else, so as to not support the company, after this incident? Unfortunately, many LC students do not have an option to shop elsewhere. The Pioneer Express only stops at Fred Meyer and Zupan's

Market, the latter being out of the price range for many students.

This brings into question whether or not the Pioneer Express should stop somewhere else. Well, I am not exactly sure. Safeway, Target and many other grocery stores are just as greedy and cruel as Fred Meyer and its parent company Kroger. While I know many students, including myself, would appreciate increased variety in grocery store options, as long as these chains are the only options, these problems will persist.

That is not to say we should do nothing. Rather, this means that even more action needs to take place. I encourage my fellow students to donate to community fridges when they can and engage in as many alternative food sourcing practices as possible, such as gardening.

While this does not eliminate the structural issues of capitalism, mutual aid and learning to rely on processes outside of capitalism are two ways to ease labor exploitation. These processes simultaneously allow preparation for more radical change. In order to move beyond capitalism, we need to establish alternative community-based living to both envision a post-capitalist future and provide support during transition.



NICOLE OLIVER/THE PIONEER LOG

Admin leaves off-campus students stranded

The college's decision to hold classes after historic storm disadvantaged students that live off-campus

By CHARLOTTE POWERS

I RECENTLY WROTE a letter to Vice President of Student Life and Dean of Students Robin Holmes-Sullivan expressing my deep frustration with the administration's decision to resume academic classes on Wednesday, Feb. 17. As we all know, over 150,000 Portland homes were left without electricity, heat, WiFi and warm water beginning Feb. 14, and many did not regain these necessities until the following weekend.

While Lewis & Clark's undergraduate campus was fortunate enough to lose power for less than 24 hours, many off-campus students, including myself, did not have such luck. My housemates and I spent four nights without heat, WiFi and warm water; our house temperature dropped to 45 degrees Fahrenheit. It was not until Thursday, Feb. 18 when we decided to book hotels and AirBnBs because we felt stressed about falling behind in school and yearned for a warm shower. Luckily, the gods and goddesses heard our shivering prayers and restored

power to our house the morning of Friday, Feb. 19. With this experience, the administration made it very clear that when natural disasters occur, LC prioritizes on-campus students at the expense of off-campus students.

The decision to reopen the college demonstrated that on-campus students were more of a priority than those living off campus. Not only were off-campus students put at an extreme disadvantage, but they were forced to prioritize academics over mental health and general safety. A number of students chose to live off-campus this year for a variety of reasons. Many underclassmen elected to do this at the college's request in order to mitigate the spread of COVID-19. Reopening the college amid a widespread power outage is no way to thank these students for alleviating the administration's stresses. The college advertises the LC community as a unified body, but this body was divided two weeks ago in their decision to look after on-campus students while leaving everyone else behind.

The administration's idea to share on-campus resources with off-campus students was offensive to the struggles these students were facing at home. In an email, off-campus students were told they could go to Templeton Student Center, Watzek Library or Pamplin Sports Center to use their facilities. As well-intentioned as these suggestions may have been, they appeared as an attempt to strengthen the administration's reasons for reopening while dampening the numerous stresses and difficulties students faced off campus. With most roads being left in terrible conditions, many off-campus students did not feel comfortable or safe driving to campus. And to expect that students to fork out \$50 for a round-trip Uber ride is nothing short of ignorant. In the future, I suggest classes be canceled while also offering those resources to students in need.

This is the second time this year that the administration made an inappropriate decision to continue classes during a natural disaster. Last fall, wildfires raged across Oregon,

compromising the air quality and temperature in students' homes. Instead of canceling classes so that students could manage their health and mental well-being or prepare to evacuate, students felt immense pressure to attend Zoom classes in fear of falling behind. Being expected to attend school amid a natural disaster, whether virtual or in-person, is not normal and should not be deemed as such.

I understand that the college is required to facilitate classes for a certain number of hours each semester. However, forcing students to attend school during two natural disasters generates more harm than good. When Portland undergoes its next natural disaster, I and many other students suggest pausing classes until the situation has been resolved and reassessing how those lost hours in the classroom will be made up. Perhaps adding additional days at the end of the semester is a viable option. Given my lack of expertise in running a college, I am not certain if this is the most productive solution, but any

alternative is exponentially better than the choices the administration executed this past year.

The intention of this article is not to assign blame, but to formulate a comprehensive solution ensuring that LC students will not experience these tribulations again. If administrators are still looking for ways to listen to students and improve the workings of the college, pausing classes and reassessing after the fact would be one way to successfully do that.



AMELIA MADARANG/THE PIONEER LOG

Relaxing COVID-19 policies is a mistake

By GABE KORER

IN RESPONSE TO how effective contract tracing has been in minimizing COVID-19 cases on campus, the Division of Student Life recently decided to remove three safety measures that have helped students stay socially distanced and largely mitigated the potential for widespread infection. This decision went into full effect on Friday, Feb. 12 with restrictions related to dining, residence hall movement and in-person events being swiftly removed to reward the student body for keeping the infection rate low at Lewis & Clark.

Unfortunately, this decision complicates the contract tracing that has helped our community stay safe over the past month. While students can still be accounted for in dining areas and throughout in-person events, there is no way to ensure that students moving between residence halls will use the QR codes posted on the front doors to assist in contract tracing, which is what the Student Life is depending on. Furthermore, there is no conceivable way to enforce the ban on students using the bathroom while they are in another residence hall, meaning that the regulation of such activity is self-monitored — an old school, honors-based approach.

On its surface, this decision is problematic because giving young adults a tremendous amount of disease-preventing responsibility is a recipe for disaster. Suffice to say, young people have been less receptive to COVID-19 prevention measures than their older counterparts throughout the course of the pandemic. Although the LC student body is strongly committed to keeping each other safe, it is simply too idealistic to trust us when a lapse in judgment from one individual could potentially result in widespread infection.

When looking at the lifted restrictions for dining and in-person events, it becomes apparent that there is a right way to go about self-regulation for young

people that is not reflected in the new residence hall policy. To see this, we have to consider what is being asked of students and who is around to witness it.

In a dining or in-person event setting, LC students are asked to do two things: socially distance and wipe down surfaces. These requests are simple enough, and most students can follow the logic behind such measures for preventing the spread of COVID-19.

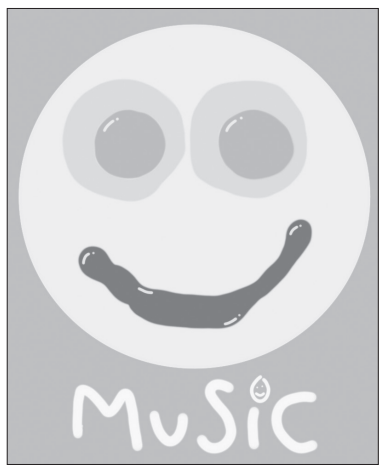
These settings also foster shared accountability because they allow people to monitor each other's behavior. Without such social pressure, people are more inclined to make selfish decisions that violate existing protocols.

The new residence hall policy does itself no favors in that regard. Social pressure is practically nonexistent, seeing as students are expected to fully monitor themselves without outside reinforcement. We have already seen the pitfalls of this self-regulatory method in LC's policy against leaving campus, which, as a student with eyes and ears, I have seen violated more times than I can count due to a lack of community oversight.

Additionally, there is a possibility that the new residence hall policy will not resonate with most students. While what is being asked (QR sign-ins and following the bathroom protocol) is simple enough to follow, the purpose behind it (contract tracing) is more complex as it relates to COVID-19 prevention. Students are unable to fully understand its necessity and importance, which is reflected in the fact that contract tracing apps used by other colleges typically have some sort of mechanism for ensuring students' compliance, such as mandatory check-ins on the app.

There is a sizable difference between lifting restrictions on dining and in-person events and lifting restrictions on residence hall movement. The latter presents unique difficulties in maintaining the contract tracing that our community has worked so hard to preserve, making it essential that the Division of Student Life reconsiders.

Performative activism is prevalent in criticism of Sia's "Music" movie



FAITH GALLEGOS/THE PIONEER LOG

By TOR PARSONS

NOT LONG AFTER returning home from Lewis & Clark for winter break, I found myself deluged with messages from friends and family, all on a specific subject. High school acquaintances were reaching out to me on social media for the first time in years. I got calls from numbers I did not recognize. A few older family members emailed me. The whole world, it seemed, wanted to let me know that the pop star Sia was directing a movie called "Music," which featured neurotypical child actress Maddie

Ziegler as a nonverbal autistic girl.

Like Ziegler's character, I am autistic. I suffered through years of speech therapy in elementary and middle school, and though I can speak clearly now, I still have difficulties with organization and social interaction. Ziegler is not autistic. She never had to deal with any of these things. And everybody who contacted me assumed that I, being the only autistic person they knew, must have been so offended.

But I am not the slightest bit offended. Ziegler is an actress. She plays fictional characters. It does not bother me that she and Sia are bringing much-needed representation to the big screen, especially since Ziegler is a major celebrity and a heroine to many young girls. "Music" would have a far lesser impact if its lead were an unknown autistic actress in her first major role. What does bother me is the outrageous heights the backlash against Sia and Ziegler has reached. I am not offended by Sia's casting choice, but I am troubled by the number of people who are offended by it, and how few of those people are autistic.

Performative activism has gotten a lot of attention in these protest-driven times, but just as pernicious is blind extremism. Well-meaning but clueless people, often white and wealthy, take the most extreme position possible on

a social issue affecting a marginalized group. They truly believe they are doing the right thing, mainly because they are not as familiar with the group in question as they would like to believe. It is largely because of privileged individuals on social media that ideas like community-based policing reforms (a popular proposal) are warped into the abolition of the police (an unpopular one), and calls for a \$15 minimum wage (widely popular) become calls for a socialist revolution (unpopular, though it may not seem so at LC). The biggest threat to a movement is often not its opponents, but its own extremists.

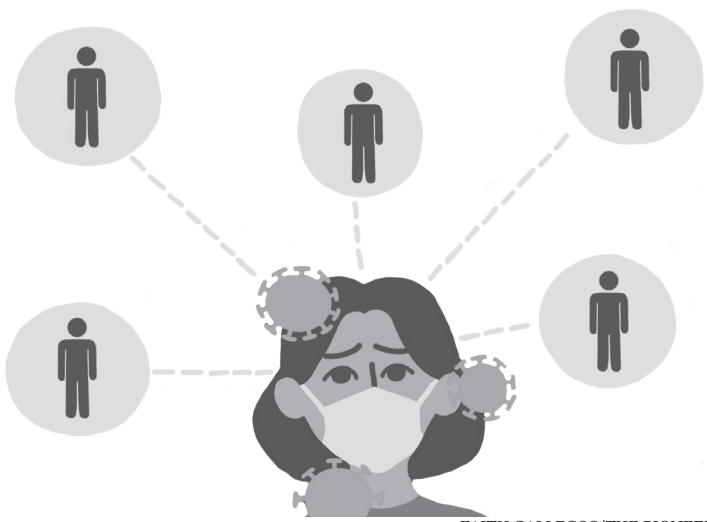
The common response to people misunderstanding a social movement is that ubiquitous, ever-so-patronizing phrase: "educate yourself." But I would suggest an alternative: stand down. The world does not end if you do not speak out on an issue that does not affect you personally. If those affected are raising their voices, you may listen, but do not think of yourself as a terrible person if you do not publicly voice how much you care. Too often, what neurotypical allies see as caring, we autistic folks see as condescending, and the same is likely true in other social justice movements.

I am fully capable of making my own decisions about political causes. I do not want to be told that I should be offended, and I do not want neurotypical individuals to be offended on my behalf.

The Pioneer Log

LEWIS AND CLARK COLLEGE

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FAITH GALLEGOS/THE PIONEER LOG

Remembering Dixy Lee Ray, PNW political icon

Former governor of Washington Dixy Lee Ray merged science and politics throughout her extensive career

By TOR PARSONS

DIXY LEE RAY reveled in contradictions. She had a Trumpian temper and ego, yet she was fiercely intellectual. She lived a Thoreau-esque life of rural seclusion in the last decades of her life, although she was also pro-nuclear power. She was a high-ranking political leader, but her political beliefs belonged to neither party. She was a female scientist and politician at a time when women in either role were vanishingly rare.

Ray served as governor of Washington state from 1977 to 1981 at the height of a long career spent connecting science and politics. Born Marguerite Ray in Tacoma, Washington, in 1914, Ray was energetic and driven from a young age: At age 12, she became the youngest girl ever to climb Mount Rainier. Her parents called her “little dickens,” an expression meaning mischievous child. As a teenager, Ray adopted an abbreviation of this nickname, Dixy, as her legal name, believing her birth name to be “too feminine.”

Ray graduated from Mills College as valedictorian, and by the mid-1950s she was a professor of marine biology at the University of Washington. One of the university’s only female scientists, she turned heads for more than her gender. She would arrive to work in a sports car, with one of her many dogs riding shotgun. She wore athletic clothes to formal events. She lived in a hostel-like boarding house above a restaurant — which was probably how she could afford multiple sports cars on a professor’s salary.

In 1964, Ray served as chief scientist on a research ship in the Indian Ocean, aboard which, according to her niece Carolyn Strong, she led a mutiny because she believed the crew’s scientific work was inefficient.

“She took control and locked the captain in his quarters, as I understand, and got the staff to work together,” Strong said.

After leading a mutiny on the high seas, Ray returned to Seattle and created the first hands-on science museum. She had co-founded the Pacific Science Center in 1962 as part of her lifetime goal to improve the average person’s understanding of science. Disappointed by the museum’s static, “hands-off” exhibits, she took control of the museum

and replaced the exhibits with interactive displays of scientific principles. She promoted the revamped Pacific Science Center by hosting a popular science show for children on Seattle’s KCTS-TV — the network that would later create “Bill Nye the Science Guy.”

In 1973, in a ham-handed attempt at increasing his cabinet’s diversity, President Richard Nixon requested a female scientist to chair the Atomic Energy Commission (AEC), which regulated and designed nuclear power plants. Washington Sen. Warren Magnuson recommended Ray, and she was appointed. Before taking office, Ray drove a mobile home across the United States to Washington, D.C., stopping along the way at every nuclear power plant and research station in the country to ask the staff about the changes in leadership they wanted to see at the AEC.

Upon arriving in D.C., Ray found that the government wanted her role to be effectively ceremonial. Not discouraged, Ray proceeded to run the AEC with an iron fist. Many of the longest-tenured AEC members were fired under Ray’s leadership, and she advocated the reorganization of the AEC on the grounds that no organization can be trusted to regulate the same thing it produces. On her advice, Congress passed the Energy Reorganization Act of 1974, dividing the AEC into two agencies. Ray’s role shifted to the State Department, where she was in charge of appointing scientific attachés to U.S. embassies.

Even then, Ray refused to stay in her lane. According to Strong, through her job at the State Department, Ray befriended nuclear scientists from all over the world and eventually worked out a nuclear disarmament plan between scientists in the United States, France, Germany and the Soviet Union. Scientists were not supposed to be working on anything without the knowledge of their superiors, and when Secretary of State Henry Kissinger got wind of Ray’s machinations, she was forced out. The plan was never implemented, and Ray drove back to Seattle in her mobile home, where she and her dogs had been living for her entire span of federal service.

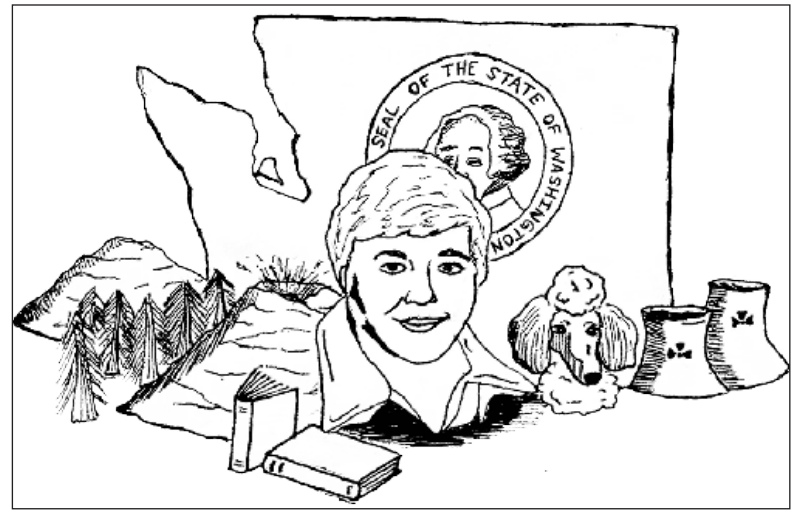
Ray quickly returned to politics, this time in her home state. Inspired by her trek across the nation visiting power plant workers, she crisscrossed Washington, asking people in every county what

they wanted from the government. In Washington’s 1976 gubernatorial election, she pulled off a surprise win, despite massive opposition from the state’s political class, and prognostications that no state was ready to elect an unmarried, trailer-dwelling female scientist to its highest office. She was only the second woman in American history to be elected as a governor without having relatives in politics. Though she balanced the state’s budget and increased education funding, her eccentricity and sharp tongue made her deeply unpopular with voters, and she was defeated in the Democratic primary when she ran for re-election. In 1991, she described her single term as governor as “moments of exhilaration, hours of sheer boredom, and seconds of absolute ... I think that word shouldn’t be used on air.”

Ray’s most famous political accomplishment surrounded the 1980 eruption of Mount St. Helens. Long before the public was aware of the volcano’s dangers, Ray had been in contact with scientists who warned that an eruption was imminent. She examined the situation firsthand, circling the mountain in the governor’s private plane. On April 30, 1980, she declared a “red zone” surrounding Mount St. Helens in which all people were excluded. When the mountain blew on May 18, the Forest Service estimated her restrictions saved up to 30,000 lives, but the praise Ray received was not enough to win her re-election.

Ray was not done reinventing herself. After politics, she became an acclaimed artist. Strong says she took up wood carving to release stress during her term as governor, inspired by the totem poles carved by members of the Kwakiutl Nation that stood outside the Pacific Science Center. She received numerous commissions for large pieces of art, including a carving in the Weyerhaeuser forestry company headquarters. Ray became so recognized for her carvings, the Kwakiutl named her an honorary tribal member, conferring on her the title of “Umah,” or “respected lady.”

Strong’s anecdotes of Ray paint a picture of a woman who was profoundly eccentric, but friendly and altruistic. When Strong was in college, Ray offered to lodge her for the summers at her farm on Fox Island in Puget Sound, where Ray’s mobile home had been permanently parked. There, Strong says,



CLOE MORENO/THE PIONEER LOG

Ray would cook extravagant meals for her, and they would discuss religion and philosophy late into the night.

As governor, though, Ray’s temper was central to her reputation. After hundreds of employees of the previous governor protested being fired, she taunted them, offering to send them Kleenex boxes. In response to constant negative media coverage, Ray named pigs at her Fox Island farm after reporters in her press corps, then made the pigs into sausages and offered them to the very same reporters.

Ray even divided her fellow scientists. Though physicist Edmund Teller attempted to recruit her to run for president in 1980, at her death in 1994 several conservationists went as far as to label her “unscientific,” largely due to a pair of books she had written in her last years in which she appeared to cast doubt on climate change. Most who knew Ray, including Strong, argue this is a misunderstanding.

“She said, ‘We don’t have to go back to the 1600s to solve environmental problems,’” Strong said.

Science historian Erik Ellis agrees, saying in a 2006 essay on Ray that she was not denying climate change, but trying to increase public understanding of it, as people associated living environmentally with a lower standard of living. Her strong faith in the power of science to solve problems, Ellis says, was unfashionable in the pessimistic ‘90s.

Ray never married, wore her hair short

and had masculine hobbies. Her sexual orientation will probably remain lost to history, but Ellis argues that her “tomboy” identity was essential to her success in the male-dominated fields of science and politics. As a masculine woman, men saw her not as a sex object, but as one of them.

Perhaps the best way of understanding Ray is as a woman jarringly ahead of her time. Long before today’s partisan polarization, she advocated for the abolition of political parties — Ray claimed she ran for governor on the Democratic ticket because the Republican primary was already too crowded, caring little about her official party affiliation. She recognized that nuclear power was safe at a time when the environmental movement was vehemently against it. The greatest irony of Ray’s life is that, despite her perceived opposition to environmentalism, if more people had listened to her on nuclear power, climate change would be less of an issue today.

To this day, even as women have made gains in politics, America has yet to produce another female politician with Ray’s willingness to take a blowtorch to political and social norms. And as rare as it was to be a woman in politics at the time, it was, and still is, rarer to be a scientist in politics. As we face compounding global crises, maybe what we need is another Dixy Lee Ray — a pragmatist who recognizes that truth does not belong to a political party.

Birdwatching is an enjoyable activity for any LC student

Palatine Hill is home to a wide array of interesting birds that can be spotted all around campus

By JASON KOWALSKI

LEWIS & CLARK is fortunate to have an abundance of natural beauty. With gardens, forests, water and Tryon State Park within walking distance of the dorms, the LC campus provides especially wonderful opportunities for birdwatching.

Birds may seem mundane due to their commonness, but they are remarkable creatures. They can have personalities, likes and dislikes, and be extremely emotive.

The crows on campus exemplify this. They can be seen playing and talking to each other and have happily adapted to cohabitating with students. They can even be befriended with enough commitment and food offerings.

Ravens, on the other hand, tend to be more solitary. They are larger than crows, have a deeper croaking call and are rarer in the Portland area.

American kestrels can also be seen year-round near campus and are often found on telephone wires. As the smallest birds of prey in North America, they have clear features distinct to falcons, including a sharp beak and talons. Males have patriotic red, white and blue plumage with black spots, while females have a more camouflaged plumage. American kestrels have a vertical black line under their eyes, which contrasts against their white feathers and blue-grey heads. They are also one of the few birds that can be used for falconry in Oregon.

Just north across the river in Washington is Ridgefield National Wildlife Refuge. Nicholas Dill ‘24, a local remote student, recently went there to visit and photograph birds. During the visit, he saw a huge population of swans.

“In general, I’m pro-bird,” Dill said. “(The refuge is) basically a big swamp with a ring road you drive on. I went there to take pictures of birds and have a relaxing break from studying.”

The recent ice storm saw the damage and loss of many trees on campus, which may impact the amount of birds that come to nest and perch as they pass through. Thankfully, plans have already been made by some of LC’s outdoor-oriented clubs to continue attracting birds to campus.

“There’s been a lot of nice (birds),” Garden Club Co-President and SEED Vice President Mateo Kaiser ‘23 said. “Garden Club puts out feeders. (SEED) also (wants) to build some birdhouses with Tiny House Club.”

One of the smaller birds that feeders would help to attract are hummingbirds. Anna’s hummingbirds are the only kind that can be found in Portland year-round. The species is easily identifiable by their iridescent green feathers and bright pink heads on males. Though it would be more rare, it is also possible to spot a Rufous hummingbird near campus, which are mostly brownish-red with some white on their neck.

Dark-eyed juncos, song sparrows, spotted towhees and northern flickers

are all fairly commonplace in the bushes and lawns near buildings. Identifying these birds can be difficult, but there are tools to make it easier. One such tool is Merlin Bird ID by the Cornell Lab of Ornithology. This app gives you all the birds in your area and can give some options to identify birds by photos. On top of detailed descriptions, the app also provides different bird calls and has a way for you to keep track of bird sightings.

Located on the other side of the city from campus is the Portland Audubon Society. Not only do they have a large trail system, but they also have birds used for educational purposes which for one reason or another cannot be returned to the wild.

Aristophanes the raven and Ruby the turkey vulture can be visited at their enclosures. According to a staff member of the Audubon, Aristophanes can speak but usually chooses not to and Ruby is scared of the mail truck and projectile vomits as a defense response. The trails surrounding the Audubon Society are a fantastic place to easily make your way into the heart of a forest to look for birds, and their center provides plentiful resources for education and volunteer work related to ornithology and caring for injured birds.

Birdwatching is a fun and unobtrusive activity that can easily be practiced socially-distant. By going to Tryon or just a bit further, you can see dozens of species of birds. All you need is some time and attention.



NICOLE OLIVER/THE PIONEER LOG

Oregon's adult care homes lack COVID-19 vaccinations

By GABE KORER

DU TO A communication error between the Center for Disease Control and Prevention (CDC) and the Oregon Health Authority (OHA), adult care homes in Oregon have largely gone unvaccinated for COVID-19. These are single-family residences that offer personalized care to older adults and people with disabilities.

The error occurred because the OHA was led to believe that adult care homes would be covered under the Federal Pharmacy Partnership Program, yet there were not. Now, they are scrambling to cover the facilities themselves by working with various in-state providers, such as Safeway.

According to Polina Orlova '21, who is an employee at A Place To Call Home in Tigard, this situation could have been avoided if the OHA had allowed adult care home nurses to distribute the vaccine to their own residents.

"I think that the whole vaccination process has been handled incorrectly ... because every single one of these facilities has nurses who can give the vaccinations themselves," Orlova said. "We know how to give vaccines, we know the whole procedure and it just makes no sense for (the OHA) to complicate the process so much."

On Jan. 29, the office of Gov. Kate Brown, J.D. '85 put out a statement that doubled down on her decision to prioritize educators throughout the early vaccination process. Nowhere did it mention older adults who, up until recently, did not even have the option of receiving a vaccine.

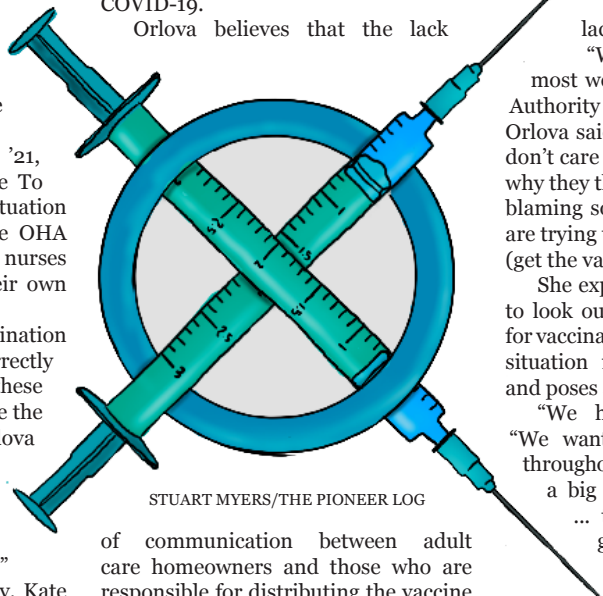
Orlova believes that Brown's statement does not accurately reflect Oregon's 1A group vaccination process, which has consistently failed to ensure adult care home vaccinations.

"It's just fake optimism because

behind that (statement) are people that have been left out by the system ... it's kind of a reflection of the values of our country, which is to make it look like we're making progress when we're not," Orlova says.

The rollout of 1A group vaccinations in Oregon began on Dec. 21. Since then, residents in only 300 adult care homes have been vaccinated according to DHS. Oregon has 1,400 licensed homes, meaning thousands of residents have been left waiting for their vaccinations despite being considered high-risk for COVID-19.

Orlova believes that the lack



STUART MYERS/THE PIONEER LOG

of communication between adult care homeowners and those who are responsible for distributing the vaccine is indicative of a larger problem within the system.

"For yearly flu vaccines, there's regular communication between the doctors we're involved with and the coordinator," Orlova said. "And they have full trust in us that we are going to be able to distribute it with no issue."

Adult care homes in Oregon had to wait until Feb. 19 to receive a clarifying statement from OHA. It came after Gina Roberts, owner of A Place To Call Home and Orlova's employer,

expressed her frustration to KGW8 in an article that has since captured the attention of state and local authorities. In the article, Roberts details how her adult care home had initially scheduled appointments through CVS Pharmacy only to have them canceled without a clear explanation.

Although OHA said that they would work with the Oregon Department of Human Services Office of Aging and People with Disabilities to cover adult care home residents, Orlova expressed dissatisfaction regarding the lack of direct action.

"We got in the news, but the most we got was the Oregon Health Authority blaming it on the CDC," Orlova said. "How does that help us? I don't care who's to blame. I don't know why they think an answer to anything is blaming somebody. Now our residents are trying to find out ways that they can (get the vaccine themselves)."

She explained that forcing residents to look outside their adult care homes for vaccinations places them in a difficult situation financially and emotionally, and poses a significant health risk.

"We have a pod," Orlova said. "We wanted to keep that immunity throughout this whole process. It's a big thing to have to break that ... the process of having to go get the vaccine outside of the facility means the possible exposure to COVID-19."

Ultimately, the mood inside Roberts' adult care home is one of extreme frustration. They are still waiting to be contacted by OHA or DHS and are hoping that their residents can receive the vaccinations they need as quickly as possible.

"Everybody feels kind of hopeless, forgotten, angry — also saddened and confused," Orlova said. "It's an angry, emotional situation there because what it all says to them is that they don't matter."

Lunch with a Leader events connect LC students with new role models

By TOR PARSONS

FIVE YEARS AFTER it began, the Lunch with a Leader program, hosted by Lewis & Clark's Entrepreneurship Club, shows no signs of losing momentum. The program was founded to assist LC students in establishing personal connections with potential role models. Each Lunch with a Leader event consists of a round-table discussion between up to 20 students and a successful community figure. They are not always entrepreneurs or business figures: Past leaders include artists, politicians, activists, scientists and the heads of nonprofit organizations. Figures such as cancer researcher Brian Druker, possibly Oregon's best-known scientist, and Portland's most prominent Black business leader, Rukaiyah Adams, have been invited to speak.

Lunch with a Leader was co-founded by the Bates Center for Entrepreneurship's Associate Director Chrys Hutchings and Associate Director of Operations Catarina Hunter.

"We have no shortage of people who want to speak to our students," Hutchings said via email.

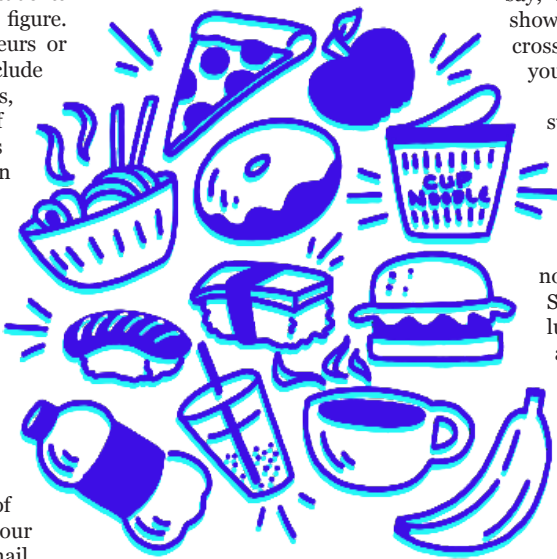
In total, Hutchings has held 60 Lunch with a Leader events, approximately five per semester. While some of the guests are people she or other LC faculty members know, Hutchings finds most of them online (she sarcastically refers to it as "stalking" them) and then invites them to speak to LC students.

Up until the COVID-19 pandemic, Lunch with a Leader took place in person, with a hot lunch being provided for free by Hutchings and Hunter. Entrepreneurship Club Co-President Ramez Attia '21 preferred this setup.

"You talked about their story and asked questions," Attia said. "It was not really a lecture, but a conversation."

This dynamic has disappeared, Attia said, now that the events are held on Zoom. However, there are advantages to the remote format, chiefly being that speakers can come from all over the world.

"It's been more flexible during the pandemic," Attia said.



AMELIA MADARANG/THE PIONEER LOG

The club has also taken this time to work on improving the diversity of the guests they invite. Over the past year, Hutchings says, the number of speakers who are white and male has declined from 32% to just 17%.

"Entrepreneurship funding has a record of excluding underrepresented populations (so) there is a lot of ground to make up," Hutchings said.

She noted that despite the lack of funding, many successful entrepreneurs in America are immigrants.

Everybody who has organized Lunch with a Leader agrees that the guests impart valuable knowledge. Hutchings recounts stories of speakers breaking down in tears when they described past setbacks and how they overcame them. Entrepreneurship Club Co-President Matthew Brown '21 said that no two stories from leaders are the same.

"They're telling their story not to say, 'Hey, follow my footsteps,' but to show that when you get to a similar crossroads that they did, you go with your gut," Brown said.

According to Hutchings, students who associate entrepreneurship with money-making and ruthless capitalism are pleasantly surprised to find that the Lunch with a Leader series is nothing like what they expect. Students often come out of the lunches startled at how friendly and accessible the leaders are.

"(Entrepreneurship) is about making an impact and being an advocate for an idea or a group of people," Hutchings said.

Attendance at a Lunch with a Leader event is capped at 20 students, even on Zoom.

"It is small enough for students to establish a personal connection, yet large enough that they do not feel forced to engage," Hutchings said.

Students can contact the Bates Center to sign up for an upcoming Lunch with a Leader event or add their name to a sign-up sheet published on the third floor of J.R. Howard Hall. Upcoming Lunch with a Leader speakers include New Zealand soccer player and shoe designer Tim Brown, plastic recycling innovator Heidi Kujawa and the mayor of Gresham, Travis Stovall, who is the first Black mayor of a city in the Portland metropolitan area.

40th Gender Studies Symposium preview

By GABE KORER

THE 40TH ANNUAL Gender Studies Symposium, set to be held from March 10-12, will focus on questions of absence and lack in relation to gender and sexuality. All of the events are accessible through Zoom and require pre-registration on the event website.

Director of the symposium and Associate Professor with Term of Humanities Kimberly Brodtkin said that the program offers a wide range of events for students.

"I think there's something for everyone in this year's program," Brodtkin said via email. "In addition to presentations by our two distinguished keynote speakers, we're hosting workshops, performances, and ten multidisciplinary panels. Plus there's a virtual art gallery, as well as two student-curated historical exhibits (also virtual) organized through Watzek Special Collections and Archives."

The keynote speakers this year are Jennifer C. Nash and Carmen Maria Machado. Nash is the Jean Fox O'Barr professor of gender, sexuality and feminist studies at Duke University and Machado is the writer in residence for the Creative Writing Program at the University of Pennsylvania.

Brodtkin believes that these speakers, alongside the symposium's other events, will allow the LC community to interact with the theme of absence and lack.

"We're hopeful that this will help all of us to think expansively and in new ways about issues of gender and sexuality," Brodtkin said.

Student Co-Chairs Kendall Arlasky '21 and Phoenix Bruner '21, in an interview for the PiPod, talked about how this year's symposium is meant to highlight what has been missing in conversations surrounding gender and sexuality.

"When we started talking about what does lack and absence actually mean, I think the point was that we don't really have the answer," Bruner said. "And so when we were thinking about it, I know we talked a lot about posing questions for people to answer — what's lacking, what's

missing, what does that mean ... we didn't want to limit people in what they could say."

According to Arlasky, one of the goals of the symposium is to feature as much student work as possible. In doing so, they hope to bring the LC community closer together in a time when many students feel disconnected.

"We have so many amazing proposals from students at LC and students from across the country," Arlasky said. "We're really excited to be able to have a platform for them to share their work."

As part of the symposium, a virtual art exhibit will be shared online through the event website. Student Co-Chair Caroline Spence '22 believes that the online format will make the exhibit more accessible than in years past.

"We can have alumni look at the gallery, we can have non-LC students look at the gallery, which wasn't previously an option to us at all," Spence said. "Now we have the opportunity to keep the gallery going even past the date of the symposium and now there's a record of it which is really wonderful."

In curating the art, Spence and fellow Student Co-Chairs Elana Goff '22 and Zoey Norling '21 tried to include works from a wide array of LC artists.

"We included all different kinds of artists in the exhibit, whether it's people who are art majors and really adept in the field or maybe this is their first time creating art," Goff said.

Each of the co-chairs expressed excitement knowing that all of the artists that contributed were able to connect their artwork to the theme of lack and absence.

"Speaking somewhat broadly ... what is lacking and what is absent right now in identity and gender and care is really at the forefront of all of our lives," Norling said. "What was so emotional about going through these pieces is that they really speak to (that idea)."

If you would like to attend the virtual art exhibit or any of the symposium's other events, you can sign up for them through the events page on Lewis & Clark's website.

LC theatre department continues performances

By AMELIA DOYLE

THE LEWIS & CLARK theatre department has traditionally offered in-person events to the Palatine Hill community. However, as a result of the pandemic, the department has been forced to alter the way the theatre program operates. Using innovative methods, they have been able to move forward with some exciting and fun events this semester.

"Obviously, everything is necessarily different, but I for one am totally reinvigorated every time I get to do theatre with all the people who populate the department or have come in to give it a try," Ava Schmidt '23 said. "In this time, it has been the most amazing reminder of how human we are and how much connection can come from this art."

Every semester, the department hosts "Once Upon a Weekend," where according to Professor of Theatre Štěpán Šimek, students get the chance to explore their creative side by writing plays centered on very specific themes.

Students write, act and audition for these plays all at the beginning of the week and then present them on the weekend, so the turnaround is quick. "Once Upon a Weekend" was live streamed on Feb. 26 with the theme "Sins Not Tragedies," in a showcase of inventive production.

This semester, the theatre department will also present a mainstage production of "The Secretaries," a nine-student play that will be performed for a small theater audience and livestreamed on the department's website.

"This is a wild play," Schmidt said. "It's unlike anything we've done here at LC, and we're even performing it in the Black Box theatre space for a change."

In April, the theatre department will host its student theses. These student-led productions will range from an original

joint directing and acting production to dance performances about a woman chasing her shadow.

"I am working as a stage manager for (theses)," Schmidt said. "And I can tell you everyone is working so hard and it's a great chance to see how much the students have learned and their own amazing theatre visions."

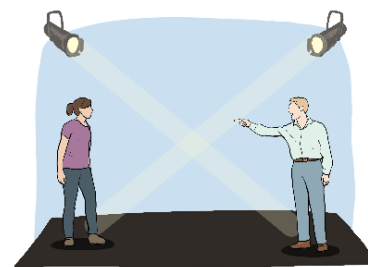
Finally, toward the end of the semester, the department will host Dance Y, a student-led production, entirely online.

"It's a great showcase of talent and of courage, in my opinion, and you should all tune in," Schmidt said.

In conjunction with the rest of LC, the theatre department has made large adjustments due to the pandemic. This includes moving traditionally in-person events online, staying socially-distanced and requiring individuals to wear masks even when performing. However, they have been able to overcome those challenges through creativity and vision.

"It's really important to note that the theatre department, we just decided at the beginning of the semester, at the beginning of the year, that nothing will stop us, we will just do it," Šimek said. "We will figure out ways as to how to continue creating theatre and being creative."

Students can access all of these live performances through the theatre department website.



MAYA WINSELL/THE PIONEER LOG

Students, faculty connect over Dickens novel

Members of the English department meet on a weekly basis to discuss their love of literary analysis

By RUBY SCHAEFFER

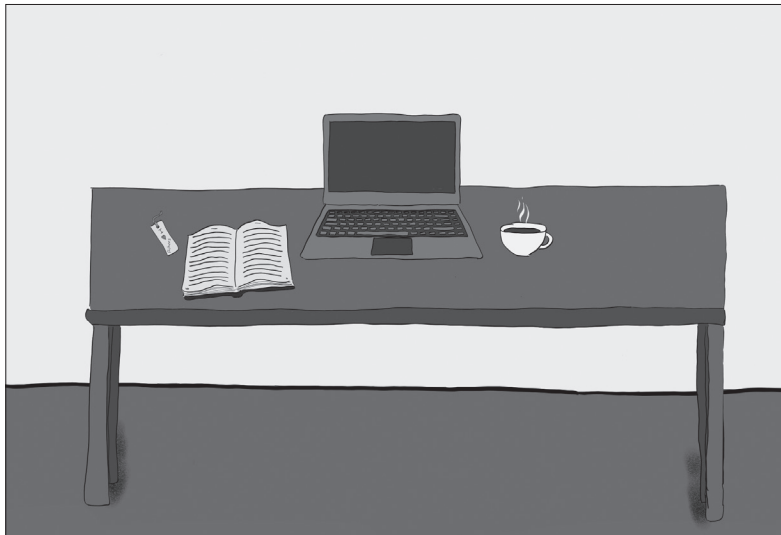
EVERY MONDAY evening from 7-8 p.m., a group of Lewis & Clark students, professors, faculty and alumni meet to discuss novels over Zoom. Since the beginning of the Spring 2021 semester the group has been reading "Little Dorrit" by Charles Dickens.

Associate Professor of English Will Pritchard, along with a couple other English department professors and English major Ashley O'Leary '22, formed the group based on their mutual love of Dickens. They invited the entire department to participate, as well as alumni to participate.

This group is a great example of how the LC community is finding ways to connect in the midst of the COVID-19 pandemic.

"People are casting about for ways to connect during this time of fragmentation," Pritchard said.

Pritchard was clear that he did not want the group to be like a class. Rather, he and the other founders of the club wanted it to be a more casual setting, where people could



NICOLE NAGAMATSU/ THE PIONEER LOG

discuss Dickens' literature without the added stresses of class-work and assignments. As a professor, Pritchard enjoys the casual approach of the group.

"I feel like it frees me up as a teacher to be like more of a fan," Pritchard said. "Sometimes in a class,

the students have the sort of naïve, or enthusiastic, or personal reaction and the teacher has to have the analytical, more sophisticated thing."

There is no hierarchy between students and professors, only a moderator that loosely leads the discussion. A different member of

the group acts as the moderator each week, and each new moderator brings a new style to the role. Since everyone is there by choice, people participate enthusiastically, making the moderator's job relatively easy. Some members prepare extensively, bringing notes, selected passages and discussion questions, while others simply let the conversation flow and make sure people are heard. According to O'Leary, this system has been working well.

"In this day and age it's hard to establish a dynamic over Zoom, but I think we've managed to do that," O'Leary said.

Hosting the book club over Zoom has some benefits, such as allowing alumni like Noah Foster-Koth '17 to be a part of the group. For Foster-Koth, it has been the perfect way to stay in touch with his former professors and other alumni, as well as meet the current students of his alma mater. The book club has been a chance for former LC students to once again participate in a spirited academic discussion.

"As community building stuff goes,

it feels very organic because it's an extension of what we would already do in English classes," Foster-Koth said.

The book club has struck a strong balance in academia of being both low-stakes yet engaging.

"We've definitely stressed that we don't want this to be a class and we want to approach the text in a different way while still being analytical and bringing our academic interests," O'Leary said.

"Little Dorrit" originally came out in serial form, with monthly installments of about 30 pages being released over 20 months. The group reads two monthly installments a week. They are currently halfway through the novel and plan to be done before finals.

"It's been a highlight of my weeks so far," O'Leary said.

Currently the book club is exclusive to the English department, however there is talk of choosing another book after they finish "Little Dorrit" and potentially then opening up the group to the entire LC community. O'Leary encourages people to stay tuned and join in the future.

Tawainese dishes are a hit as student explores new eateries



MARCO DREGNI/THE PIONEER LOG

Marco Dregni '21 displays his delectable Tawainese dishes to encourage more LC students to try new places close to campus.

By MARCO DREGNI

THOUGH IT IS located in a strip mall just 10 minutes from campus, Zha Nan Taiwan Bistro feels a world away from Lewis & Clark. Soft Tawainese pop plays over the speakers inside and brightly lit bottles of soda, sake and imported beer sit in neat rows on long, wooden shelves. The atmosphere is relaxed and choosing what to order from the lengthy menu is both the most exciting and difficult part of the experience.

Unlike some restaurants that offer a smattering of Tawainese food alongside other cuisines, Zha Nan Taiwan Bistro's menu focuses solely on Taiwan. While this means there are dishes that might be unfamiliar to non-Tawainese customers, Gloria, the chef and server, is quick to explain the menu and offer suggestions.

For LC students scarred by the Bon's version of bao, a trip to Zha Nan Taiwan Bistro is bao bun therapy. The pork belly filling is melt-in-your-mouth tender and well-seasoned, along with crunchy peanuts and fresh cilantro. The white, pillowy buns themselves are not made in-house, but I quickly forgave that after the first bite. Equally delicious is the lu rao fan, a bowl of rice topped with soy-braised pork and a hard-boiled egg. The saucy, minced pork is so flavorful

that it turns this quite simple dish into something rich and comforting. It is one of the most filling and economical dishes as well, making it a no-brainer addition to your order.

The Tawainese chicken wings come covered in a sweet-salty-spicy dry seasoning that is pleasant, but less interesting than other dishes.

The huang gua, or garlic cucumber salad, is a nice, light mix of cucumber, minced garlic and herbs tossed in a spicy dressing. It is good on its own, but especially refreshing in between bites of richer dishes. On the other hand, the dou ya cai, or bean sprout salad, is a bit herbaceous and bitter.

Perhaps the most interesting dish is the di hui gui, or black rice cake. Made by soaking rice in pig blood, it is wonderfully chewy and dense with a meaty but not overpowering flavor, almost like the savory cousin of Japanese mochi.

Vegetarians will be happy to see the many meat-free options on the menu. The hua gan fried tofu curd is sweet, savory and oddly addictive. A less exciting but still pleasant dish is the

alluringly named "Hundred Layered Bean-Curd," or bai ye, that pairs chewy and silky tofu with crisp greens and a mellow sauce.

It can be fun to order a selection of small plates (\$3-8), but Zha Nan Taiwan Bistro also offers "Chef's choice" specials (\$20-25) for one to four people, or bento box meals (\$11-14) for one.

There is also a wide range of drinks available. In terms of non-alcoholic drinks, soda cans ranging from Sprite to Salt-Sarsaparilla are offered for \$3.50, in addition to the more expensive — and more Instagrammable — house specials

such as boba (weekends only) or mango rose green tea (\$5.50). A selection of wine, sake and Tawainese beer rounds out the menu (\$5.50-11.50).

Zha Nan Taiwan Bistro

does not currently have dine-in seating, although hungry customers can choose to sit on run-down picnic tables next to the parking lot. A better choice might be getting takeout or delivery, both of which have wait times that do not seem to exceed 20 minutes, even during weekends.

The saucy, minced pork is so flavorful that it turns this quite simple dish into something rich and comforting.

Pandemic perspectives on display at Watzek

By RACHELLE BINDER

FROM ATTENDING school during a global pandemic to the wildfires that ravaged the West Coast, the Fall 2020 semester was peculiar and well-documented by Lewis & Clark students. To conclude this unusual semester, students were asked to submit images for Aubrey R. Watzek Library's "Alone Together: Colors, Thoughts, and Feelings of a Pandemic" exhibition. The exhibition showcases 19 photos of what the Fall 2020 semester looked like within the LC community.

The project began with a conversation about how to utilize the library's atrium space. Library staff wanted to welcome students into the library, while following COVID-19 restrictions.

"There is not the same feeling and energy about the library," Watzek subject guide Parvaneh Abbaspour said. "We thought of the project as a way of bringing student voices together and sharing perspectives on the walls to bring that same spirit back."

The exhibition is reflective of its title, "Alone Together." The pieces that have been compiled together aim to reflect the consequences of a COVID-stricken world.

"Some students reflect the trappings of the pandemic with face masks and Zoom," Abbaspour said. "One thing we noticed when we were putting the photos together is a couple of them have more than

one person in them. A lot of them are solitary and contemplative."

The exhibition was curated by Destiny Gonzalez '22 who had experience from the Curatorial Affairs in the Arts course taught by Adjunct Professor of Art Yaelle Amir. The physical display emphasizes symmetry and color themes found in the photos.

"The way that you lay out (the photos) is important because it determines what scene is first or last depending on where the viewer is and how things are actually perceived," Gonzalez said.

While many of the submissions conveyed a lingering theme of gloom, others showed the day-to-day lives of LC students in a global pandemic.

"Red and orange hues that we see when we think of apocalyptic themes were really present in the photos," Gonzalez said. "There was also a consistent theme (that) this is life, it is a lot more simple than we all think it is and it is not always so bad. There are a lot of photos that people submitted of people sitting at their desk, on their computer, which I think is a very true representation of what life is like right now in a pandemic as a student."

The exhibition is currently being showcased in the Watzek Library atrium and a virtual display can be found at the Watzek library website. The library is still accepting photo submissions, and the link to submit a photo can also be found on the library website.



ALEX BARR/THE PIONEER LOG

Artists display their art on the walls of Watzek in the hopes of evoking emotion.

“Nomadland” tells heartfelt tale of wandering lifestyle

By ELIZABETH COOK

THE FILM “Nomadland,” directed by Chloé Zhao, is a pensive story illustrating the van journey of Fern (Frances McDormand), a woman in her 60s, through the deserts of South Dakota, Arizona and Nevada. Playing in states where theaters are open and released on Hulu, “Nomadland” has won two Golden Globe awards this year for Best Motion Picture Drama and Best Director.

Fern’s nomadic life begins when the 2008 recession results in the economic collapse of Fern’s hometown, Empire, Nevada. Empire became a ghost town after the closure of the U.S. gypsum plant, which employed a majority of the town’s residents. Fern also suffers the death of her husband, furthering her financial and emotional instability. In short, her life on the road emerges out of necessity and from a need to escape Empire.

McDormand brings the many losses of Fern to the forefront of her portrayal of the character. Disguised behind a face that presents a constant smile and nod expression is Fern’s fiery personality, characterized by her blatant and honest remarks sprinkled throughout the film.

Zhao illustrates Fern’s life through a charming and heartwarming story rooted in the relationships Fern forms with people in similar situations as her. Despite her lack of material possessions, Zhao creates a rich life for Fern filled with community and friendship.

Many of the film’s other characters also live nomadically, some out of the desire for a simpler, more sustainable life founded on independence, fluidity and freedom to travel. This lifestyle

directly reflects the circular plotline. It is distinguished from a conventional story arc by the repetition of important people and places leading to the end of the film, whereas Fern’s physical situation is mostly unchanged.

Meeting with old friends offers a calming sense of stability, despite Fern’s lack of a physical home, by illustrating how one’s home is never far away if the people in it are close. This act of revisiting underscores the text that appears at the end of the film, reading “See you down the road,” which summarizes the constant interactions with friends from a plethora of different places while also reflecting the presence of van-life in the film.

In contrast to the heartwarming characters in “Nomadland,” the cinematography offers an unembellished and authentic view of a life led exposed to the elements, unprotected by the walls of a house. The heat of the Arizona, South Dakota and Nevada deserts are contrasted by the chilling shots of a life lived between laundromats and winter nights spent in a cold van. The elemental imagery of desert rocks, campfires and wet clothes illustrates a life connected to the natural elements of our world: earth, fire and water.



ELIZABETH COOK/THE PIONEER LOG

Golden Globes highlight popular streaming favorites, lack diversity

By JILLIAN JACKSON

ON FEB. 28, comedians Tina Fey and Amy Poehler co-hosted the 78th Golden Globe Awards on NBC. In an unprecedented bicoastal broadcast hosted in New York and Los Angeles, with most attendees joining via Zoom, the ceremony awarded outstanding work in front of and behind the camera in both television and film.

Selected by the Hollywood Foreign Press Association (HFPA), an international cadre of 87 journalists, the awards came under fire for failing to include a single Black voter.

HFPA Vice President Helen Hoehne took the stage to address the organization’s lack of inclusion.

“We recognize we have our own work to do,” Hoehne said. “We must have Black journalists in our organization.”

The HFPA’s statement did not stop Best Motion Picture — Musical or Comedy winner Sacha Baron Cohen or co-host Fey from making jokes at the organization’s expense.

“Let’s see what these European weirdos nominated today!” Fey said during her and Poehler’s opening monologue.

Dan Levy, the co-creator of “Schitt’s Creek,” addressed the controversy during his acceptance speech for Best TV Series — Musical or Comedy.

“I hope that, next time this year, this ceremony reflects the true breadth and diversity of the television being made today,” Levy said.

Levy also linked the comedy’s big win to its portrayal of LGBTQ+ characters and relationships.

“This acknowledgement is a lovely vote of confidence in the messages ‘Schitt’s Creek’ has come to stand for, the idea that inclusion can bring about

growth and love to a community,” Levy said.

Catherine O’Hara, Levy’s co-star in the CBC sitcom, also won Best Performance by an Actress in a Television Series — Musical or Comedy.

Aside from “Schitt’s Creek,” Netflix’s original content dominated Sunday evening, with both “The Crown” and “The Queen’s Gambit” sweeping all their categories.

After 62 million households watched “The Queen’s Gambit” within its first month of release, the show’s wins came as little surprise. Playing Beth Harmon, an intimidating orphaned chess prodigy who practices her moves on the ceiling, Anya Taylor-Joy was a sure bet for Best Actress — Miniseries or Television Film.

Taylor-Joy wore a Dior Couture shimmering green gown almost as captivating as her performance this year. Any Lewis & Clark Pioneer who follows the award show fashion circuit also might have noticed Josh

O’Connor’s old-school suit and tie, or Andra Day in gauzy silver Chanel.

However, the outfit that arguably best captured the bizarre night was Best Supporting Actress winner Jodie Foster’s matching pajama set. When the acceptance speeches are delivered over Zoom, anything goes.

Unfortunately, the Zoom and FaceTime-heavy format led to some hiccups. Daniel Kaluuya, the first awardee of the night for his supporting role in “Judas and the Black Messiah,” was initially unable to deliver his acceptance speech due to an audio malfunction.

Attempts at pandemic-related humor, like a skit that saw celebrities seeking telehealth with real frontline workers, fell flat. It was at its most heartrending moments of grief, however, that the Golden Globes seemed most genuine.

“Nomadland” also sparks discussions about materialism and the effects of consumerism. While the film does not offer direct commentary about these themes, it diverges from Fern’s direct approach to life. Fern does seasonal work packing boxes for Amazon, a modern symbol of materialistic values. Fully contradicting Amazon’s consumerist creed, Fern lives her life houseless and in the most minimal way possible. However, this is where the conversation ends, as Fern returns to work seasonally for Amazon and the movie ends positively. The American healthcare system is also not commented on, despite offering the perfect opportunity to analyze how the healthcare system works against the economic lower-class.

Zhao’s film delves deep into the mental journey that accompanies Fern’s physical trials. This artistic film is humbling, yet does not do enough to delve into the discourse needed to fully understand the politically-tied economic issues it portrays. Despite these shortcomings, “Nomadland” is a beautiful and heartwarming tale, and McDormand’s portrayal of Fern is a must-see.

Find inspiration from fashionable first-year

By AMELIA MADARANG

THERE ARE A lot of jokes that all Lewis & Clark students look the same. On our campus, time is the only thing that stands between first-years and their inevitable purchase of Blundstones or Patagonia. This idea of conforming to popular fashion may scare some, but history major Asmaa Zaidan ’24 embraces it.

“There is this fear of looking like everyone else, but I think everyone else is kind of cool,” Zaidan said.

Although she does not identify as fashionable — even openly describing herself as ignorant to fashion trends — Zaidan is unequivocally one of the best-dressed people at LC. She can be seen around campus wearing flowy, long-sleeve floral dresses, black boots, a mask with colors that match her hijab and thrifted antique accessories. She also elegantly pulls off the clothing that she borrows from her mom and her brother. She has a comfortable, practical style that is slightly formal, and her outfits are what Pinterest boards dream about.

Zaidan gets clothing from a variety of places. For the basics, she prefers affordable brands such as H&M and Uniqlo. Her favorite antique shops to find statement pieces are Curiosities Vintage Mall in Tigard, Oregon, and Ungers Trading Post in Sherwood, Oregon. She also has clothing from middle school that she is still holding onto just in case it comes back as a trend. But most of all, Zaidan likes getting clothing from family members’ closets.

“I feel like we really underrate how great sharing clothing is,” Zaidan said.

Zaidan finds fashion to be one of the more cool things we, as humans, have done throughout our history, leading her to regard fashion as an intriguing adventure. In true history-major fashion, Zaidan has an affinity for older looks. Zaidan sometimes draws inspiration from past fashion trends, such as Victorian silhouettes, flared denim and Palestinian textiles.

“I wouldn’t say that my day-to-day stuff is influenced by history, but I try to have some influences, like my necklace

is Victorian and my ring is from the ’40s,” Zaidan said.

Some of her partywear is also influenced by history. Her favorite piece right now is a pink satin off-the-shoulder pirate shirt. She cannot wait to showcase this look as soon as parties can happen again safely.

Along with history, Zaidan draws her outfit inspiration from her environment, including fellow students, professors and even random people at the grocery store. She especially wants to give a shout-out to the people who wear pajamas to class and normalize comfort in academia.

“You guys are like superheroes to me,” Zaidan said.

For Zaidan, the clothing she wears is more about happiness and comfort than it is about a political message.

“Sometimes people try to project their ideas of expression onto me,” Zaidan said. “For example, my hijab is really politicized. I do understand our existence is really political and I don’t reject that fully, but I do want to push back on that. I think my hijab is something that is very me, it’s about my faith, and I don’t think it’s a totally political expression.”

Over the past year, her style has changed. Although she feels like she is still in the “awkward finding yourself stage,” being by herself in quarantine and coming to LC has helped her embrace what she likes.

Her philosophy is, “If I’m happy with something, everyone else’s opinion doesn’t matter.”

Zaidan is a big believer in dressing up at every chance you get and doing what makes you happy, no matter what anyone else thinks. Her tip for students looking to up their style is to not be afraid of looking like, or different from, everyone else.

“I feel like people are afraid of those two things and both those things are not bad,” Zaidan said.

She also wants to encourage people to compliment each other’s outfits, because it is a nice way to make people happy.

You can find Zaidan on Instagram (@asmaakz), or around campus complimenting other students on their outfits.

She has a comfortable, practical style that is slightly formal, and her outfits are what Pinterest boards dream about.



NICOLE NAGAMATSU/THE PIONEER LOG

Chadwick Boseman, who passed away from colon cancer last August, won posthumously for Best Actor in a Motion Picture — Drama. Visibly overwhelmed and in tears, his wife, Taylor Simone Ledward, delivered a tearjerker of an acceptance speech on his behalf.

“He would thank his ancestors for their guidance and their sacrifices,” Ledward said. “He would say something beautiful, something inspiring, something that would amplify that little voice inside of all of us that tells you, ‘You can.’”

Accepting the Cecil B. DeMille Award for outstanding contributions in the entertainment industry, Jane Fonda addressed the pandemic head-on in another stirring speech.

“In turbulent, crisis-torn times like these, storytelling has always been essential,” Fonda said.

Chloé Zhao, who became the first Asian-American woman to win Best Director, spoke about storytelling in the present moment.

She calls her film “Nomadland” a “pilgrimage through grief and healing.”

“So, for everyone who has gone through this difficult and beautiful journey at some point in their lives, this is for you,” Zhao said. “We don’t say ‘goodbye’; we say, ‘see you down the road.’”

For a full list of winners, visit www.goldenglobes.com.



ALEX BARR/THE PIONEER LOG

Asmaa Zaidan ’24 likes to style her flowy dresses with a matching mask and hijab.

LC Dance company forced to stream showcase

Dance Y will be taped and posted online this year due to restrictions caused by the COVID-19 pandemic

By AIDAN D'ANNA

EVERY SPRING, the student club LC Dance Company hosts Dance Y, a concert consisting of several dance pieces performed in succession. In contrast to Dance X, which is run by the theatre department, Dance Y is entirely student-produced. It features a bill of student-choreographed pieces performed by student dancers.

Gila Winefeld '23 is the co-president of the LC Dance Company. Winefeld was a choreographer for Dance X this past fall and performed as part of Dance Y this past spring before transitioning into the role of co-President. Winefeld appreciates Dance Y for its inclusivity.

"(Dance Y) ends up being a more diverse pool of dancers with different experience levels," Winefeld said. "Everyone brings whatever they have experience with and the kinds of dance they're interested in."

Arielle Scena-Shifrin '21 and Sunny Broadhead '22 are co-choreographing one of the pieces this year. Broadhead was scheduled to choreograph for Dance Y last year before it was canceled due to the COVID-19 pandemic, and this year is Scena-Shifrin's first and last chance to

participate in Dance Y after transferring to LC last fall. The two choreographers are using their piece to deviate from the norm, and tap into what they feel are their personal strengths.

"I've noticed that people are very into ballet contemporary at LC," Scena-Shifrin said. "But I like jazz and Fosse and burlesque. So I wanted to do a Fosse-inspired burlesque piece for myself and others."

While the event would usually be staged in the Agnes Flanagan Chapel, it has been forced to go fully virtual due to the COVID-19 pandemic.

"The format will look similar to what it's been in previous years in terms of like, it being a few distinct pieces and different styles," Winefeld said. "But it'll be these short dance films, essentially."

The Dance Company is partnering with three cinematographers to produce the show: Makana Leboy '21 and two professional cinematographers from the Portland area.

This performance format is causing mixed feelings among choreographers.

"I have a love-hate relationship with film," Scena-Shifrin said. "I like the idea of being able to do multiple takes, but on the other hand, you don't get the same feeling

as you do when you're performing for a live audience."

The show will consist of six pieces, each one performed by three to five dancers. Though rehearsals have yet to begin, Dance Y does have a rough timeline for when their show will be completed.

"We're planning to stream the pieces ... on YouTube stream or something for the college by mid-April," Winefeld said.

When rehearsals begin within the next few weeks, they will most likely be held outside with dancers wearing masks and standing in taped-off boxes on the ground to maintain social distancing. The final filmed performance will likely be held with the same restrictions.

Choreographers each cast dancers for their own piece. Prospective dancers each submitted an audition video, and all of the choreographers watched the videos and met to decide who belonged where.

"For me, I was really looking at confidence and comfortableness within their own body and movements," Broadhead said. "It's less about them getting everything right, and more about how willing they were to try."



VENUS EDLIN/THE PIONEER LOG

Dancers rehearse their piece in Smith Hall while six feet apart and wearing masks.

Some of the choreographers are dancing in one or more of the pieces, and have found some major differences in what is required of them.

"When I'm a choreographer, my brain is really focused less on what can I do and more about what can I have other people do that brings the mental image in my brain to life,"

Broadhead said. "Versus when I'm a dancer, I'm really focused on how can I embody this thing that the choreographer wants to the best of my ability."

For more information on the LC Dance Company and for an eventual link to the Dance Y stream follow them on Instagram @Lc_dancecompany.

College Outdoors resumes open houses after dire winter storm

By WILL TOPPIN

AFTER POSTPONING its Feb. 16 Open House due to the recent winter storms, College Outdoors (CO) has resumed its biweekly schedule. The second Open House of the semester, held on Feb. 23, taught attendees about navigation and how to use a compass.

Kori Rosenstiel, operations manager at CO, led the event together with Student Coordinator Abby Jaquin '22.

"Open House always has two goals," Rosenstiel said. "One is community building and an opportunity for people who want to be involved with leadership to be together in-person."

The second goal of each Open House is to teach a specific skill, Rosenstiel said. Past events have taught attendees how to tie bowline and trucker's hitch knots, and how to use a backpacking stove. Open Houses take place socially distanced in the Sequoia Vehicle Yard on the graduate campus.

Rosenstiel and Jaquin began the Feb. 23 event with a presentation. They outlined the components of a compass, such as the "direction of travel" arrow, the rotating bezel, "Red Fred" (the magnetic needle) and its "moped" (a marker for magnetic north on the bezel).

Every field compass has a plastic baseplate with a travel arrow that

points away from the user. The compass itself — a rotating capsule with the magnetic needle inside, filled with a liquid that dampens motion is embedded in this baseplate. The bezel of the rotating compass is marked with degrees, from 0 to 360, where each cardinal direction is 90 degrees from the last.

To navigate with the compass, the user rotates the dial so that the correct degree on the bezel lines up with the direction of travel arrow. Then, they spin their body while holding the compass until "Fred" is on its "moped."

Attendees then moved to the South Lawn for some real-world practice. Rosenstiel taught a leapfrogging technique for low visibility conditions, where the user navigates to a partner rather than to a particular direction. The event wrapped up with a brief lesson on how to use a compass to orient maps.

Will Gattiker '22, whitewater rafting trip specialist or "paddle captain" for CO, attended the event.

"I think it was really well put-together," Gattiker said. "It was good just for me to get a reminder of how this actually works. And it was cool just getting some hands-on experience."

Attendees also learned how to adjust for "declination" on a compass. Declination is the angle between magnetic north and true north, and varies based on one's location in the world and the movement of the Earth's magnetic fields. In 2021, the magnetic declination in Portland is about 15 degrees east.

CO has been severely impacted by COVID-19, with outings restricted to "micro-adventures" near campus to avoid the use of confined vans. Though some longer-distance outings resumed last week, Open Houses have been some of the primary in-

person events.

Rosenstiel, however, had a positive outlook.

"College Outdoors is really fortunate to be able to be doing things during COVID," Rosenstiel said. "We've had in-person events every weekend. And it's really been a lot of fun, even though they're all right here."

Students interested in getting involved with CO or attending future Open Houses should visit the CO website and sign up for the mailing list. While it is possible to view the events on the website, the link to register is only sent out via email before the Open House.

"We've had in-person events every weekend. And it's really been a lot of fun, even though they're all right here."
— Kori Rosenstiel



WILL TOPPIN/THE PIONEER LOG

Attendees practice using their compasses to find north on the Corbett House Lawn at the Lewis & Clark graduate campus.

Take a walk: stigmas about antidepressants

By AMELIA MADARANG

DESPITE THE number of people experiencing mental health issues, medication still remains shrouded in stigma. According to "Clinical Psychopharmacology for Neurologists: A Practical Guide," antidepressants are medications that can help relieve symptoms of depression, social anxiety disorder, anxiety disorders, seasonal affective disorder, dysthymia (persistent depressive disorder) and many other conditions. Like many people, my decision to go on antidepressants was incredibly personal and complex. Even after I decided that antidepressants were something that could help me, I remained self-conscious. Despite the fact antidepressants are one of the top-ten prescribed drugs in Oregon, there is still a lot of harmful misinformation and stigma around them.

For example, there is a stigma that taking antidepressants will take away your "sparkle" and your personality. It is not surprising that the fear of being prescribed antidepressants is the leading reason why symptoms of depression go underreported by patients. Additionally, those who suffer from moderate to severe depressive symptoms are unlikely to ask for help.

When I was first considering taking antidepressants, I was told by friends and family that I should go on long walks instead to achieve the same results. These comments always sucked to hear. They made me feel as though I should keep my mental health struggles to myself, tucked away, only for long walks. In addition to invalidating my feelings, it showed a bias against medication.

There is also a misconception that patients need to see a psychiatrist to be prescribed antidepressants. Most primary care physicians are also trained to deal with depression and you can get a prescription from them.

Antidepressants are categorized into seven different groups based on how they operate. There are differences between antidepressants in terms of how long they remain in the body, how they are metabolized and how much they interact with other medications. The most well-known prescription is Prozac (fluoxetine) which is a selective serotonin reuptake inhibitor (SSRI) antidepressant.

Doctors tend to start patients on lower doses of medicine to see how

their bodies will react and adjust from there. It can take a while to find which medicine can work and some people have to switch a few times until they find a good fit. It is pretty common to hear that the first few weeks of antidepressants have the worst side effects. With that in mind, I purposely chose to start taking them over winter break when I would not have to worry about school or having to interact with people. There are wildly long lists of side effects and everyone's bodies react differently when new chemicals are being introduced to it. For me, I had an increase in anxiety. I went from having the occasional panic attack to having them almost daily.

I cannot pinpoint when I started to feel better. It was a very gradual process. Somewhere after three weeks, I started falling asleep on my own and was able to manage the side effects of the medicine. And, somewhere down the line, my depression became easier to handle. One of the key moments when I realized the antidepressants were helping was when I began to genuinely laugh again. It was very disconcerting to realize how long I had gone without being able to do that.

A year ago, I was so afraid of the stigma of antidepressants that I thought the only way out was to wait until I felt better. I am not here to sell you on medicine, or tell you that this is the only way to get happy or that I am never sad and I barf rainbows and blah, blah, blah. I am also not here to force-feed you a classic "things will get better" platitude. I know that, personally, I became a lot less self-conscious about taking antidepressants when I knew there were other people around me going through similar things. I hope hearing about my experience reassures you that you do not have to keep your mental health struggles to yourself, tucked away, only for long walks.



ALEX BARR/THE PIONEER LOG

NWC enacts protocols leaving stadium fan-less

Despite plethora of COVID-19 precautions, the LC softball team has high hopes for the 2021 Spring season

By HENRY GOODIER

THE LEWIS & CLARK softball team kicked off their 2021 season with a record of two-and-two. They split the recent home-opener series against Bushnell University, each winning one game apiece. The Pioneers' upcoming series on March 13 against Willamette University will mark the one year anniversary of the cancellation of their previous 2020 spring season. The scene is far different now than it was at this time last year. New social distancing guidelines and safety protocols have created an unfamiliar atmosphere for the players.

The prohibition of fans is the largest distinction from previous seasons. Second-baseman Lily Moffitt '22 believes the absence of fans has had a subconscious effect on how the team plays.

"I get excited and energetic on the field while I am playing...but when there are fans cheering for our team it gives that extra feel good experience and gets the team more into the game," Moffitt said.

Catcher Lindsey Flegel '23 also felt that there was a piece of the game that was missing.

"It is hard not having family there and I feel for the seniors that are playing without having their families able to watch some of the last games they will ever play," Flegel said.

During the games at the Huston Sports Complex, there is an LC employee chaperoning the stands in order to ensure the state's guidelines are being properly observed. Oregon recently loosened COVID-19 restrictions from "extreme risk" to "high risk," increasing the capacity of indoor facilities to 25 percent occupancy or 50 people total. Gov. Kate Brown J.D. '85 recently recognized the large impact sports render in the health and wellness of students athletes.

"School sports play an important role in fostering students' mental, emotional and physical health," Brown said on Twitter.

Within the softball games, modifications have been undertaken to ensure the safety of the players. Typically, the umpire holds the set of game balls; unfortunately, with the virus at large, each team now holds its own set of game balls. It is the responsibility of whichever team is in the field to be in charge of and supply the softballs being used. Each team works hard to minimize cross contamination. At home games, the event staff retrieve the game balls. Spectators will be removed from the complex if they try to receive the balls without consent from the umpire or athletic director.

Despite the new precautions, the team is still very optimistic about the 2021 season. Outfielder Jordyn Vierra '23, and shortstop Kalea Kau'i '23, strongly believe this season will be a promising one.

According to Vierra, the team is excited to play together again.

"The team as a whole has a very positive outlook on the season, as far as being able to play games and to practice," Vierra said. "We are so glad to be together again and to play the game we know and love,"

Kau'i echoed her sentiments.

"The season so far is looking strong as the team is starting to get to know each other really well," Kau'i said. "As games start to pick up, we are coming together as a team and producing wins, but most importantly having fun."

The COVID-19 outbreak has shaken and reshaped the world of sports; however, LC athletics are back up and running. The LC softball team is hopeful that once conference play takes place, the COVID-19 protocols will loosen. Until then, the team is just happy to be competing once again.



ALEX BARR/THE PIONEER LOG

Shortstops Mari Alvarez '24 and Kalea Kau'i '23 convene with second-basemen Lily Moffitt '22 and Sierra Gundersen '21.



PHOTO COURTESY OF SHAWNA CYRUS

The 2020-21 Lewis & Clark softball team masked-up posing for a photograph at the Huston Sports Complex, their home field.

YouTube workouts to keep busy amid virus

By NICOLE NAGAMATSU

THESE DAYS, Lewis & Clark students are spending far more time sitting around. With hybrid or all-remote classes and a limited number of physical school activities offered, the only exercise residential students often get is a walk to the Bon for dinner. When students get restless and anxious, it is commonly attributed to loads of schoolwork, but a lack of exercise could also be the culprit.

For those who want to get back into exercising, or want to begin for the first time, YouTube has thousands of fitness channels, ranging from weightlifting to meditation. The following channels have workouts that can be done in a dorm room or outside on the rare days when the grass is dry. Nearly all of the movements during these workouts can be modified depending on skill level. Most of these workouts require a mat, but a large bath towel can work as a substitute.

Before any type of strenuous activity, be sure to warm-up your body. Most of the channels below have either exercise videos with a built-in warm-up or plenty of separate pre-workout/stretching videos.

Some YouTube channels that offer a mix of workouts focusing on building muscle with body weight and/or weights include: Simeon Panda, Obi Vincent and ATHLEAN-X. These three channels do an excellent job describing the reason for each exercise and demonstrating each movement. Many of the workouts on these channels do require weights of some kind, so it may be worth investing in a pair of dumbbells. You could also use water bottles or a heavy backpack, though using these items requires more caution. On these channels, a typical workout ranges from seven to 15 minutes.

The following channels are perfect for those who wish to tone their muscles rather than bulk up. These include Toni Mitchell, growthwithjo, Janekate Fitness and THENX. They provide a variety of workouts for all muscle groups, many of which only require body weight. Toni Mitchell and Janekate Fitness dabble in high-intensity workouts, whereas growthwithjo focuses more on pilates-based exercises that are equally effective. THENX has many no-equipment or minimal-equipment workouts, as well as a "How To" series where the host teaches how to do certain advanced exercises as a beginner. All of these workouts range from five to 20 minutes.

To mix up the routine, The Fitness Marshall and MadFit are a couple of dance workout channels perfect for increasing your heart rate. Both have follow-along dance videos that range from three to 15 minutes, mainly with pop songs, but MadFit also has regular workouts with body weight and/or minimal equipment.

In addition to challenging exercises, it is important to let your body heal. For those rest days or if you need a calming activity in between classes, here are some yoga and meditation channels: Tara Stiles, SarahBethYoga and Yoga with Adriene. These channels provide yoga routines that range from five to 60 minutes, and they all have a meditation series. Moojiji and Headspace are channels specifically devoted to meditation. Moojiji has life advice videos as well as guided meditations, and Headspace has many animated meditation sessions, as well as restful sleep-targeted videos.

No matter what type of workout you choose, it is important to simply get your body moving. With these recommendations, navigating the overwhelming world of YouTube fitness can hopefully be made easier.

Mental health of college students dependent upon proper sleep habits



SOPIA REEVES/THE PIONEER LOG

By WILL TOPPIN

IT IS WELL KNOWN that college students need seven to nine hours of sleep. But what is the big deal? What is so important about sleep?

Sleep is closely linked to the health of the human body, both mental and physical. According to the Mayo Clinic, sleep is tied to important processes such as the regulation of hunger hormones (which is why we feel hungrier when we are tired), regulating blood pressure and sorting through the events of the day — hence one's mood and ability to focus.

While sleeping, the brain processes memories of the day, which is vital for its ability to adapt to and learn from new information, according to Johns Hopkins Medicine. This also means that sleep is important to be able to clearly remember what happened that day.

One important thing to understand about sleep is that it is not a uniform process. According to Johns Hopkins, there are five total stages of sleep: four that vary from light to deep, and REM (rapid eye movement) sleep. REM sleep, the stage where dreams occur, used to be considered the most important for cognitive tasks. Now some studies

attribute non-REM sleep to helping with learning and memory.

Jerusha Detweiler-Bedell, professor of psychology at Lewis & Clark, studies how to promote positive behaviors through "message framing," or manipulating the context and presentation of information, according to her profile on the LC website. Specifically, her research seeks to improve behaviors that benefit physical and mental well-being.

"One of the big challenges is, even if you want to sleep, how do you create good routines around that?" Detweiler-Bedell said. "All of us have the experience of a good night's sleep and waking up refreshed — it totally transforms your day."

The first thing she recommends is to create a routine to go to bed and wake up at similar times every day.

"That's hard to do — I know a lot of college students recoup sleep on the weekends," Detweiler-Bedell said. "I don't necessarily advocate for sacrificing the time you have to sleep on the weekends. But during the school week, even if your classes start later on certain days of the week, why not set the alarm for the same or similar time?"

The second piece of advice is to pay close attention to one's use of technology around bedtime. According to SCL Health, it is helpful to avoid looking at screens for about 30 minutes before bed, as the blue light can disrupt the production of melatonin.

During the day, Detweiler-Bedell also recommends avoiding work in bed. Doing so can cause the brain to create an association between one's bed and the need to be alert and processing information.

"If you are thinking and working when you're in bed, then when you get into that bed, you're going to have less restful sleep, or a more difficult time

falling and staying asleep," Detweiler-Bedell said.

In order to start building good sleeping practices, Detweiler-Bedell suggests collecting some data about your own sleep habits, like when you go to bed and how much sleep you get each night.

"Just to get some initial information about your patterns can be really helpful in order to try to make changes," Detweiler-Bedell said.

The key strategy she suggested was to switch away from punitive mindsets around habit building. Instead of focusing on what one wants to stop doing, she recommends focusing on a new routine that is relaxing or enjoyable.

"It's a lot harder to motivate people if you're focusing on the negative behavior you want to get rid of, unless you have something positive that you're putting in its place," Detweiler-Bedell said.

Detweiler-Bedell has a bevy of recommendations for such routines, which she calls "calming rituals." She suggests breathing exercises, meditation, stretching, drinking herbal tea or listening to calming music. For her, reading a book before bed has been the solution.

"Typically it's such a routine for me that I know I'm going to read for about 20 minutes and it helps me then to go off to sleep," she said. "But I also look forward to that, so I'm like, 'Ooh, I get to go to bed and read this thing that has nothing to do with my work.'"

A final strategy is to set realistic, incremental goals.

"People often set really extreme goals for themselves, and also all-or-nothing goals, like, 'Either I'm gonna get in bed at 10 o'clock, or the night is shot, and I might as well study 'til two,'" Detweiler-Bedell said.

Instead, it is better to try and get to bed a little earlier — 30 minutes or so — each night until you feel like you are getting enough sleep.



The Backdoor

Italian raccoon syndicate takes over campus

Amidst the destruction caused by a historic storm, a prolific crime ring of raccoons sets up shop at LC

By MACKENZIE HERRING

IN WAKE OF THE unprecedented storm that hit Portland, fallen trees lined the cobblestone streets of the Lewis & Clark campus. While students removed fallen logs from the roofs of their Subaru Foresters, an unfortunate name, they were too distracted by freezing temperatures in their electricity-lacking dorm rooms to notice what had truly happened to their campus. What the students did not know was that a prolific Italian raccoon syndicate infiltrated the campus in its fragile state.

Luckily, a seasoned and very attractive Pioneer Log reporter (me) was able to track the mob of rancorous raccoons and their exploits across campus. I was able to penetrate the ranks of the syndicate to varying success. Below are my findings.

I began by singling out the weakest link, a small and seemingly chaotic raccoon named Rabbiccio. He must have been excited at the prospect of a new recruit because he was foaming at the mouth while telling me about the dental benefits of joining the gang.

Once I passed the initiation of literally murdering someone and stealing Bon food from the trash, I was given my first task: putting the severed head of a squirrel in the bed of a first-year student who kicked one of the raccoon members. Revenge is everything to raccoons.

On day two of the blackout, the raccoons stormed Frank Manor and set up their HQ right in President Vim Vievel's office. To keep the suspicions of the Board of Trustees at bay, three raccoons in a trenchcoat stood in for Vim at weekly Zoom meetings. There is no word on whether Vim survived the takeover. He was last seen getting into an unmarked Uber headed for the docks downtown.

Despite running a well-oiled crime syndicate, much of the HQ was designated strictly for cooking.

At any given moment, you could see one raccoon in



ALEX BARR/THE PIONEER LOG

the corner cutting up garlic with a discarded razor blade.

My undercover journey was going smoothly, but my contact, Rabbiccio, was getting suspicious. He was showing signs of increased aggression, fearfulness and excessive drooling. He must have been catching onto my journalistic intentions. To throw him off my trail, I offered to take the blood oath of the raccoons. This meant ransacking the garbage behind Holmes, and sharing a glass of spoiled fruit wine with the entire gang. I drank right after Rabbiccio and began to feel the effects immediately.

I am still feeling the effects. The wine must have been expired or something, because as I write this my vision is beginning to go blurry, and I keep having hallucinations of masked

rodents killing Joe Pesci in multiple Scorsese films.

Anyways, what was I doing? Oh yeah, as a journalist for the Piqueer Smog I had to uphold my integrity and push through to the end. Ethics dictate that if you start an immersive investigation with a gang of rodents you must push through till the end. It is in our Biosphere Hog handbook.

Unfortunately, I can no longer see, smell or hear anything other than the raccoon mantra, "Blood is thicker than water, but raccoons are forever," repeating constantly in my head. It is not a very good mantra, but what can you expect? They are raccoons.

I would like to continue my rodent investigation but the voices in my head are telling me Rabbiccio cannot be trusted. I think he gave me something, perhaps a unique strain of raccoon mouth herpes. Anyways, my Crybeer Gulag article must wait, as I am going to visit the coyote doctor the mob has on retainer. I wonder if I could convince them to target Portland General Electric next. Those fuckers still have not responded to my Twitter DMs.

Expedition leads to discovery of a mysterious dome on LC campus

By TOR PARSONS

FOLLOWING THE results of a recent poll, the Associated Students of Lewis & Clark (ASLC) found that no students, staff or faculty at Lewis & Clark had ever been to the northwest corner of campus, where the sports fields are located. Realizing this was a bad look for a school named after a couple of explorers, they quickly organized an expedition to discover what lay behind the Pamplin Sports Center.

Almost immediately, they made a shocking discovery: a gigantic white dome, nearly as big as Pamplin itself, sits behind the gym. It has no visible entrance and no markings that might suggest what it is for.

Within minutes, rumors were flying about the dome's purpose.

"The dome covers up the mutant tofu-organism," biology major Lisa Hamilton '24 confidently stated. "The tofu-organism is the reason LC exists. In order to keep the tofu from expanding and covering the world, the Bon employees need to go chop off thousands of pounds of tofu every day and feed it all to young people with metabolisms strong enough to neutralize the virulence of the tofu. We are here to eat the tofu. The professors are just here to maintain the illusion."

"Weed. The dome is for weed," one student, who asked to remain anonymous, said. "There must be millions of grams of top-quality kush under there."

He did not offer any evidence to support his theory, merely stating that it was obvious.

"Like, what else do people try to hide?" he speculated. "Money?"

Others suggested the dome was a secret meeting place.

"It must be where all the centrists and liberals on campus hang out," expedition member Sequoia Greenberg '22 said. "I mean, they have to be

somewhere, right? I see people making fun of LC liberals all the time in The Backdoor and stuff but, in reality, I have never met anyone on this campus who is to the right of Alexandria Ocasio-Cortez. Where are all the liberals that people love to dump on? Under the dome. Gotta be."

The President's Office did not respond to an email requesting a comment about the dome, although about an hour after the request was sent, Vim Vievel was spotted near Pamplin in a catatonic state.

"The horror ... it is so large ... how did it get on our campus ... the horror," Vim was overheard mumbling to himself in Dutch.

But as soon as the dome was discovered, it was gone. During the recent ice storm, it was deflated, sparking even more rumors. Students have been claiming that the dome behind Pamplin is just a dry run for a supervillain's plans to enclose all of LC under an impenetrable dome. Whether this would change life at LC is unclear, but the claims have not stopped students from stockpiling weapons and preparing for the fight of their lives. The probably nonexistent villain has even

been given a name: The Lone Domer. The prevailing narrative goes that once the Lone Domer realized his dome had been discovered, he geoengineered the ice storm to deflate the dome using chemtrails spread by commercial airliners.

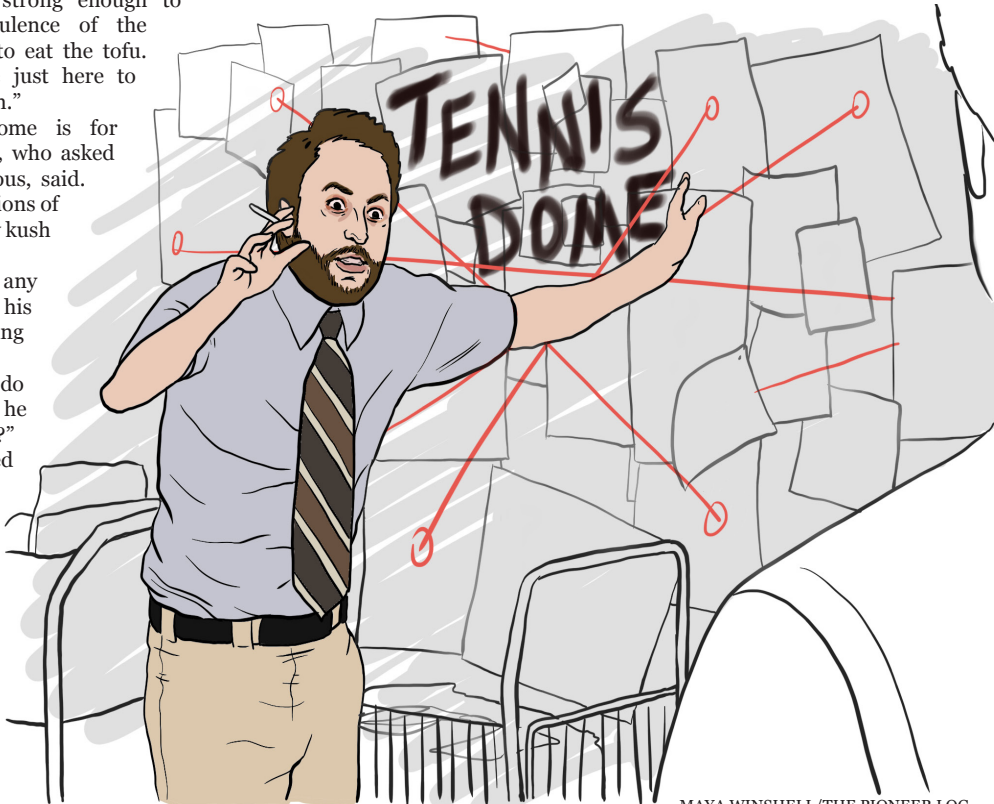
"I mean, I still see planes even though nobody is flying during the pandemic. What other explanation can there be?" Bud Ivancie '24 asked.

Despite the near-collapse of society brought on by the dome's discovery, ASLC has been citing the expedition as a success.

"We are already organizing more discovery expeditions," ASLC Prime Minister Josh Mendocino '21 said. "Next weekend we go to downtown Portland. No LC student has ever been there!"

Student athletes insist the dome is just there to protect the tennis courts from winter weather. But the general public is skeptical.

"Anyone who says that is obviously in cahoots with the Lone Domer," Sawyer Brandt '23 said, expressing the commonly held view among the student body. "We all know LC has no sports programs."



MAYA WINSELL/THE PIONEER LOG

Doomsday clock could mark the end of LC

By ANDREW NOURIE

TENSIONS ARE high at Lewis & Clark with the newly formed Count Registering Approaching Privation (CRAP) only three minutes away from midnight. The CRAP Clock™ was designed by unpaid computer science (CS) majors, and modeled after the Doomsday Clock. Its main purpose is to show how close LC is from going bankrupt. Because it was developed by CS majors, it is impossible to say whether or not it is actually accurate. However, being the main source of news for students at LC, we here at The Pioneer Log are going to uphold our journalistic integrity and fearmonger like every other reputable news outlet.

It seems like the CRAP Clock™ sped up substantially after the administration announced their plans to pump up the gardening budget again. The Board of Trustees immediately took action after seeing the clock get so close to midnight, and once again raised tuition instead of lowering spending. The Board said that this was "to stay competitive" with other colleges, but most people understand that it is so they can continue to drain the reflecting pool during the school year, and then refill it during the summer and take pretty pictures. There is something comforting about knowing that your tuition is going to fund important things like creating scenic areas where newlywed millennial couples can take their pregnancy photos, instead of into less important things like paying our professors a fair amount or finally demolishing Copeland.

They also decided to stop

heating the dorms as much, and have advised students to start fires in their dorms in order to stay warm. Unsurprisingly, the amount of times the fire alarm has gone off in Copeland has remained completely consistent, it just changed from people burning their pizzas at 3 a.m. to people starting fires for survival.

The administration has even tried to sell the CRAP Clock's™ algorithm, but it has already been patented by Geeves Gangor '21, who was the lead programmer behind the creation of the clock.

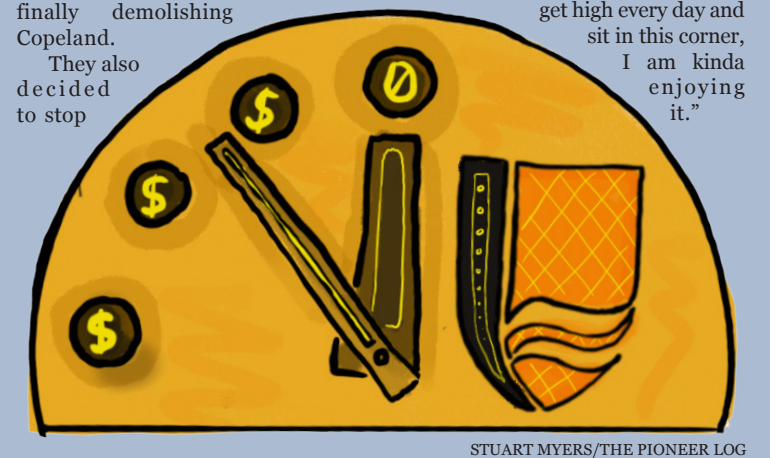
"I just kinda made it up as I went," Gangor said. "It is all just kinda random numbers but I thought it would be funny to lie to the administration about what it does. The clock literally is not a measure of anything."

When Gangor explained to the administration that the clock was just nonsense it was already too late. Copeland was soon stripped for valuable materials and Holmes was subleased to all four of the acappella groups on campus who are all currently using it to practice at the same time The Forest dorms were searched for drugs, not to get students in trouble, just to sell the drugs back to them.

Gangor is currently sitting in timeout because the school did not know how to properly punish him. He is wearing a cap that says "I put me before we," because for some reason administrators think this will make people publicly scorn him.

When asked about whether or not the timeout was affecting him, Gangor stated, "It is kinda chill, I just get high every day and sit in this corner,

I am kinda enjoying it."



STUART MYERS/THE PIONEER LOG