

Syria, Turkey left in disarray after earthquakes

Kahramanmaras earthquake displaced civilians, claimed lives, affected those connected to LC

By SUMMER DAE BINDER

On Feb. 6, a magnitude 7.8 earthquake struck southern Turkey & northern Syria. The earthquake took the lives of roughly 49,000 people and resulted in 125,500 injuries. This has been the worst earthquake in Turkey since the 526 Antioch earthquake. This natural disaster has affected a few members of the LC community.

Turkey sits on the border between the North Anatolian Fault that spans from west to east, and the East Anatolian Fault situated in the country's southeastern region. The East Anatolian Fault is seismically quiet in comparison to the North Anatolian Fault, which has produced 11 earthquakes in the 20th century.

Thousands of people across the region were left homeless. Both Turkey and Syria have ongoing crises, such as civil war, lack of infrastructure funding and human rights violations, that have been exacerbated due to the earthquake. In Syria, 90% of the population relies on humanitarian aid as a result of the ongoing civil war, according to the Brookings Institution.

Salsabel Al-Masry '25 has family connections who have been impacted by the earthquakes in Syria.

"When I heard there was an earthquake in Syria, I felt really

bad for the people there and I have relatives living in Syria," Al-Masry said. "I could not contact them until the third day of the earthquake. I have cousins in the northwest region and they are telling us that people are without food and without homes."

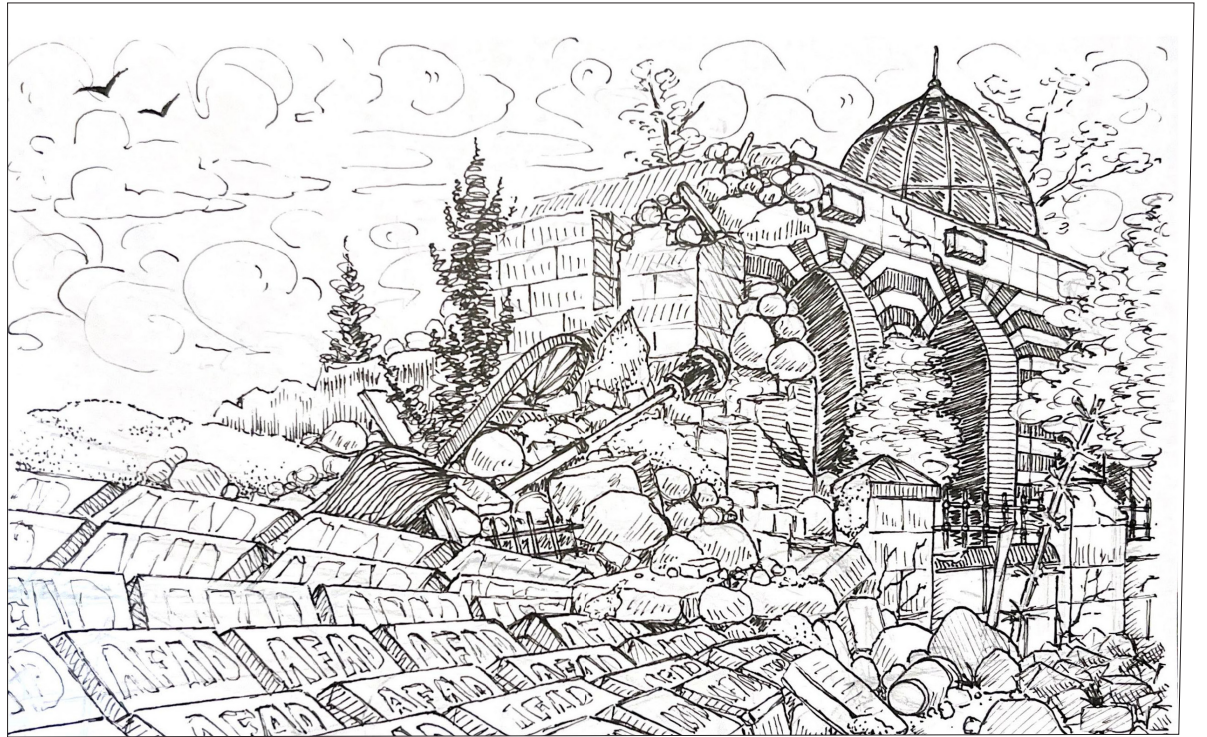
Oregon-based organizations have been assisting those impacted by the crises. The Oregon Turkish Association is working overseas to send monetary and material donations, such as clothes and medical supplies to Turkey. Mercy Corps, based in Portland, has coordinated humanitarian aid in Syria for years. The group is currently working with non-governmental organizations workers in Northwest Syria.

Additionally, Asmaa Zaidan '24 has ties to the town of Hama in northwestern Syria.

"Our ruins run deep there because my family have lived there for decades," Zaidan said. "When the earthquake hit, it was devastating. We would have the news on. I was wondering if my friends were okay."

The international response differed for both countries. According to the State Department, U.S. officials have regularly coordinated with Turkish officials and UN leadership to figure out how to best support those impacted.

In contrast, the U.S. sanctions against Syria relating to blocking banks



EMMA FORD/THE MOSSY LOG

and payment processors resulted in suspension of international charities and families donating money to those in need. The Syrian Red Crescent urged Western countries to lift the sanctions, claiming that they do more harm than good in this time of crisis.

In response, the U.S. announced that it would exempt the sanctions for 180 days.

"Politics has played a really big role in this," Al-Masry said. "Countries are seeing that we (Syria) have conflict and should not receive

that much help. There was an earthquake, people were impacted, lots died, their houses have been completely destroyed and nobody has helped them. We are not talking about politics. We are talking about humans, mostly kids."

LC President attends State of the Union



COURTESY OF ROBIN HOLMES-SULLIVAN
Holmes-Sullivan visited Washington, D.C.

By NOAH REESE-CLAUSON

LEWIS & CLARK President Robin Holmes Sullivan was Congressman Earl Blumenauer's (BA '70, JD '76) guest at the 118th Congress State of the Union Address speech given by President Joseph Biden on Feb. 7.

Holmes-Sullivan said she was excited about the experience, calling it "surreal." As a self-described "political junkie" and someone who considered going into politics, she was shocked by the approachability of the government. She wrote about it in a reflection letter to Professor of Political Science Ellen Seljan that Holmes-Sullivan shared.

"Being in the chamber with the individuals that are responsible

for the running of our country was thrilling," Holmes Sullivan said in her reflection letter. "But you know, what? They are just people. Any of us could be in their seat doing the things that they are doing if we really want that."

There were specific moments from the speech that stood out to Holmes-Sullivan.

"The most poignant moments were when the First Lady and Second Gentlemen were introduced; and of course when the president made reference to Tyrie Nichols' mom and dad who were there," Holmes-Sullivan said in the reflection letter. "It was very heartbreaking and inspirational. I was moved by the fact that the president said they were there because they wanted something good to come out of Tyrie's death."

During her time in Washington, Holmes Sullivan spent a lot of time with Rep. Blumenauer. The congressman graduated from LC's undergraduate program and law school, and was pleased to take Holmes-Sullivan to the address.

"Lewis & Clark has a long and proud tradition of political engagement," Blumenauer said via email. "I was delighted to host President Holmes-Sullivan at President Biden's State of the Union speech, and pleased to introduce her to Speaker Pelosi."

"PRESIDENT" CONTINUED ON PAGE 3.

Construction work begins in Stewart, redefining residential life on-campus

By VENUS EDLIN

With the housing application launching on March 1, Campus Living has various updates regarding housing policies for the coming year.

Assistant Dean for Campus Life Benjamin Meoz, who started at Lewis & Clark last year, said students felt there was a lack of transparency in the process last academic year, as well as unusual circumstances due to the pandemic, Stewart and Odell construction and increased admissions.

"I think we are coming off of the year wanting to be responsive to student feedback as much as possible," Meoz said. "So we're leaning heavy into education this year."

In addition to Meoz, many of the staff now working in Campus Living started last academic year. This was also when Platt-Howard Residential Experience Manager (REM) Serena Carubis '24 started working as a residential advisor (RA).

"In general, the relationship between Campus Living and the student body wasn't great before last year," Carubis said. "Then last year, they had all the growing pains, basically, and even for an RA it was a complicated role just because there were so many growing pains and just a lot of change."

Unlike in previous years, for the 2023-24 academic year, there will be no residency requirement exemptions. However, if students study abroad during

their sophomore year, this will now count towards up to one semester of the requirement.

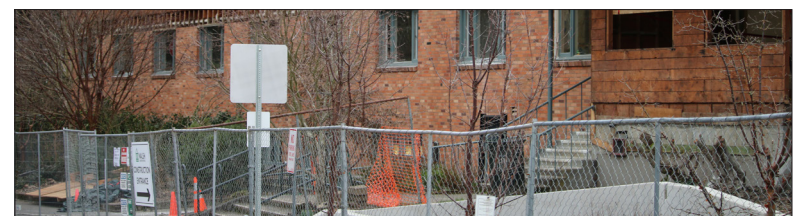
"The last couple of years, we have offered rising sophomores an opportunity to try and exit the residency requirements," Meoz said. "Each of those years was for a different reason. That first year was due to that monster class that was coming in and needing the additional room; this year, we have the renovation of Stewart and Odell, reducing our housing and capacity, but there's no intention to offer that path this year."

Meoz said the goal for residency requirements is to provide a smooth transition for first years and sophomores and to encourage higher retention rates. Campus Living and Institutional Research analyzed enrollment retention data for that group from the 2021-22 academic year. This data is correlative, so it does not indicate a cause, given that lowerclassmen who chose to take advantage of the exemption may have already been more likely to drop out or feel less close to the LC community.

According to Institutional Research, "Though their average GPAs were comparable, students that lived off-campus (especially those who started at L&C in Fall 2021) reported drastically lower retention rates than those students that lived on campus. Depending on the population and term, the retention rate for off-campus students was less than half of the rate for on-campus students."

In the coming year, there will also be an emphasized focus on Living Learning Communities (LLCs). According to Platt-Howard Area Director Julia Pacheco-Cole, the Global Village LLC will be renamed Global Languages and Cultures, the Career LLC will be renamed Launchpad and the Multicultural Engagement LLC will also incorporate a social justice aspect in coordination with The Center for Social Change and Community Involvement. The multicultural LLC will also be renamed, though Campus Living is still taking suggestions.

"CAMPUS" CONTINUED ON PAGE 3.



LEO BERNSTEIN-NEWMAN/MOSSY LOG

Renovations in Stewart and Odell residence halls will begin Spring 2023 semester.

Today's weather



Late in the season, a February snow storm casts upon campus. A high of 37 degrees and a low of 17 degrees. Sunset at 5:51 pm. Classes canceled yesterday due to inclement of weather.



OPINION "Ginny & Georgia"

The second season of the popular Netflix show treats sensitive issues with the care and realism they deserve.

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FEATURES Rose Garden restoration club

Student club looks to take on restoring the campus rose garden back to its former glory.

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ARTS "Scrum" & "Betwixt and.."

Hoffman Gallery exhibition highlights faculty art and multi-media sculptures, photographs and abstract art.

PAGE 8



SPORTS Pioneer's 1000-point career

Blink and you'll miss it - basketball senior scores 1000+ points in record time.

PAGE 11

Data Science minor hosts first “Hackathon,”

Professor Ellen Seljan, data science librarians threw event to increase students interest in minor

By AVA FRISON

On Feb. 11, Lewis & Clark’s first annual “Hackathon” took place in the Aubrey R. Watzek library classroom. This event was hosted by Watzek data librarians and Associate Professor of Political Science Ellen Seljan.

Colleges and high schools across the country host and compete in “hackathons,” which are events where programmers can get together and collaborate on solving problems using data and technology. For LC’s Hackathon, students competed in teams of two to create visual representations using Watzek circulation data. This event is part of the expansion of the college’s growing data science program.

According to Seljan, the Hackathon was hosted to increase interest in the new data science minor, which offers classes in computer science, data analysis and programming.

“The data science program is new, and it’s also interdisciplinary,” Seljan said. “We really do want to have frequent intercurrent extracurricular activities in order to bring students together.”

On the day of the Hackathon, 14 students met at the Watzek library

classroom for three hours to put together data visualizations using Watzek circulation data. The event was accessible to students of all skill levels and coding backgrounds. In fact, many of the students who attended are taking Seljan’s intro to data science class.

Because students came from various coding backgrounds and skill levels, they used a variety of programs to create the visualizations. “People use Excel, Stata, R, Python and also data romper, which is an online tool,” Seljan said.

Head of Digital Services Jeremy McWilliams compiled the data to use. The dataset included everything that students typically check out from the library, including books, headsets, and magazines.

“The library system Watzek uses has a lot of data, so mainly it was a matter of choosing which fields might be interesting for students to work with and would allow them a variety of questions to ask,” McWilliams said via email.

Students worked in teams of two in order to make a data visualization within the three-hour window. They also had the help of Seljan and three data librarians, Science & Data Services Librarian Parvaneh Abbaspour, Digital

& Data Science Specialist Ethan Davis and McWilliams. The students had free reign to use the data from the set McWilliams compiled to make different visualizations.

McWilliams said that the organizers decided to use Watzek circulation data because of the library staff’s cooperation with the data science minor.

“I think this was Ellen’s idea, originally,” McWilliams said. “Library staff have played a role in helping to develop and support the Data Science minor, so maybe our involvement inspired the idea.”

Connor Smyth ’24 and Alex Denuzzo ’26 made up the winning team and won \$100 for their visualization about how COVID-19 affected Watzek circulation data. The pair did not know each other prior to the event and were randomly paired together.

“They actually didn’t even know the same programming languages,” Seljan said. “Alex knows Stata, and Connor is in my class learning R, and so they actually ended up working in Excel a lot. But they found a way to make an excellent graphic.”

Overall, Seljan said that the event was a success and expressed hope that the event would continue in the future.

Seljan also emphasized that it was empowering for students to work with real data and to see a data visualization of something real they interact with daily over at Watzek.

“Everyone had a good time. We learned something new about the data. People seem to express interest in coming back,” Seljan said.

McWilliams explained that Watzek and the data science program have an important relationship.

“We’ve carved out a role over the years in supporting the faculty and students with computer programming and data literacy,” McWilliams said. “So, supporting data science has been kind of a natural fit.”

Abbaspour is the data science specialist librarian and focuses on data literacy and exploring data. She was present at the event for student support and learned quite a bit about the data herself.

“I actually gained insights from the visualizations they produced and I was happy to, as someone who’s worked in the past with Ellen, to think about this curriculum and this program,” Abbaspour said. “It was really exciting to see it realized and to see how enthusiastic the students were

about pursuing this new curricular opportunity.”

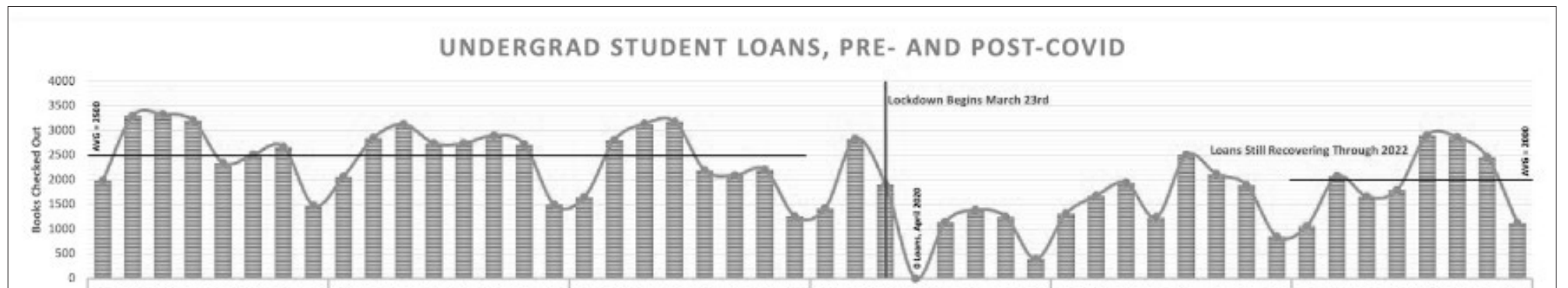
Seljan hopes this event had a positive impact on the data science program.

“The mission of the data science program here at Lewis & Clark is really to, to kind of use data science tools for the social good,” Seljan said. “So we’re hoping to get datasets from a larger Portland community and, you know, organizations and issues that students care about.”

Overall, Seljan and the librarians thought the event went really well. The goal of the Hackathon was to get LC students interested in the data science program and according to them, that goal was achieved.

“I was so surprised by just how well the hackathon worked for students with all levels of experience, across different platforms analysis,” Abbaspour said. “Platforms and different points in their sort of journey and curricular journey like freshmen, it seemed like everyone was able to engage with the event in a really successful way.”

Future plans for Hackathon include changing up the data set and expanding to competitions other than data visualization. McWilliams encourages anyone interested in data science to attend next year’s event.



COURTESY OF ELLEN SELJAN

The winning team of Alex Denuzzo and Connor Smyth composed a data visualization of how COVID-19 affected student loans, using Watzek circulation data, that won them \$100.

Annual Throckmorton Lecture given by Timothy Cheek

University of British Columbia professor speaks on twentieth century China, confucianist thought

By SUMMER DAE BINDER

ON FEB. 20, the Lewis & Clark History Department invited Professor Timothy Cheek to the college for the annual Throckmorton Lecture. Cheek currently teaches at the School of Public Policy and Department of History at the University of British Columbia. His research interest is in 20th-century Chinese history, Chinese Communist Party (CCP) history and the role of intellectuals in public life in China.

The Throckmorton lecture is an annual lecture held by the History Department since 1964 to commemorate the academic spirit of former Professor of History Arthur L. Throckmorton, who died suddenly in December 1962. The History Department has invited some of the most recognized historians to the LC campus since the lecture’s conception.

Administrative Coordinator for the English & History Department Amy Baskin took part in organizing this year’s Throckmorton lecture. Baskin said Cheek’s lecture gives a sense of the current events related to China.

“In order to have a sense of current events and what the Chinese government is like now, to look at the past to explain the present and help interpret it,” Baskin said. “The history of Confucianism in China is going to influence the way the Chinese Government is run, but how much, to what degree, why, and where.”

Cheek intended to shed light on how China is governed and how its rule by Xi Jinping since 2012 challenges liberal hegemony and raises fear in many Americans. The lecture attempted to pin down the CCP’s current governance has ties to its Confucianist history.

The beginning of the lecture starts with Cheek giving a brief rundown of 1,000 years of Chinese history to explain how China is governed. Cheek then explored the components of the past Confucian practices, including local, public education and pacific virtue. One example of this that Cheek elaborates on throughout his lecture is “community compacts,” an attempt to work as local self-help that creates ideal subjects in Chinese villages that began in Confucianism of the early eleventh century. Cheek compared the “community compacts” to dormitory housing.

“In the 1930s, something of the spirit of the community compacts reemerged in a communist ideological revolting campaign, what we know as brainwashing. It reappeared once again in a political study session in Xi Jinping China today,” Cheek said. “By the mid-twentieth century, this transformed into an ideological revolt by the CCP. This is called Jiaohua.”

Jiaohua is the Mandarin Chinese word for transformational teaching. Cheek told the audience that it was the one word he wanted them to remember following the lecture. The essence of Jiaohua carries on from the dynastical history of China up until now with the leadership of the CCP.

The community compacts function for rural administration under an elite dynasty because local village life was not as strong as elite government. In the compacts, neo-Confucianism was practiced as a way to better themselves and morally revive the spirit of the villagers.

History student Ethan Tolpin ’23 is excited that the Throckmorton made a return following the pandemic and was interested in the aspect that one of the Chinese characters is democracy.



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

Professor Cheek visits campus to educate Throckmorton attendees on communism’s relation to influential Chinese philosophy.

“The way we think about China is so far from a democracy, so it was really interesting to hear that one of the tenets of being a good socialist promoted by the CCP and Xi Jinping is democracy,” Tolpin said.

Mateo Kaiser ’23, a history major, said that though in his studies, he does not focus on Chinese history, he still found a lot of use in attending the lecture.

“China is just totally outside of my realm of historical knowledge,” Kaiser said. “But it was interesting to see, on one hand, how much of a philosophical underpinning Chinese government has had throughout history, like this is really, really rooted in this philosophical background of Confucianism.”

Kaiser also said he is looking

forward to applying what he learned in the lecture to his studies now, in terms of modern ideological roots.

“I’m taking a social theory class and ... we’ve been talking about, what are the ideological underpinnings of modernity? What are the critiques of modernity?” Kaiser said. “And seeing this, (what does) the Confucian philosophy say of government?”

Campus Living updates requirements for students, emphasizes role of LLCs

Continued from page 1.

“Another thing is that REMs are really focused on the Living Learning Communities, which are going through their renaissance right now,” Carubus said. “Behind the scenes, there’s a lot of LLC work going on (with) a lot of changes to make them better, more accessible, kind of more investment for the students — something that the students want to invest in and be a part of.”

The Travel Lounge LLC will continue in Stewart Hall when renovations are finished for all oversea participants. In general, all students who are applying for one semester on campus will be placed in Stewart. Exceptions to this include seniors graduating during the 2023-24 academic year and students with approved accommodations not feasible in Stewart. According to an email sent by Campus Living, “One-semester students assigned to Stewart will get advanced room selection for the following academic year (2024–25) in order to balance out this policy.”

According to Meoz, this change enables Campus Living to fill spring semester vacancies that had previously been unfilled because upperclassmen had moved out of areas that new students are not eligible to live in. Meoz anticipates this will help reduce overflow housing for the spring. Additionally, Stewart will be used for Winter Break temporary housing so Hartzfeld students will not have to consolidate between semesters.

However, Campus Living expects some degree of overflow housing to continue in the following years. This year, overflow rooms were also offered to returning students for a lower price in order to voluntarily fill overflow, especially because, according to Meoz, returning students with roommate groups are less likely to have conflict.

“It’s understandable for students to be concerned or worried about overflow housing, especially for our first years,” Pacheco-Cole said. “From our data and



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

The Stewart and Odell Hall renovations are firmly underway during the Spring 2023 semester, which will complete next year.

looking at student perspectives from this past semester, it seems like it’s tight quarters, it’s not the ideal living situation, (but) most are doing okay with it overall.”

For the coming year, Meoz said some overflow rooms will be reverted into communal spaces. However, there will also be some permanent reconfiguration of these spaces into quads that have functional kitchens, which will be a unique opportunity for undergrads.

“Next year, our prime goal is to not have to take offline community spaces,” Meoz said. “I firmly believe that Stewart and Odell being offline for half a year really was a driving factor in how exceptional we had to be this year with creating new overflow.”

Some students have had gripes with remaining vacancies being unfilled while overflow housing was still in place. Part of this problem will be solved with the new one-semester housing policy.

However, Campus Living does need to retain some emergency housing spots

for harmful roommate situations, high-risk students who have roommates with COVID-19, and structural issues, such as the recent basement flood in Ponderosa Hall, which led to six students being relocated. Next year, emergency housing levels will return to pre-pandemic levels of around five rooms, according to Meoz.

“Looking ahead to next year as the endemic — I mean, it’ll never come to a close, I guess will be permanently in (an) endemic — but we won’t have the need to carve out these blocks of rooms at the same scale, unless public health circumstances change and guidance changes,” Meoz said.

For students planning to live on campus next year, the priority deadline for applications and deposits is April 2. For those who submit their materials after this date, students who still have a residency requirement will be put in the latest room selection time slot and will not be able to build roommate groups. Students who do not have to live on campus will be put on a waitlist that will be addressed once all

other applications are seen through.

For additional information, students can attend numerous info sessions hosted by Campus Living on Feb. 28. These sessions will be for on-campus housing (5, 6, 7 and 8 p.m. in Templeton 350) and off-campus housing info (5:30, 6:30, 7:30 and 8:30 p.m. in Templeton 353). Additionally, there will be a Living-Learning Community Fair from 4:15 to 5:15 p.m. in the Trail Room and individual and small group housing advising sessions from 5 to 9 p.m. in Templeton 352.

Once the application wvopens on March 1, Campus Living staff will hold weekly Zoom Q&A sessions on Fridays for the remainder of the semester. Meoz will also hold open hours on Fridays from 12 to 2 p.m. in the Trail Room. Two additional in-person information sessions will be held in April: a roommate finding and group creation session on April 4, as well as a room selection process session on April 18.

President represents LC in DC

Continued from page 1.

Aside from Blumenauer and Pelosi, Holmes-Sullivan met more than a dozen congresspeople; one of these officials was Representative Lori Chavez-DeRemer who represents Oregon’s fifth congressional district, into which LC falls. Holmes-Sullivan invited Chavez-DeRemer to campus. The two are trying to find a time that works.

Holmes-Sullivan’s trip began with a National Association of Independent Colleges and Universities (NAICU) conference with other presidents of private, higher education institutions and culminated in the speech. The NAICU is a lobbying organization for private colleges, located in Washington D.C. that campaigns for the interests of schools like LC.

After the conference, Holmes-Sullivan got a behind the scenes tour of the library of congress from Blumenauer. The congressman considers the library his favorite place.

Before the address, Holmes-Sullivan attended a party at House of Representatives Minority Leader Hakeem Jeffries office. Many politicians Holmes-Sullivan recognized were in attendance.

“Maxine Waters walks by, and all these people they’re just walking around like you and me,” Holmes-Sullivan said. “I was both titillated by that, and I’d go up and talk to them. I went up and talked to Nancy Pelosi and got that picture of her, she gave me a little hug.”

During Biden’s speech he quoted a saying from his wife, First Lady and Northern Virginia Community College Professor of English Doctor Jill Biden: “Any nation that out-educates us is going to out-compete us.” Holmes-Sullivan considered this statement to be remarkably similar to her personal educational philosophy.

“The only way to have strong democracy is to have an educated citizenry,” Holmes-Sullivan said. “We all know that, it’s the principles on which a lot of things were built for this country, and it’s been disturbing to see the numbers of college age students, especially males dropping in this country. And so, I think that we all need to be concerned about that, and working toward how we can make sure that an experience like Lewis and Clark and anyplace else is available to everybody.”

In addition to the Biden administration’s connection to education, it is the first administration to have a person or woman of color as vice president. As a woman of color, it meant a lot to Holmes-Sullivan to see Vice President Harris in one of the three central seats.

“Just yesterday someone came up to me and said, you know, my daughter is interested in going to Lewis & Clark and part of her interest is that they have a Black president,” Holmes-Sullivan said. “That’s not the only reason why she’s going to come to school here, but for some people, it really does make a difference, that representation that they can see themselves doing these things.”

While Holmes-Sullivan felt a connection to certain aspects and enjoyed the experience, she felt a part of something bigger as a representative of LC.

“People were talking about it, and they were excited for me, but they were also excited for the institution that I got invited,” Holmes-Sullivan said. “Me being invited, it’s like we got invited and so it was a real highlight to how many people wrote to me and said, ‘We’re so glad you’re there.’”



COURTESY OF ROBIN HOLMES-SULLIVAN

Robin Holmes-Sullivan met Nancy Pelosi.

Fields’ Dining Hall introduces new, reusable eco-friendly containers, to reduce waste

By CORRINA CHAN

Fields Dining Hall, on Jan. 30, introduced green “eco-tainers,” which became available for students to check out.

The program was implemented in an effort to provide students with a free and accessible way to take food from Fields Dining Hall, while reducing the consumption of disposable tableware.

In an interview, a food service worker from Field’s dining hall said, “It’s a better alternative than paper plates and bowls” and “these new eco-friendly takeout containers are going to cut down on the amount of waste the Bon produces.”

The containers are free only to on-campus students. The Lewis & Clark website states that “non-residents may purchase carabiners/boxes for \$5.” Replacements for lost or damaged containers will cost the same amount.

The process starts with students picking up a carabiner from The Office of Campus Living to take out food from the dining hall. To obtain the containers, students can pick up a carabiner at the Campus Living office during its normal hours of business in Room 112 on the bottom floor of Roberts Hall, in the former Maggie’s Cafe.

To use the containers, students bring the carabiner to the Field’s Dining Hall and switch their carabiner out for a container when students swipe their card. After that, they bring back the empty containers and switch the out for either another clean container or for another carabiner if they do not wish to carry the box around. No need to wash the containers before bringing them back in, Bon Appétit will take care of that.

“Eco Containers are handled by the workers in the dish pit, where they get put through a high-powered



ISABELLE ATHA/THE MOSSY LOG

Students can now get a reusable, green container that they can use to take food out of the dining hall instead of wasting paper plates.

dishwasher to be sanitized and cleaned,” the employee states.

There is no time limit in which students will have to bring the containers back. However, they suggest that if students intend on keeping them for an extended period of time, that they empty and give the containers a bit of a rinse for safety purposes, as “it takes just 24 to 48 hours for mold to germinate and grow”, said the Eco-container website.

LC is committed to sustainability as well as informing and supporting its students as they make environmental choices for themselves. The containers will last a long time and are large enough to hold a full meal as you take it on the go. Students no longer have to worry about bringing paper plates, or buying their own reusable tupperware that can be costly and take time and energy to clean.

For most of last year, students used brown boxes to carry out their food, as the dining halls were closed for COVID-19 safety reasons. Due to the change, trash cans on campus were frequently full or overflowing.

As of last week, over 375 containers were distributed, totalling over 25% of the resident population. LC is able to limit waste and the paper plates that were once a staple of the Bon.

“Ginny & Georgia” correctly depicts mental illness

Hit show’s first season glossed over serious challenges, second season focuses on realistic portrayals

By MAYA MAZOR-HOOFIEN

DESPITE ITS flaws, “Ginny & Georgia” is one of very few shows to correctly portray mental illness in its second season.

The Netflix original centers around Georgia, a 30-year-old mother of two with a storied past, and Ginny, her 15 year-old daughter, who explores her independence while learning about her mother’s youth. While the show immediately sounds like a darker *Gilmore Girls*, it embraces this. Just seconds into the first trailer, Georgia declares that they are “like the *Gilmore Girls* but with bigger boobs.”

Season one was met with mixed reviews. Despite achieving enough success to be renewed within a month of its debut, it was perhaps more notorious than beloved. The show quickly went viral on social media. A tasteless Taylor Swift joke incurred the wrath of Swifties, and a scene dubbed the “Oppression Olympics” was the butt of jokes everywhere from Twitter to *Teen Vogue*.

Beyond the controversy, the first season was not particularly notable. It was a soapy drama-comedy with plenty of uncomfortable moments, which leaned so heavily into being “*Gilmore-Girls-but-edgy*” that it struggled to have an identity of its own. It had its saving graces, though, from top-tier acting to the genuinely compelling

cast of characters they portrayed. Overall, the show was entertaining if not groundbreaking.

The highly anticipated second season came out Jan. 5, and has been wildly popular. According to views during the first 28 days on Netflix, it was globally the second most-watched TV show for the week of Feb. 6 (behind “*You*” Season four, starring Lewis & Clark’s own Penn Badgely), and the 10th most watched of all time.

This season immediately felt very different than the earlier installment. The first season ends with Ginny running away to her father’s house, leaving tensions high with Georgia. In a long, scoreless scene, Ginny admits to her father that she has been self-harming. He promises that they will find Ginny a therapist and get her help, but insists

they tell her mother. She resists this condition, and her refusal fuels a conflict that carries through the first half of the second season.

Ginny’s therapy sessions become a recurring event, with multiple scenes in the therapist’s office, discussion of her mental health with her boyfriend and moments when she uses the coping mechanisms discussed in therapy.

Importantly, therapy is not portrayed as a quick-fix, and it is neither dramatized or trivialized. The scenes are written with the care, realism and tact that was missing from the first season, and is missing in TV mental health plotlines overall.

“A lackluster, overdramatized show completely turned around, maintaining its positive qualities, but injecting substance and authenticity.”



EMMA FORD/THE MOSSY LOG

Season one included Ginny’s self harm, but glossed over it as an unhealthy coping mechanism that she would eventually deal with. It was not a big deal to her, her loved ones or the writers. Season two corrects these mistakes. The show is not about mental health, but rather about complex characters who are experiencing mental health struggles, among other things.

The nuance seeps into various plot points throughout the show. Georgia demonstrates a deep aversion to therapy due to her difficult past,

which has also left her struggling with panic attacks she has never addressed. Ginny’s boyfriend, Marcus, falls into a deep depression and starts abusing alcohol, earning an episode centered around him that is one of the most impressive of the season.

This season’s accomplishments were twofold. First, a lackluster, overdramatized show completely turned around, maintaining its positive qualities, but injecting substance and authenticity. Second, it gets mental health right in a way few shows ever really have.

We have come to expect very little of mental health in media, from OCD on “*Glee*” to suicide on “*13 Reasons Why*,” viewers have been scorned too many times. This show rose to the challenge, bringing complex and empathetic treatment to a difficult topic that never gets it.

“*Ginny & Georgia*” serves as a model for what realism-based TV drama can become, and may move the genre in a direction it has desperately needed for some time. The show will likely be renewed for a third season, and I cannot wait to see where its potential takes it.

Year-round classes would boost knowledge retention

Schedules with periodic breaks, internship opportunities instead of summer vacation would benefit students

By MAX ALLEN

WE HAVE ALL had that disconcerting moment upon returning to school after a long break, where the professor writes some gibberish on the board, spouts some flabdoodle, then hands us our homework and gives us a genial slap on the back as we walk out the door. We step out and think, “what in the sweet high heavens just happened?”

Learning is often a “use-it-or-lose-it” situation: When we learn a concept or acquire a skill, we need to regularly apply it in order to keep it in our repertoire. The system that most colleges use in the United States, including Lewis & Clark, stacks the odds against a student’s ability to maintain knowledge.

We go to school for four months, being fed information with little pause, then are sent on our merry way for a month of winter break. During that month, many of us go home and vegetate, or go elsewhere and vegetate or stay on campus and vegetate. When we return to school, we scramble to recover half-forgotten concepts. After bathing ourselves in information for another four months, we hit summer break — three months of putting our learning on pause.

Proponents of summer break argue that it facilitates learning and life skills, as it gives students an opportunity to take on jobs and internships that they would otherwise be unable to partake in. While this is a valid point, it has to be balanced with the fact that during summers, we lose a lot of the knowledge that we gained over the school year.

Three months is more than enough time for our brains to prune away the “calculus” pathways and replace them with the “ice cream scooping” pathways. When we return to school at the end of August and go to our math classes, we look at the integral symbol

and can only think of how inefficient it would be for scooping a cone of rocky road.

Besides the loss of information and skills, our schedule has another fundamental flaw: a dismal lack of breaks. In the four-month block that is the spring semester, we have one single week off and one national holiday, Martin Luther King Jr. Day, which falls on what otherwise would be the first day of school. Even compared to other schools which subscribe to traditional schedules, we have very few breaks.

Most schools, for example, had this past Monday off for Presidents’ Day. I am not claiming that we should have been celebrating Washington and Lincoln’s birthdays instead of going to classes, but I do think the ten weeks of school between winter and spring break warrant a moment to pause for the sake of both the students and the professors.

It is my opinion that our school and many others would benefit from a year-round schedule, or at least more frequent, shorter breaks. It is true that summer courses are offered at LC, but they are expensive, often not covered by scholarships, and as a result, are a nonviable or unattractive option to many.

The optimal schedule would integrate opportunities to do internships and research while also attending classes, rather than depend on summers for students to receive these experiences. This would require schools to rethink traditional education systems in favor of innovative offerings.

Our school has many resources already that would act as a solid baseline to implement this, such as a strong career center and a fair number of research opportunities. It would just be a matter of expanding these opportunities and restructuring the credit system. In making these changes, the academic success of students would doubtlessly be enhanced.



MAYA WILLIAMSON/THE MOSSY LOG

Hybrid learning: beneficial for mental health

Mixture of working online, with others in person is optimal solution for issues with work-life balance

By HERA HYMAN

SINCE THE START of the COVID-19 pandemic, people have further developed their opinions about being home. Trading classrooms and offices with sweatpants and cats sitting on our computers, our relationships with working outside of a professional environment have evolved over the course of the past three years.

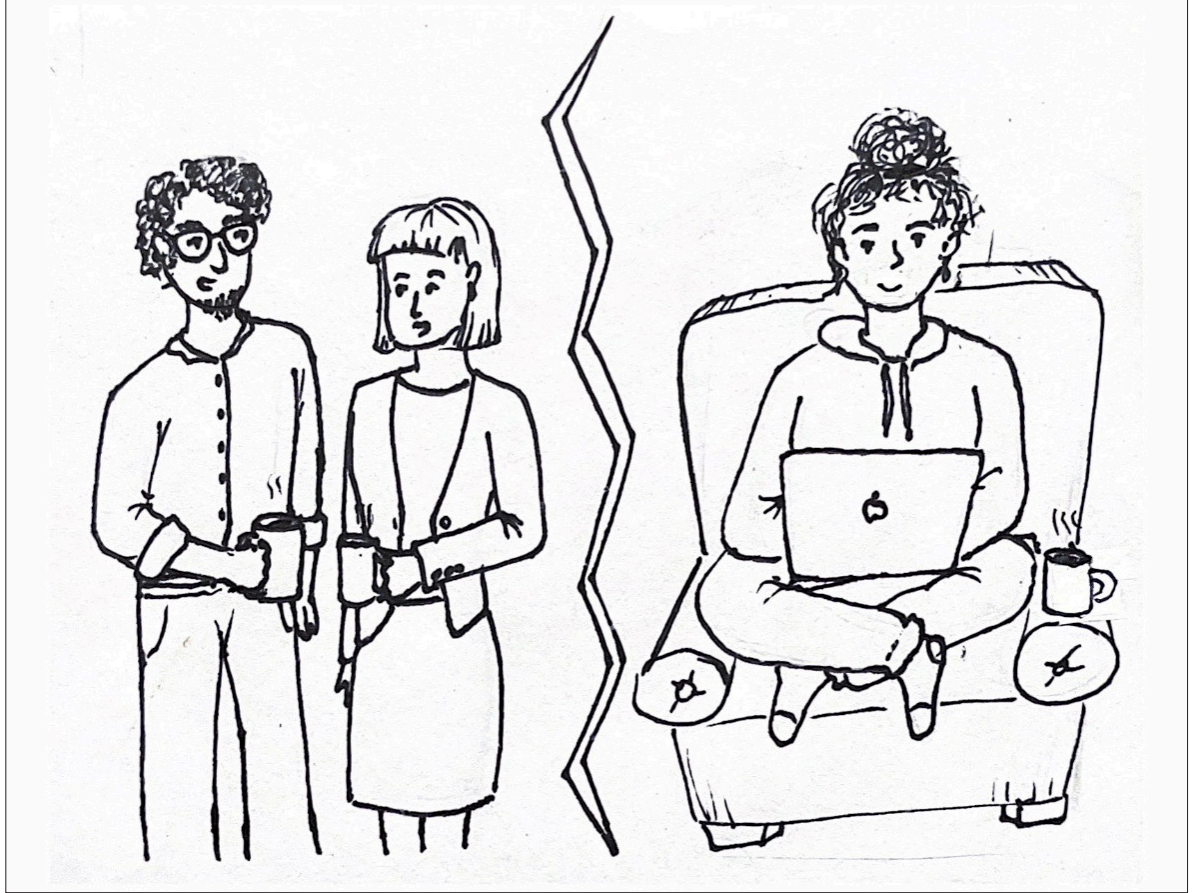
In some ways, the ability to work in a more relaxed atmosphere has curbed a lot of anxiety about work and classroom performance. This is especially important because the last three years have seen anxiety levels reaching approximately 50% nationwide, a percentage that is over six times the levels in 2019. We have also seen depression rates skyrocket due to the isolation caused by the quarantine — one of the many tragedies brought about by the pandemic. Subsequently, the question of whether working from home should remain part of our lives is a complicated one with many perspectives, and needs a nuanced introspection as we forge a path towards a post-pandemic future.

With masks coming off and social distancing hopefully becoming a thing of the past, there has been a shift to a more hybrid online and in-person version of the world. Though we are almost fully back in person, more and more people are showing interest in remote job opportunities, and some schools and workplaces have options for part-time Zoom attendance.

Working from home, though often isolating, has caused us to reevaluate the 40-hour workweeks and long hours sitting in a classroom. Maybe it is the pressure to be constantly engaged that has us yearning to be back in bed or the freedom to be “business on top, party at the bottom.” Personally, working from home has been a blessing in disguise, as it has given me a chance to create a healthier work-life balance. I also have more opportunities to make money while still in school.

However, acknowledging the disadvantages that come with being away from a tangible workplace or school environment is also important. Though Zoom classes allowed the shy kid to finally give their perspective in a less anxiety-inducing environment, there is a sense of accountability created in person that is lost online. Also, being able to see my friends during lunch has increased my mental wellbeing a lot more than I anticipated.

Communication and collaboration, two essential parts of classroom and workplace culture, are diminished significantly while working from home. Online learning also severely hinders a student’s ability to learn with verbal and nonverbal communication. Though convenient for some, online communication often does not take into account economically challenged households, who struggle with computer access, quiet study spaces and more. My experience with remote learning has been positive overall, but it has not



ROSALIE ZUCKERMANN/THE MOSSY LOG

come without its ups and downs, mostly in the form of mental health.

Nonetheless, the hybrid version of an optional remote lifestyle has

diminished a lot of the downfalls of working from home. We now have the options for creating a new, healthier work-life balance that will decrease

overwhelming feelings and bring us one step closer to happiness, by accounting for our place in an unpredictable, ever-changing world.

Flex points becoming obsolete, not worth spending our money on

By ROSALIE ZUCKERMANN

AFTER THE beloved Maggie’s Cafe shut down at the end of the last academic year, where many students spent the majority of their flex points, the benefits and drawbacks of the standard 14-Flex meal plan had to be reevaluated. Many students rely on flex points to keep them supplied with coffee beverages, but for the minority of students who do not drink coffee, including myself, flex points can be unnecessary and result in excess spending.

Even with the addition of the Trail Room coffee bar and market, I opted not to purchase flex points with my meal plan this year. This was a result of the location and hour changes as well as my adaptation to a college dining routine, during which I learned what is most efficient for me.

One can buy items at the local Fred Meyer for two thirds or sometimes even half the price of an equivalent sold in the market. Without a car, it can be time consuming to fit in trips to the grocery store, but I find that a weekly bus ride to Fred Meyer is worth the money I save.

Additionally, Fred Meyer has more fresh options as well as a variety of foods to satisfy dietary restrictions. It comes down to the individual’s preference of convenience versus thrift, and in a fast-paced college environment, I understand that convenience often has to win out.

Buying all the food to supplement meal swipes off campus requires more planning than spontaneous jaunts to the market. This is why I still utilize the market occasionally and just pay with a card. Flex points are equal to dollars, so there is no financial benefit to using them in the long run. The primary attraction is that one does not have to pay immediately, but can rather pay with their tuition.

However, having a blanket amount of 200 points per semester that one has to use up encourages spending when it is not necessary. By having no set amount of money that I need to use up, I can limit my spending on campus to only when it is most convenient or essential.

The cozy atmosphere of Maggie’s is not replicated in the Trail Room nor in

the closet-like space of the market. Even with the Trail Room’s new layout and furniture, the nature of the large, echoing space does not lend itself to the same environment of a small, bustling cafe. While the Trail Room can be great for meals and student events, I seldom use it as a social place to relax with friends, which was the primary time that I found myself buying snacks at Maggie’s. While the Dovecote certainly has the cozy cafe atmosphere down, its limited hours make it inconvenient to find a time to pop in.

I think that ideally there could be the option to have fewer than 14 meal swipes a week, and then supplement additional flex points for the same cost. The way meal plans are currently structured limits flexibility to cook for oneself without wasting a meal swipe. Thus, money spent at the grocery store often involves money wasted on an unused swipe. However, as of now, without changing the meal plan system, I think the best way to be fiscally proactive is to not use flex points.

LC’s smaller campus, perfect for its students

By CORRINA CHAN

WHEN APPLYING to colleges, I knew from the start that I wanted to go to a small school. Oftentimes, smaller colleges boast a greater student to faculty ratio and smaller class sizes. Being someone who likes more engagement in my classes, this feature was near the top of my list.

When I first arrived at Lewis & Clark, I could tell instantly how cozy and walkable everything was, from the dining hall being right outside your dorm’s door to all your classes being less than a five minute walk away. There are trails if hiking is your thing and the trees and greenery around campus give you comfort. It feels like my home.

However, as more and more students come to our small campus, it can feel a bit crowded. In 2021, there was record enrollment, due in part to students who took a gap year because of COVID-19. Because of this, students in several different dorm buildings were forced into “overflow triple” rooms, a dorm room typically meant to house two students, now being modified to accommodate three. Not only was this a problem for students who were trying to limit exposure to the virus, but it could often feel suffocating.

Not only are the dorms too full, the classrooms are starting to reach capacity much quicker. With so few majors and limited class sizes, professors struggle with admitting all the students who need to take their course. In required classes, such as introductory 100-level courses, many students who need to take said class in order to graduate in a timely manner are being turned away because of the cap on how many people can fit in the classroom.

This semester in my Methods in Psychology class, a required 300-level that all psychology majors need to take as a prerequisite, several sophomores and juniors were unable to get into one of the only sections



ALEX NASH/THE MOSSY LOG

of that class. They will have to try again next year, possibly forcing some of them to have to spend another semester at LC. Extending graduation takes both money and time away from the student, all because of one missed class.

The campus community is one I truly treasure. It seems as if everyone gets to know each other and faculty very well. It was one of the reasons I enrolled here and it is one of the many reasons I love LC so much.

There are many reasons why someone would choose a smaller school over a bigger one and vice versa. LC may be significantly smaller than others that we might be used to or might associate with an archetypal college, but we all chose to come here. LC may be small, and it has quite a few faults that would not exist at larger institutions, but it has an incredibly close-knit community, where many of us know and support each other, making its relatively small size perfect for most.



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

The cafe located in the newly renovated Trailroom replaces Maggie’s Cafe, where students would normally spend their points.

ISLC PRESENTS



58TH INTERNATIONAL FAIR

27TH OF FEBRUARY - 4TH OF MARCH

SATURDAY, 4TH OF MARCH 2023

DISPLAY FAIR IN STAMM DINING HALL - 11:30 AM
STUDENT PERFORMANCES IN AF CHAPEL - 02:00 PM



VISIT THE DISPLAY FAIR AND WATCH PERFORMANCES FOR A CHANCE TO WIN AN APPLE IPAD!

Student club seeks to restore rose gardens to former glory



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

Rose bush plots where the Rose Garden Restoration club has begun to replant shrubs.

By SUMMER DAE BINDER

EAST, PAST the Frank Manor House, the Reflecting Pool and Great Plat Field, there is a grassy plaza with a flagpole in the middle. To the right are stone steps, hugging the plaza and leading down to a large, open space with geometrically-shaped rosebeds that have seen better days. This is what remains of Lewis & Clark's rose garden.

The gardens once held 17,000 roses and produced prize-winning flowers for the Portland Rose Festival in 1929 and 1930. The rose garden was entered on the National Register of Historic Places in 1979. The garden was first planted at the time of the construction of the Frank Manor House, now the president's office, in 1924.

The Rose Garden flourished for some time and was memorable to LC students and faculty after the college's purchase of the Fir Acres estate in 1942. However, the garden started deteriorating due to a

lack of funding and proper maintenance. Isaac Blake '23 worked on the school's grounds team for two years and came up with the idea to start a rose garden club last academic year.

"It was renowned and known as one of the best rose gardens in the state of Oregon," Blake said. "The Rose Garden has not been a rose garden for a decade or two. It has been out of commission for a long time and people still have this knowledge or know that it is there. It used to be a very big deal in Portland. There are plaques there and WWII memorials."

According to Blake, maintenance of the rose garden is also difficult due to the dynamic environmental landscape of campus.

"The ravine behind campus has grown considerably," Blake said. "The Douglas Fir trees down there have gotten so much taller than they were in the pictures (from) the 1930s."

The club currently stands as an ad hoc committee. They are currently

looking for funding through the Alumni Office and applying for funding as a student organization.

"We are reaching out to alumni because so many talk about how beautiful the Rose Garden was and it is a shame that it does not look like that now," Blake said.

This group of alumni includes Jennifer Huenik BA '91 JD '94 who has worked alongside her daughter and current student Sophie Abbassian '25 to help restore the garden.

"I am the only visible alumni promoting it but certainly every other alumni I have talked to has thought reviving the garden is fantastic and glad that someone is doing this," Huenik said. "I am here to support Sophie but I do funnel all the ideas into my head her way and reach out to the alumni with a specific ask or request for support has been something on our minds."

The club has sparked discussion among students and administration despite not being recognized by the college. Many students have argued that instead of roses, the garden should be home to other plants.

"(Students) wanted to restore the area but didn't necessarily want it to be a rose garden and had a number of arguments, such as deer are just going to eat all the roses, native plants would be better and more interesting," Huenik said.

There have been many efforts made by the club to promote and fundraise itself, including a rose sale in celebration of Valentine's Day. The club hopes to get support from the facilities, alumni and neighbors of the college.

"It is a really cool space," Blake said. "I think the type of student who goes to LC gravitates towards places like that. If we have a big space with a lot of potential, run by a student-run initiative to change it and create a beautiful place with a student's stamp of approval."

Portland tea wizards create brews for you



COURTESY OF STEPH'S CUP OF TEA

The exterior of Flyawake Teahouse, nestled between N Beech and Mississippi St.



COURTESY OF FLYAWAKE TEA

The interior of Flyawake Teahouse, perfect for studying alone or with a group of friends.

By MAX ALLEN & DANIEL NESHYBA-ROWE

WE WERE BOTH in the midst of stressful days when we stepped out of the Lyft and into the alley behind a sex toy shop. Thoughts of school work, internships and housing next year whirled through our heads, seasoned by a weariness from the day's stimulations. But upon walking into Fly Awake Tea House, the incessant worries of our minds seemed to recede.

Our first impression of the atmosphere was "quaint," but after several cups of tea, it began to feel timeless: a bubble of safety where our external concerns could be left behind. Though it was a small shop in terms of square footage, there was a loft, several alcoves and two bar-style seating areas to make the experience feel as private or social as you choose.

Populating every available corner, decorations leaning towards Buddhist iconography whispered "tea shop," while abstract art on the walls gave off an air of exciting energy. Warm and inviting lighting covered the room, and the music fluctuated from peaceful sounds to funk metal and back again, yet somehow never challenged the tranquil vibes of the shop. Cakes of fermented Pu-erh tea — disc-shaped and wrapped in decorated paper — were dotted here and there, stacked in corners, leaning against walls and on display on shelves.

We were welcomed warmly by a staff member, Diana, who offered us a menu and encouraged us to ask any questions we may have. The menu was an experience in and of itself. Tea names such as "Princess with Dagger" and "Standing on the Shoulders of Giants," were paired with vivid descriptions of how the tea would affect the body.

"We give the tea the names, generally, to suggest an experience that you might have," Diana said. "For example, we have this tea called Wizard's Eyebrow and it's really really focusing, so you kind of get this image of a deep furrowed brow and kind of moving things around and making things happen. Or like the Golden Buds of Joy — it's really just, like, meditative and heartwarming."

After admiring the tea names and descriptions for many minutes, we asked for recommendations. Diana asked in return if we wanted to be more

energetic or mellow, then suggested a few options. I, Daniel went for a tension-draining tea called Strong 6 (which the menu suggested would melt your body like butter), and I, Max ordered The Empress, a Pu-erh purported to wake up its drinker without the jittery tension often associated with caffeine.

We sat at the bar in the loft, where Diana steeped our tea in a lidded porcelain cup, then poured it into a glass receptacle, using the lid to strain out the leaves. From there, she poured the teas into our respective cups, and let us know that there would be as much tea as we wanted before leaving to address other customers.

Our teas were indeed experiences: Daniel's was rich, earthy and chocolatey, and Max's was light and delightfully mushroomy. The soft sounds of conversation wafting up through the plants drooping off the side of the loft assisted the tea in creating an almost otherworldly quality. It was supremely peaceful; when we spoke, it was with gentle tones, though much of the time we simply sat in silent quiescence.

Once Diana returned to make us another round of tea using the leaves from earlier, we asked her about her relationship with Fly Awake. She expressed an appreciation for the atmosphere of peace and gratitude the shop tries to foster and said she enjoyed discussing teas with customers.

"We joke that we're certified tea wizards," Diana said. "[A] lot of times in tea people will sort of take the title of 'tea master,' but we don't necessarily feel like we're doing anything masterful here. We feel a little bit more like we're making brews and concoctions, so it has a little bit more of a sense of wizardry about it."

Regarding the purpose of the tea house, Diana explained that it was the owner Kevin's vision that drove many of the decisions behind the atmosphere.

"This whole space, I would say, Kevin kind of created it to invite people to just come and hang out and have dialogue," Diana said. "He kind of wanted to make a place that he wanted to hang out in, you know, that had interesting music. He loves reading Tarot, talking about lucid dreaming, and so tea's kind of the facilitator for all of those things."

After a number of hours and more cups of tea, we eventually forced ourselves to leave the shop, calmed and renewed.

התקופה שלי בישראל והחתולים שקיבלו אותי שם

By NADAV BEN DAVID

הדבר האהוב עליי שגרת בישראל זה היה החתולים. כל מקום שאתה הולך יש חתולים שמסתובבים, מבק אוכל, ופשוט שם. כל חתול בעצמו יש לו חיים וחברים ומבניות של העולם.

החתולים נתנו לי המון. שהרגשתי מבולבל או לבד במדינה חדש עם שפה שונה. הייתי יכול לדבר איתם בקלות וכל פעם שהייתי איתם הם עזרו לי להרגיש יותר טוב ופחות לבד.

בדעה שלי החתולים החלק של ישראל הכי יפה שיש. תשכח אתה ים, תשכח את הים הרים בגולן, תשכח את הים המל. הדבר היחיד שאיתם צריך לראות שאתה באה ישראל זה החתולים. אני רק קצת צוחק.

באתי לישראל בשנה 2020 אחרי שסיימתי תיכון. באתי בשביל מכינה קדם צבאית. הייתי האמריקאי היחיד מהחבר שלי שגם היה במכינה. אבל כולם חוץ ממנו היו ישראלים בגיל שלנו שהיו אמור להיות בצבא בשנה הבאה.

היה ממש קשה לי להיות במסגרת. אני לא עושה טוב בכללי עם קללות, אבל זה היה יותר קשה בשבילי שזה היה מכינה על הצבא. אני זוכר הרבה פעמים זה היה ממש קשה בשבילי להיות עם אנשים של תרבות כל כך שונה וחיים כל כך שנה. וזה כל פעם עזר לי המון לצאת מהבניין ולהסתובב בהיר לראות את כל החתולים. נתתי להם אוכל וגם שמת.

יום אחד פגשתי חתול ספציפי שהיה גור. הוא יצא הגינה של השכנה שלי התחיל לצעוק עליי. נתתי לו את השם יוליוס. התחלתי לראות אותו כל יום ולתת לו את טונה של המכינה נותן להם לאכול בבוקר.

בגלל שהוא היה גור זה היה הזמן הראשון בשבילנו בישראל. זה היה החורף הראשון בשבילנו. זה גם היה מלחמה הראשון בשבילנו בישראל.

באתי בזמן של בעיות במדינה. גרטי בעיר שקוראים לו סדרות ליעד עזה. אני לא אשכח את היום הראשון. ששמעתי את הצבא האדום. ציפיתי שזה מפחיד אותי ציפיתי שזה יהיה רעש אבל לא ציפיתי כמה זה הפחיד

אותי ואיך הרעש היא הזיזה את החדר.

הבוקר אחרי הצבא האדום יצאתי מהבניין והסתובבתי בעיר. לא הבנתי למה העולם לא הפסיק להסתובב. למה אנשים עדיין הולכים לעבודה למה הילדים עדיין הולכים לבית ספר זה לא הגיוני.

מצאתי את יוליוס. רציתי לשאול אותו איפה הלכת מה עשית מה חשבת אתה גם פחד. הדבר הכי חשוב שהחתולים נתנו לי זה שהם עזרו לי להבין את העולם. ראיתי את החתול הזאתי שלי והבנתי שהוא פשוט חתול. הוא לא בחר שהוא נולד בישראל כמו שהחתולים שגורים בעזה לא בחרו את זה. הוא פשוט חתול שגר שם בול כמו הילדים.

כמה חודשים אחרי יוליוס התחיל להיות

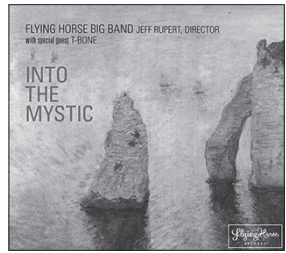


COURTESY OF NADAV BEN DAVID

Nadav befriended many cats in Israel, the most notable being Julius, pictured here.

Mossy Music

editorial
recommendations



"Into The Mystic"

By Van Morrison

I love the title of this song, because I do not quite know what it means. The lyrics of the song are enigmatic as well, but I find them really beautiful in a sort of tingly, goosebumps inducing way. Plus, Van Morrison's voice always moves me.

- Molly Robinson, Associate Professor of French



"Dreams"

By Fleetwood Mac

I love the way Stevie Nicks' voice makes me feel like it is spring. It just has happy, clean, kickass vibes which is just what you need for spring.

- Grace Winkelman '25



"Lota"

By Angel Olson

Olsen says the song is about the human condition and how you cannot have everything you want and that's life. And for me that is how spring feels, even if you do not feel ready for life, it does not matter and things will continue to grow around you and you have to grow with it and be prepared to change even if you wish you could stay the same.

- Leila Diaz '25



"Sunlight"

By Spacey Jane

This song literally reminds me of sun shining through the clouds, waking up to warmer air on a spring day. This band makes music you cannot help but dance to and this song is no exception. The bridge feels like a hug from the sky.

- Grace Marchant '25

Faculty exhibit at Hoffman Gallery features multi-media sculptures, art

By BURTON SCHEER

ALTHOUGH students could travel far and wide to see the art on display at the Hoffman Gallery, the art department provides an exhibit for us to view right on campus this spring.

This exhibit features two collections, Assistant Professor of Art Dru Donovan's collection, "Scrum" and Associate Professor of Art, Studio Head of Painting Cara Tomlinson's collection, "Betwixt and...". The exhibit opened on Jan. 26 and will be on display through Mar. 23. Donovan's collection of photography and Tomlinson's collection of paintings and structures complement each other in this exhibit, while simultaneously providing unique insights into how different bodies exist alongside each other. Utilizing different mediums, both artists use abstract compositions to convey conflict and community.

When visitors enter the gallery, they are greeted with a series of black and white photographs by Donovan, which add a fresh sense of bodily movement to every corner of the room. Donovan's work focuses on how human bodies take up space and interact with each other. She explores this theme through different compositions, poses and walks of life.

In her artist's statement, Donovan wrote that she challenges her audience to engage with her works in a way that does not assign meaning or context to the pieces.

"The work offers no sound, no history or purpose, and no entry or exit; the images leave the viewer with just the impression of a physical negotiation. Isolated, held, and looped gestures create ambiguous and unresolved exchanges for the viewer" Donovan wrote.

While her photographs and videos reflect a collection of different experiences with life and relationships, they are not a simple story meant to be understood completely. Each image is merely a snippet of time.

"The usual cues – context, identity, motivation – allow the viewer to believe at first that they understand what is



COURTESY OF BURTON SCHEER

Multi-medium sculpture displayed in Hoffman Gallery in "Betwixt And..." exhibition.

happening. However, because the image is balanced in a precarious stasis, the viewer's actual inability to understand the root or cause of the gesture is common in all of the work, bringing to light that conflict and collaboration often coincide" Donovan wrote.

While it is impossible to understand the complete story of her subjects, Donovan offers the viewer a representation of nearly every stage of life. This collection will urge you to consider the value and beauty of every avenue of existence, from cheer leading to parenthood, to rugby and hospice care.

Walking around this first room feels like growing up with her subjects. Her snapshots of lives communicate how important it is for people to grow alongside each other. While she utilizes blank space to center attention onto the movement of her human subjects. In other works, such as in "Scrum," she eliminates any possible space between bodies, which emphasizes their connectedness. Very few works in this collection portray faces of

the subjects. This omission forces viewers to consider the importance of other areas of the body in conveying individual purpose, relationships, and community.

After viewing Donovan's work, visitors are guided through the gallery to the next room, which explores bodies, form and composition in an entirely different way. Tomlinson's collection includes colorful paintings, a wall completely covered by smaller paper works and textile and wood sculptures.

In an artist's statement, Tomlinson stated that her work focuses on how human and non-human forms coexist and engage with each other. She also elaborated on the timing and conception of this collection.

"The work in this show was mostly completed during the past three years," she wrote.

During this time, Tomlinson took inspiration from our society's collective fascination, fear and lack of knowledge around diseases and non-human forms.

"(It) was a time of protests, a time of joining other bodies to actions, and a time



COURTESY OF BURTON SCHEER

Collection of nine black and white photos.



COURTESY OF BURTON SCHEER

Fabric wall art creates unique dimension.

for learning from and standing up for non-human bodies and ecologies as our climate changes," Tomlinson said in the statement.

This collection is titled "Betwixt and..." because it is an investigation into how Tomlinson fits between these human and non-human bodies. While many of these bodies are constantly changing and fighting against other forces, Tomlinson invites the viewer to consider how bodies and ideas can exist alongside each other. This liminal space is conveyed through her vibrant, abstract art and structures.

Although the techniques and inspirations of these artists differ, both convey the conflict and community of various bodies in their collections. Whether you are more drawn to photography or abstract paintings and structures, the exhibit offers an interesting experience which challenges preconceived notions about existence.

Students can visit the Hoffman Gallery any day of the week from 11 a.m. to 4 p.m. and experience the world through another lens.

New Paramore album honors bands growth, revival of rock & roll, pop-punk beginnings

By MAYA MAZOR-HOOFIEN

ON SEP. 28, SHOTS of deserted plains and mountains unassumingly end a half-decade hiatus. In come the drums, then guitar and a slow zoom-out on lead singer Hayley Williams informing listeners: "If you have an opinion / Maybe you should shove it."

This was the beginning of Paramore's music video for their new single, "This is Why," their first release in five years. They released two more singles each subsequent month until the album, "This is Why," named for the lead single, came out on Feb. 10.

The title track is the opener and presents a statement to listeners that the rest of the album slowly and thoughtfully explores: "This is why I don't leave the house." This album has a lot to address, with everything that has happened in the world, in music and in the members' personal lives since their last album.

Last week, the band posted on Instagram, captioning a black and white photo of the three members suited and moody with a bulleted list of experiences the album hopes to explore, including "Righteous Rage," "Complete and Utter Apathy," "Moral Superiority" and "Disbelief At The Inconsistencies of The American-English Language."

The next track "C'est Comme Ça," French for "it is what it is," is reminiscent of Alanis Morissette's "Reasons I Drink." Both songs are the laments of artists having spent decades in the public eye now feeling it catch up to them. Morissette emotes "The reasons I tell everybody I'm fine / Even though I am not" and Williams explores her

frustration that "getting better is boring / But the high cost of chaos, who can afford it?"

The parallels between Williams and Morissette are notable; both rose to fame young, releasing their big break albums at 19 and 21 respectively. Their albums, "Misery Business" and "Jagged Little Pill," came 12 years apart, but were both full of grungy, rage-filled scream-alongs for scorned young women.

Written off as angry teens, both artists have careers full of depth and impressive musical and lyrical productions and importantly, are both still making music. They are veterans for rockstars, let alone women — Williams is 34 and Morissette 48 — and are releasing songs to match their hard earned maturity.

This is the sound of 2020s angry-girl rock: grown women, still angry, with an adulthood's worth of grievances to air.

However, some of this maturity is tempered by Williams' oversimplified reckonings with the new normal; "Every second our collective heart breaks," she sings in "The News" before continuing "Turn on, turn off, the news." This lackluster take on political polarization is uncharacteristic for the singer and the bite fans have come to expect from her. Williams is outspoken across the board. She has been a public advocate of abortion rights, gun control and has spoken openly about her mental health and experiences in therapy.

Her vulnerability shines through in a New York Times profile in 2020 preceding the release of her first solo album, "Petals for Armor." The article is full of details Williams shared about her reportedly "tortured" marriage, abuse women in her family have faced and various forms of mental health treatment she has undergone.

Less than a year later, Williams released a second solo album, "FLOWERS for VASES / descansos." A stripped back, acoustic album evokes the similarly pandemic-era "folklore" and "evermore" from Taylor Swift. Paramore, too, had shifted away from its early 2000s pop punk sound over the years. "Paramore" (2013) and "After Laughter" (2017) saw the band shed the skin it had maintained for their previous three albums.

Her solo albums appeared to be a new career phase for Williams, distancing herself from rock and her band, but "This is Why" is a return to both. The band's guitarist, Taylor York, elaborated in an interview with TIME.

"We just kept writing and every song kind of led us somewhere else... we wanted to scratch this itch of playing some rockier music," York said.

With "This is Why," Paramore the rock band is back, with new maturity and perspective.

Williams' vocals are as impressive as ever. "Liar" features soft emotional vocals like those on her solo projects, evocative of the members of supergroup boygenius, who provided backup vocals for a track on "Petals for Armor." Other tracks serve as a reminder that Williams has been singing pop-punk for 20 years. In "Figure 8" and "Running Out of Time," she shows off her higher range and a grungy anger, complete with a few powerful screams.

York's crunchy guitar on "The News" and the classic pop punk sound of the guitar and Farro's drums on "You First" cement this album as a definitive return to the angry rock genre they helped create.

Paramore's impact on the new generation of singer songwriters can not

be understated. Mainstream, marketable girl-angst is in, from Olivia Rodrigo's "good 4 u" and Billie Eilish's "Happier Than Ever," to the flourishing alt-indie scene with the likes of Fiona Apple, HAIM and WILLOW.

With a new rock album filled with their trademark venom, Paramore is back and here to stay.



COURTESY OF ZACHARY GRAY/NME

Paramore band members pose for single.



COURTESY OF ZACHARY GRAY/NME

Still from new Paramore music video.

Student director makes debut with “Pipeline”

Production explores effects of structural racism, promotes inclusiveness in theater with all-Black cast

By J FRANK

STUDENTS for Cultural Inclusion in Theater (SCIT) is presenting “Pipeline,” a short student directed play, in the black box theater on March 17. This is Ruby Guzman ’25’s passion project and directorial debut.

The play’s protagonist Omari, played by Jonathan Newsome ’23, is a Black boy who has had an altercation with a white teacher and as a result is facing an uncertain future. The play follows his subsequent struggle to figure out which path to take, where he belongs and his relationship with his mother, played by Sanaa Green ’23, as the two of them try to navigate a school system that is not structured for him to succeed.

Guzman, a co-leader for SCIT, was encouraged by the President Negasi Brown ’23 to direct a play in the theatre department’s student produced slot this Spring.

When Guzman’s professor had given her a scene from Pipeline to perform in her acting 2 class, she felt an immediate connection to the work and recognized the power and importance of its narrative.

“I was like, ‘Oh, my God, this is the first time I’ve read a play that has my voice in it. Like wow, I didn’t know I needed that,’” Guzman said.

Through this production, Guzman wants to empower Black students to get involved in theater.

“The goal is just for Black students that are either in the play or outside of it to know this space is here for you, and we have a place where you can make art,” she said.

Guzman spoke about the lack of POC in theater, which has historically been a white, often exclusionary space. She described the experience of feeling intimidated and out-of-place.

“The theater is a very white space,” Guzman said. “... It doesn’t feel like an accessible place to students of color ... You walk into this all white space and it’s terrifying. It’s like, ‘I don’t have this fancy vocabulary that you have from taking lessons your whole life.’”

This is a barrier to inclusion, discouraging POC from getting involved. Because of this, Guzman said that inclusion has to be an active effort. Through her production, she aims to model how this effort is not only possible, but essential, to bring Black students into theater.

In addition to Green and Newsome, the cast will feature Kenzie Zubar-Williams ’25, TJ Muhammad ’26 and DJ Smith ’23. Guzman enthused about working with this group.

“Our rehearsals have been such a wonderful, collaborative experience.



EMMA JOHNSON/THE MOSSY LOG

Ruby Guzman, far right, rehearses with members of “Pipeline” cast. Guzman aims to create a space for Black students in theater.



EMMA JOHNSON/THE MOSSY LOG

The cast jumped head-first into the project,” Guzman said.

In addition to empowering students of color, she wants to send a message to the greater community about the importance of Black voices and narratives in art.

“I want to say to the theater department ... ‘look what you’re missing, look at all this talent that you are forgetting about,’” Guzman said. “... We have closed ourselves off so much and made our space so exclusive that now it’s our job to go into the

community ... We need to go out and get people.”

Brown, Guzman said, has been an essential support, providing resources and mentorship as she navigates her first time directing. Guzman is then able to pass on this support to the actors.

“You have Negasi who’s like, ‘Ruby let me create a space for you,’ and then it’s me like ‘okay, let me create a space for someone else,’” Guzman said.

“There’s just like, a lot of joy and excitement,” Guzman said. “And I think my main job as a director is to make

everyone in the cast feel that they can do it.”

Guzman is excited to shed the spotlight on often-neglected voices.

“This story means a lot to me and the cast so we are holding it tenderly and hope that the audience will too,” Guzman said.

Not only has she learned to direct, but she has also witnessed the power of community and theater.

“There’s just something about Black joy that brings so much to your space,” Guzman said.

Strings find home in new club to promote creativity, stress relief

By ANNABELLE BURG

AFTER A BUSY week of homework and classes, students gather in The Co-Op on a drizzly Sunday afternoon, surrounded by friendship bracelets, crochet and piano music. As Lewis & Clark’s newest club, String Club creates a space on campus where music, fiber arts and debate come together every Sunday at 4 p.m.

Piper Harmon ’26 started the club as a senior at Cleveland High School in southeast Portland, and decided to form a new version of it at LC this semester.

“I was feeling really overwhelmed with school and sports,” Harmon said. “I wanted to have one place where I could feel like I could just relax, and having structure for that really helped me, so I wanted to bring that here because I feel like there are a lot of resources but there isn’t quite what I was looking for, which was a place where you can create.”

Harmon calls this “String Ideology”: having a safe space to create and play under the broad umbrella of strings. String Club lacks any of the seriousness that is so frequently found in art in academic settings, and instead focuses on the goofy and whimsical.

To Harmon, strings can be just about anything. There are easily identifiable strings, like embroidery, crochet, knitting and other fiber arts, but one can be far more creative with the term.

“We have had people interested in string instruments,” Harmon said. “A lot of people forget that piano is also



J FRANK/THE MOSSY LOG

Crafters and a ukulele player bond over a mutual enjoyment of strings in The Co-Op.

a string instrument, which I like to remind them. There’s also a little bit (of a) silly aspect of it, which is like picking random stuff that you say is a string for that day and you try to debate whether or not it is a string.”

String Club found its home in the student-run coffee shop and venue, The Co-Op. Club members can relax in overstuffed art chairs and get coffee and tea from the volunteer

barista-run Rusty Nail coffee shop. The eclectic mix of strings is well suited to the location, as many students sell fiber art pieces, stickers and jewelry in the space.

“They have these open mics where musicians and spoken word poets are coming together and

sharing their art and people are selling their craft in there already,” Harmon said. “And so it’s already this place of collaborative, creative energy that lends itself really well to String Club.”

However, String Club has faced a few challenges already. Harmon has been unable to obtain official club status. According to her, Campus Activity Board said it is too similar to the Handworking Club. Currently, the club exists solely as a student-run and self-funded group.

“Even if it can’t be an official school-funded club, I’m still gonna have these meetings because I believe in the ideology and I think that a lot of people will, when given the opportunity, benefit from having this kind of safe, maker space,” Harmon said.

At the moment, the amount of strings provided by the club is limited to friendship bracelet material, but club members are encouraged to bring their own strings to work on, play music and debate string ideology together.

Community gets mossy at terrarium workshop

By PAIGE A. ANDERSON

MOSS Appreciation Week is a beloved part of the Spring semester for many Lewis & Clark students. Throughout the week, the Natural History Club (NHC) encourages students to learn about and enjoy the plethora of moss that calls our campus its home.

According to NHC, it is their “annual invitation to the LC Community to salute our bryophyte brethren and in doing so revel in our Pacific Northwest habitat.”

Events often include keynote speakers, workshops and the iconic moss petting zoo, set up in the library atrium. This year, NHC hosted a moss terrarium building workshop as part of Moss Appreciation Week. On Feb. 14 and 15, alumnus Robin Fujita ’18 organized and ran the workshop. Groups gathered in the library entrance and the workshop leaders outlined the afternoon’s schedule.

Each participant was given a brown paper bag and led toward Olin to begin collecting specimens. The leaders encouraged participants to harvest from places where the previous groups had not. Moss thrives in unexpected, tiny places: below benches, in between stones and in tufts decorating tree branches.

Along with live moss, I chose to harvest a small fern, a lichen-covered stick and some small rocks to add texture to the landscape of my terrarium. Once we were satisfied with our pickings, they led the group to the library classroom where the workshop was set up.

Each table was equipped with tweezers, forceps, spray bottles and other tools to organize and decorate the terrariums. After an in-depth tutorial on how to build the layers of our terrarium, we were each given small jam jars with lids and a free range of materials. The club provided bins full of pumice and soil substrate and extra mosses, as well as decorative plastic frogs.

First, a layer of pumice stones lines the bottom of the jar, acting as a drainage layer and on top, a layer of soil. Fujita encouraged us to create variety in our landscapes, pushing the soil to build small mounds or divots for our moss to sit on. Then, before inserting the living elements, participants had to add our small rocks and stones so they would not smash the moss.

Finally, everyone could add plants. Moss is a delicate yet resilient plant that participants were able to harvest in sheets and break into small pieces without causing harm.

I began to layer cushion moss, a bouncy and pillowy moss, along the bottom of my terrarium, nestling it into the soil with a pair of forceps. Next, to build dimension, I added curly thatch moss — a gorgeous Bryophyte decorated with tiny sprouts.

Once I was satisfied with my base layer, I carefully placed my fern in between the two types of moss, making sure that the roots were set securely in the soil and added my lichened twig to support the fern from the side. Filling in the gaps with golden-short cupuled moss and the occasional pebble, I marveled at the small world growing beneath my fingertips.

Moss thrives in wet conditions and the terrariums need to be watered regularly to thrive. Using a spray bottle, participants moistened the sides of the jars to ensure that the perimeters were well saturated and then gently misted the centers of the jars. In order to mimic the damp Portland weather, the moss must be watered every couple of days and the pumice layer kept constantly wet.

The terrarium I made now lives on my desk and brings life into my dorm room. Moss is a fascinating plant and we are so lucky to have access to such variety and abundance right outside our doors. Next time you are walking to class, gallivanting through Tryon or even talking on the phone to your mom outside your dorm, take a moment to look down and appreciate the moss.



LEO BERNSTEIN-NEWMAN/THE MOSSY LOG

Moss thrives in a micro environment.



J FRANK/THE MOSSY LOG

Students at String Club discuss preferred friendship-bracelet making technique.

Ebb & flow: reflecting on the 2023 swim season

Men's swim team finishes 5th, women's places 7th in solid Northwestern Conference performance

By **EMMA FORD**
& **ASMAA ZAIDAN**

With the swimming season coming to a close, the Men and Women's teams boasted a strong performance, including multiple

program records and numerous swimmers advancing in the Northwest Conference Championship (NWC) meet that took place Feb. 9 through 12.

The men's team placed 5th of 9 with 281.5 points, and women's placed 7th, with 202 points. Both results were in

line with the all-season rankings held pre-conference.

Aniqah Gaffoor '26 and Jane Tewinkel '26 were named to the NWC All-Conference Team, with Gaffoor earning All-Conference Honors in three events and Tewinkel in one. Gaffoor was

also the first female Pioneer swimmer to place in the top three of a NWC since 2019.

Five male swimmers were awarded to the NWC All-Conference Team. With swimmers Eric Norman '23 and Micah Rysavy '25 returning after winning previously. New awardees Zach Martin '26, Michael Spicer '26 and Jonathan Westlake '25 were also named. The five swimmers totalled 12 awards between them, the highest number since 2020.

As the swim team closes out its season, it anticipates welcoming a majority of its swimmers back next season to continue the hard work and dedication of the 2022-23 season. The team is pleased with the results from this past season and the consistency will help them improve even more next season.

"In order to score in the Northwest conference, you have to place in the top six teams and that was really impressive," Rousseau said. "I think it's the highest we've placed overall in a couple of years, so it's awesome to see that the program is getting faster and that we're really keeping all these fast swimmers here and that's really great. And, I think a lot of I think we had around it was over 85% of people's races ended up being a lifetime mess."

Captain Anabelle Rousseau '23 competed in her final collegiate meet on Sunday.

"I was a little emotional on Sunday, because it was my last races," Rousseau said. "... My coach had all the seniors say something that they're going to miss. And I really was crying and basically saying (how) I'm just going to miss everything ... I think sports is just like such an interesting thing because you all come together and work for just literally one thing ... And you all work hard for it, and you're all very dedicated for it. And it's just an awesome place to be."

Rousseau, who swam freestyle and relay at the conference, attributed the success of the team to its coaches and positive dynamic.

"It was really awesome and really uplifting because a lot of (the team) had really great swims, and a lot placed really high and had lifetime best," Rousseau said. "That was just awesome – to see the great energy that everyone was having, the camaraderie everyone has had and just the excitement with cheering everyone on. All of our voices were so hoarse from cheering after, like, four days because we were all so excited for each other. And that's what I really loved about it."

Other players also emphasized the team's camaraderie, such as Aiden Ringel '25.

"I felt really good and also, really happy with the team," Ringel said. "The environment and the team are all really supportive. Always cheering each other on, and there's a really great group of people to be around for those four days."

Ringel, like many others, set personal records competing in freestyle. He also attributed team morale and success to their coaches, in particular Head Coach Murilo Martins.

"He's a great coach, Murilo Martins, and really funny – he makes us laugh," Ringel said. "And he's a good leader. And (working) for him as captain, I've done a good job of hosting a lot of events for the team so that we can get closer and get to know each other more. Hang out more outside of the pool as well."

The Pioneer swimmers' spirit and devotion to a positive team culture defined a successful end to their competitive season with strong personal and team showings. The final All-Conference list, which will be released later this year, is only one part of the solid performance show all around.

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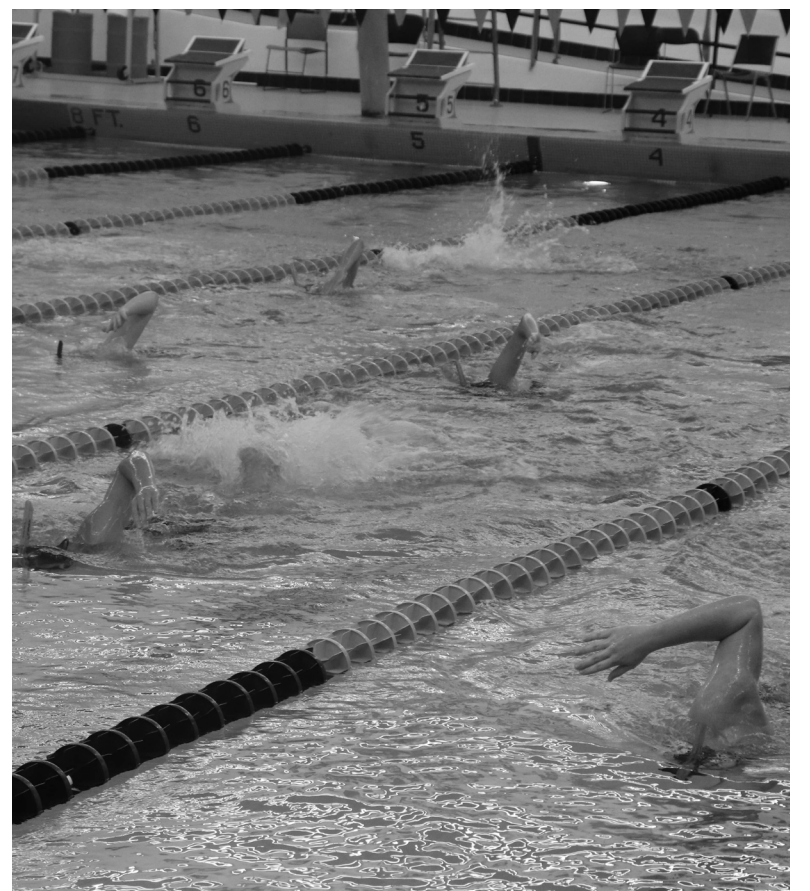


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FIONN ENSOR-MCDERMOTT / THE MOSSY LOG

Pioneer swimmers tighten goggles over swim caps and grapple with the close of the season



FIONN ENSOR-MCDERMOTT / THE MOSSY LOG

Students race crawl at Zehntbauer Swimming Pavillion in meet hosted by LC

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Basketball senior reaches 1000 point milestone

Brenden Patrick reaches career milestone, ties Pamplin record for points scored, shares story

By NOAH REESE-CLAUSON

BRENDEN PATRICK '23 has accomplished a career-defining goal by surpassing 1,000 career points with the Lewis & Clark Pioneers, in only three seasons. His average of 21.5 PPG places him in the category of a top 25 D3 scorers in the nation, ranking 23rd overall.

"That was one of my goals over the years was to score a thousand, I didn't know I was gonna only have three seasons to do it," Patrick said. "It means a lot to me and for my coaches, trusting me for that long."

Patrick came to the program in 2019 and played one season, scoring 224 points in his first year — on pace to come two layups short of 1,000. His sophomore season was canceled due to the pandemic, but after the break he scored 396 in his remarkable junior season before reaching the milestone this year. This season, the combo-guard topped it off with his highest scoring season yet, at 537 points, while maintaining efficiency higher than that of most of his contemporaries in the process, and bolstering 50/84/32 shooting splits as a 6 foot guard who takes a steady diet of heavily contested shots.

Additionally, Patrick scored a career-high, with a 43-point game on Feb. 10, tying the Pamplin gym record for most points scored. According to him, he was still practicing team-first basketball.

"Whether that's score the basketball or distribute the basketball, just do whatever my coach wants me to do, whatever my team needs at that point in time," Patrick said.

A big part of his success and the steady incline in points per season is his



NOAH REESE-CLAUSON/THE MOSSY LOG

Brenden Patrick plays in a game versus Pacific Lutheran University, helping the Pioneers secure a win 69-68.

work ethic. Head Men's Basketball Coach Tim McCrory said he was impressed with Patrick's consistency and leadership.

"In terms of my recollection, I don't think Brenden has missed one practice, one lift, one team meeting," McCrory said.

His attendance is only one small part of what Patrick means to LC men's basketball.

"For us, when you think of culture and what the basketball team really is, it's Brenden," McCrory said. "It's him on the court, off the court, Brenden has two jobs off the court and then he has the highest GPA on the team."

During the summer he wakes up at 5:30 a.m. in order to drive to the gym — about 45 minutes from his

house — and gets on the court at about 6:30 a.m. After his workout he goes home, eats lunch, hangs out with his family and takes some time off. Patrick returns to the gym at 6 p.m. to do his second basketball workout. During the summer, Patrick also lifts weights every other day, so on those days he does three workouts a day.

In season, he wakes up for classes, attends practices in the afternoon and lifts with the team and squeezes in time to perfect various facets of his game. Patrick accumulated his drive during his primary school days. He was born in Oakland Calif., but moved to Danville (a suburb) when he was six. As a result, when he returned to his hometown — a veritable basketball mecca that bred

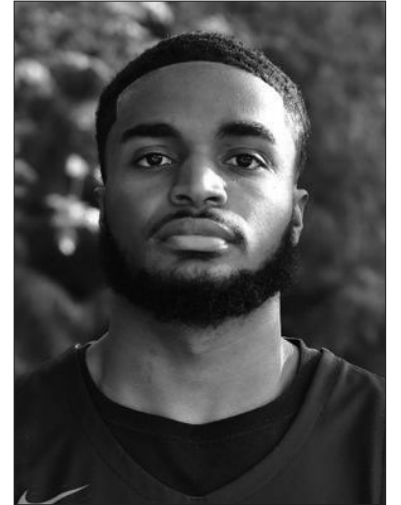
legends, such as Gary Payton and Damian Lillard — he was treated as an outsider.

"When all the good basketball is where I used to live in Oakland they didn't give me any respect at all," Patrick said. "I always had to fight for respect from the guys."

As he has honed his basketball skills, he has also honed his mindset.

"I had number zero, and there was really no meaning to it," Patrick said. "It's just how the sizes of our jerseys work. That's kind of your zero but now I'm really worth zero just because I said zero doubt. So like there's zero indecision when I'm playing because I'm already prepared."

Because of the pandemic, Patrick



COURTESY OF LEWIS & CLARK

Patrick models his focused game face.

has an extra year of eligibility to play basketball after receiving his bachelors, which he plans to do in grad school. That will not necessarily be an easy transition, though.

"I'm definitely gonna miss this place, miss the coaches for sure," Patrick said. "I wish there was a grad school program that fit me here, but I definitely do have to move on. I am excited to take the next step in my journey though."

Patrick also wanted to extend a thank you to his community here.

"Give a big shout out to all the coaches and every player on my team," Patrick said. "Everyone has their specific role and they're trying to fill it as best they can. Just keep a look out for the basketball team."

Student, coach launch athletics counseling service focused on mental health validation

By EMMA FORD

BASKETBALL PLAYER Gabby Beltran '23, with the help of Assistant Athletic Trainer Gina Parisi, began pilot phases of the Mental-Health Validation Program (MVP) which is a counseling program geared to student-athletes.

Being an athlete is a central part of many student's identities here on campus. The long hours of training and hard work being put into team or individual sports performance weigh heavily on athletes, but what goes relatively unmentioned is the mental health of student athletes.

"Last basketball season I was first facing anxiety and depression due to my sport, and then towards the end of the season I faced an injury that really affected my mental health," said Beltran. "Throughout that time I had to scrape for resources on campus, and this is when I realized that there are no programs available for athletes who are facing mental health struggles. I never want anyone to feel the way that I did, which is when I decided to start building this program."

The NCAA conducted a study in 2022 which found that rates of anxiety, depression and mental exhaustion among student athletes are 1.5 to 2 times higher now than they were before the COVID-19 pandemic. Student athletes were more likely to suffer eating disorders than their peers, and the isolating effects of mental health issues affected 67% of respondents. However, only 45% of respondents felt they had a safety net on their campus where they could seek mental health treatment or support. Many felt their coaches or teammates would not understand.

At Lewis & Clark, members of the athletic department are looking to bridge that gap. MVP began earlier this year after Beltran approached the LC Athletics training staff to conduct an independent study on student athlete mental health.

"The program MVP was really born out of Gabby and I's collaboration," Parisi said. "For her for this independent project and then for me, knowing that I'll hopefully be here for a long time, wanting to create something that was lasting."

What began as an independent project has since grown into a collection of resources for student athletes. The project is developing peer support networks and ambassador program focus on building up the athletic community. Coach "walk and talks" are being implemented to work further to build connections between the athletes and their mentors. Ideas were drawn from Beltran's own experiences, as well as the results of the study. Observations highlighted the influence of competitiveness and high-pressure teams can be dangerous to the mental well-being of students.

"As an athlete, there is the stigma that 'showing tired' is a sign of weakness..." said Beltran. "This created a negative relationship with mental health because I felt so weak and isolated throughout this time. I would say that isolation within student-athlete mental health is not talked about enough. So many athletes are experiencing very similar struggles, but as mentioned there is the stigma that prevents individuals from talking about it."

"While sometimes it might be a crisis ... or the emotional responses and experiences that come along with injury and also the day in and day out, just... being a person and dealing with feelings and dealing with an inner voice that maybe isn't so nice," Parisi said. "I feel very strongly about ... offering empathy and creating spaces where people can explore their inner worlds and what's going on for them, and have that exploration be supported."

As part of the study, student athletes were surveyed about their experiences with mental health issues, seeking treatment and what athletics-specific services they wanted to see on campus. Respondents described struggling with negative self talk and disordered eating patterns, for which they requested guest speakers. Struggles with injury and the isolation of recovery were also common.

"While I may not be able to understand fully what it's like to have a season ending injury or a surgery and come back from that," Parisi said. "I do understand what it means to lose the sense of identity, to really face hard mental health struggles, and just the dissonance that can put in oneself because it's not physical. For me, I

had to find my own healing journey with it. I learned a lot of tools and skills that I know have improved my mental health, so I really want to help give that back. How can I bring resources into a space that can support these barriers that athletes will face along their journey?"

As the program continues to grow, Beltran and Parisi hope to bring in a dedicated sports psychologist. While a representative of LC's counseling service is now available in Pamplin once a week, a sports psychologist is specially trained to address the unique needs of athletes.

"I think athletes are humans, too," Parisi said. "(But,) it's kind of this self reinforcing identity. Just like anyone else in the community or in the world, when we are kind of struggling with our identity, or trying to embody more of who we authentically are, we're faced with the conditionings of our upbringing, our culture, our environments."

A webpage for MVP is currently in development, and two guest speakers from the counseling service with athletics backgrounds will be brought in this semester to speak to some of the most common issues faced by students. The pair are planning for an official introduction to the program in late April. The department is planning an official introduction to the program for late April.

"I have felt so grateful about the support I've received from the athletic department here and even the people outside of the athletic department," Parisi said. "President Dr. Robin Holmes Sullivan has been a huge supporter, so has Yvette Clarke Castillo and Mark Pietrock, who is the athletic director — my boss, Jeremy. Everyone has just been very open minded and supportive of incorporating this and I am so grateful for that. It feels good to be supported in one's vision."

Beltran, who is approaching graduation, expressed hope about the future of student involvement once she has moved on.

"Some future goals Gina and I have discussed is to create a committee of student-athletes who can continue MVP when I graduate," said Beltran. "I also hope to continue being a part of this program in any way possible, such as checking in and providing any possible ideas... An overall goal is to continue opening the conversation of mental health in sports and for LC student-athletes to feel supported through a program like MVP."

MVP will continue to work with LC Athletics to build their new programs, and can be contacted through the department.



THE MOSSY LOG ARCHIVES

Scores

Baseball

LC v Claremont, Mudd & Scripps Colleges: W 11-9, L 10-11, W 15-7
LC v Whittier: W 11-8
LC v PLU: L 3-9, W 7-2, W 15-11, W 14-2

Basketball

Men's

LC v George Fox: L 74-77
LC v Puget Sound: L 75-79

Women's

LC v George Fox: L 39-70
LC v Puget Sound: L 57-91

Swimming and Diving

Men's

LC at NWC Champs: 5th

Women's

LC at NWC Champs: 7th

Tennis

Men's

LC v Whittier: L 3-6
LC v Cal Lutheran: L 0-9
LC v Occidental: L 0-9

Women's

LC v Occidental: L 2-7
LC v Cal Lutheran: L 1-8
LC v Whittier: W 5-4
LC v UC Santa Cruz: L 2-7
LC v George Fox: L 2-7

Athletes of the Week

Feb. 8 - Feb. 14

Noah Nelson '26
Brennen Davis '25

Feb. 15 - Feb. 21

Kalea Kau'i '23
Micah Rysavy '25

