

Wiewel hosts annual President's Reception

LC President imparts words of advice to international students, TCK's, AES students at final event

By ASMAA ZAIDAN

ON SEPT. 23, President Wim Wiewel hosted his final President's Reception on the back patio of Frank Manor House. The annual tradition serves as a welcome back event for a diverse set of students from around the globe.

More than 50 international students, Third Culture Kids (TCK) and Academic English Studies (AES) students attended the reception. The event opened with a welcome address from Wiewel. As a former international student himself, he offered advice on how to navigate being in a new environment. He spoke of his own past, emphasizing the difficult task of staying afloat in a place so different from home.

"You really have to accept that you're in whitewater at all times, the whitewater of change," Wiewel said. "And you just try to stay afloat, you go with the flow, but you still try to steer it."

Wiewel takes special interest in the experience of the students and values the importance of the cultural exchange that comes out of having international students and TCKs.

"All of us are living in a very global, diverse world that will only increase as time goes on, so it's important for everybody who gets a higher education to be exposed to a bunch of different cultures," Wiewel said. "Having international students adds a whole layer of depth and opportunity to that."

Conversely, international students



LC students attending President Wiewel's final international students reception mingle on the back patio of Frank Manor House.

also benefit from the experience. They receive a higher education in the United States and the same cultural exchange as domestic students. They also end up receiving intangible benefits.

"What they get out of it I hope is this total opportunity to be a fish out of water," Wiewel said. "To be

confronted with the other culture — in a way that really makes you understand yourself."

Associate Dean of Students and Director of International Students and Scholars Brian White spoke about the history of this event as well as its significance to students.

"This event has been going on for

quite a while," White said. "I think we have had three different presidents agree to sponsor it over the years."

White explains that the school's goal is to promote exchange and interaction between international students and the rest of the LC community. In terms of how well such engagement is going, he

explained that the department is working on a new research initiative that seeks to gain insight into where international student engagement is taking place. The research, which is being conducted by graduate students, will be based on feedback from international students regarding their campus activities and interactions.

The final speaker of the evening, International Students of Lewis & Clark (ISLC) President Milica Stanišić '22, received cheers and applause from the community of international scholars as she took the stage to announce the new board of the ISLC, as well as to explain the services they offer and events they plan to host.

"We are here to advocate for you and to advocate for your rights to the administration, but we are also here to organize events that are of importance and interest to you," Stanišić said. "Such as international dance parties, international trivia nights and most importantly, the international fair."

Stanišić, an international student from Serbia, spoke about the importance of ISLC.

"It can be very difficult and taxing moving halfway across the world to start studying in a completely new environment in a completely new country in a completely different culture," Stanišić said. "Not only that, there are a lot of things that burden international students, such as financial issues or issues pertaining to immigration status or work status."

"Wiewel" continued on page 3

LC grapples with shortage of staff, surplus of students

Fields Dining Hall, mailroom struggle with understaffing, explore potential hiring solutions

By AMELIA DOYLE

DURING THE fall semester, Lewis & Clark has been struggling to fill staff positions in places such as Fields Dining Hall and the mail room.

Understaffing is not just an LC problem. According to Ryan Jensen, the manager of Bon Appétit, it is very difficult to find workers, especially in the hospitality industry, due to the labor crisis in the United States.

"We are grateful for our hardworking team, many of them have been here for years and they are all incredibly dedicated to their work," Jensen said via email. "I think many of them are feeling stressed because a smaller team can impact service."

Recently, due to the understaffing at Bon Appétit, Fields Dining Room has transferred to using paper plates and cups.

"While our use of paper has temporarily increased, students can dine in the cafe and utilize our dish return area to allow us to continue our post-consumer composting program," Jensen said.

Joy Mahlalela '24, who has worked at Fields Dining Hall since last year, said that it is easier for the staff working in the back to deal with paper plates. This has relieved some of the stress that cleaning the dishes was putting on workers.

While the transition to disposable paper plates and cups has relieved some of the stress, Mahlalela said that in comparison to last year, there is more demand on the students working in the Fields Dining Room.

"We are understaffed with students as well as actual Bon Appétit workers," Mahlalela said. "So it has been a lot of pressure having to manage way more than you would."

According to Mahlalela, the staff working in Fields Dining Hall must be prepared to clean at various

times throughout their shift and have to think on their feet and adapt to new roles quickly. For example, student workers have to be ready to change from serving food to cleaning up food relatively fast. Last year, students were only responsible for one task.

Another place on campus that is struggling with understaffing is the mailroom. Anna Campbell '22 began working for the mailroom this semester.

"It does feel understaffed at times, and I'll get emails, kind of throughout the week, being like 'Can someone come in today?' We have a

lot going on," Campbell said.

According to Campbell there is never any pressure to pick up shifts at the mailroom. Although the lines can get long, Campbell said that she enjoys her work, especially the social aspect and getting to match everyone's faces with their names.

The Mail Services Manager, Stephanie Takashima, declined to comment.

Both Fields Dining Hall and the mailroom have been trying to get students to pick up extra shifts and are currently working to hire

more employees to fill the gaps. Jensen and Mahlalela expressed the need for more student workers at the Fields Dining Room.

"As an incentive for students to join our team, we will soon be rolling out a new program called Bon Appétit Ambassadors that is a resume-building certificate program tucked inside a typical student job with Bon Appétit," Jensen said.

Mahlalela mentioned that at her last shift, there were only six people and encouraged more students to apply.

"Apply at the Bon (because) we actually need people," Mahlalela said.



LC students wait in a long line in Fields Dining Hall during the evening dinner rush.



A student disposes of paper tableware in the designated spot in Fields Dining Hall.

Today's Weather



Partly cloudy skies with a high of 68 degrees and a low of 46 degrees. Low chance of precipitation. Sunset at 6:50 p.m. and a waning crescent moon.



OPINION

Pio Express & parking issues

With students facing parking issues on campus, the Pioneer Express is the solution. With more support, the Pio can be students' primary transportation.



FEATURES

New Mycology Club

Lewis & Clark's Mycology Club represents the growing collection of mushroom enthusiasts interested in examining and foraging for fungi.



ARTS

The Coop

The Rusty Nail Co-op is preparing for a comeback after a year off due to the coronavirus pandemic.



SPORTS

Pole dancing in PDX

Ecdysiast offers pole-dancing lessons aimed to promote feminist values separate from coercive spaces targeting survival.

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Graduate clinic set to switch to digital system

Community Counseling Center has obtained a professional digital program in place of a paper filing system

By VENUS EDLIN

THE LEWIS & CLARK Community Counseling Center, which is part of the practicum portion of the Lewis & Clark Graduate School of Education and Counseling, recently purchased an electronic health record system called Theranest.

The new system comes after the center was forced to switch to telehealth in light of the COVID-19 pandemic. Thus far, graduate students have used non-integrated digital systems to schedule appointments, keep records and communicate with supervisors. According to the center's director, Justin Henderson, they hope to start using Theranest in November.

Prior to the start of the pandemic, counselors in training relied solely on paper files.

"Previously, everything was completely on paper," said Claire Tam '22, a graduate assistant. "Clients would pay for their sessions, either with cash or check — they couldn't even pay with a card. That's how paper file it was."

According to Henderson, this change was overdue.

"It's a tried and true method, so I don't want to dismiss (paper filing) entirely, but in order to prepare our students for the field — they're not going to encounter paper files anymore," Henderson said. "That's just not a reality of our work and hasn't been a reality for quite some time."

Henderson said he recognizes that the switch to an integrated system did take a long time, however the uncertainties of the pandemic proved challenging. They are now also dealing with a hefty onboarding process of digitizing seven years of client records.

"We were in survival mode, quite frankly," Henderson said. "To a certain extent, we have a kind of hodgepodge electronic record system presently, but it's not an integrated, singular system ... We did transition to that, but it was in the space of haste and disorganization because of the pandemic."

Graduate assistant Lauren Radakovich '22 started her practicum during the pandemic, and appreciates how the clinic has tackled the sudden switch.

"I think the system we use now, and that we're transitioning out of

with the new health record system; it's not ideal," Radakovich said. "It was a temporary option, doing the best that the clinic could at the time to make everything streamlined and get our clients the best care possible."

Clinic counselors and supervisors are excited for the added features Theranest will bring. First of all, everything will be in one place which streamlines the process and leaves less room for error. Additionally, the program has a secure in-chat feature which is a significant improvement from email, which forced students and counselors to use coded language since it is not a secure medium.

Henderson is particularly excited about Theranest.

"We serve several hundred clients per week," Henderson said. "There's no way for administrative staff to contact that many clients and remind them that they have an appointment, but this system will automatically email, and they do have a text feature if (clients) choose that as well."

The clinic will also continue using telehealth for the foreseeable future. They are currently working with Information Technology (IT) to put desktop computers in every room, preparing for practicum students to offer telehealth onsite. However, when this transition will take place is uncertain.

Radakovich visited the clinic this summer and anticipates providing counseling from the location.

"I didn't really know what we were missing because I started in my home and we were all online, so I would only see my little supervision group on the screen," Radakovich said. "I didn't realize that was definitely not the same experience as if we had been in person, until I actually went into the clinic."

According to Tam, there are a lot of benefits to providing telehealth services. They pointed to higher attendance rates, which likely have to do with overcoming in-person obstacles such as infrequent public transportation to the clinic and the busy lives of clients. However, one major drawback Tam identified was that they could not provide out-of-state services, even for people who only live 10-15 minutes away in Washington.

"Before they could come in person to our building and have services, but on telehealth they technically can't,"



MAYA WILLIAMSON/THE PIONEER LOG

Tam said. "That unfortunately cuts off quite a few people that might need low- to no-cost counseling that cannot be seen right now."

It will be a long process before both counselors in training and clients can

meet in the same room again. There is not an established timeline for the transition. In the meantime, however, Henderson looks forward to the new capabilities of Theranest.

"I overall think that this is going to

help us be able to offer students a better training experience," Henderson said. "I think administratively it's gonna allow us to more efficiently be able to work new clients into our system as well."

In-N-Out Burger purchases property in Portland area

LC students, city residents respond to the famous California fast-food chain's move to the northwest



ADAM KARP/THE PIONEER LOG

In-N-Out Burger has recently come to own the property next to Bridgeport Village.

By ASMAA ZAIDAN

IN-N-OUT BURGER, a California-based fast food chain, purchased a \$3.3 million property in Tualatin, Oregon in September according to the Portland Business Journal. More recently, In-N-Out Burger has been looking into locations in the Beaverton and Hillsboro areas. The three locations would mark the chain's introduction into the Portland metro area.

Currently, the nearest In-N-Out Burger is in Keizer, Oregon which is around a 45-minute drive from Lewis

& Clark. An LC student hoping to grab a classic burger and fries would have to drive to the location, as there are no TriMet routes to the location.

For LC students from California, having In-N-Out Burger in the area would mean a taste of home. Fiona Salbato '24, a student from San Diego, said she would visit an In-N-Out Burger in the Portland area.

"I mean, I don't see why not," Salbato said. "I could never say no to some fries."

Natalie Kirunda '24 is looking forward to the convenience of a closer location.

"I would be interested in getting In-N-Out," Kirunda said. "Unfortunately, I don't have a car and I don't want to take the Pio for an hour."

However, with transportation Kirunda would "absolutely" go to an In-N-Out Burger 20 minutes away, but not 45 minutes away in Keizer.

In Tualatin, Beaverton and Hillsboro, In-N-Out Burger representatives hosted community meetings where residents could voice their thoughts and concerns. Community meetings are standard procedure for all large businesses before submitting land use applications to the city.

The franchise had been interested in the Tualatin area for over a year, before finally purchasing the property in early September 2021. The location is across the road from Bridgeport Village, off of Interstate 5.

As for the Hillsboro location, In-N-Out Burger has yet to move forward with purchasing a property. The potential location is Northeast Evergreen Parkway just east of Northwest 185th Avenue, and a land use application was filed with the city in April 2021.

In September, the chain's assistant vice president of real estate and development Mike Abbate responded to questions from the Oregonian regarding potential Portland metro locations.

"While we are exploring an opportunity in Hillsboro and others throughout the Portland metro area, it is too early to forecast any specific outcome within those trade areas, as well," Abbate said.

In May, Pamplin Media Group reached out to In-N-Out Burger for a statement regarding the Beaverton

location and the potential issues it may cause. Vice President of Real Estate and Development for In-N-Out Burger Carl Arena said that the neighborhood meetings are intended to address such concerns.

"All attendees at these meetings were provided an email address to send their questions/comments specifically related to our project and advised that their comments would be compiled and sent to the county as official public comments," Arena said in a statement. "Being a good neighbor is very important to us at In-N-Out Burger, both at our current locations as well as at prospective restaurant sites."

Not all residents are enthusiastic about the potential addition to their community. In a statement to Willamette Week, Tualatin mayor Frank Bubenik spoke about his constituent's worries. "The primary concern I have heard from residents is that of increased traffic congestion," Bubenik said.

Others, however, welcome the fast food restaurant, arguing that it will bring good food and business to the city.

"Yahoo! Great company, lots of jobs, and yummy food. A win win for Tualatin!!!" one Facebook user said. In Tualatin, complaints regarding traffic are common, since the location is near the intersection of Lower Boones Ferry Road and SW 72nd Avenue, which is typically congested. Many point to the long lines and traffic at the Keizer location as evidence of the issues that would come with the new location. Residents expressed their concerns in the comments of the Tualatin Life Facebook page.

"Putting one in Tualatin, an already extremely busy and rush hour traffic hot spot would be horrible," one Tualatin resident commented.

Others, however, welcome the fast food restaurant, arguing that it will bring good food and business to the city.

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For now, there is no clear timeline regarding when any of the locations are set to open. However, one thing is for sure: In-N-Out Burger is moving north.

Want to write for the News section of The Pioneer Log?

If you are interested in covering exciting news on Palatine Hill. Email piolog@lclark.edu to be added to The Pioneer Log's mailing list. Staff meetings occur every Monday at 5 p.m. in J. R. Howard 135 and are open to all members of the Lewis & Clark community.

LC launches new major fundraising campaign

Exploring for the Global Good hopes to raise \$155 million by 2024 to fund people, places, programs

By TOR PARSONS

After years of planning, Lewis & Clark has launched its Exploring for the Global Good fundraising program, with a goal to raise \$155 million by 2024 for improving campus programs and facilities. Exploring for the Global Good is LC's first major fundraiser in 20 years. The program consists of marketing campaigns, grant proposals and public events in major cities.

Josh Walter, vice president for advancement, says that the program has already exceeded the administration's expectations. Since the fundraiser launched in June 2021, the school has already raised \$100 million of their \$155 million goal, well ahead of schedule.

"Every gift toward the college makes a difference and is counted toward the campaign goal," Walter said.

In a video announcing the program, President Wim Wiewel said the funds will be directed along three main paths: people, places and programs. The people-centric aspect of the fundraiser will be devoted to preserving LC's tight-knit, small-college character, even if class sizes increase.

Natalie Hollabaugh '21 also appeared in the video.

"What's kept me here, I think, is the fact that everybody knows everyone else," she said, describing why people-focused fundraising is important at LC. "It's such a small environment. People really care about you."

In another video, Vice President of Student Life and Dean of Students



AMELIA MADARANG/THE PIONEER LOG

Robin Holmes-Sullivan said that creating welcoming places on campus is crucial to students' educational and emotional well-being, citing the renovation of Templeton as a quality-of-life

improvement that will be financed through this fundraiser. Lastly, the piece of the budget targeted toward programs will go to improving internship and lab opportunities for students.

Exploring for the Global Good is informed by the school's Campus Facilities Plan, a study conducted in 2019 to assess where new buildings needed to be built on campus. The study

also estimated the potential price tag of the improvements. The school's first priority, though, will not be infrastructure-based: According to Walter, LC plans to use some of the funds to increase financial aid to low-income students.

Later improvements include the renovation of Huston Sports Complex, which will get an astroturf field. Further down the line, Stewart, Odell and Akin Halls are planned to be replaced with new mixed-use buildings, to form what the Facilities Plan calls a "residential and community district" outside of Templeton, reminiscent of an urban downtown.

In-person fundraising events will be held in Denver on Sept. 28, Minneapolis on Sept. 30, and Seattle on Oct. 12. Wiewel and a handful of current students will be present at each event, speaking about their plans for LC's future. According to Walter, LC's administrative staff are also pursuing alumni and parents to ask for donations.

As colleges and universities nationwide climb out of a COVID-induced financial slump, many are holding fundraisers. Walter believes that most colleges and universities in the United States are either planning or carrying out fundraising campaigns, so LC will need to compete with other schools for donors' affections.

"Campaigns are most successful when everyone in the community works together to raise awareness and support," Walter said. "This is a very exciting time for the college."

Wiewel hosts event for LC global scholars



SUHAIL AKRAM/THE PIONEER LOG
Wiewel welcomes international students, TCKs and AES students to campus.



SUHAIL AKRAM/THE PIONEER LOG
International students pose together on the lawn behind the Frank Manor house.

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Stanišić then explained that ISLC is vital for filling in the gaps where other student organizations cannot. She said the needs of international students are often overlooked because they differ from those of the broader LC community.

"We are honestly also here to make everyone feel good (in) this space and help them have fun in the end," Stanišić said.

Similarly, Weiwei's advice to international students is to simply

"Open your mind, your heart and your soul to really feeling this different place."

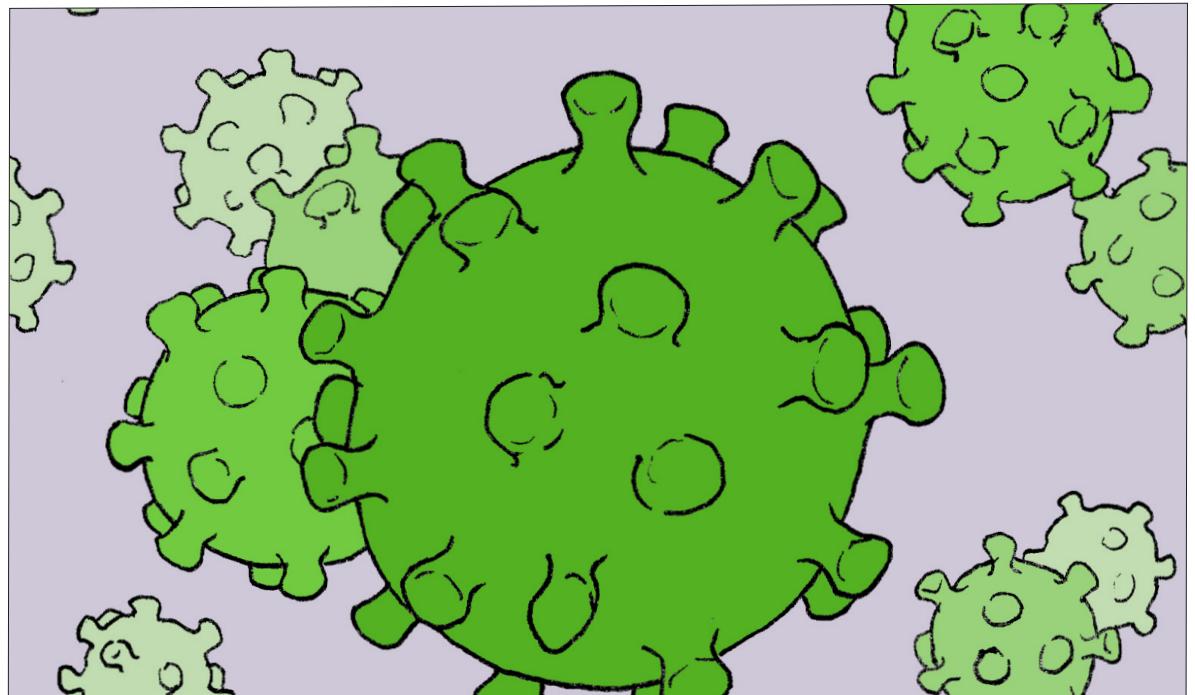
- Wim Wiewel

enjoy their time here and to experience things with an open mind.

"Go to a football game, go to a baseball game, go to a basketball game, go to films, go to a bar, continue to see yourself as a learner," Wiewel said. "Open your mind, your heart and your soul to really feeling this

different place with all its amazing, wonderful, crazy, at times horrible, at times beautiful culture, traditions and social life."

LC compares: A look at COVID-19 in colleges across the United States



By LIZZIE LOHRER

COLLEGES ACROSS the country are once again facing the challenge of controlling the spread of COVID-19 on their campuses. Administrators have had to address the issue of education during the pandemic, which is in many cases complicated by the addition of on-campus living. Since each institution must make their own policy decisions, a large variety of responses have emerged across the country, including requirements for masks and vaccines.

For many Oregon universities, the key mitigation factor is requiring COVID-19 vaccination for all students, with some exemptions. LC announced their own vaccine requirement policy in April, becoming the first college in Oregon to do so, after all state residents became eligible to receive the vaccine. Other Oregon colleges, including Reed College, Willamette University and the University of Oregon, announced similar requirements, as did Ivy League schools such as Harvard University and Princeton University.

John Hancock, associate dean for health and wellness, spoke about the impact of a vaccine mandate on the community.

"For me personally, knowing that I work in an environment where nearly everyone is vaccinated is quite comforting," Hancock said via email. "I think many students, faculty and staff feel this way too."

Colleges with vaccine mandates

have had more success controlling the spread of the virus, while colleges without such policies, such as the University of Texas, have seen positive test rates well above the national average. The vaccine mandates also appear to be effective at increasing campus vaccination rates. LC especially has reaped the benefits of this policy with a 99% vaccination rate. Even schools such as James Madison University, who require vaccines but only have an 85% vaccination rate, are still 31 percentage points ahead of the national average.

In light of the recent surge of the Delta variant, many colleges, including LC and other Oregon schools, have required masks in addition to vaccines. Many colleges hope that this will

slow the spread of this newer, more contagious variant.

The combination of mask mandates and vaccine requirements has worked well for many schools at keeping the rate of positive cases low. However, institutions like the University of Texas requires neither vaccines nor masks. As a result, a much larger percentage of their student population has tested positive for COVID-19.

To control the spread of the virus, LC has enforced both vaccine and mask mandates for students, and like most schools, provides contact tracing for positive cases. However, a large portion of the school's COVID-19 response relies on student compliance and cooperation. Students are expected to wear masks indoors and when necessary off-campus, report any symptoms they exhibit and get tested if necessary.

"Our success this year will be driven by the behavior of community members," Hancock said. "I feel very good about our response when you compare us to other colleges because our community members are so committed to following best public health practices."

Required classes foster new academic interests

General education requirements help LC students gain new perspectives in different areas of study

By AIDAN D'ANNA

WHEN I ARRIVED at Lewis & Clark, I knew that general education classes were part of the deal. I had already read through the online catalog and annotated my Guide for Pioneer Success that had been mailed to me with my acceptance letter. I knew that I wanted to be a psychology major, and I also knew that if left to my own devices I would only take psychology classes for the next four years, so I was counting on LC's general education structure to expand the contents of my class schedule.

However, many students arriving at college have no idea what field or career they want to pursue, and general education requirements can help with that too. In fact, inspiring undecided students is exactly what they were designed for. I believe in the general education system and its ability to draw students out of their own department and emphasize interdisciplinary work.

Julie Weissman and Kenneth J. Boning, professors at Saint Louis University, found in a 2003 study that general education classes are designed to support the motivation of students and engage them in the

learning process. Theoretically, by taking classes that are outside your home discipline you learn to see the world through a different lens, thus leading you to ask new questions and think more critically.

I know this goal is not always met in practice, but at least in my experience it was always attempted. My Perspectives in Biology class added a unit on the virus that causes COVID-19, and my Fall 2019 Exploration & Discovery section spent a whole month on climate change. My SPAN 201 class taught me about the culture of Latin American countries, which then helped to explain some of the vaccine hesitancy among Latinx people I learned about in my Introduction to American Politics class. The point of these examples being that, if done right, general education classes complement one another and ask more of you intellectually than if you were to only take classes in your favored discipline.

The problem is that students often feel that their general education classes have not been done right, and seldom succeed in the connections I mentioned above. I hear this complaint most often with regard to the so-called "science requirement."

For all incoming students, this requirement is called Natural Sciences and it comprises only one course in either biology, physics, chemistry or geology. However, students like myself who operate under the pre-2020 catalog know this as the Scientific and Quantitative Reasoning requirement, and it is three courses in three different types of science and math.

Upon first inspection of the course catalog I felt similarly to my disgruntled peers, wondering how any of these classes would ever apply to me in my field of psychology. I fulfilled the requirement using Psychological Methods in my first semester, Computer Science Principles in the fall of my sophomore year and Perspectives in Biology in the spring.

While without the requirement I would not have taken these classes, I am glad I did. I was able to look at these quantitative-based classes from the perspective of a social scientist. When learning about cybersecurity I was wondering to myself about the psychology of privacy and what would lead someone to steal another's personal information and in biology, I learned about the genes and neural networks that carry the information that lead to the behaviors that I study.

These classes, the most commonly dreaded of all the general requirements, are experiences I would have missed out on if not for the structured curriculum here at LC. Of course there can always be more choices; I personally wish I got to experience a history class which it seems like the post-2020 requirements are emphasizing. However, I truly believe

that the core of the system — writing, physical education, language other than English and a creative art — are classes that every college student needs to take, to expand their mind and push themselves out of their comfort zone.

Who knows, you might come in as an English major and discover a new passion for environmental studies.



CASPER JAMES PIERCE/THE PIONEER LOG

A student reviews the best and worst chairs from around campus



By OWEN WOLFF

SO OFTEN DO we take for granted the humble chair, as it is very easy to forget that most great ideas have been conceived whilst reclined. It is also easy to overlook the fact that we have had sitting-down technology for thousands of years and yet we still have uncomfortable seats. So without further ado, it is time that we turned a more critical eye to the chairs of Lewis & Clark.

The place to start with is the matte black workhorse that I am sure we are all familiar with. This plastic and metal construction, usually paired with an armrest desk, is probably the most ubiquitous seating solution on campus. Completely unassuming and elegant in its simplicity, this is a chair that will get the job done. The seat is especially comfortable as it has a very well molded butt groove.

That said, this seat is not perfect. The backrest reclines too far for my taste. This would not be an issue if it were able to support weight without sending one careening backwards towards oblivion. Also, the desks that come with them might as well be decorative given how impractical they are. God forbid you need to put more than one thing on your desk at a time because you only get four square inches to work with.

6/10 - I have sat in better.

It is also easy to overlook the fact that we have had sitting-down technology for thousands of years and yet we still have uncomfortable seats.

Up next is a chair that I have only ever seen in the Symbolic and Quantitative Reasoning Center in J.R. Howard. The seat itself is made of blue plastic, but it has metal legs and castor wheels. Similar to its matte black cousin, I can only describe the butt groove as refined. Unfortunately, this chair falls short when it comes to the backrest. I found it to be at an incredibly odd angle and could not quite settle into it properly. The chair forces a very sharp

upright position, so far as to even be leaned slightly forward.

6/10 - Unimpressed.

We move now to the six-wheeled, spiny chair desks. These can be found in J.R. Howard 135 and can be identified by their aura of pretentiousness. I will give credit where credit is due: The seat itself is comfortable; not life-changing mind you, just comfortable. Beyond that, I do not have any other nice things to say about this chair.

This chair is gimmicky, but not in an endearing way. The desk has a wide degree of movement, but every position within that scope is not at all comfortable to work with. It has

more wheels than some other wheeled LC chairs, but it still does not roll quickly. You could use the wheelbase under the seat as additional storage, but it seems less practical than simply using the ground next to you. Call

7.5/10 - It means well.

If you would now follow me to Aubrey R. Watzek Library, I have some more chairs I would like to talk about. The library is home to many chairs, and some of them are even worth sitting in. The basic wooden chairs on the first floor are not. The seat is angled way too far forward, so I was very slowly sliding off the end, and the back is way too upright. It is clear that these chairs do not want to be sat in.

3/10 - At least it has armrests.

A genus of chair that is worth sitting in at the library are the yellow spiny fellows situated near the tables on the first floor. My experience with these was the most pleasant of surprises. The pad on the seat is mushy enough to be comfortable, but not too mushy as to be overbearing.

Despite their minimalist appearance, the armrests on this chair are possibly its strongest feature. They support your elbow very well while you are upright, yet they still allow the unencumbered use of your arms. This chair gently encourages a focused but comfortable posture.

9/10 - Solid.

We have reached the end of this article but there are still so many chairs yet to be reviewed. I have sinned and I have not yet paid my penance in full. Brace yourself for part two in the next issue.

Food allergies create challenges for students

By PHILIP STEFFEN

ON SEPT. 12, at half past noon, my tongue began to tingle. I hesitated for a couple of moments to make sure it was not just anxiety. Within a minute, however, small hives began to grow on my lips. I stood up from my chair in the back of Fields Dining Hall, placed my barely-touched meal on the dish line, and made my way back to Ponderosa Hall with the calm pace doctors recommend to avoid accelerating anaphylactic shock. Over the next two hours, with my EpiPen standing by, I consumed roughly 175 mg of Benadryl, enough to ruin the day of a person my size. It was also enough to keep me out of an ambulance, out of an emergency room and away from IV steroids and EKG machines.

This may sound extreme, but it is reasonably normal for someone with acutely severe food allergies, a condition that grows more common every year. For me at least, it was not surprising either. When you have as many food allergies as I do it can be difficult to avoid allergens. Unfortunately for students at Lewis & Clark, dining services do not provide the best of conditions, and even fails to provide such basic and critical resources as ingredients lists.

Before going any further, it should be made clear that dietary restrictions are very far from a simple issue of what a person cannot eat. In the case of medical restrictions, the inflammation and general sickness resulting from exposure can cause long term disruptions to physical, and as new research has suggested, most notably a paper published in Nature in 2016, serious disruptions to mental and neurological health. In cases of religious and ethical restrictions, dietary contamination presents a serious undermining of individual agency, something that

should not be taken lightly in any place that considers itself as inclusive as LC does. If we turn our attention back to the Bon's allergen system, some clear shortcomings become apparent. First, the current policy is organized around a system of symbols indicating different diets. Unfortunately for myself and other individuals with multiple restrictions, such symbols are virtually useless. Individuals with dietary restrictions are often forced to directly ask Bon employees about the contents of various dishes because no ingredient lists are maintained. This system has the result of shifting responsibility for safe eating on to the individual rather than the organization preparing the food, and means that every adverse reaction is the fault of the individual for failing to rule out every possible contaminant.

If a system for including all diets is this ineffective, it probably has a lot more to do with presenting the appearance that an environment is inclusive, than it does with protecting anyone's dietary autonomy. This is not to say that the Bon's employees do not do the best they can. On the contrary, every worker I have spoken to has done an outstanding job being accommodating and providing what information they can. The real issue is the outdated organizational system constraining and placing undue pressure on them, something that I, as a service worker, deeply understand myself.

The reality of the situation is this: If the Bon wants to be inclusive they should be providing full ingredient lists. People with dietary restrictions know what they can and cannot eat, and are fully capable of acting on this information, so long as it is freely available. The only thing that can make dining inclusive is providing individuals of all dietary needs with information. Anything less than full transparency on this issue is not inclusion, it is theatrics.



ISABEL KROEPFL/THE PIONEER LOG

Maggie's Cafe is an option for dining, alongside Fields Dining Hall and the Dovecote.

OPINION

5

The Pio offers easy solution to parking crisis

If LC made the shuttle more of a priority, campus would be more accessible to off-campus students



NICOLE NAGAMATSU/THE PIONEER LOG

The Pioneer Express picks up students outside of Templeton Student Center before heading to Fred Meyer and downtown.

By FABIAN GUERRERO

WHEN I LIVED on campus, the Pioneer Express was more than a bus: It was a lifeline. This bus was my only way to buy groceries, go out with my friends and see this new city I called home. Beyond my practical needs for the

bus, there was also a sense that the Pio was something of a cultural icon on campus that was deeply valued and infinitely meme-able. However, despite the public adoration for the Pio, Lewis & Clark administration have taken a lax approach to maintaining this integral part of campus life. This is evidenced by the

surprising fact that our bus service receives no money from the general fund — it is entirely financed by parking passes and parking tickets.

LC takes this same apathy towards solving the commuter crisis that paralyzes parking lots around campus during regular school hours. Drivers often invent new parking

spots and parking in fire lanes is very common. And as soon as someone backs out, their spot is taken within seconds.

Luckily, we have a competent, structural solution to this problem that is cost-effective, sustainable and synchronistic with the rest of Portland's commuter culture. In fact, we have had the solution for a long time. If LC wants to start fixing its transportation issue instead of pushing it down the line for someone else to figure out, it should start treating the Pio as an integral part of campus life.

LC frames our commuter crisis as something students and staff are responsible for fixing themselves. A recent article released by the Office of Parking and Transportation (OPT) titled, "Parking Alternatives and Tips," offers unambitious solutions that focus on individual choices instead of structural change. Suggestions from the article include utilizing alternate parking options at St. Mark's Church, taking the TriMet line and parking earlier in the day. These "tips" are not solutions and only serve to shift responsibility away from the LC.

Another strategy LC employs to shift responsibility for the commuter crisis is by becoming the victim. One of the oddest excuses LC gives for not providing lasting transportation solutions is the wealth of the surrounding neighborhood. The OPT explains in their recent article, "Unfortunately, many of the things we all love about the LC campus are also what limits our ability to quickly fix parking issues. The campus is located on a beautiful hillside, loaded with dense forest, ravines, and old neighborhoods." Besides the fact that both school and public buses drive up and down this hill every day, making the point that LC is "just too

blessed," is never going to be a good argument for anything, ever.

There are two dimensions to the commuter crisis. Firstly, if left unresolved, this issue will only worsen. As the class of 2025 rises, the overcrowding challenges that affect all aspects of campus life are going to impact LC's already dire parking problem. Secondly, the problem is the amount of cars, not the amount of people. There is a paradox about car commuting that the easier you make driving, the worse parking and traffic become. That means our parking problem cannot be solved by making more parking spaces. On the other hand, understanding that reducing the number of drivers is the goal means that the incoming disaster is fundamentally avoidable.

To fix the commuter crisis once and for all, LC needs to directly promote the Pio as a reasonable alternative to driving to campus. The Pio needs to run in the dense neighborhoods where students and staff live, specifically Sellwood, Multnomah Village and the South Waterfront. Besides servicing the many people that already live in these places, having the Pio run to LC's adjacent neighborhoods will encourage students to live close to campus, thus reducing the emissions we produce every day. For the cherry on top, these three neighborhoods have shops, restaurants, and entertainment options that students who live on-campus would surely appreciate easy access to.

Transportation infrastructure has a serious upfront cost with many interlocking factors to consider. However, communal transport like this is an investment meant to pay itself off in the long run. Few things are as appreciated and valued at LC as much as the Pio, and we should begin to treat it as such.

First-year reviews the first month of the fall semester

Throughout a bout of appendicitis, the LC community showed support during unexpected events

By MADDIE SAYER

WHEN I FIRST stepped foot on campus this year, I never imagined having to visit the hospital within my first week of classes. After enjoying my tofu scramble at brunch that Saturday, I was suddenly overwhelmed with excruciating abdominal pain that was later medically diagnosed as appendicitis. Being from California, having no family to aid me through the emotional aspect of this process was pretty difficult. However, my dad was thankfully able to fly up moments before my surgery the next morning and take care of me for the following days.

I have been able to reflect on the

comfort of all these new experiences, both good and bad. Despite numerous challenges, Lewis & Clark has provided me with community and support during my first month of college.

Coming to LC, I was assigned to a quad after signing up for a double, which was an interesting adaptation to make. They let me know just weeks before school started. Living with three other girls versus one is definitely a culture shock. That being said, one of my roommates, who I had met just a week and a half prior, drove me to the hospital without hesitation.

While I was at the hospital, my roommates were still there for me remotely by sending me reassuring messages and making sure I knew their

support was waiting for me when I returned. They also had to deal with my loud alarms going off at 2 a.m. to take my fifth dose of Tylenol of the day. I have already seen how strong of a community there is here and really benefited from having some surprise built-in supporters and friends.

I was concerned about the classes I was missing and how my lack of participation would affect my grades. After emails and check-ins during office hours, I was told how to catch up

and to take my time recovering. I would have never thought an administration team would be this helpful and kind. All of my professors went out of their way to keep me up to speed with the rest of the class, and when I returned the transition back was seamless. The academic department at this school showed their bright, true colors right away.

Additionally, I was worried about walking to get meals that week since walking was such a hassle. Fields Dining Hall allowed my roommates

to collect my meals for me, so I did not have to venture across campus and risk popping a stitch. I deal with certain food allergies such as eggs and nuts and was worried that the meals I would receive would be something I could not have. However, both my roommates and the Bon staff made sure that my to-go boxes were packed with food that I could eat, even with my allergies.

Although unconventional, I feel as if my first couple of weeks at LC have been a very accurate representation of the friendly community built here. I may never have the tofu scramble again because of the experience of surviving that day, but I will always remember how much help I was given in the following days.

The Pioneer Log

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MAYA WILLIAMSON/THE PIONEER LOG

Want to share your opinion with the Lewis & Clark community?

The Pioneer Log is always looking for more writers for the Opinion section. Email piolog@lclark.edu to be added to the Pioneer Log's mailing list. Staff meetings occur every Monday at 5 p.m. in J. R. Howard 135 and are open to all members of the Lewis & Clark community.

Mycology Club breaks down how to forage mushrooms

By ASMAA ZAIDAN

ON SEPT. 17, Lewis & Clark's Mycology Club got off to an exciting start by hosting its highly anticipated debut meeting. Mycology, the study of fungi, has been gaining traction in recent years as it makes its way into popular culture, and more and more mushroom enthusiasts have begun foraging or growing their own at home.

Mycology Club Co-Presidents and founders Jonah Goldin-Dubois '24, Ben Forsberg '24 and Alex Sutton '24 were inspired to create the club after noticing that LC was one of the only colleges in the area that did not have one. Given that the Pacific Northwest has an abundance of fungi, they found it surprising that there was no space for fellow enthusiasts to discuss their interests and bond over their shared love for mycelium.

"We had no (club) here, and we live in an amazing environment for foraging," Forsberg said. "There are mushrooms that if you go pick them you can sell them at the farmers' market for money, there's mushrooms that are delicious to eat, there's the most powerful psychedelic mushrooms on earth in the Pacific Northwest. It's all here."

Common edible mushrooms that grow in the Pacific Northwest include lion's mane, oyster mushrooms, chanterelles and chicken of the woods. The abundance of them in the Pacific Northwest is attributed to the old growth of the vegetation and the damp conifer forests, two factors that create an ideal breeding ground for edible wild mushrooms.

Goldin-Dubois' interest in mycology stems from a fascination with the versatility of fungi. However, he also noted that there are negative connotations attached to mushrooms.

"Just the fact that mycelia and fungi are responsible for decomposition and stuff, there's kind of this gross connotation with mushrooms," Goldin-Dubois said. "As they've been getting more and more popular and relevant in pop culture, I've been

learning more and more about them and I personally am super fascinated with the role they play in the cycle of life and the ecosystem."

Perhaps the best part about mycology is its accessibility to the general public. An interest in fungi requires no scientific background and no experience, so anyone can forage or grow their own mushrooms. Goldin-Dubois and Forsberg stress the idea that mycology is for everyone in the LC community.

The club has exciting plans for the year, including many mushroom foraging trips, forums that bring in expert speakers to talk about the field and sessions that teach students about growing and cooking mushrooms at home. They even hope to eventually cultivate mushrooms on LC's campus.

Forsberg hopes the club will be an educational and fun experience for members.

"We can go foraging, maybe even someone will learn how to grow mushrooms and they'll make money off of it," Forsberg said.

With Oregon's legalization of psychedelic mushrooms, interest in the recreational types of mushrooms has increased. However, Forsberg stressed that the club's interest in such varieties was strictly academic and that they will not be consuming anything they study.

"We can study, but no eating," Forsberg said. "We can look at them, we can take spore prints ... But we don't want to associate ourselves with any hands-on learning or anything like that."

On the topic of edible mushrooms, the co-presidents shared their favorite mushroom recipes. Goldin-Dubois described himself as a "big fan" of mushroom stroganoff, while Forsberg occasionally eats the mushroom gravy at Fields Dining Hall.

With all the interest surrounding their activities, the Mycology Club is definitely a club to look out for this year. The beauty of mushrooms



CASPER JAMES PIERCE/THE PIONEER LOG

is that anyone can be a mushroom forager. This, of course, does not mean eating any mushroom you find in nature. Identifying common edible mushrooms is not impossible; consulting field guides and mushroom foraging Facebook groups beforehand are two ways new foragers can enjoy wild mushrooms while staying safe. Eat foraged mushrooms at your own risk, and also in mushroom stroganoff.

Keep up to date on the club's events on their Instagram and Twitter, @lcmycology. If you are interested in helping the club and also enjoy creating mushroom illustrations, you can reach out to the co-presidents to get involved with creating promotional material.

Tips and tricks to find your fashion this fall

By ELIZABETH GRIEVE

AS AUTUMN slowly descends upon Lewis & Clark, the change in season has significantly affected fashion choices as people begin shifting into warmer fall aesthetics.

According to Carmen Silver '25, the trends are not hard to pin down.

"So many Dr. Martens," Silver said.

Denim, '90s- and 2000s-inspired styles also seem to be quite common, along with fashion that is, according to freshman Zoë Dobbs '25, "visibly queer."

These items and aesthetics appear to be staples despite the many distinctive styles at LC. If you are having trouble finding your personal style, consider researching looks on Pinterest, or snagging one of the trendy pieces at Buffalo Exchange or Goodwill. Silver said she attains clothes through thrifting, Depop, eBay or random stuff my friends give me."

Dobbs used to not care for fashion, but that changed when she started using it to express her identity.

"When I started actually putting effort into my appearance and figuring out what clothes I liked and what I didn't like, it really helped me find my identity," Dobbs said. "I thought it was really cool how I could change (my style) and be whoever I wanted to be, and be perceived however I wanted to ... based on the way I made myself look."

Thrifted is one of the main methods students use to acquire affordable

clothes when shopping, which is a result of Portland's thriving recycling culture.

To stay stylish in the fall season while adjusting to colder weather, Julia Einaudi '25 recommends layering. Einaudi described her own personal style as "goth hooker." Layering is a technique used to withstand cold weather that involves wearing multiple garments of clothing over each other.

Einaudi has a number of useful recommendations for looking your best while layering.

"Tights are good ... if you can get insulated tights, you can be warm in your legs (and) still wear a skirt or shorts over them," Einaudi said.

Plain turtlenecks can be a versatile underlayer, Einaudi said, worn under a graphic t-shirt, jacket or raincoat. She also recommends Dr. Martens, scarves and hats.

While some may lose their stylish aspirations in the midst of autumn's restrictive climate, fashion remains an integral part of many students' lives.

"Fashion does mean a lot to me," Einaudi said. "Because I feel like (it) is how you communicate to the world who you are as a person."

What you wear is an important part of self-expression and being yourself. But fashion is not only about looks, it is also about well-being.

"It kind of means the world to me sometimes," Silver said.

Equipped with these messages on fall fashion, remember to stay happy, healthy and stylish this fall.



Zoë Dobbs '25, Carmen Silver '25, and Julia Einaudi '25 show off their fall fashion.

Landmark attractions to experience in the City of Roses

Make the most of your time at LC by visiting these quirky local sites that help keep Portland weird

By GABE KORER

PORTLAND IS HOME to a wide variety of landmarks and oddities that Lewis & Clark students can enjoy.

From the never-ending assortment of food carts stationed seemingly everywhere to the scenic hiking trails dotting the horizon, there is much to appreciate about the vibrant setting we find ourselves in. For those who have not yet ventured far from Palatine Hill, here are a few essential places to visit during your free time.

First and foremost, nature lovers can rejoice at the abundance of parks, rivers and gardens located throughout the city. One such place to enjoy is the Portland Japanese Garden, a beautiful 12-acre sanctuary filled with streams, walkways and authentic Japanese art. According to their website, they aim to provide "secluded leisure, rest, repose, meditation, and sentimental pleasure," all while offering a \$3.70 discount to students. You can grab a bite to eat at their Umami Cafe, swing by the gift shop and simply take in the relaxing surroundings as you explore this popular Portland destination.

Historical attractions scattered throughout the city include the Shanghai Tunnels and Witch's Castle. Located underneath the Old Town Chinatown neighborhood, and thought to be a former passageway for both goods and people, the Shanghai Tunnels have been converted into a tourist destination following their disuse in the 1940s. As a popular tourist spot in its own right, Witch's

Castle was previously abandoned after being used as a park ranger station and rest stop from the early 1930s to 1962. Both of these sites are believed to be haunted and are the subject of local legend, making them a fascinating pair of sites to explore.

To appease any avid shoppers out there, Portland's Saturday Market has been a staple in the Portland community since 1974 as a site for a

For those with a sweet tooth, Voodoo Doughnut has some of the most uniquely flavored donuts in the Pacific Northwest.

variety of vendors and artists. Every Saturday from 10 a.m. to 5 p.m., tourists and locals alike come together to shop for local products and support small businesses in an intimate, vibrant setting. The market often has pets roaming about as well, and is a dog-friendly environment.

For those with a sweet tooth, Voodoo Doughnut has some of the most uniquely flavored donuts in the Pacific Northwest. Doughnut has some of the most uniquely flavored donuts in the Pacific Northwest.

With their quirky doughnut names and goofy slogan, "The Magic is in the Hole," Voodoo Doughnut has enticed many LC students to buy their sugary products.

With the month of October approaching, Halloween-themed treats will soon line the counters, so make sure to grab some of your own.

You could also check out the many coffee and pizza joints located nearby, such as Stumptown Roasters or JoLa Cafe.

Food aficionados have Portland's many delicious food carts to enjoy as well.

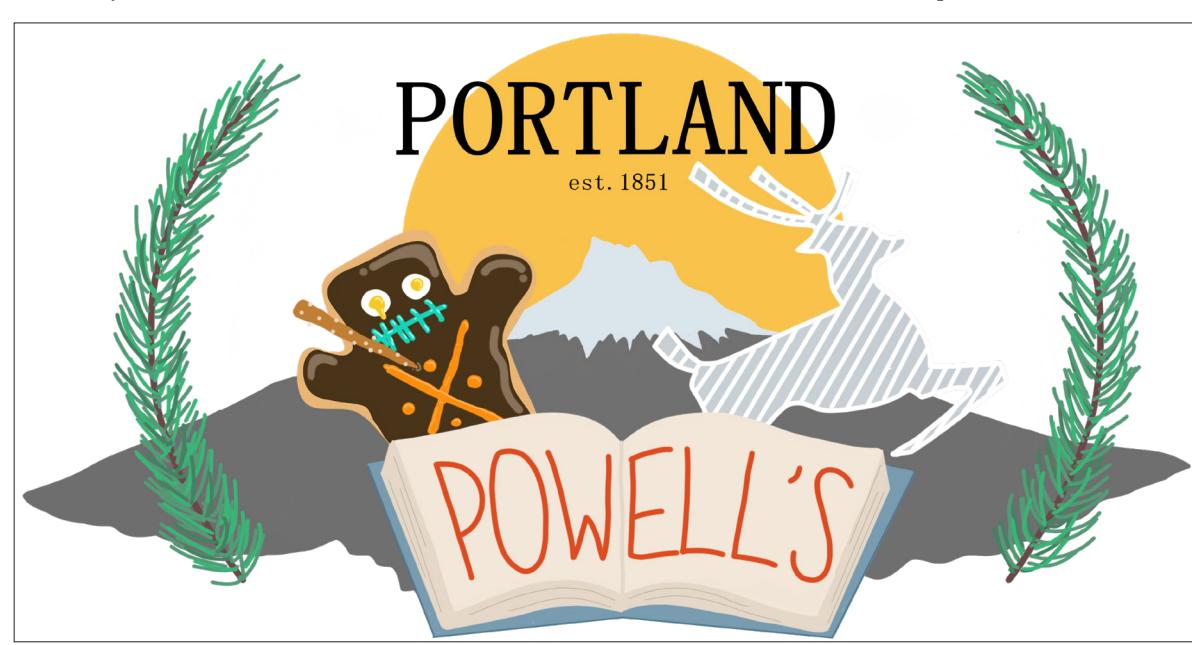
One of the biggest hubs is the Fifth

Avenue food cart pod, which assembles an array of multicultural foods and flavors every day from 11 a.m. to 8 p.m. Choices ranging from gyros to burritos are available to satisfy

your cravings at this lively offshoot of Portland's legendary food cart scene. If you want even more variety, there are a number of other pods situated in close proximity.

For literature buffs, Powell's Books is a great place to peruse aisles of every kind of book imaginable. Known as the world's largest used and new bookstore, Powell's is celebrating its 50th anniversary this year in the heart of Portland, where it takes up an entire city block on 1005 W Burnside St. You can check out their expansive gift shop, which has everything from apparel to cactus pins, and marvel at the incredible size of the space during your visit. It can best be thought of as a stylish warehouse that houses a tremendous amount of literature, all for the satisfaction of book enthusiasts in the Pacific Northwest.

With so many places to visit in Portland, students should consider taking advantage of their proximity to these popular destinations. The city truly has a lot to offer for those that are willing to look for it.



FAITH GALLEGOS/THE PIONEER LOG

FEATURES

Remote Alaskan city offers small-town appeal

The tight-knit community of Whittier is filled with a variety of interesting people, natural beauty

By TOR PARSONS

THE FIRST THING I noticed upon arriving in Whittier, Alaska were the mountains crisscrossed by waterfalls and dappled with snow, which surround the small town on three sides. The next thing I noticed were a pair of buildings. One was an abandoned hulk that looked like it could be the site of an ambush in a zombie movie. The other, perhaps even more incongruous, was a 14-story condominium painted in pink, blue and cream, looking more fit for Miami Beach than a remote Alaskan fishing town.

The former, which has been uninhabited since 1964, is called the Buckner Building. The latter is known as Begich Towers (BTI). Whittier's isolation makes it nearly impossible for single-family houses to receive water and electricity, so BTI is home to nearly all of Whittier's approximately 300 residents.

Hearing about Whittier from an elementary school teacher of mine subconsciously inspired a short story I wrote years later about a mysterious high-rise building being constructed in a remote Alaskan village. The story won a local award, which was the first time I had received any recognition for my writing. However, it was not until much later that I remembered there really was a place like the one I wrote about. When I went to Alaska this summer to work on a fishing boat, I decided that I would go see Whittier for myself.

I had arrived in this unique town by riding a train through a single-lane tunnel, walled with bare rock and shared between road and rail traffic, which is the only way of reaching Whittier by land. Blasted through two and a half miles of solid granite, the tunnel was created because of the town's remote location. Whittier sits on a narrow inlet of Prince William Sound, ringed by 2,000 foot mountain faces.

Originally, Whittier's inaccessibility was a feature rather than a bug, according to Lisa Tolman, the cashier at Log Cabin Gift Shop on the Whittier waterfront.

"We have really low cloud coverage



TOR PARSONS/THE PIONEER LOG
Featuring a variety of attractive boats, the Whittier Marina draws many fishermen who come to offload fish to the cannery.

most of the year, so it's hard to see us from planes," Tolman said. "We have a deep-water port where ships can dock, but if Alaska was ever invaded by land, we could just block the tunnel and we'd be safe."

This combination of seclusion and easy maritime access was what led to Whittier becoming a strategic military harbor during World War II. Alaska's existing port cities, Anchorage and Seward, were deemed too vulnerable to a Japanese invasion, so the U.S. military set up their primary Alaskan base in a previously uninhabited fjord. Whittier was a natural fortress, the construction of the two-mile tunnel making it easy

to control travel in and out of the town. The Buckner Building was built as a "city under one roof" to house the soldiers, with amenities ranging from doctors' offices to a bowling alley. The BTI, meanwhile, housed military family members.

The military began to depart in the early 1960s. Following Alaska's devastating 1964 earthquake and tsunami, which destroyed much of Whittier and left the Buckner Building unsafe, the city's time as a military base came to an end. Over the ensuing years Whittier residents have found a new industry: Whittier became the port of call for the Alaskan rail barges.

Since the state's rail system has no direct connections to the outside world, entire freight trains are loaded onto barges in Seattle and shipped to Whittier, where they then travel on their own rails to the rest of Alaska. A significant portion of the goods shipped to Alaska — anything from lumber to Amazon orders — arrives on these rail barges. Today, much of the town is taken up by a large railyard and the thunder of train cars being shuttled around is nearly as constant as the smell of the town's many fish canneries.

Not many people live in Whittier; Tolman estimates that while there are about 200 year-round residents in

the BTI, they are outnumbered in the summer by seasonal workers. Even the young man behind the counter at Swiftwater Seafood Café, where a meal of fish and chips costs \$22.99, admitted that despite his "prisoner of Whittier" sweatshirt, he was only there for the summer.

So, what leads someone to stay in Whittier? According to Postmaster Karen Dempster, people are drawn to the town because of how picturesque the surroundings are.

"It's drop-dead beautiful, absolutely gorgeous," Dempster said. "There are so many things to do. The trails, the waterfalls, the coves. It's the most beautiful place."

Dempster has been a year-round Whittier resident since 2012, when she moved there from Fairbanks, Alaska. In addition to the area's scenery, she was intrigued by the idea of an entire town living under one roof.

"I think it's just great," Dempster said of life in the BTI. "I can go down and see my neighbors in my socks."

After talking to Dempster at the Whittier post office inside the BTI, I walked back to the waterfront, past a wooden sign denoting an odd assortment of records: Since 1979, Whittier has had thirteen mayors (one recalled), sixteen harbormasters, twenty-three evictions and eleven inches of rain in one day. For the record, the most rain Portland has ever seen in a day was 2.7 inches in 2017, according to KGW-TV.

A freight train loaded down with shipping containers creaked out of the railyard and threaded its way into the tunnel. About ten minutes after the last container disappeared, cars began exiting the tunnel in the opposite direction. In the parking lot of a salmon-curing smokehouse, four men were skinning a deer.

"You're not in Kansas anymore," one of them said to me, noticing my surprise. "Welcome to Alaska."

Having spent most of the summer in Alaska, I can confirm that even in the Last Frontier this is not a common sight. In Whittier, though, it seems like anything can happen.

Attractive historic homes near LC bring the past to life

Since its earliest days, Portland has harbored a multitude of elaborate homes that the public can enjoy

By WILL TOPPIN

THE CITY OF Portland was established in 1851 and many beautiful old homes from its earliest years still stand. Here is a list of a few of the architectural sites to see in the surrounding area.

The Johan Poulsen House

If you have ever driven over the Willamette River on the Ross Island Bridge, you may have noticed a large house on the right that resembles a castle. Known as the Poulsen House, this intricate building was constructed in 1891 and features blue paneling, white trimmings and a medieval-style 50-foot turret.

The 5,211 square foot, eight bedroom house sold in June of this year for \$1,690,000; the house is now owned by a Portland media firm called Prospect. According to the website of the seller's realtor, this unique house is an example of "Queen Anne-style Victorian" architecture, though its

architect currently remains unknown. The house is privately owned, so it is not visitable by the public. However, video tours are available online due to its recent sale.

The Simon Benson House

Another example of Queen Anne-style architecture, the Simon Benson House was built in 1900. According to the house's website, the entire building was relocated in 2000 and now stands on the campus of Portland State University. The Simon Benson House currently serves as the school's visitor center and the headquarters for its alumni association.

Simon Benson, the original owner of the house, was a Norwegian immigrant who started a successful logging business at the age of 16. He was an influential historical figure, responsible for the purchase and deeding of Wahkeena Falls and Multnomah Falls to the City of Portland, and for the installation of "Benson Bubbler" fountains

throughout the city. Benson Polytechnic, a Portland public high school, was also named for him after Benson donated \$100,000 to help establish the school, according to the house's website. Benson moved out of state in the early 1920s, but is now buried just a mile from Lewis & Clark in the Riverview Cemetery.

Pittock Mansion

A landmark of the Portland community since 1965, Pittock Mansion is a historic house museum that has offered tours and exhibitions for decades. It is also among the most popular destinations for birdwatchers in the area. The first owner of the house was Henry Pittock, a financial mogul that dominated various Portland industries in the late 19th century. According to the mansion's website, "Henry Pittock also built a financial empire by investing in real estate, banking, railroads, steamboats, sheep ranching, silver mining, and the paper industry."

The mansion was constructed between 1912-1914; Pittock and his wife only lived there for four years before their deaths. In 1964, the City of Portland purchased the home for \$225,000 with the intent to convert it into a museum. Incredibly, \$67,500 of that cost was raised by individual Portlanders to help with the acquisition. The nonprofit organization Pittock Mansion Society took over management of the home from Portland Parks & Recreation in 2007 and continues to run the museum today. Adult tickets for tours cost \$12 and the current exhibit is about Vanport, a public housing city that existed during World War II.

These are just three historical landmarks that reside in Portland.



WILL TOPPIN/THE PIONEER LOG

The Johan Poulsen House is privately owned by a Portland media establishment.

This city has a rich and complicated history, and houses such as these present an interesting way to interact with that history and bring it to life.

ADVERTISEMENT

ARTS

Musical falls flat in movie remake

By MADDIE SAYER

THE FILM adaptation of Broadway sensation "Dear Evan Hansen" premiered on Sept. 24, and it has already garnered some criticism.

"Dear Evan Hansen" is a story about a teenager who deals with debilitating anxiety and depression, falling into a rabbit hole of lies and a sense of false reality after a student at his school, Connor, dies by suicide. The letter Hansen writes himself for therapy, along with his cast signed by Connor, is what formulates the beginning of the endless lies that drive the plot. Connor's family welcomes Hansen into their warm family, which Hansen clings onto as he continuously makes up false stories about his "friendship" with their son. This feeling of belonging carries over to his school after the lies spread to the internet.

Before the movie was even released to the public, negative reviews were already being spread all over the internet. Some critics have seen the musical while others have not, and this has had a huge impact on their reaction to the execution of the plot.

"This is a movie that repeatedly calls out a dead kid just to make its points," Critic Stephanie Zacharek said in Time magazine. "If that's your idea of entertainment, or even just adequate message-based filmmaking, run, don't walk, to see 'Dear Evan Hansen'"

What Zacharek does not understand is that the chilling plot is carried over from the musical, where it was crafted and enjoyed by many in that medium. If one has not seen or looked into the musical, the movie's plot can be a little jarring. However, many viewers who were already familiar with the show were able to appreciate the producers' efforts in attempts to keep it similar. They draw points back to Connor's suicide often, since it is the pivotal part of the movie that affects all the proceeding actions of others.

The consensus of the negative critiques mostly revolve around Ben Platt, a now 28-year-old man playing a high school boy. Platt was 21 when he debuted as Evan Hansen on Broadway, and although he was still older than a high school student, his appearance did not stick out as much. Since this story takes place in high school and highlights the struggles that come with adolescence, a lot of viewers found the age difference unrealistic when watching the movie.

Further expanding on the unrealistic aspects, many believed the transition between the two mediums was off.

"Director Stephen Chbosky needed to bring this stage musical into greater balance with the film medium. He needed to make 'Dear Evan Hansen' less grandiose," Mick LaSalle said in Datebook magazine.

Many agreed with LaSalle's assertion that the movie and stage versions were too similar and should have been tweaked for the difference in production. Movies are often watched with a more literal lens than a musical. It seemed as if they did not fully commit to whether they were going to stick with the over-the-top Broadway-esque performances or subtly slip the songs in.

The only song in the movie that mimicked the feel-good Broadway sensation was "Sincerely Me" starring Platt, Colton Ryan and Niki Dodani dancing and singing with exuberating energy. All of the other songs, although beautifully produced, felt awkward and too relaxed.

Claims have also been made about the possible nepotism occurring due to Platt's father, Marc Platt, being one of the producers of the movie.

"Were I not to do the movie, it probably wouldn't get made," Ben Platt said on the Zach Sang show.

Oftentimes Platt is considered the face of Evan Hansen because he was part of the original cast, yet there were younger candidates who took on his role in the musical as time progressed who could have been considered for his part in the movie.

Although the film was almost identical to the show in terms of dialogue and structure, the film benefited from certain aspects you can only accomplish on a screen. The buzzing high school setting made it feel more relatable to the intended teenage audience compared to a couple of extras on a stage. The usage of editing in flashbacks and certain panic attacks Hansen experiences added a deeper connection with the character's development. With an added song, "The Anonymous Ones," the movie is also able to highlight how straight-A student Alana deals with her mental health privately. This way, the movie adaptation successfully portrayed the student body's ability to cope with the suicide.

Needless to say, some creative decisions helped emphasize the importance of the show and its meaning. Personally, after watching both productions of the show I can agree with the uncomfortable casting and possible nepotism. However, if you loved the musical as much as I did, there is some comfort in seeing it come to life on the big screen.



AMELIA MADARANG/THE PIONEER LOG

Coop provides space for students to socialize, study, drink coffee

By EMMA KRALL

NESTLED SNUGLY in the basement of Tamarack Hall, the Rusty Nail Co-Op (otherwise known as the Coop) serves as a student-led campus hub for self expression and togetherness.

It is clear that the Coop's rich history has always been rooted in the cultivation of community. Formed over a decade ago, the Coop functions as one of the only Lewis & Clark organizations run solely by students.

Filled with mismatched dishware, local artwork and an array of cushy furniture, the Coop's community center works to give students a sense of home on campus, something its members say LC is in need of.

"We do what we can to set up a space that we really believe is important and necessary for this school's climate," Coop Coordinator Marc-Anthony Valle '22 said. "Having a really strong student space can do so much for the culture at LC."

The Coop experienced a period of closure due to coordinator conflicts with campus administration in 2013, following allegations surrounding substance use within the space. But when current coordinators Mamie Hogan '22 and Noam Jacobs '22 joined the team during the 2019-20 academic year, the Coop underwent a significant revamp.

"Noam was super interested in getting the space going our sophomore year," Hogan said. "We thought having a place on campus where students could hang out together in a student-run space would be amazing."

The 2020-21 school year was a quiet one for the organization, as the COVID-19 pandemic caused most school groups to move operations online; this forced the Coop, an in-person operation, to close for the year. But this year, the Coop is back and ready to provide a welcoming environment for all students to enjoy art shows, concerts, viewing parties, workshops, coffee and the sense of home the LC community so closely associates with the space.

On Sept. 5, the Coop hosted its first show of the year, a vibrant

concert from Portland-based singer/songwriter Johnny Franco. The sounds of Franco's animated performance resonated across campus, giving students a taste of what the organization has to offer.

This year, the Coop hopes to continue to host an array of campus events similar to the Johnny Franco concert.

"We have another show coming up on Oct. 2," Jacobs said. "This year we are reestablishing our historic relationship with KLC and collaborating on a lot of events."

In addition to the upcoming concert collaborations between the Coop and KLC, coordinators will be working with the radio station to bring a series of workshops to the LC student body. These workshops will aim to give students valuable skills in areas not often addressed in a college setting. Among these is the upcoming sound workshop, which will teach students how to run sound for concerts and shows.

Another cornerstone of the Coop's mission is its volunteer-operated coffee shop. To further foster an

inviting student space, the coffee shop in the Coop serves hot and cold drinks at prices accessible to everyone. Frustrated with the quality and accessibility of coffee on campus, Nick Biesterfeld '23 joined the Coop team this year to bring quality coffee to LC.

"All of our prices are actually just suggested donations ... so the goal is just to provide a better option for students to have coffee on campus," Biesterfeld said.

With the new school year fully in swing, the Rusty Nail Co-Op in lower Tamarack once again breathes with life. Its windows are plastered with information about upcoming events and its doors are soon to open again to the students who call it home.

"We're super pumped to be back," Jacobs said. "And you should be too."

In an effort to reestablish regular hours for their coffee shop, the Coop is always looking for new volunteers to help keep their mission alive. Volunteers can sign up for training sessions and coffee shop shifts by emailing coop@lclark.edu, and can find more information on their Instagram, @thecoop_lc.



EMMA KRALL/THE PIONEER LOG
Student volunteers man the coffee bar that serves as the back wall of the Coop.

CO leads invasive ivy removal trip, teaches students to weave baskets

By JULIA SCOTT

ON SEPT. 18, College Outdoors (CO) hosted an on-campus trip where participants helped remove invasive ivy from Lewis & Clark's graduate campus and weave them into baskets. The trip, led by Alex Cortes '23 and Christopher Olson '23, focused on environmentalism, education and creating something both beautiful and useful.

In addition to being a practical thing to make, the materials for the baskets were found right on LC's campus. English ivy is an invasive species of vine that was introduced to the United States in the 1700s because of the beautiful way it climbs buildings. However, as it spreads, it forms entire networks of roots underground and attaches itself to other plants, thus competing for resources and even strangling trees. In doing so, it kills native plants and disrupts the ecosystem.

The first part of the CO trip was simply to uproot and shear the English ivy that can be found in large swaths around campus. This way, participants could help combat a highly invasive species while finding all the materials necessary for their baskets from natural sources.

The trip idea was first imagined last year by Katie Clevenger '22 as a way to continue CO trips during the pandemic. While there was not a ton of initial interest, CO decided to offer the activity again this year. Basket weaving

has proved to be so popular this time around that not only was there a waitlist, but two more similar trips were also promptly added to the calendar.

According to Olson, the trip was a "low-stakes (way) for people new to the school to meet each other," which evidently appealed to many of its participants.

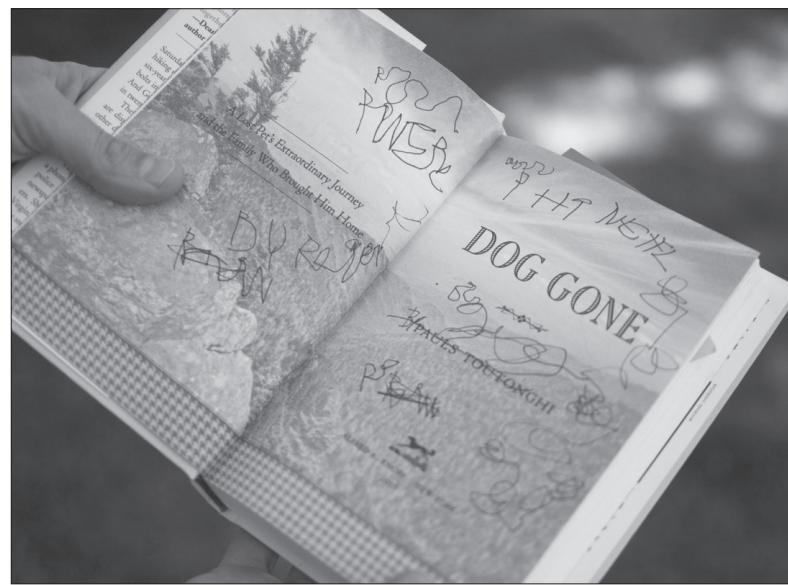
While all art serves a purpose, weaving a basket is a great way to make something practical. Generally, when people think of visual art, they imagine



JULIA SCOTT/THE PIONEER LOG
A student on the trip trims ivy away from their basket to form it into the right shape.

ARTS

Netflix announces film adaptation of English professor's nonfiction work



HANNAH KORN/THE PIONEER LOG

Pauls Toutonghi shows off a copy of his book "Dog Gone," annotated by his son.

By VENUS EDLIN

ASSOCIATE Professor of English Pauls Toutonghi's 2016 book "Dog Gone: A Lost Pet's Extraordinary Journey and the Family who Brought Him Home" is being adapted into a film by Netflix.

The book tells the true story of Toutonghi's in-laws searching for their dog Gonker, who disappears into the woods off the Appalachian Trail. The dog has Addison's disease, which means he has to receive a monthly injection to live, giving the family a 23-day deadline to find him. Throughout the search, media attention rises and the family grows closer.

Nick Santora — whose writing credits include "The Sopranos," "Prison Break" and "Scorpion" — emailed Toutonghi, asking if he could pitch a film adaptation of the novel to multiple studios.

"I said sure, I'm not gonna say no," Toutonghi said. "He did that independently of me and when he pitched to Netflix, they really loved the idea."

Almost two years ago, Netflix decided to option the book, which gave the studio access to the rights for a set time to make an adaptation. However, the pandemic did delay production. Netflix announced the film's production this July. The film will likely be released in 2022.

"Dog Gone" will feature Rob Lowe ("The Outsiders," "Parks and Recreation," "The West Wing") as the father, Kimberly Williams-Paisley ("Nashville," "Father of the Bride") as the mother and Johnny Berchtold ("The Look-See," "Life as Mermaid") as the son. Toutonghi has been impressed by the care and craft of the star-studded team.

However, every part of the process has been a learning experience for Toutonghi, one that still feels surreal.

"If you'd told me when I was 22 and dreaming of being a writer that my book would be made into a film in 23 years — I wouldn't have believed you," Toutonghi said. "But that's the way my career has been consistently. I just feel so incredibly lucky to tell stories and have any degree of success in the world of books."

Nadav Ben David '25 is taking Toutonghi's Creative Nonfiction class and has heard many details about the adaptation process. Overall, Ben David said he was impressed by Toutonghi's expertise and success in the industry.

"He's a very genuine author," David said. "I don't think he wrote things with the intention of being successful in that specific way. What's really cool about it is, it was just a personal story. He's just a creative; he's just a guy with a good brain who wants to use his art form to articulate the experiences he's had, the emotions and dynamics and human relationships he's observed around him."

Toutonghi detailed his on-set experiences in class. One anecdote described the greens department sawing off a tree branch to maintain consistent lighting between shots for continuity. When the cloud blocking the sun moved away, the greens department then had to hold the branch in place for the remainder of shooting that day.

For Toutonghi, being involved in such a large production was a novel experience.

"I went to the set, and it's funny — I feel like the writer is both the most important and also the least important and needed person on that set," Toutonghi said. "You've put the story together, but then now there are 100 people who are interpreting it and doing it and if you get involved at that point, you're just going to create trouble."

Throughout the process, Toutonghi also mentioned that the narrative of the film is slightly different because of the nature of the mediums and directing choices. For example, the film adaptation focuses more on the father-son relationship, while the mother-son relationship is more emphasized in the source material.

Toutonghi said he was intrigued by what parts they chose to keep in the movie and was amazed at the budget.

"I had a line in the book that they kept about a doughnut," Toutonghi said. "Because they put this trick that Gonker did with a doughnut in the movie, it cost them like \$35,000 in training the (stunt) dog to be able to do this (...) If it had been up to me, I would never have put that detail in the screenplay."

Despite the adaptation marking a milestone in his career, Toutonghi said the most important part of the process is being able to share his experiences with his students.

"I think that it's hugely important to be able to see this aspect of writing where you can conceivably make a living, because I think there are not a lot of avenues (...) as a writer," Toutonghi said. "Working in film, in any capacity, especially in sort of an introductory capacity, is one of the ways that you can potentially make a living."

Coral Barrett '22 is in the same class as Ben David, and has been very interested in the adaptation process. Barrett's previous experiences working on a film that did not end up being produced has made her eager to learn more about a successful film. Hearing Toutonghi's experiences has given Barrett perspective.

"I think it's been really valuable to see a potential path for myself even to just be like, 'Oh wow, this is something I could do,'" Barrett said. "It almost gave me hope just hearing how nontraditional his journey was."

Bookstore's global fame wows PDX



ISABELLE ATHA/THE PIONEER LOG

The Kinokuniya entrance is on 9th Ave.

By SOLEINA ROBINSON

KINOKUNIYA Portland, located in between Portland State University's Shattuck Hall and Powell's City of Books on 829 SW 9th Ave., has been calling the historic Guild Theatre building home since August 2019. The store carries books, unique merchandise and stationery, with a focus on Japanese art and comics.

The bookstore first set up shop inside Uwajimaya Beaverton in 1998. The second location opened in 2019 in order to capitalize on the more accessible and central location. There are about 50 Kinokuniya locations in Japan, where Kinokuniya was founded, about 20 stores in the United States, and around 80 around the world.

At the entrance of the downtown location, customers use the high-hat stand that sits across from a large, plush Totoro to dispense hand sanitizer.

The main floor of the store is home to books and comics in both English and Japanese as well as various art and writing tools. There are multiple sizes of sketch pads and paper, fountain pens, brush pens and pens with decorations from popular comics and movies. There is also a small collection of figurines, pins and stickers.

A majority of the shelves hold comic books in Japanese and English, with signs to differentiate between the languages. In the back corner by the stairs are a few rows of different plushies of animal characters from comics and movies.

The upstairs area is dedicated to Studio Ghibli, most famous for "Princess Mononoke" and "My Neighbor Totoro," and has products which include posters, movies, books and miscellaneous trinkets from washcloths to chip clips. Within this section, the collection of comics and figurines continues.

Over the years, Kinokuniya has managed to evolve. There used to be a cafe inside the store, but now it can only be found at its SW 10th Ave. location by the name of Behind the Museum Cafe.

Customer service is provided by employees who are excited to help find products and often have lengthy knowledge they are willing to share. Shopping in-person also sustains the local economy that Kinokuniya is proud to be a part of.

The store and its employees make sure to cater to the needs of their patrons by finding things that are not often found in other stores, making it the perfect shop for those who are looking for Japanese comics and imports of almost all kinds.

Portland artist addresses cyclical nature of life, death in series of hands-on projects

By BELLA ROOT

ON SEPT. 14, Megan Hanley gave a talk as a guest speaker for the art department discussing her past and future projects. Hanley is a local Portland artist who crosses art with biology and geology by using natural materials in her art.

Hanley's journey began after the passing of her grandfather, which sparked her interest in death and humanity's connection to the environment through death. This inspired her to take a trip in 2017 to an ancient Roman grave site where she worked with archaeologists for three weeks. She spent her time there excavating graves. From this experience came Hanley's first project, "Eternal Becoming." For this project, she used charcoal and dirt collected from the

archaeological site to create life-size drawings of the graves she visited.

Hanley interpreted tombs as places of transition.

"Eternal Becoming" intends to frame death as a "repayment of our life rather than an ending," Hanley said.

According to Hanley, her exhibit is a "reminder of our connection and lack of superiority to nature."

Hanley's next project, "In/Habitable," stemmed from research in which she participated at Lassen Volcanic National Park in California studying extremophiles. These are organisms that can survive in extreme conditions, such as the Sulfolobus Spindle-shaped Virus and Nanoarchaea that live in the hot springs of Lassen. The artist then made charcoal drawings and sculptures inspired by those extremophiles and their ecosystem.

Additionally, Hanley spent time studying the history of the park, specifically how the indigenous tribes in the area interact with the hot springs. She made sculptures based on their traditional earthenware which was used to cook food in the hot springs.

In this project, Hanley wanted to highlight the similarities between small organisms and humans which both belong to complex ecosystems while maintaining individuality. She also focused on the permeability of extremophiles and how their interaction with their environment is crucial to their survival. Hanley's interest in this area came from her observations of the current climate crisis and humanity's need to reconsider what our definition of a "habitable" environment is.

Hanley's most recent project, "Bubbling Waters," came out of a

papermaking residency she did with a business called Pulp & Deckle. In her residency she created three abstract reliefs of hot spring chimneys out of paper pulp and beeswax. These hot springs were modeled after ones she visited on a trip to Yellowstone National Park in 2019.

In an email interview Hanley said this project was "an experimentation with new materials while continuing themes from 'In/Habitable.'"

While working with these materials, she learned that the fibers of plants and fabrics bonded as they dried.

"This process of multiple fibers joining together for strength reminded me of the enrichment communities found in hot springs where organisms exchange nutrients and genetic material," Hanley said.

Hanley plans on shifting her focus towards plants and fossils for a future project inspired by the detailed graphite drawings of Vija Clemins.

"Clemins' work often directed your eye up or down rather than out at a typical landscape," Hanley said.

She plans to use graphite to draw fossils from the Oregon area, drawing a connection between the mineral composition of both her material and subject. She hopes to urge viewers to continue to explore the relationship of humanity and the natural world.

"The landscapes I depict are a reminder to be more aware of the ecosystems that are right underneath our feet," Hanley said. "Whether that be a human grave, your backyard or bubbling sulfuric mud, life has figured out a way to survive and even thrive in the most extreme conditions."

"If we can see ourselves connected to the larger web of life, even microbes, we can disrupt the hierarchical tendencies causing ecological collapse," Hanley said during her lecture.

Hanley's work can be found on her website <http://meganhanley.com/> or on Instagram @meganhanley.studio.



PHOTO COURTESY OF MEGAN HANLEY

This painting, "Bubbling Mud Pot," is made with gouache, charcoal and natural pigment collected from Boiling Springs Lake.

Dance studio offers feminist pole dancing in PDX

Ecdysiast combats negative stigma surrounding pole dancing created by patriarchal strip club culture

By VENUS EDLIN

ECDYIEST IS a pole and specialty dance studio in downtown Portland that aims to be an inclusive space, pushing against strip club established pole norms. I attended their taster class and tried pole dancing for the first time.

Shannon Gee co-founded the studio in 2008. As an Asian woman and single mom with a 10th grade education, the growth of Ecdysiast has opened many doors for Gee. When founding the studio, she saw the importance of pole dancing, but wanted to hold space for the skill outside of sex work.

"Just being a person in the sex trade and being really familiar with the strip club culture, and kind of everything adjacent to that, (I) definitely could see that this was a channel for a lot of folks, in fact all folks, to really access," Gee said. "But it wasn't accessible outside of the sex trade or strip club, so I think that's what inspired me to be a founder."

Most people familiar with pole dancing are acquainted through the sex industry. For Gee, the coercion and push for survival in these spaces means that there is no true consent. By divorcing pole dancing from that environment, and instead uplifting feminist values, people can engage in the art form consensually.

"There's real consent, I think when people take classes, that is truly of their own volition," Gee said. "It's truly of their own volunteerism. We are what you call a 'seek' industry."

For Anna Graff '22, her first experience with pole dancing was deliberately sought out.



AMELIA MADARANG / THE PIONEER LOG

Co-founder of Ecdysiast, Shannon Gee, demonstrates a variety of pole tricks that the studio offers in their beginner classes.

"I just have always been interested in pole dancing," Graff said. "I took a dance fitness class at Lewis & Clark and I really enjoyed it. So I was like, I like dancing and pole is such a beautiful art that I've always really loved."

With the rise of pole dancing in popular culture, with artists like FKA Twigs and Lil Nas X incorporating it into their music videos and performances, Graff was inspired to fulfill her longtime

interest. She searched online for pole dancing classes and stumbled across the Ecdysiast website. Graff fell in love with their messaging that emphasizes "If you have a body, you're a poler."

Graff took one session of the beginner contemporary pole dance class and had a positive experience, and plans to return in the future.

"It wasn't competitive, it wasn't critical, it was work at your own ability level and do what feels good for your body," she said. "That made it a little less intimidating, but it still was challenging which was good."

Similar to Graff, I have attended one class and plan to attend other lessons in the future. The class I took was taught by Chris Ettrick, and focused on presenting a wide sampling of the different types of pole classes Ecdysiast offers. Ettrick taught a short routine, instructed the small group through a series of tricks and encouraged me and my peers to get familiar with the pole.

The studio space is small, but welcoming. It is a 20 minute walk from the Shattuck Hall Pioneer Express Shuttle stop, situated next to Buffalo Exchange. Single classes start at \$40, and the price per lesson decreases when buying their series or courses.

For all these reasons, I am eager to return, but the powerful and purposeful message of Ecdysiast is what draws me to come back most.

"We do a ton of political education, ... so that we can facilitate not only appropriately, but in a nurturing, non-capitalistic, feminist, queer, indigenous, Marxist, socialist, communist way," Gee said. "Our school is rooted in revolution. It's rooted in a revolutionary framework, and that trickles out."

LC athletes' pre-game rituals inspire play

By NOAH REESE-CLAUSON

ARITUAL IS AN exercise in spirituality; perhaps frivolous to an observer but indispensable to a practitioner. Whether it is out of superstition, religion or just getting in the game mindset, many athletes perform some sort of ritual, or tradition, for the sake of their sport.

The Lewis & Clark Cross Country team has a number of special things they do in preparation for meets and practices. Head Men's and Women's Cross Country Coach Matthew Barreau has the athletes stride out to him before every race starts. As they stride out, he gives a motivational speech before they do a quick Pio chant.

The team also has a range of activities they do somewhat ritually on their own. During pre-meet workouts they run four miles and walk the last half, on Fridays they wear hats as an unintentional "Mean Girls" parody, they have team pasta dinners to load up on carbohydrates for races and some of them walk to their practices barefoot.

Athletes have personal practices they do as well. Jack Hyde '22 takes a series of supplements everyday including iron, ibuprofen, super B complex and fish oil. He also makes a shake with gold standard whey and a tea with beetroot powder that he swears by. At the end of every season he has all of his teammates

sign his race spikes as a reminder of what they went through together.

Caleb Silverman '24 wears the same chain, one his mother received at her wedding, for every practice and meet, as well as the same pair of Brooks PR brand socks. Silverman's game-day ritual is buying a pack of Peanut M&M's before every race, and eating them if he does well and throwing them away if he runs poorly.

Other athletes practice rituals as well. Alex Hensley '22 plays guitar the night before every football game, Whitney Maxfield '25 likes to "listen to pump up music and boogie" before swim meets and Desmon Holton '25 listens to the same game-day playlist and tells himself to "look good, feel good, play good," before each football game.

There are many other athletes who do not have rituals they perform. The majority of the cross country team had no spiritual practices to note. The effect of these rituals can be debated and the lack of uniform practice among athletes speaks to their personal, non-universal benefits.

The benefit of these rituals is to get in the right headspace. That can be done by distracting yourself from the task ahead, assigning yourself a good luck charm, motivating yourself or just putting yourself in a positive mindset. As long as your ritual helps you do your best, that is all that matters.

Annikah San Nicolas '19 returns as athletic academic coordinator



DAVID ALLEN / THE PIONEER LOG

Athletic academic coordinator Annikah San Nicolas '19 works to create a supportive academic environment for student-athletes.

By AMELIA DOYLE

LEWIS & CLARK alum Annikah San Nicolas '19 is the athletic academic coordinator and the assistant volleyball coach at LC. After playing with the volleyball team for four years, San Nicolas is now back working in the athletic department.

"I feel like I just learned and I grew so much throughout my experience here, and I feel like LC is definitely a place where everyone in this community is always striving to improve and striving to just develop as an individual and helping those around them develop," She said. "That was just always super inspiring to me."

The former student athlete views her return to LC as a chance to repay the community that supported her as a student.

"I just wanted to come back and give back to this community and I just feel like the student athlete community in particular is special," She said.

San Nicolas is helping to improve LC's athletic department in a variety of

ways, from aiding student athletes that are struggling to juggle their schedule to talking to them about graduate school. She also works with students on developing their time management and study skills, as well as connecting them with resources on campus.

San Nicolas explained that the athletic department at LC centers around four C's: classroom, character, community and competition. She wants to focus her efforts on the classroom part of these values.

"I really just want to provide holistic support to our student athletes, helping them succeed both in the classroom and in self-growth and development," She said.

According to San Nicolas, many life skills can come out of the student athlete experience, and she wants to help the student athletes at LC acquire and hone these skills. For example, Kelsie Nakashima '24, said that she is learning how to manage her time through her meeting with San Nicolas.

"It's pretty casual. But it helps me stay on top of my assignments, we go through each class and what I have to do for each

class, or assignments that are coming up or testing," Nakashima said.

While some of San Nicolas' responsibilities come from working with students, she is also working within the athletic department.

"I am working on taking over one of the (Student-Athlete Advisory Committee) advisor positions," She said. "That definitely focuses on the community and the character, so athlete development."

San Nicolas trusts that the athletic community has benefited from being completely in-person this semester.

"It's just really nice for everyone to be back in person after COVID, and I feel like it's a great opportunity for the whole LC community to come together even more than what it was before," She said. "I feel like the athletic community is really striving to bridge the gap between athletes and non-athletes."

San Nicolas emphasized the importance of the opportunity that COVID-19 has given the LC community for all of us to come together, improve and grow.



ZACH REINKER / THE PIONEER LOG

First-years exhibit massive interest in ultimate frisbee



AMELIA MADARANG /THE PIONEER LOG

Artemis Team Captain Lizzy Kolb '23 attentively watches a practice drill on the 20-yard line of the football field at Griswold Stadium.

By ISMAEL JARAMILLO

ON SEPT. 7, Ultimate Frisbee held an informal event meant to teach the rules of the game and allow students to get to know each other. 85 people arrived, filling up Griswold Stadium.

"When I saw how many people showed up, I felt a little overwhelmed thinking about group management and just the sheer size of the crowd," Topher Olson '23, co-captain of Bacchus Men's Ultimate Frisbee, said via email. "I also felt really excited and happy that all these people came and that we had helped make them feel wanted and welcome."

Given the record breaking freshmen class of around 700, it is easy to see how Ultimate Frisbee can be popular. Tad Kumasaka '22, co-captain for Bacchus, commented on the high turn out in an email.

"I had a suspicion that (the class of 2025) would be emerging from the isolation of early pandemic with a

desperate craving to feel membership in a new social group and to be physically active at the same time," Kumasaka said. "I had a hunch that the first few days of frisbee would be busy."

LC's Ultimate Frisbee consists of two teams: Artemis and Bacchus. Bacchus is an open division meant for people of all genders, while Artemis is more female oriented.

The turnout was unexpectedly large, but captains of both Artemis and Bacchus were up to the challenge.

In order to deal with the influx of players both old and new, both the USA Ultimate organization and the LC teams have had to make some changes.

Usually, the USA Ultimate only hosts a spring season for competition. However, this year they introduced a fall season to make up for time lost during the pandemic. The LC teams have had to find a balance between creating an environment for both casual and competitive players.

Leading Bacchus has been a team effort for Olson and Kumasaka. Olson handles logistics and paperwork for the team while Kumasaka's leadership shines on the field during practice. Last year's players have also proven to be great disc throwers and teachers this semester.

"When we run practices we have a huge amount of help from returning players who have done a remarkable job welcoming the new players into the sport and into the community," Kumasaka said. "It is fun and gratifying to watch the returners usher in a new generation of teammates."

As academics begin ramping up, the Ultimate teams have seen a slight drop in attendance since the first practice. Both teams hope that previous signees will return in the future, and that more LC students will also consider joining.

"We take all skill levels, all genders, all amounts of experience and are very flexible when it comes to how committed you want to be," Kumasaka said.

LC softball team ventures to Oregon coast for weekend retreat

Pioneers aim to strengthen their bond before the spring season through activities, new experiences

By HENRY GOODIER

AFTER THE most successful season in decades last year, the Lewis & Clark softball team has begun their preparation for the upcoming spring season. Head Coach Shawna Cyrus set out to continue the momentum from the 2021 season with a team retreat to Rockaway Beach, Oregon. With a loaded itinerary beginning Sept. 24 and ending Sept. 26, the team utilized every moment of the trip to build chemistry and learn more about one another.

Traveling as a team is a major aspect of any sport. Like many of the teams at LC, the softball team has been deprived of traveling to overnight away games for the past two years due to COVID-19 protocols. With six freshmen this year, a larger number than usual, obtaining team chemistry immediately is a difficult task. The leading goal of this trip was to get a better understanding of one another off the field in the hopes of getting closer. This would ideally correlate to progressive on-field play.

"From staying in cabins, bonfires, eating and doing activities together really made the players actually sit and talk to each other, ultimately making them closer, which is the goal," Cyrus said.

The weekend trip consisted of a plethora of activities. After arriving



PHOTO COURTESY OF SHAWNA CYRUS

Friday night, the team roasted marshmallows on the beach and ate dinner together. On Saturday morning, they got breakfast together and proceeded to a quick practice

at the local field. Afterwards, they ventured out to go zip-lining, boating, paddleboarding and kayaking at a local lake. They ended the night with games and smaller team bonding

activities. And before packing their bags and heading back to LC Sunday morning, the team got to spend a little more time with one another at one final team breakfast.

Facilities accessible for every LC student

By REBECCA HANSON

Lewis & Clark students have countless clubs and activities to choose from. However, two hubs of campus athletic life, the Pamplin weight room and the Zehntbauer Swim Pavilion, can be intimidating realms to students less acquainted with the athletic side of LC. Luckily, it is a quick and easy process to get started using the facilities.

The weight room features multi-use weight machines that safely work out many parts of the body. They are a great tool for beginners that are looking to try a form of strength and resistance training. A large section of the floor is dedicated to a free weight area complete with all the dumbbells, kettlebells, barbells, medicine balls and resistance bands that one could possibly need. If cardio activities are preferred, stationary bikes, treadmills and ellipticals are free to use at any time when Pamplin is open and are located on the main level in front of the gymnasium.

As an LC student, to gain access to the weight room, one has to register for a time slot at lcpiioneers-weightroom.youcanbook.me. The weight room is open at varying hours every day of the week, but time slots fill up fast, so it is best to plan your workouts in advance. Make sure to sanitize everything before and after you use it, and wear a mask at all

times regardless of vaccination status. There will be a supervisor ensuring the COVID-19 protocols are being followed properly and weights are being used safely.

The Zehntbauer pool is another athletic resource available for all students (provided it has not been booked for athletic team usage). As of Sept. 29, its hours are 11:45 a.m. to 1:15 p.m. on every day of the week except for Saturday, and 8:00 a.m. to 9:00 a.m. on Tuesday, Thursday and Friday. The pavilion is located directly next to Pamplin Sports Center. It boasts an eight-lane swimming pool, starting blocks for each lane, two diving boards (one-meter and three-meter) and several exercise bikes. The pool also hosts competitions and events, and has stadium seating for up to 300 spectators.

The gym and pool are maintained by the athletic facility staff and custodians, who ensure that it is kept clean and functional for all to use. Keep in mind that the schedule of these facilities may be subject to change, and it is updated (along with the schedule of the rest of LC's athletic facilities) regularly at lcpiioneers.com. Make sure to follow COVID-19 guidelines at all times, especially concerning mask regulations. Have a spotter for you when you lift weights, and do not swim without a lifeguard. Remember, these facilities are here to help you, so exercise safely and have fun.



HANNAH KORN/THE PIONEER LOG

Dumbbells in the Pamplin weight room sit still awaiting use from LC students.

Katie Ingersoll '25 not only got to share an incomparable weekend away with her new teammates, but also crossed something off of her bucket list.

"My favorite thing we did was zip-lining," Ingersoll said. "It was fun to be able to fly through the air with my teammates and check off that bucket list item."

To many of the players, the trip was both a new experience and a big stepping stone. Second baseman Lily Moffitt '22 expressed how important this trip was for the newly acquainted group.

"Overall, it was a great way to escape with the team and get to know more about each class, especially the freshmen," Moffitt said. "I had never experienced anything like that before while being here."

Cyrus had congruent thoughts with Moffitt. She believed the trip was a major success and would help ensure another great season.

"Our team consists of some amazing young women with many different personalities, backgrounds and interests," Cyrus said. "I'm really proud of our team, and seeing some of them come out of their comfort zones and shells was fun to watch. We are excited for our upcoming season and are working hard to ensure we bring our best game always. Roll Pios!"

The Backdoor

The Backdoor is a work of humor and fiction

Welcome back orgy to be socially distanced

Due to COVID-19 concerns, ASLC announces the annual night of hedonism will be masked, contact traced

By FRANKIE SPURBECK

L EWIS & CLARK'S annual Welcum Back Orgy (WBO) is a cherished school tradition that boasts a long and venerable past. However, COVID-19 spares no event, and this sensual soirée is not an exception.

According to a statement released by Associated Students of Lewis & Clark (ASLC) on Sept. 19, this year's orgy will be fully compliant with both Multnomah County and LC's COVID precautions, but will still allow for plenty of debauchery, school spirit and toe sucking. All participants will have to pre-register for this unprecedented WBO.

The form, which is allegedly for purposes of contact tracing, includes spots for the respondent's name, email and phone number, but also includes mandatory questions asking if the respondent is a bottom, top or switch. The form also provides a spot for the respondent to list any kinks or fetishes they may have. So far, responses include bloodplay, testicular torture and femmedommes. Be sure to pre-register if you're interested in this evening of excess!

Robbie Garcia '23 described herself as apprehensive about the pre-registration process.

"I just think one of the best things about the Welcum Back Orgy was how spontaneous it was. All this planning really turns me off," Garcia said.

Additionally, Danger shared concerns about ASLC members looking at her survey and making fun of the fact that she is into piss. While Danger considers herself sex-positive, she thinks that her interest in watersports is no one's business but her own.

Another change to this year's orgy is the venue. Traditionally, the WBO has been hosted in a vacant Forest quad. This year, it will be held in Fields Dining Hall, which brings new meaning to the dining hall's nickname, the Bon. When I asked ASLC COVID-19 advisory board member Emma Louis-Klark '24 about

why anyone would think it is a good idea to hold the sex party in the same place food is prepared, she gave the following response.

"LC is bracing for an unprecedented horny student body and the

Bon is one of the few spaces big enough to accommodate a crowd of the size we expect," Louis-Klark said. "Plus, remember those plexiglass meal dividers?

We're bringing them back, for those who want to participate in parallel play, but aren't ready for actual physical contact yet."

When I asked Louis-Klark to elaborate on how exactly the barriers would be used to prevent COVID-19, considering that it is an airborne disease, she told me that ASLC

had not quite figured that out yet, but that the plexiglass just made people feel safer.

Dan McDaniels '25 is extremely excited at the prospect of the orgy, and is hoping that his hot neighbor from down the hall also shows up. (Shawn from Copeland, if you see this, you know what you have to do). Even the mask requirement has not dampened McDaniels' excitement.

"Honestly, I'm not mad about the mask policy," McDaniels said. "Most of the time, when I see someone's whole face for the first time, they're a lot less hot than when I can only see their eyes."

I asked McDaniels how he was planning on kissing any potential partners.

"Kissing?" he asked. "What is this, 1800? I go straight for the nipples."

Even with these changes, the orgy is sure to be a (very) gay old time and a great chance for LC students of all ages, majors, and persuasions to get to know each other carnally.

This reporter wishes you happy trails, and leaves you with a single last tip: do not confuse the complimentary hand sanitizer with the lube. Take it from me—that is not a mistake you will want to make more than once.



ALEX NASH/THE PIONEER LOG

LC launches Hunger Games to cull oversized freshman class

By MAX ALLEN

T HROUGHOUT the year, we have been hearing about the obscenely large freshman class. Phrases such as "Classzilla," "Class Kong," and "Freshmageddon" have flown freely throughout the Lewis & Clark, as tidal waves of 18-year-olds crescendo. Many have expressed concerns that the campus was not meant to accommodate over 700 first year students.

Preliminary data has shown that a shortage of dorm rooms has caused Copeland, by some dark magic, to become even more overpopulated than usual. Evans Auditorium has opened its sticky floors to excess students who do not have access to dorm space. Worst of all, it has become impossible to take a step in Fields Dining Hall without spilling food on someone's lap or having an awkward "who-should-get-out-of-the-way" showdown.

"These concerns are not going unnoticed," Dean of Students Pigeon Holmes said while sipping tea outside of Albany Quadrangle. "My department has collaborated with President Weevil to compose a comprehensive plan for reducing the strain Class Kong has placed on our other students and faculty. After considering many options, we believe we've arrived at the best alternative to — dare I say it? — outright unenrollment. It is with great pleasure that we present Lewis & Clark's first ever Hunger Games."

The Games are set to take place on the undergraduate campus on the first day of Fall Break. Holmes urges all upperclassmen and the freshmen who are not selected as tributes to vacate the campus by the initiation of The Games at noon.

"God forbid any of our precious upperclassmen get caught in the crossfire," Holmes said.

With the goal of reducing the freshman class by 40%, one tribute is to be selected from each freshman-containing dorm room. Roommates must decide amongst themselves who to send to The Games; suggested methods include drawing straws, duels to the death, cook-offs and selecting the most odorous roommate. All first years in singles will automatically be chosen. Resident Advisors will



SAM STARKS/THE PIONEER LOG

distribute contracts to each room to be filled out by the lucky contestant.

All tributes are required to arrive at Templeton Student Center at 11:30 a.m. The Games will officially begin at noon, at which point the doors to the Bon will be opened. An array of weapons will be on display for students to grab, including kitchen knives, rock-solid breadsticks, bloodthirsty newfoundlands, paper cups of distilled COVID-19, soy curls and flame-throwing skateboards. After choosing a weapon, contestants are free to move anywhere within the undergraduate

guaranteed to rupture the eardrums of anyone within the building. We actually didn't have to make any changes for that one."

In order to incentivize entry into The Games, Holmes pledged that the victor will receive "the highest honor our budget allows," which happens to be a battered \$10 iTunes gift card, a voucher for ten minutes of free therapy and not one but two buildings renamed in the winner's honor, on the condition that their last name is Howard.

When asked to comment on the Hunger Games' introduction, Mark N. Jay '23 winked.

"As long as I can get a parking space, I don't care how many freshmen have to die," Jay said.

The few students harboring reservations about LC hosting a battle to the death have no chance of stopping it. First year students across campus will soon need to broach the awkward topic with their roommates about who to send to their inexorable demise. To all of our freshman readers ... may the odds be ever in your favor.

Bon quesadilla all LC student has left in life

By ERYN NICHOLS

T HERE COMES a time in every Lewis & Clark student's life where they become overworked and sleep deprived; where their eyes struggle to stay open in class and the library chairs become a daily accessory. Life seems bleak. We forget breakfast, fall down two flights of stairs and realize we forgot our ID card halfway through our trip to class. In these dark times there are few things that shine brighter than the little triangles of cheese and tortillas that grace our plates biweekly at Fields Dining Hall.

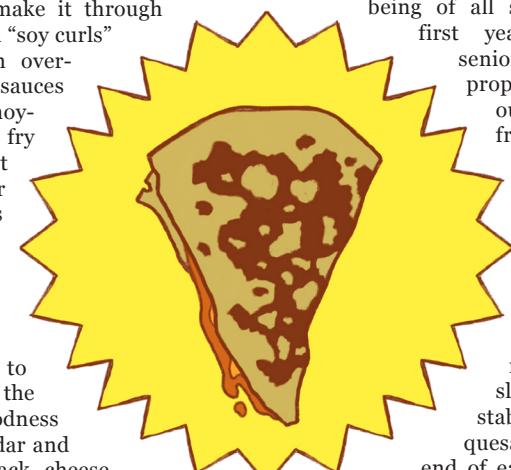
As we make it through the week on "soy curls" paired with over-salted sauces and bok choy-heavy stir fry that will not fail to sour the spirits of even the most optimistic LC student, the one day we get to indulge in the cheesy goodness of the cheddar and monterey jack cheese combined with the flour tortilla makes it seem like it will all be okay. The knowledge that at dinnertime, I am promised a greasy pocket of cheesy goodness has me skipping to class, blowing kisses to both the hot and non-hot people I see around campus (I am, after all, a generous soul) and sitting in class with a smile on my face, creeping out all my professors.

This quesadilla is good enough that you will not even mind the retribution your lactose-intolerant body will enact upon you for daring to consume cheese. This quesadilla will make you call your mom and tell her how much you love her and have you staring at your ceiling with your mouth watering, waiting for the moment that cheesy tortilla can slosh around your mouth washed down with Coke that definitely does not have enough syrup.

When I can nestle the warm skin of the quesadilla against my cheek on cold, lonely days in the Bon, it reminds me of home. I know we all remember stealing away to the kitchen at night as kids, to make quesadillas by ourselves in the dark, not only to eat, but to also keep us company. Quesadillas are an important part of what makes us happy as humans. The dopamine you get from that first bite of quesadilla could put drug dealers in all of the Pacific Northwest out of business. Who needs meth when you can get something better with a simple meal swipe?

It is imperative for the well-being of all students, from first years to super seniors, that the Bon properly integrates our cheesy friends into our daily diet. I need to be sure that I can walk up five flights of stairs and stand in line for 20 minutes for a slice of gold. The stability of a crispy quesadilla at the end of each long, rainy day would completely change my dining experience. No one would actually ever eat alone with the familiar face of a quesadilla smiling at you from your plate.

Regardless of your opinion on the cuisine they serve at our dining hall, we can all agree they should focus on where they excel and make their quesadillas for every meal—breakfast, lunch, and dinner. Why complicate a perfect thing? Who needs inch-thick "pizza" and chicken ruined a million and a half different ways when a quesadilla is an option? Who cares if there is a mass clogging of toilets around campus. Give the people what they want, give them the one food a microwave just really can not make right. Give us what keeps us up at night and gets us up in the morning. Give us quesadillas, or give us death.



UMI CALDWELL/THE PIONEER LOG