

Cybercriminals leak sensitive data, LC responds

Concerns grow regarding cybersecurity following Executive Council update, college to send legal notices

By SUMMER DAE BINDER & ALEX DENUZZO

CYBERCRIMINALS Vice Society claimed responsibility for the ransomware attack against Lewis & Clark, leaking personal data to the dark web. Soon, the college plans to issue formal legal notices to those whose private data was compromised.

On March 3, all three campuses experienced complete network outages that were the result of a widespread cyberattack on the college's computer systems. On March 31, the Executive Council sent an email to the community revealing that it was a ransomware attack in which hackers encrypted files and demanded the college pay a sum to decrypt them. Based on advice from law enforcement and the college's external experts, the college declined to pay the ransom.

The update also stated that the cybercriminals uploaded personal information to the dark web. The leaked data includes limited numbers of student passports, academic records, Title IX investigation documents and sensitive employee information for almost every employee on campus. The employment data leaked includes social security numbers, dates of birth, addresses, employee numbers and wage information.

To ensure security, the college has offered students, staff and faculty free access to credit monitoring. LC community members can also place a fraud alert and a security freeze on their credit.

On April 3, news articles began circulating claiming that large amounts



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

After IT rebuilt a significant majority of the LC systems, students were able to use mealswipes and flex points as usual.

of student and employee data had been published online. A day later, the Executive Council responded in an email: "The information reported, some of which has been inaccurate, has understandably caused some heightened concern within our community ... there is no evidence that the information

involved in this incident has been used for identity theft or financial fraud." This is no longer the case.

According to a statement sent out by the Executive Council on March 31, "the cybercriminals responsible for the incident now claim to have published a limited amount of Lewis & Clark data

on a 'dark web' website maintained by the threat actors. Our external cyber forensic firm is helping us to investigate this claim. We are currently working to retrieve the information, at which time we will conduct a thorough review."

Many people await answers as to what information has been

exposed. According to Vice President of Communications Lori Friedman, the college is currently working with external experts to tediously analyze all the leaked documents. This process is lengthy and time consuming.

"Our obligation is really to communicate with people when there is sort of confirmed and complete information and our external experts are going through this very, very carefully and making sure that everything is verified," Friedman said. "Communication is really best done at the end of the process to anyone, to all of those who had private data compromised as opposed to reaching out person by person which could be unverified and unconfirmed information."

On April 3, Political Science Professor John Holzwarth received two alerts indicating that someone had applied for a Zales credit card in his name.

"I got a message Monday morning from two different agencies ... that said there has been a credit inquiry on your account," Holzwarth said. "I went (online) and ... it turns out that somebody applied for a credit card (in my name) at either Zales jewelry store or online."

On the LC College Parents and Families Facebook group, there has been growing concern about the impact of the attack. One member anonymously posted that they received a suspicious call with an LC caller ID. Comments to the post claim that other parents and family members of students have received similar phone calls from a Portland-area number.

"CYBERATTACK" CONTINUED ON PAGE 3.

FoSA returns with fully in-person events

By NOAH REESE-CLAUSON

THIS YEAR'S Festival of Scholars and Artists (FoSA) is being held today and will feature 27 different events running from 9 a.m. to 9 p.m. The festival is fully in-person this year, which is different from recent years as it has been partially virtual since 2019.

Associate Professor of French Isabelle DeMarte, Associate Professor of International Affairs Kyle Lascurettes and Administrative Assistant Margaret Salstrom were all a part of the FoSA Coordinating Committee that put on the event.

Lascurettes and DeMarte collaborated to compile the program



MOSSY LOG ARCHIVES

FoSA lets students share their research.

for this year's festival. They tried to put presentations together that have a common theme, but come from different departments, which worked well for this year's material.

"This year the program was put together really swimmingly," DeMarte said. "The way presentations had affinities in their descriptions allowed Kyle to group them together in a way that is just amazing."

This organizational style aligns with the spirit of the liberal arts, by showcasing the variety of academic projects students produce.

"(The Festival of Scholars) really features the interdisciplinary nature of the liberal arts, I think in a really magnificent way," DeMarte said. "It shows the diversity of research, of work (and) ... creative work that's being done across campus."

Outside of programming, Salstrom typically carries the bulk of the FoSA load, taking on various administrative and communicative responsibilities. This year, she did even more as she was unable to find a student worker to help her out.

"STUDENTS" CONTINUED ON PAGE 3.

Jewish population observes Passover, celebrates with Seder plates, events

By MAYA MAZOR-HOOFIEN

PASSOVER, A major Jewish holiday, was celebrated this year from sundown on April 5 to nightfall on April 13. Across campus, people gathered to celebrate, with events as diverse as the Jewish community taking part.

Passover begins on the fifteenth day of the Hebrew month, Nissan, but the dates of the holiday shift on the Gregorian calendar. The Hebrew calendar includes a leap month every few years to keep holidays in the appropriate season, so Passover always falls in the spring.

Passover is a holiday rich in symbolism and significance in Judaism. Associate Professor of Anthropology Oren Kosansky explained the purpose of the holiday.

"Passover is a Jewish holiday that for many, certainly American Jews, is centered around a couple of meals called a Seder," Kosansky said. "It's the commemoration of the Israelites' freedom from slavery as told in the Torah, or the Hebrew Bible. It's one of the major festivals in the Jewish calendar."

Rabbi Eli Citron of Chabad on Campus SW Portland, colloquially known as Jewish & Clark, said that symbolism is rich in the Seder dinner. The dinner is typically held



J FRANK/ THE MOSSY LOG

on the first night of Passover in Israel and on the first two nights everywhere else.

"(The Seder) is meant to enable us to relive the slavery and freedom," Rabbi Citron said via direct message. "This includes eating bitter herbs to experience the bitterness of the enslavement, eating Matzah, a flatbread, to remind us that we left Egypt so quickly that our bread did not have time to rise, and drinking 4 cups of wine to celebrate our newfound freedom."

Lewis & Clark's Chabad, which serves LC and the greater area, is new to LC this year. Chabad is a global organization of Orthodox Hasidic

Judaism with synagogues, campus groups and other programs working to spread the movement to Jews around the world. The new LC chapter of Chabad on Campus has quickly found a secure place in the community. Around 40 students attended Chabad's Passover events, with more attending their Shabbat dinners and other holiday programming.

"This community building has been student-led," Rabbi Citron said. "When students come over and have a positive experience, they tell their friends about it. So much of the community has been built just by word of mouth."

Celebrations of the holiday commenced throughout the LC Jewish community, taking different forms for different people.

The largest on-campus celebration was a Seder thrown by PDX Hillel, the Portland chapter of Hillel International that serves LC, Portland State University and other campuses in the area.

Hillel's seder had around 80 people in attendance with a crowd of LC students, professors and some students from nearby colleges.

"COMMUNITY" CONTINUED ON PAGE 3.

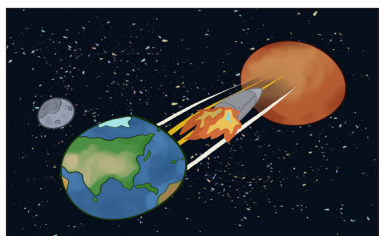


THE MOSSY POD

Ambassador Mushingi

United States Ambassador to Angola visited campus and sat down with co-hosts DJ Smith and Negasi Brown to discuss his career.

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OPINION

Mission to Mars

Should we keep spending money to put someone out into space or should we focus on Earth's issues instead?

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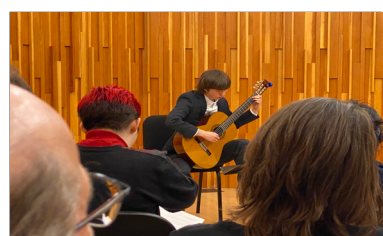


FEATURES

Michele at the Bon

Bon Appétit's Michele Martinez talks family, career and community.

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ARTS

Student Recitals

Music recitals are a great way to enjoy live music and support your peers. Check out our guide for upcoming dates.

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SPORTS

Athletes celebrate DIII week

Athletes discuss the values and drawbacks of competing at a NCAA DIII school.

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International Affairs hosts annual three day symposium

By SUMMER DAE BINDER

THE 61ST International Affairs Symposium began on April 10 running through April 12 with the title of “Functions of Fear: Conflict, Compliance, Chaos.”

The symposium is the oldest student-run symposium in the nation and the only exclusively debate format at Lewis & Clark. This year’s symposium is co-chaired by Eliana Essman ’25 and Loren Pawelski ’24. The symposium is all student-run under the advising of Professor of International Affairs Bob Mandel.

The theme, which focuses on fear, covers multiple topics — from the justifiability of bans on artificial intelligence to legalization of prostitution as a means to combat human trafficking. The committee developed the theme after discovering possibilities in the post-pandemic world as well as many other global conflicts.

“It was interesting at the start because we were trying to direct the theme throughout the speakers by seeing what speakers are really amazing and we want to have them and then build it off of that because it was hard to find so many good speakers that have that in common,” symposium committee member Hashim Salman ’25 said. “Phobias was suggested and then maybe panic, maybe not but fear was a sweet spot in the middle where some debates can be as extreme and we can talk about panic and there is still room for phobias. It is a very nice spectrum we can go around.”

The committee went through a meticulous process of selecting speakers, enabling them to each contenders’ stance. This allowed the committee and co-chairs to have a conversation with potential speakers beforehand to ensure they will be able to actively debate what they write in academic papers. It was important for the committee to understand what information, research and appeal speakers can bring to the symposium.

“Something that Loren and I have been doing that is different from past years is that we have been hopping on Zoom calls with every speaker that has been accepted to just talk out their stance with them and make sure yes, they have written papers, articles and have done Ted talks on it, but we want to hear it directly from them, their stance,” Essman said. “We have had these conversations with them which I think hopefully is going to help make the event go smoothly.”

The evening debate on April 10 was between the Heritage Foundation’s senior legal fellow and manager of the National Security Law Program Cully Stimson, and executive director and a

founding member of the Whistleblowing International Network in Glasgow, Scotland Anna Myers.

“The question that we had was whether or not whistleblowers’ protections should be extended, but more particularly to unauthorized disclosures and that term really only gets used in the national security sphere,” Myers said. “National security and whistleblowing, like public access to information and national security, tend to be seen as kind of moving in the opposite direction that they are completely incompatible. My position in the field of whistleblowing, law and protection for sort of twenty years. Both from working with civil society and nonprofit organizations on what whistleblowing means and if you are going to protect people who speak up in the interest of others, how do you do that in a way that legally makes sense?”

Every year the symposium committee hosts new speakers. The symposium is the only debate-style format at LC and is meant to spark controversy. It has been praised by The Wall Street Journal, The Chronicle of Higher Education and The New York Times.

“I did a little due diligence because I have never heard of it before and contacted some people on the West Coast at Berkeley and said yes, it was a very good school,” Myers said. “I think his nephew came here. I think I was also just surprised of the caliber of the symposium. Just in order to make sure this was a really good thing to do, I did a little checking and heard lots of great things.”

For Pawelski, the formation of debates was the greatest intellectual challenge of the symposium.

“Our symposium is an event focused on controversy, real controversies,” Pawelski said. “Not trying to strawman one side of the debate. Speaking with our potential debaters and making sure they disagree on something and forming our questions to relate to that disagreement is very challenging.”

Another component to the symposium is the undergraduate journal of international and cross-cultural issues, The Meridian. The Meridian is co-edited by Cas Mulford ’23 and Lia Dimitrova ’23. The journal is the oldest student-run publication on campus dating back to 1981.

“The symposium is a really cool way for a focus to come to campus, specifically on International Affairs and cross-cultural issues. I think the journal complements it in a way whereas the debates are happening externally, we are bringing people on the campus to talk about issues,” Mulford said. “The journal is a wider way for students to be involved in the symposium, whether that

is having something published or being able to tangibly read other peers’ work, I think brings a whole other dynamic to the symposium that reinforces the student-run aspect of the symposium and the Meridian.”

The Meridian includes entries from other disciplines outside of International Affairs, such as music in the Middle East and North African region and anti-cultism in the late socialist and early republic Russia. The journal also features student photography.

The emphasis of confronting different viewpoints is what the symposium runs on.

“The IA symposium is not for you to come into a place and reaffirm your views,” Salman said. “It is more to have a person who is reaffirming your views and another person who is against and for you to be like ‘oh! There is a rational thing that could go against my ideas.’”

The symposium is not solely concerned with International Affairs and includes moderators from various departments. Committee Member Syd Brown ’25 was excited for the Twitter Against Tyrant debate moderated by Rhetoric and Media studies Professor Mitch Reyes. The debate was between New York University Professor of Politics, Joshua Tucker and co-director of the Center for Studies on Media and Society at San Andrés University in Buenos Aires, Argentina Eugenia Mitchelstein. The debate was centered around how digital media affects non-democratic regimes.

“I am a Rhetoric and Media studies minor, so I am really interested in this one,” Brown said. “I think we were just trying to find debates that were touching on different debates that were also trying to touch on different departments just trying to find a wide appeal on campus.”

The International Affairs symposium intends to challenge views and give nuanced explanations for hot topics. All members of the community and the public are welcome to attend the symposium.



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The IA Symposium encourages questions.

Group helps students cope with anxieties



SUMMER DAE BINDER/THE MOSSY LOG

By SUMMER DAE BINDER

IN RESPONSE to student anxiety, the Counseling Center is hosting a drop-in Anxiety Reduction Group.

For many students, part of college is learning to manage mental health. Academics, relationships, separation from home and financial worries can be sources of anxiety for students. According to the counseling center website, the anxiety reduction group is an opportunity to learn how to help manage anxiety while sharing and discussing ideas and strategies with others.

The group meets weekly on Wednesdays in Meeting Room 110 on the lower level of the Agnes Flanagan Chapel from 3 - 4 p.m. The group is open to all Lewis & Clark students and is designed to accommodate the needs of any anxiety-related issues.

Counseling Center Staff Therapist Glenn Jacob-Oviatt currently runs the group and wants it to be a resource for students during their studies at LC.

“Thinking about anxiety is certainly prevalent in our culture, especially thinking about young adults being in the process of learning so much,” said Jacob-Oviatt. “It naturally is stressful as we are learning more about ourselves and having our thoughts and preconceptions about things be challenged whether through curriculum, friends, or just further engagement with the community.”

The group was created for students to talk about their experiences and identify how and what anxiety looks like, as well as develop skills to overcome these feelings.

“College campuses in the U.S. have very high rates of anxiety and a lot of that is helping provide a space for

students to talk about their experience but also to identify and work on skills that would be helpful for regulating anxiety, even identifying it,” Jacob-Oviatt said. “Sometimes it feels nebulous and difficult to define, so having that space to slow it down and share with other people in a safe environment can be really helpful.”

US college campuses have high rates of anxiety. According to a 2022 American College Health Association study, 35% of students said they have been diagnosed with anxiety. Roughly 77% of this student sample had an appointment or discussion about anxiety with a healthcare professional.

The LC group is student-guided based on the needs of attendees. Currently, the groups have had a very small attendance.

“The groups have only been one or two people per a time. It ends up being an individually directed conversation. It can start with individual experiences of anxiety, but also loneliness,” Jacob-Oviatt said. “The group is certainly open to talking about the context we are in right now socially in the U.S. and the world can influence constant feelings of worry or fear of the state of the world or fear of our sense of safety. Hopefully, as more students are engaged, these topics might come up naturally.”

When asked what are the main sources of anxiety for students and the attendees of the group Jacob-Oviatt said it was COVID-19.

“COVID and health has been a very common concern,” said Jacob-Oviatt. “Other concerns that have come up have been related to social anxiety and connecting with people.”



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

On April 4, red spray paint appeared on the side of Maggie’s Café, presumably protesting its closure and mimicking the Indigenous People’s Day graffiti that appeared earlier this year. It has since been washed away by campus maintenance. On the building, this tag reading “Feed Us” appeared, along with a second tag saying “Maggie’s Back.”

The Mossy Log

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Cyberattack leaves LC community uncertain

Some faculty have reported fraud, identity theft after data breach, college offers credit monitoring

Continued from page 1.

According to the parent, “The caller had a very heavy accent and knew my name, but clearly (had) no sense of time as it was after office hours. When I asked what the call was regarding, he fumbled for a reason and just said my child is fitting in. I said I didn’t have a child and he asked me to confirm my name and I said that wasn’t me. When he hung up I tried to call the number back and it (did not) go through.”

On April 11, over two weeks after the data was published online, the Executive Council publicly acknowledged that personal information had been leaked and used without people’s permission, writing, “It is now clear that some amount of personal information belonging to the members of the LC community is included in the data ... We are aware that a number of individuals report discovering that their social security numbers have been used to fraudulently file a tax return.”

The Executive Council said they are affected toward the process of notifying affected community members about their increased risk of identity theft.

“Our forensic experts are undertaking a process that is methodical and painstaking,” the Executive Council wrote. “It wasn’t until this week that they were able to safely and successfully



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

Students can now use flex points and meal swipes following the cyberattack outage.

download the illegally stolen data from the ‘dark web.’ They are currently scanning it for malicious content to ensure it is safe to analyze. The data will then be thoroughly and carefully reviewed, and any person

whose protected personal information is found to have been included in the data will receive a formal legal notice.”

ASB President Madeleine MacWilliamson has been in contact

with administration and members of the Executive Council, but has received very little information about the scope of the cyberattack.

“I have discussed the cyberattacks with Robin (Holmes-Sullivan) and Evette (Castillo Clark) in our regularly scheduled one-on-ones,” MacWilliamson said via email. “During these meetings, we discussed the lack of communication between the institution and students. We have had several conversations, which have all been somewhat frustrating for both parties. I have pushed for further transparency. To be blunt, I heard unsatisfying answers—but these are still the answers we have for now. The institution wants to provide the most information possible without compromising the investigation and without unnecessarily scaring students.”

According to multiple news sources including the Oregonian and Government Technology, ransomware cybercrime group Vice Society took credit for the attack. Vice Society, who began operating in January 2021, have targeted various institutions, including the San Francisco Bay Area Rapid Transit and Los Angeles Unified School District. In 2022, more than 40 educational organizations, including 15 in the United States, were attacked by Vice Society, according to a report published by Palo Alto Networks. In addition, foreign government

agencies, hospitals, and other services have had their data compromised by the group.

Vice Society focuses on getting into the victim’s system. The group started as friends who were interested in pentesting. A “pentest,” better known as penetration testing, is a simulated cyber attack against computer systems to check for exploitable vulnerabilities. It is believed that the group is Russian-speaking, according to Wired magazine.

The ransom demanded of the college is unknown. Ransom letters from Vice Society typically bribe the victim to purchase a unique private key. The criminals also claim they are the only ones who can give the victim the tool to recover encrypted files.

Efforts to restore the computer system on campus have included changing passwords, restoring the PioNet-Guest Network system and providing hotspots around campus. On March 21, another email from the Executive Council described that LC network drives (LC files, H: drive, J: drive) and Moodle were only accessible as “read-only” as well as a “thank you” to over 4,000 students, faculty and staff that changed their passwords. Services that remain unavailable include the VPN (GlobalProtect), Pionet secure wifi network and WebAdvisor if passwords have not been changed.

Students present art, scholarship at festival

Continued from page 1.

Frankie Spurbeck ’23 is also passionate about their topic. He is presenting his senior political science thesis: “Riding to the End of the Line: The Effect of School Transportation Policy on Transit Habit Formation” at this year’s festival. Spurbeck also received a SAAB grant, and used it to incentivize students to respond to surveys.

Spurbeck is from the Twin Cities, where transportation to and from high school is done with city buses and not school buses. Spurbeck said more cities should implement a similar plan. From there he fell in love with public transportation, the independence it provides and the reduction of carbon emissions. Passion is not the only reason they are excited to present, though.

“I also just think it’ll be fun,” Spurbeck said. “I looked at who I’m on the panel with and it’s all people I know, which is wild. And it’s a real interesting mix of stuff.”

The in-person element adds to the festival’s unique feel.

“In person is also irreplaceable because the fest in festival really comes to fruition in person,” DeMarte said. “SAAB did just an amazing job last year, also putting the fest back in

the festival by bringing in food trucks and having all kinds of activities.”

However, SAAB funding was cut a little bit this year and there will be no food trucks today, but will be tomorrow at the Spring Fever Fest. Every organization received cuts this year and SAAB did not escape that. Stratton and the board prioritized grant funding over food trucks and extra FoSA enrichment, but even so grant applications closed early due to an inability to fund further applicants.

Even without free food, FoSA provides LC with an opportunity to experience the work produced by the community.

“About campus community and extracurricular events and stuff I can be a cynical person that guards my time and tells students

“I think that it’s wonderful and really important that we reserve an entire day, in the Spring semester ... where we canceled classes and we devoted (ourselves) entirely to celebrating student research and student student projects.”

- Kyle Lascurettes

to guard their time,” Lascurettes said. “But this is an event that I’m not just on the committee for the sake of doing committee work. I really believe in this event. I think that it’s wonderful and really important that we reserve an entire day, in the Spring semester, especially in the

business end of the semester, where we canceled classes and we devoted (ourselves) entirely to celebrating student research and student student projects.”



THE MOSSY LOG ARCHIVES

Festival of Arts & Scholars brings students together to celebrate their peers work.

Community uses holiday to reflect on Jewish life in Portland, campus

Continued from page 1.

Maddie Herrup works at PDX Hillel as the Social Justice Fellow and at LC Hillel as the Jewish Student Life Coordinator. She played an important role in the organization of the Seder, but emphasized the agency of Hillel’s student leadership. The Seder was led by the student board, using a Haggadah, the religious text that guides the ceremony. Rather than using a more traditional version of the text, Hillel used an alternative version that student board members Sam Personette ’24 and Elliot Negrin ’25 adapted themselves. Herrup explained that this format is the standard at LC Hillel.

“It’s student-driven and staff-supported,” Herrup said. “I’m going along with whatever the students want to do ... It’s almost a dance between the student board and me as this Jewish Student Life Coordinator.”

Zach Gilburne ’23 is the president of the student board. Gilburne helped organize the Seder, where he and the rest of the student board led attendees in the reading of the Haggadah, as well as a skit version of the Passover story. He was impressed with the turnout the event drew.

“There’s not a whole lot of other events at Lewis and Clark where you can get 80 people in one room just to celebrate a holiday,” Gilburne said.

Gilburne has been involved with LC Hillel since the beginning of his freshman year, when his cousin, a fellow LC student, encouraged him to attend a Shabbat dinner during orientation. He expressed his appreciation for the open and welcoming space that Hillel provided him, and which it continues to offer to a diverse group of students.

“As far as levels of practice goes, there’s a pretty huge variety ... the one pretty universal thing is community,” Gilburne said. “We get the whole spectrum of levels of observance. In some ways, it’s kind of a big melting pot of Judaism ... There’s no pre-requisite on ‘Oh, you have to have lived a Jewish life beforehand.’”

Herrup also described the diversity of Hillel’s participation, which she said can be a challenge to cater to, sometimes leading to critique of the organization as a whole.

“It’s either we’re not religious enough or we’re too religious,” Herrup said. “I think it’s important to have nuance whatever perspective you come into, and people don’t see Hillel as having that,” she said.

This challenge, however, is anything but discouraging.

“(Orthodox and conservative) perspectives are important in Hillel, along with Reform, Recon, Renewal, Spiritual, Agnostic, Atheist, ‘I don’t give a damn.’ A Jew is a Jew is a Jew. Even folks who aren’t Jewish ... It’s for anybody,” Herrup said.

Herrup’s perspective lends itself to her overall goal as a Hillel staff member, which is caring for the mental and emotional health of any LC students who seek out Hillel’s services.

“The personal connections I have with the different students I’ve talked to is really important to me,” Herrup said. “That in person, ‘Let me treat you to coffee, I want to hear all about your life;’ it gives the chance to get to know someone on a person level, not just a staff to student, but human to human.”

Linoy Yechieli, PDX Hillel Israel Fellow, has found a lot of admiration for Jewish life at LC, as opposed to Israel, where she lived prior to moving to Portland.

“I feel like it’s so unique here to be Jewish... It’s a bigger deal than being Jewish in Israel,” Yechieli said. “I really feel proud.”

Like Herrup, Citron seeks to make Chabad a space for those across the broad spectrum of Judaism.

“We accept every Jew,” the Chabad on Campus SW Portland website said. “Whether you’re religious or not affiliated at all, whether you eat a bagel with lox every day, or have never heard of pastrami on rye, we’re here for you.”

This value is not just held by Citron, but is ingrained in Chabad as a whole organization.

“Chabad philosophy places tremendous emphasis on the commandment to ‘love your fellow as yourself,’” Citron said. “Jewish unity and love for one another is seen as the core of Judaism and our purpose in life.”

Professor Kosansky chose to celebrate with his out-of-town family, a serious decision for a holiday that is not granted a designated break by the college.

“I’m canceling classes for the rest of this week,” Kosansky said. “It continues to be this reasonable disjuncture between my calendar and the calendar of the college.”

He stresses, however, that the college has not stood in the way of this choice.

“I feel entirely supported by the college and I don’t feel ... like I’m

playing hooky, or that I’m doing anything wrong,” he said.

This semester, Kosansky is teaching a course called Ethnography of Jews and Judaism, and despite having taught Anthropology for two decades, this is his first time teaching about Judaism.

“There are lots of reasons for that, mostly having to do with me,” Kosansky said. “The fact that there’s a more public presence on Jewish life was one factor ... in saying, ‘It’s really time to do this.’”

In his time at LC, Kosansky has observed significant changes in Jewish presence on campus.

“When I came here, which is almost 20 years ago now, the Jewish presence public press on campus was virtually nothing,” Kosansky said. “I think the college has actually, and this is largely at the behest of students, but a variety of other things, made more of a space for supporting public Jewish life on campus.”

Juno Pechersky ’26 is a student in Kosansky’s course, and describes his Jewish life at LC as social and community-based, rather than focused on religious practice. Pechersky, like many LC students, chose not to participate in an organized Seder and rather have his own, informal gathering with his friends.

“Just get all the Jews together, make some matzah ball soup,” Pechersky said of his plans for the holiday.

This, for Pechersky, fulfills the most important aspects of the celebration.

“I always enjoy feeling some sort of like being a part of something,” Pechersky said. “I think that anytime that you can get together with other Jews is a time to celebrate, and it’s nice to be around your people.”

Rebbitzen Chaya Citron, Rabbi Citron’s wife and co-host of Chabad, said her favorite part of the holiday was spending relaxed time off of work and school with family. Herrup and Kosansky both cited the intergenerational aspect of the gathering as particularly dear to them. Leah, the Citron’s one-year-old daughter, says her favorite part of Passover is matzah.

Across the spectrum of religiosity, people seemed to agree that time with loved ones is at the core of Passover’s importance.

LETTER TO THE EDITOR: Genderqueer people cannot “mansplain” Asking for accountability

By CLAIRE CHAMPOMMIER

DEAR EDITORS and community, During my last four years, a professor once asked our class to critique a performance done in blackface. In class we explained why wearing marginalized identities as costumes is disrespectful. Our professor repeatedly responded by saying, “It’s just acting. That’s the whole point of acting. You’re supposed to transform.” Our professor ended our conversation with, “There are strong arguments on both sides.” We repeated that we were trying to help our professor understand why this was harmful to our community so our professor could do what we know they would want – to create a welcoming learning environment. We repeated that we were coming from a place of love.

We noticed our professor stared only at me for the rest of class. Once after I volunteered to read from the board, our professor made fun of the sound of my voice.

The last day I attended this class I shared an experience of racial violence I had downtown that previous weekend in which I was targeted for being Asian American. I explained again that some of us don’t get to take the “costume” of race off, nor do we receive Oscar awards or applause for facing violence simply for being who we are. Our professor laughed and said, “I don’t think anyone would want to say anything after that.” My peers spoke up against this response. If it weren’t for my peers in this class and the rest of our community, I could not have gotten

through this time. I also appreciate the professors and administrators, as well as a few student unions, that were at my side through this.

Students soon after told me they were defending me from professors that I’ve still never met who vocalized resentment toward me during their classes, office hours, and over email in reaction to hearing about our class. Students told me they feared speaking up in their own similar classroom situations after witnessing how these professors treated me. The first day of the next semester, I dropped a class after a professor said “I know all about you,” and asked if I could even handle taking a hard class with so much homework.

We should be careful and thoughtful of who’s narrative we listen to in these situations. My peers and I weren’t trying to ban books or conversations about racism. We believe there is no conversation too difficult, but conversations about racism aren’t the same as arguing for making excuses for racism. Asking for accountability from our professors isn’t the same as trying to “cancel” them. If you deny and retaliate when we name and recognize ignorance, then you block us all from stepping toward growth together.

We shouldn’t be made to feel afraid to ask for respect for one another, or ourselves. It’s not enough to only sometimes feel welcome at school. Being bullied by people who are supposed to create a welcoming learning environment, whether mindless or not, took a toll on my mental health. But I’ve learned that what we do on one hand and what happens to us on the other is arbitrary. And luckily, I had the

support of our community to get me through. I wasn’t the only student to document and report what happened.

We ask to refrain from ostracizing students for communicating distress. I hope professors can understand that when students speak up, we are doing this from a place of love because we know that all educators aim to create a safe and welcoming learning environment and so we all need to work together to achieve this. These are our classrooms too. Keeping each other in check is an act of love for all parties involved.

Whatever hate I may receive again, I write this to ask for a focus on hope for change. We know we can’t change anyone, but we will keep asking for respect. And even if some may never give it to you, always know you’re still deserving of it. Remember to have respect for yourself. We are only here once.

Best,
Claire Champommier



THE MOSSY LOG ARCHIVES

By JACQUES PARKER

NAVIGATING Lewis & Clark College as a genderqueer person is already difficult, but there are things that many LC students do that make life for me even more insufferable. When it comes to gender identity, I am in a unique and vulnerable position. To many, I “look like” a man, but I am not a man. Despite this, many LC students – mostly cisgender women – believe that it is socially acceptable to use me as a proverbial punching bag for their frustrations with men, including common feminist critiques of men’s actions like mansplaining.

I feel it unnecessary to explain in detail how gender identity is different from gender expression, but for those of you who do not know, how one expresses their gender on the outside may not line up with how they feel about themselves internally. It also does not necessarily line up with the gender category you might put them in subconsciously.

LC students often categorize me as a man based on my appearance. They say I “look like” a man, but I want to question that. What does a man look like? How do you know that your image of a man is consistent with all men? How do you know that you are placing everyone in the right category, so as to not misgender them?

These questions much of the time go unanswered – if they are asked at all. However, they are important to ponder. Please do not leave them as intellectual exercises; people like myself live by asking these questions and understanding the system in which we live.

An irritating phenomenon that results from this lack of introspection is the way in which cisgender people will use my appearance to question what I say and do. For example, I have worked at LC’s mailroom for three and a half years. I know what I am doing there and I can admit when I do not. Once, though, someone came up to me at work and assumed I was mansplaining to them how to do X, Y or Z.

Although they did not say it explicitly, I felt as though their internal dialogue was that I was “mansplaining” to them. This person did not know who I was other than that we shared a class together, yet they likely assumed that I was a man based on my appearance. It should go without saying that my appearance does not define my gender identity. I feel as though they felt their categorization of me as a man was justified because they were critiquing me for “mansplaining” to them about mail.

You have no right to assume things about me, even if veiled under a feminist critique of men and their behavior. You serve to make those hierarchical structures more entrenched in our culture when you operate this way, whether you are cisgender or not. Genderqueer people, in my experience, are just as likely to assume I am a man as anyone else – no one is immune to this pitfall (including myself). If your feminism functions based on someone’s appearance (i.e., if they “look like” a man) and not on the hierarchical power structures that define our culture, then it is not feminism.

Student tourists, families encroach on current student lives on campus

By CORRINA CHAN

THESE PAST few months, Lewis & Clark has seen an increase of tour groups on campus. Despite the rain and snow, visitors trudge through campus with the signature LC orange umbrellas. We have seen them on pathways, in our dining hall, Fowler Center and now even our dorms. We see them staring at us through classroom windows and as we walk by on our way to classes.

I understand that prospective students and visitors may want to check out our campus, classes and dorms. I was a tourist myself during the pandemic, and my visit greatly helped with making a decision about which college to attend. It was, however, better that I got it done during spring break, as there were very few students for our tour group to disturb.

Having the experience of checking out a school while it is in session may help with immersion and getting a glimpse into a student’s day-to-day

life. There are drawbacks for students, when too many large tour groups start to block pathways, take pictures of students without consent and tour places meant only for students and faculty.

I woke up one morning to go to class and, when I walked through the Platt Lounge, I ran straight into a tour group who stopped and stared at me as I walked past. After that awkward, jarring encounter, I was inspired to write this article. This was jarring, as I was under the impression that dorm buildings and residential areas were reserved for students who lived there. While I understand that they are being escorted by a tour guide, it feels wrong to have strangers in the place where I live.

My understanding is that my dorm, Platt West, is generally an open space where people come and go freely, doors usually remain open to other students and there is a certain trust amongst the residents. Having many strangers coming in unannounced each day may

impact the security that we feel within our dorm. I feel that the school should get the residences consent before allowing tourists into the place we live.

It is also my understanding, as some of my peers have told me, that this is common in other schools and sometimes there are empty dorms or unoccupied rooms shown with the residence’s consent that are used as models for these families to view. In my opinion, this is not as disruptive of the security of our living space.

While I understand that coming to see the place that you will be living and studying for the next four or so years is completely necessary and a really good idea, it can be a bit uncomfortable when people stare through windows into in-session classes or while we are eating at dining halls.

The week before spring break, there was a man filming in the Trail Room, which was not a bother until he started focusing the camera on me eating my hamburger. Now there is a strange man somewhere out there with a video of me eating, which is incredibly weird and creepy.

There will always be a few people who cross boundaries with external permission and without, but I advise that tour groups be conscious of students who actually live and study on campus and have made it their home. Oftentimes, we can feel like zoo animals when we see people staring at us through the glass when we have classes in Miller.

The school should prioritize its current students’ safety and comfort over students who might not have even decided if they want to come here. While I am glad to welcome those who want to check out the campus, there should be a little more respect and communication when it comes to this place that I call home.



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

A student tour guide shows prospective students and their families around campus.

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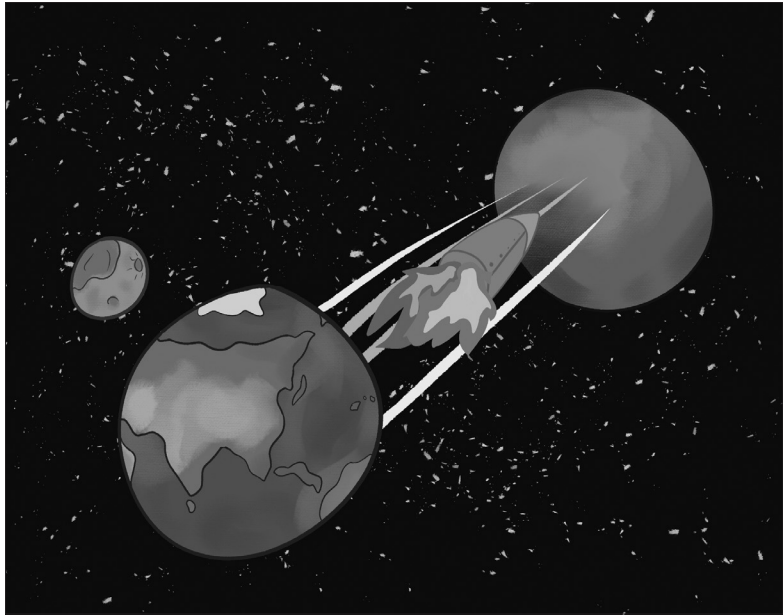
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The Mossy Log

Space exploration must be responsible



HALCYON ORVENDAL/THE MOSSY LOG

By DANIEL NESHYBA-ROWE

SPACE, THE final frontier. Star Trek fans are not alone in thinking space is cool — with so many constellations to count, curvature to measure and asteroids to smack into the earth Deep Impact-style, thereby ending all macroscopic life on this soggy ball of mold. Unfortunately, along with all the scientific intrigue and philosophical mystery comes a plethora of environment-killing corporate baggage. This raises the question: Is space exploration worth it? In my opinion, only if done responsibly with an eye to the future.

My favorite expression of this sentiment comes from the TV series *The Expanse*, which is set in a future where humanity has colonized Mars while Earth suffers from climate change. In one scene, someone from Mars sneeringly accuses Earthers of taking a perfect paradise and destroying it — which is, indeed, precisely what we are doing now by continuing with our level of CO₂ emissions.

That said, while rocket flights certainly emit a ludicrous amount of carbon, it is a tiny portion of the amount produced from other sources. One estimate has global space travel at 1.2 million metric tons of CO₂. In contrast, the EPA measures total emissions from the US at 5,000 million metric tons. Furthermore, satellites are widely used for collecting climate data, unlike the transportation industry. I think there is an argument to be made that rockets are actually one of the only justifiable uses of fossil fuels; we can heat our houses and go from place to place using renewable energy, but it is high-impossible to get a satellite to orbit using solar panels.

The elephant in the space-room has been SpaceX for a few years now, and that seems unlikely to change anytime soon. SpaceX crafts moved 116,000kg of equipment to space last year, five times more than the next runner-up. It was also responsible for more than 75% of payload deliveries globally in 2019.

I dislike Elon Musk as much as the next LC student, but SpaceX is incredibly relevant and, despite the bad rap it frequently gets, seems to be more committed to legitimate science and useful-to-the-average-person satellites than many competitors (even given the publicity stunts). Blue Origin and Virgin Galactic, for instance, both sell joyrides to space as their main product — a clear waste of resources, which only entertain the uber-rich. SpaceX is admittedly guilty of selling private flights to Jared Isaacman, but at least these flights do not make up the majority of the company's income.

SpaceX's newest big project, Starship, will be the first rocket with all stages reusable, which cuts down on manufacturing CO₂ emissions (and costs) significantly. NASA's

Artemis III mission scheduled for 2025 plans to leverage Starship for the first manned mission to the moon in 50 years. I support people being sent to the moon — it is a relatively close-by destination with awesome research potential, and since the moon has such low gravity, it is correspondingly easier to get back into orbit.

Manned Mars missions, however, are a stupid idea. First of all, Mars ranges from 100 to 1,000 times farther than the moon. While this does not make such a huge difference in fuel consumption, as the vast majority of fuel is expended getting into and out of orbit, it does mean that help would be unreachable. If anything breaks down on Mars, it likely will not ever be fixed. Send rovers to Mars instead; rovers are great. NASA has planned an ambitious mission to return samples gathered by Perseverance back to Earth. Right now, sending people to Mars is foolish and reckless.

My primary reason for disliking the idea of people on Mars is that a number of billionaires have made noises suggesting they think Mars could serve as a sort of “emergency Earth,” as the real thing is devastated by rising sea levels, hurricanes and ecological collapse. This is a dangerous and foolish proposition — Earth may be experiencing an extinction event, but Mars does not have anything to go extinct in the first place. Also, I refuse to let the top 0.1% escape the mess for which they are disproportionately responsible.

Another issue that arises in getting to space is Kessler Syndrome, which is the idea that as debris — mostly small particulates moving very fast — accumulate in orbit, it becomes increasingly difficult to find a spot clear enough to safely put a rocket or satellite. Specifically, research suggests that once enough debris is present, collisions will produce new debris faster than the old scraps can deorbit. Kessler Syndrome is primarily caused by anti-satellite (ASAT) tests conducted by the US, Russia and China, where a missile is launched at and destroys a satellite, scattering shrapnel which stays in orbit for decades or centuries.

Conversations about the place of space in the future are important to continue having. It certainly does seem reckless to continue building and sending rockets to space (especially for publicity stunts and joyrides) while climate scientists desperately beg us to reduce our CO₂ footprint, but I think there is a place for responsible space exploration. Private space flights set a dangerous precedent, as do ASAT tests. In the past, international law has had no teeth when it comes to space and I think that needs to change, with increased regulations and enforcement concerning what is allowed and what is not.

Despite inconvenience, daylight savings should not be permanent

By MAX ALLEN

A FEW WEEKS ago, we experienced an infamous little quirk of our culture: Daylight savings time began. This day is otherwise known as “spring leap forward,” or as I fondly call it, “the worst day of the year.” There is nothing quite like the feeling of checking the time, seeing it is 1:56 a.m., then checking five minutes later and doing a double take because it is now 3:01 a.m. Nor is there anything quite like clawing out of bed at 7 a.m. for your 8 a.m. class to see the sun has yet to fully rise and feeling like death itself, a full hour of sleep cut out of your already dismal sleep schedule.

Springing forward, I feel, is not a good time. So it may surprise you to hear that I am a huge advocate for changing the clocks. Legislation in the country has recently moved to make daylight savings time permanent; i.e., one last forward shift before keeping it darker earlier and lighter later all year. Last year, the daintily named “Sunshine Protection Act” pushed for making this change the national standard, and was unanimously approved by the Senate. However, The House of Representatives did not act on the bill, and so it has been reintroduced to the Senate to be put into place next year instead.

Should the House and the Senate pass this bill, Oregon and 21 other states voiced that they would conform to the change immediately, thus putting an end to springing forward and falling back. As a result, the other states would be pressured to follow suit, and Canada might not be long after.

The likeliness of daylight savings becoming permanent saddens me. It is true that having a 23-hour day is pretty rough, but having a 25-hour day? Absolutely worth the sacrifice earlier in the year. I treat daylight savings' end in

the fall as a sacred day. I go to bed early the night before and luxuriate in the extra hour of sleep.

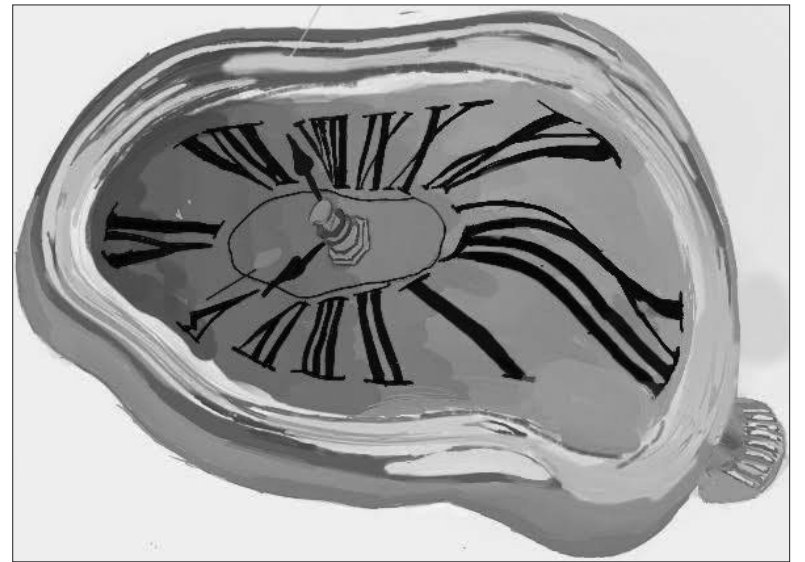
Cell phone clocks have somewhat compromised the full daylight savings experience, but I leave my watch an hour ahead and do not change the clock in my car, so that I can be regularly pleasantly surprised by having an extra hour in the day. I get an unreasonably excessive sense of excitement when I look at my watch, stressed about all of my responsibilities, and realize a moment later that I have a full bonus hour. There is just something magical about daylight savings ending that tragically few people stop to appreciate, too busy complaining about how early it gets dark.

The beauty of our current system is that we do not have to worry about the early darkness of standard time for very long. Two-thirds of the year are spent in daylight savings (March through

October), meaning we get the best of both worlds: a 25-hour day, and — for much of the year — the convenience and safety of it staying light late.

Another underappreciated aspect of the regular switching between daylight savings and standard time is what I call the small-talk factor. In trying and divisive times, what we really need is small and moderately stupid things to bring us together. If the dreaded Sunshine Protection Act is passed, how will we talk to people we do not know or are uncomfortable around? The weather can only get you so far. What will our world be when we do not have the clock on the wall in the classroom an hour off for four months of the year, throwing the students and professor off every time?

The sunshine does not need our protection. Our bizarre and arbitrary system of shifting our schedules twice a year does.



SUMMER DAE BINDER/THE MOSSY LOG

Diet culture, challenges of healthy eating persist even at Lewis & Clark

By CLAIRE BACO

WHEN I WAS packing for college my freshman year, my grandmother (only half jokingly) told me to “watch out for the Freshman 15!”

I grew up relatively isolated from the worst of today's diet culture, so this was a bit of a shock. In this rhetoric, the biggest thing I would have to worry about at college was not hard classes, navigating the social scene or avoiding peer pressure. It was gaining weight — the infamous 15 pounds from eating dining hall food.

I have always been considered a healthy weight and “in shape,” particularly due to being involved in athletics my whole life. But despite the fact that I was committed to swimming

competitively 15 hours a week, my grandmother wanted to make sure I would not eat too much.

Diet culture was pervasive in high school, but the messaging is almost worse in college.

Free to do what they like with their time and money, many students gravitate towards the snack and candy aisles at Fred Meyer and forgo the Bon's limp vegetables for the significantly-less-slimy crazy cake. The efforts the Bon exerts to try and offer healthy options get left to go cold while we grab cereal, white rice and grilled cheese.

It is really hard to eat healthy in college. Budget and time constraints, combined with lack of experience in cooking for ourselves, mean dinners of mac and cheese and ramen are go-to's.

And yet, exacerbated by conventionally beautiful influencers on Instagram and TikTok, the image we see as ideal is thin, white and effortlessly stylish, as well as probably trying to sell us something.

The result is disordered eating for college students. At Lewis & Clark in particular, many students came from middle- and upper-class homes where home cooked meals were the norm. Some adapt to the lower-quality food, but some simply skip meals. Combined with how difficult it is to get off campus to get groceries or restaurant meals, particularly for first-year students, this is a difficult and unhealthy problem.

LC as a whole is fairly body-positive and many students who do follow diets do so for environmentally-conscious reasons. I have heard very little about the “Freshman 15” here compared to friends at other schools, however we are not exempt from the societal pressure to stay thin.

College students as a demographic are susceptible to such messaging, as we are figuring out how to live adult lives, spend our money on the right things and navigate the dating scene. Young people are particularly vulnerable to the propaganda pushed by diet, cosmetics, sports and other industries looking to profit off of college students' personal budgets.

As much as we complain about the Bon's food, it has tried hard to counteract the diet culture college students are subject to. We are presented with a fully stocked salad bar, balanced meals, fresh fruit and thoughtful soups. Despite the many undeniable issues, an honest effort has been made to offer LC students healthy options and counteract the idea that there is no way to eat healthy in college.



SUMMER DAE BINDER/THE MOSSY LOG

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DISCOVER | COLLABORATE | INNOVATE | TRANSFORM



Michele Martinez discusses style, family, take on life

By MAYA MAZOR-HOOFIEN

WHEN MICHELE Martinez is working in Fields Dining Hall, she is impossible to miss. Her eye-catching style and warm personality have made her a beloved figure on campus. Martinez' story, however, extends beyond the confines of the host stand and far beyond Palatine Hill.

When it comes to her work, what Martinez loves most is interacting with the Lewis & Clark community.

"One of my favorite things in here is to listen to the laughter," Martinez said. "You know what I mean, just hearing people, man. Enjoying all y'all here, somebody just busts out laughing. It does my heart good."

LC students perhaps know Martinez best for her personalized fashion sense. Her style is characterized by bold colors, quirky accessories and playful patterns. Her ornate, turquoise jewelry and dangly earrings are a staple look of hers. Though her fashion holds distinctly cohesive quality, she holds no loyalty to particular stores or aesthetics.

"I'm like a little bird, and when I see something, it's like, oh, shiny, I like that," she said.

In addition to her creative fashion choices, many people are curious about where Martinez gets her elaborate nails done. Martinez shared that she frequents "Classic Nails" in Gresham.

Martinez has worked at LC for more than 30 years, and is currently Bon Appétit's longest-serving staff member. Her mother, Patricia Wahlsmith, was a longtime chef who began working at LC in the '80s.

Martinez joined her at the dining hall. "I was lucky to have my momma and my best friend wrapped in one," Martinez said.

Martinez passed on the family tradition to all three of her children, who have worked in the Bon before. At one point, three generations of her family worked together. Welcoming LC into her own family, Martinez recently shared her own recipe with Bon Appétit for the community to enjoy: her famous sloppy Joe's.

Martinez has eight grandchildren, and though one is not her biological relative, she explains "you don't separate" family.

"You're not my blood, it doesn't matter. You're my blood. You're my baby," Martinez said.

Similarly, she describes appreciation for the large family she grew up with.

"My stepfather was a good man, taught us respect, responsibility, a value of job," she said. "I got very lucky, I got two beautiful father figures in my life."

Martinez credits her approach to life to her eccentric father, who always encouraged her to be herself and not to conform to society's expectations. She remembers him tinkering in their garage and hearing the sounds of his Harley-Davidson engine.

"He always used to tell us, 'Be anique; don't be like everybody else,'" Martinez said. "And it wasn't unique, it was anique."

Another family member who played a role in shaping her identity was her grandfather, who she said had hair even longer than hers.

"My grandfather was an old hippie and he used to tell me, he says, I'm like a mirror (of him)," Martinez said.

Like many LC students, Martinez grew up in the Bay Area, moving to Portland when she was 13. Prior to starting at LC, she had a roundabout journey that included being a pastry chef and bartending, meaningful experiences she describes fondly.

"When I first started here, I bartended nights and I worked here during the days," Martinez said. "When I went to Montana and I came back, they gave me an opportunity in the bakery, and they go, 'You're a natural.' And so I went from just a job to a career."

Beyond work, Martinez has a rich adventurous side. In her free time, she goes mud and bubble racing with her daughter and granddaughter. A mud race is a 5K walk or race through mud, whereas a bubble race is a race where the participants run through dye-filled bubbles. She recalled one experience at one such race with her niece.

"I never laughed so hard as watching my niece," Martinez said. "She went up, over, and completely under. And came back up and she was just covered in mud."

Her breadth of experience and earned wisdom have taught her to prioritize joy, focusing on the things that really matter.

"You know what, like I said, life's too short, why sweat the small stuff, you know what I mean?" Martinez said.

Martinez is admired by many for her dedication to her work, love for family and commitment to fostering a caring community. She is an invaluable part of LC who has dedicated much of her life to the school and improving the experience of generations of staff and students.

Additional reporting by Nadav Ben David



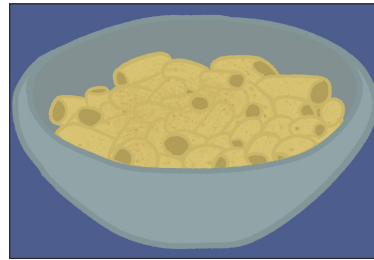
NADAV BEN DAVID/THE MOSSY LOG

Martinez, adorned in her usual eye-catching turquoise jewelry and vibrant nails, radiates warmth through the camera's lens.

Campus cooks serve dorm-friendly dishes

By DANIEL NESHYBA-ROWE

I AM A TERRIBLE COOK. Despite this, in my two years on-campus, I have witnessed and made a number of edible items, some of which were even good. Students like myself need all the help they can get food-wise — all starred(*) ingredients should be procurable from the Bon. I present a medley of such recipes from myself and several friends.



Julia Scott's Microwave Pasta (20 min):

Ingredients:

1/2 box of pasta
Water
1/2 tablespoon butter*
Salt*

Garlic Powder

Bon toppings* (cheese, red pepper flakes, etc.)

Directions:

Fill a microwave-safe bowl with pasta, then add enough water to cover. Microwave for about 15 minutes, depending on pasta type. Strain, add butter, salt, garlic powder and toppings.

This recipe is as easy as it is questionable, but comes with a bonus of requiring no cooking utensils. Please make sure the bowl is actually microwave safe.



Halcyon Orvendal's "Beef" Cookies* (45 min):

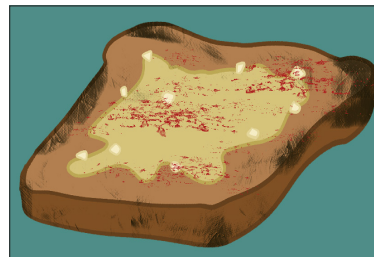
Ingredients:

7/8 cups butter (about 1.75 sticks), room temperature
1 cup + 2 tsp granulated sugar
2 cups flour
4 tbsp cocoa
1 tsp baking powder
1 tsp vanilla sugar (2 tsp sugar and 1 tsp vanilla extract)
2 eggs
Trail Room nutmeg (optional)

Directions:

Preheat oven to 400° F. Mix butter and sugar until soft, then add all other ingredients except one egg. Combine into a dough. Separate the dough into six parts and roll into cylinders. Place on a baking sheet and flatten somewhat. Whisk egg with a fork and top cookies with egg wash. Bake for 12-15 minutes, and cut into about 2cm-wide diagonal slices after removal.

*Cookies are not actually beef, but resemble beef strips. While they do look a bit freaky, these are tasty cookies if you have the necessary baking supplies. Try adding some nutmeg to experiment.



Ian Cebula's Garlic Bread (20 min):

Ingredients:

6-8 slices of bread
1/2 cup butter
2 teaspoons minced garlic (2-3 cloves if you mince it yourself)
Spices

Directions:

Set the oven to 425° F. While it is preheating, melt butter in the microwave, then add garlic and whatever other spices desired. Spread butter evenly on each slice of bread. Bake on a baking sheet for 8-10 minutes. You can use the broil option on the oven in the last couple minutes for toastier garlic bread.

Garlic bread is a delicious and relatively easy savory staple. This recipe should work just fine in any rickety Forest Hall oven you have access to, and the whole hall will smell great, so be ready to guard or share your meal.



Almond-Honey Balls (2 hours 20 min):

Ingredients:

1/3 cup honey
1/2 cup almond butter
1/4 cup coconut flakes

Directions:

Stir together almond butter and honey in a bowl until mixed. Chill the bowl for 20 minutes. After chilling, roll into small balls, and then roll the balls in coconut flakes. Finally, chill for another 2 hours (if it is the common fridge, make sure to clearly label it and hope no one steals any).

This recipe comes from my time on an elimination diet when I could eat almost nothing except for nuts. It certainly makes a passable and easy (if somewhat expensive) gluten, dairy and sugar-free treat.



Bon "sponsored" Pan-Fried Rice (30 minutes):

Ingredients:

2 cups cooked rice*
1 bell pepper*
2/3 cup thinly sliced carrots
2 eggs
1 tablespoon soy sauce*
2 teaspoons sesame oil (optional)
Salt*
Oil/butter for frying*

Directions:

Chop bell peppers and carrots. Beat eggs, mix in a pinch of salt, then scramble on medium heat. Set aside. Toss the bell peppers and carrots in with oil and salt and stir-fry for 2-3 minutes. Turn the heat to high, and add the scrambled eggs and rice. Toss a few times while drizzling with soy sauce and sesame oil, then serve.

Multiple friends have suggested fried rice as a means of repurposing Bon ingredients. This recipe is my attempt. Along with bell peppers and rice, I am told you can re-cook certain Bon meats (as a vegetarian, I feel unqualified to advise on this) or tofu. I recommend pilfering some green onions as a topping.



Nikita Starzhevskiy-Stowell's Grenki (15 min):

Ingredients:

6 slices stale bread
2 eggs
1/4 cup milk
Oil/butter (for frying)*
Bon toppings* (butter, berries, etc.)

Directions:

Beat the eggs into the milk until combined. Soak each slice of bread in the mixture until damp, then fry on medium heat. Serve with desired toppings.

Grenki is a Russian dish almost identical to French toast. This recipe is particularly simple, though, and is therefore powerful. Stale bread is better for Grenki, which is great since everyone who buys bread at LC will inevitably have stale bread eventually.

ALL ILLUSTRATIONS BY HALCYON ORVENDAL/THE MOSSY LOG

KPH DJ talks resurgence of Missed Connections

Senior radio host brings back popular campus segment, Dovecote Girl speaks on newfound popularity

By SUMMER DAE BINDER

AT THE START of spring semester, an Instagram account was created under the username @kphmissedconnections. It announced that it was bringing back Lewis & Clark Missed Connections as an Instagram account that posts MC's with music and a radio.

LC Missed Connections first started on Facebook in 2013 as a way to anonymously declare romantic and platonic interest in members of the LC community. The last post on the Facebook account was in March 2022.

The Facebook page was popular among LC students in its day. The radio show host, who chose to remain anonymous for this article, wanted to bring back the idea via radio and Instagram. Submissions are made through a Google Form link available in the show's Instagram bio, and are then posted with a colorful background and a song of the person's choosing. Past songs have included "Hot Knife" by Fiona Apple and "Brown Eyed Girl" by Van Morrison.

The Missed Connections show host wanted to make something that would attract all LC students.

"Shows I have done in the past get like eight listeners on average. I think this year there have been a lot more listeners," the host said. "You go on the radio and you broadcast for your friends who you badger into listening to your show or you get your family to listen, but I thought the missed connections idea had a greater reach and that might be something a lot of students all around campus would be interested in tuning into."

While popular on Instagram, the radio show, like most shows, does not attract a huge draw of listeners. Compared to other shows, however, the range of listeners is diversified by the format, rather than being a group of friends tuning into a radio station out of support or obligation.

That is not to say there has not been drama on the Missed Connections page and show. Some submissions remain vague or call out other students by their full name.

In response, the host blanked out missed connections' last names and changed the guidelines so that submissions that are negative, vague or explicit will be denied.

"There were two posts that people did not want to see that said mean things about other people. In one of the posts, I just censored a last name because even I was like 'this is a mean post' and when I started the account I did not want to censor anything because I think it gets a little bit complicated with one person deciding what gets posted and what does not," the host said. "I think it could get complicated with bias I think for an account like this, after having people direct message me and the comments on the post, I really understand that people just do not want to see that stuff and some people getting annoyed that their stuff is not getting posted is not a bad trade-off at all."

One missed connection that has received a lot of attention is the Dovecote girl, a student who makes paper cranes in the Dovecote. The Instagram account featured a post called "A Love Letter to the Dovecote crane/ teddy bear girl" which compiled eight separate submissions dedicated to the Dovecote girl that included: "girl with the pink stuffed bear. You're magical. I know you might not believe me, but you truly are."

The "Dovecote girl" in question is LC student Halli Nguyen '24.

"I know the two baristas and I was just kind of decorating for our

happiness, our sake," Nguyen said. "I did not realize people noticed or cared about it at all, so when the first missed connection came out it was very

sweet to receive it. People were indulging in something that I do. Of course, I did not expect to be anymore after that, so when the eight came out later it was definitely a big wave of 'wow,' that is a lot of messages."

Nguyen also goes by the name "Teddy Bear Girl" on Missed Connections. Her stuffed bear, who goes by the name "Kitty," is named after the fictional character Hello Kitty and has been in Nguyen's life for twenty years.

Nguyen is most known for her origami crafts that decorate the Dovecote. One missed connection that was posted related to Nguyen about the origami rose pig's she made for a professor.

do it for friends and people I know as well. I am kind of at a place now where if someone really wanted something I would definitely figure out a way to make it for them."

In response to all the missed connections, Nguyen is very appreciative.

"To everyone who has written me missed connections, thank you again for all your love," Nguyen said. "I'm glad everyone can enjoy my paper crafts. Kitty says thank you too, all the happy comments on her. If you ever want to say hello to me or Kitty, feel free to come visit me in the Dovecote or wherever you can find me. I'm always happy to chat :) Love, Dovecote Crane Girl."

Amid all the drama on Missed Connections, the numerous submissions for Nguyen have been a wholesome palate cleanser for the host and the audience.

"I posted publicly on the Instagram that this girl has three more (submissions) coming this week and immediately after I posted that, she got a ton more of people wanting to talk about her and saying 'oh my God I know her' and 'I have also seen her stuff,'" the host said. "Even after posting the one about all those submissions I am continuing to get more about the Dovecote Crane Girl."

Looking towards the future, the host hopes to find someone to take over the role for the 2023-2024 academic year. The longevity of Missed Connections is undetermined, but the host hopes to put out feelers soon to continue the legacy.

"Anybody who does take it on should downsize the scope," the host said. "The only way I can make it the way it is now is because I am a second semester senior and I finished my thesis last semester. Whoever takes it on next year should downsize the scope, maybe not make it a radio show. I do love the radio show aspect and I find it really funny."

For those interested, tune into the Missed Connections radio show on Mondays at 6 p.m. at www.kphstream.mixlr.com or on the Mixlr app.



HALCYON ORVENDAL/THE MOSSY LOG

The creation turned out to be the professor's favorite type of pig.

"I did make an extra rose pig for a professor, which is now in her office," Nguyen said. "I have made it for friends and people I actually know. For Valentine's Day, I made twelve gift bags and I made a Valentine's Day crane that is in each gift bag, so I

Student guide to viewing Portland's perfect petals

With Old Man Winter finally retiring, spring blossoms wake up, several local parks boast blooms

By PAIGE ANDERSON

AS SPRING approaches and the sunshine bathes our city slightly more frequently, the plants and flowers begin to finally show their phenomenal myriad of colors and patterns. The following will guide you through the very best spots to enjoy the new spring blooms.

Tryon State Park

For the student who does not have the time or access to travel to further parts of Portland, Tryon State Park is right across the street from campus and offers some beautiful diversity in the springtime blooms.

Among the healthy plethora of moss and ferns, delicate trillium, Sheep sorrel and evergreen violets introduce a variety of colors to compliment the vibrant greens of the Tryon landscape. Bright yellow Daffodils can be seen popping up all over campus and throughout the park, and gorgeous pink Camellias with incredible petal patterns invite one to take a close look at the flowering trees.

The Oregon Iris has also begun to grace us with its presence: look closely along the sides of the trails to spot the bright purple and yellow six-petaled flowers. Dotted throughout Tryon and in mass on campus, pink, purple, blue and yellow Hyacinths and Crocus are bursting through the soil, brightening up our walks to and from class.

Tom McCall Waterfront Park

The cherry blossoms along the river's edge in downtown Portland are an



PAIGE ANDERSON/THE MOSSY LOG

Members of the Portland community flock down to Tom McCall Waterfront Park to enjoy the newly bloomed Cherry Blossoms.

iconic spot to visit in springtime. Rows and rows of gorgeous pink blossoms line the waterfront, perched on small hills of bright green grass. This is a common photo spot, where Portlanders and visitors alike gather to appreciate these first, special signs of the changing season.

Stretching along NW Naito Way, one can meander along the park path lined by the trees on either side, taking in the sights. Occasionally, Oregonians will gather and play music in some of the paved parts of the park, creating an inviting atmosphere that emphasizes the hope and promise of sunshine that the cherry blossoms represent.

International Rose Test Garden

Though still a little ways ahead, Portland's famous rose garden will soon be in full bloom. In late April and May, visitors can expect the Rose Garden to explode with dozens of different types of roses. The experience offers a bit of history, as each bush is marked with the year in

which the roses were introduced to Oregon. Beginning in 1918, flower hybridists in England would send rose samples to Oregon to see how they would thrive, allowing for a rich diversity of colors, smells and types.

The rose is an important flower to the city of Portland, as Rose City is one of its common nicknames, and the rose bloom is a must-see for any Portlander. Additionally, the Rose Garden is positioned right across from the Portland Japanese Garden, where Wisteria winds across arbors and white Viburnum flourish near the ponds.

Crystal Springs Rhododendron Garden

In Southeast Portland near Reed College, this garden offers a gorgeous variety of Rhododendrons and Azaleas. Access to the garden is \$5, except on Mondays, when entry is free though donations are still recommended. A day could easily be spent wandering through the garden, smelling the sweet scent of Daphne blossoms in the warming breeze, gazing at the multicolored Hellebores and pink Cyclamen which have just begun to emerge. Magnolia and Plum trees have also begun to blossom all over the city and throughout the garden.

All over the city, Portland has beauty to offer. We are lucky enough to live in a place where we can look outside our dorms and classrooms and relish the sight of the gorgeous array of plant life which comes with Oregon springtime.

Mossy Music

editorial recommendations

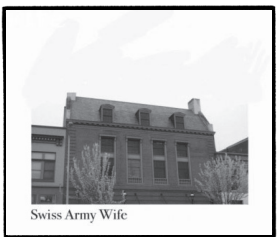


"Where No One Goes"

By John Powell and Jónsi

This song is from one of my favorite movies "How to Train Your Dragon 2." It is a very uplifting song (and movie) and it carries me away when I find myself getting too stressed with finals. I recommend this for the artists and the daydreamers who find peace and inspiration in the skies.

— Corrina Chan '25



"One Hour Photo"

By Swiss Army Wife

I like a lot of Swiss Army Wife songs, but I love "OHP" especially for the deep bass line and lyrical heartache. If you love emo, I must recommend the full Swiss Army Wife discography as an upcoming new classic to the genre.

— Madeleine McWilliamson '24



"Auld Lang Syne"

By Leslie Odom Jr.

"ALS" is a song of tradition. It is often referred to as the New Year's Eve song, but it is originally from Scotland and some of the lyrics are written in Scots. Auld Lang Syne translates to times long past and Odom's beautiful, modern rendition extends the timelessness to the twenty-first century, creating a space to remember those we no longer see.

— Noah Reese-Clauson '25



"Fantasma"

By Cornelius

Cornelius emerged on the international scene after his 1997 album Fantasma. Forget the Beatles, forget the Beach Boys, forget Beck—no one has used the studio as an instrument like Cornelius. Fantasma oscillates between the kaleidoscopic, the serene and the schizophrenic.

— Leo Bernstein Newman '23

Renamed review celebrates 50 years

By NOAH REESE-CLAUSON

ON APRIL 21, Palatine Hill Review (PHR), formerly the Lewis & Clark Literary Review, will release their 50th edition "Growing Pains."

The issue will be distributed that day at the release party, beginning at 6 p.m. in the Frank Manor House Armstrong Lounge. "Growing Pains" contains student poetry, prose, photography and visual art, along with one staff work.

Co-Editors-in-Chief Jillian Jackson '23 and AJ Di Nicola '24 have been facilitating the book's creation this year. According to Jackson, helping students enter the world of publication is central to PHR's goal.

"Our mission is to empower the student writers and student visual artists on campus," Jackson said. "For many of them, this is their first publishing credit which is really exciting and can be not only a great thing to put on their resume but a great experience to know that someone out there believes in their art and wants to put it out in the world."

Students have certainly taken advantage of the opportunity this year. "Growing Pains" will be a 332-page double issue, due to a massive influx of student submission right before the deadline.

"We didn't plan for issue 50 to be a double issue or an extended issue and then the student body decided it was going to be one," Jackson said.

The influx of submissions also created an influx of work for the editors. "I pulled my first all nighter trying to get this thing straightened out," Di Nicola said. "I spent probably 36 hours straight on the review. I do not recommend (it) and we're trying to avoid this in the future. That was also a thing I did at my own volition."

Despite the heftiness of the time commitment, it is still, as Jackson said, "a labor of love."

"Bone Meal," the forty-ninth edition, won first class honors from the Associated Collegiate Press

(ACP) and was also longer than previous years.

"That was probably our biggest book in the last couple of years, at least it was like 180 pages and that was the first time in, again, a couple of years that we had tried to really increase our design capabilities," Di Nicola said. "It was really exciting to see that."

In addition to the praise that they received from the APC, PHR also received constructive criticism on certain elements of "Bone Meal's" layout that guided their work on this years issue.

"Growing Pains" is unique from previous issues in that it will feature reprints of alumni work from past issues. For many of the alumni, their first publishing credits came from PHR. Additionally, the 50th edition has four alternate student-designed covers — selected through a contest in the fall — all of which are in the same color scheme. Each issue will have the other covers inside as well.

The color scheme is important to making the volume "a cohesive work of art," as Di Nicola said. Design Editor Elizabeth Huntley '25 worked with the design board to decide on a palette.

"When it comes to design, (the) design board does meet during fall semester to decide collectively on a color palette, on body and title fonts and things like that," Huntley said. "So that way, that's the theme throughout the entire book. So it's unique between years, but still, within each book, cohesive."

Crafting the student submissions into one longer work can be very meaningful. "When I graduate, I think (PHR) is going to be what I miss most," Jackson said.

Submissions for PHR's 51st edition open Friday, April 14, and graduating seniors are welcome to submit. Additionally, anyone is welcome to apply for the editorial board regardless of major and leadership will provide training on how to respectfully engage with student submissions. Submissions can be sent in to tinyurl.com/litsubmit24.

"We didn't plan for issue 50 to be a double issue or an extended issue and then the student body decided it was going to be one"

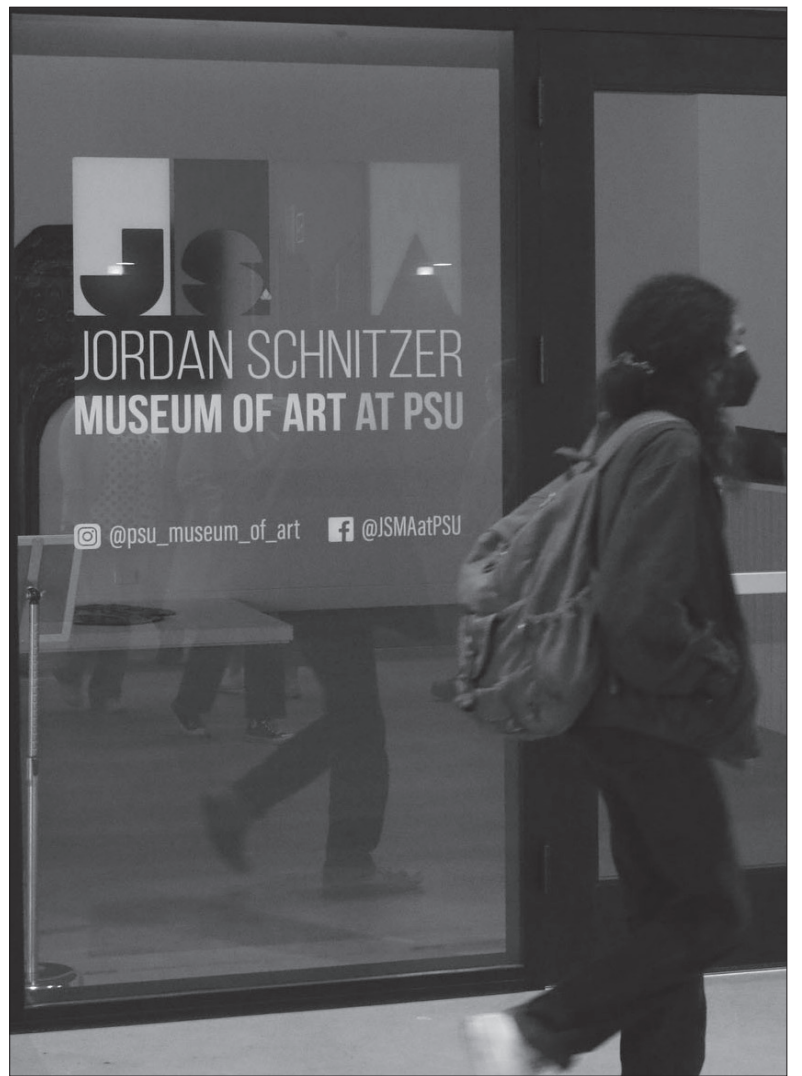
— Jillian Jackson



COURTESY OF THE PALATINE HILL REVIEW

Student editors of the Palatine Hill Review lay out the pages for the 50th edition.

PSU hosts winners of Schnitzer art award



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

The Museum of Art at PSU is free to the public from Tuesday-Saturday 11-5 p.m.

By SUMMER DAE BINDER

JOHANNA HOUSKA is this year's first place winner of the Arlene Schnitzer Visual Arts Prize.

In 2013, the Harold & Arlene Schnitzer CARE foundation created the prize to showcase the quality of visual art education at Portland State University (PSU) and to commemorate the late Arlene Schnitzer, who dedicated her interest to the arts and culture of Portland. First prize winners receive \$5,500, while second prize winners receive \$4,000 and third prize winners receive \$3,000.

Houska received a Community Health Education (CHE) from the London College of Fashion in 2018 and a BFA from Portland State University in 2022. She specializes in developing textiles for furniture, apparel and fine art. Her work on textile design and its application focuses on ethical and sustainable sourcing, design and construction. Her practice seeks to solve problems through design and asks which materials can bridge the human relationship to nature and advance connections between people and products.

Houska's exhibition "Networks" plays with how textiles can create objects of varying utility. The series of pieces are connected through materials and techniques. The physical material reveals how handmade pieces can communicate craft while serving a purpose on our bodies. One of the pieces from the exhibition called "To walk in" is a pair of shoes made of tencel, plant dyes, banana fiber, cotton canvas, ceramic tile and deadstock leather. A lot of the work is similar in that it highlights the slow and meticulous process of using plants, stone and other earth materials.

The second place winner is Shelby Loomis, who graduated from PSU with a MFA in Art + Social Practice. After graduation, she founded the Park Arts AIR of Jantzen Beach on Hayden Island in North Portland. Her practice explores stories of the Hayden Island community and history, value of time and labor, forming relationships and grief. She uses drawings and digital 3D rendering to explore her community and neighbors.

The socially engaged project created by Loomis is called "The Art We Value"

(2022). Loomis collaborates with community members and highlights neighbors in the Hayden Island RV Park & Mobile Home Community to create a collection of memories to share. She uses her neighbors as artists and aims to celebrate community, recognition and value of their passions. She wants to publicly empower the people living on this island who are threatened by gentrification. Park Arts have created workshops, concerts and publications, individually working with each participant to ideate and execute their ideas publicly. One of the works exhibited includes "Madonna's Hands Creating Paper Lanterns," a beautifully crafted blue pen drawing.

Third place was awarded to Nia Musiba, who is a multidisciplinary artist. She is committed to diversifying art and design spaces and this practice has manifested primarily in community-based projects and public art since 2019. Musiba is interested in collaboration, experimentation, question-asking and friendship building of art. Throughout her work and depictions of Black and Brown bodies, she reclaims the tenderness and complexities of her own identity, creating a place for people of color historically stereotyped as brutal and hyper-sexual in art and media.

Musiba's exhibit "This is A Sign" explores how humans use signs to perceive and place meaning on arbitrary words, symbols and circumstances in hopes for answers. The exhibit raises questions about a sign's purpose and prompts viewers to consider what signs do for us. Musiba's series of posters, sculptures and found images encourage viewers to experience what signs are intended to do: Create specific yet somehow universal messages that at the same time are meaningless, childish and intellectual. The installation includes a stop sign that says "missing you" and a poster that reads "some of the cutest boys are really girls."

The eligibility criteria for the prizes includes applicants pursuing a major in one of the PSU School of Art + Design programs, which include Art Practice, Art History and Graphic Design. Applicants must also be enrolled with half-time or greater status during the term in which they apply. All award winners must participate in an exhibition held in their honor at the Jordan Schnitzer Museum of Art at PSU.

Student musicians showcase skills in end-of-year recitals

By J FRANK

WITH THE end of the academic year quickly approaching, music students are preparing to present the culmination of their practice. Many music performance and composition classes at Lewis & Clark include a required recital component. In addition to working to improve technique under instruction all semester, through recitals students learn to showcase their skills in performance.

Recitals also provide an opportunity for music students of all instruments, disciplines and skill levels to engage with each other's work. Vocal performance major True Duerden '23 spoke about the community-building benefit of recitals.

"It helps introduce people to what's possible in the world of music," Duerden said. "It's really exciting to see what everybody's doing on campus and it helps build a community especially within the music department because you go to each other's recitals and see what's going on."

Duerden's senior degree recital is tomorrow. The senior degree recital is

required for those graduating with a degree in music and is intended to be a presentation of the student's work and development in their area of concentration throughout their four years of study. Students compared the degree recital to a thesis presentation or paper that other majors complete to showcase the knowledge and skills they have gained.

"It's a way to see the culmination of all your work at Lewis & Clark," Duerden said. "You gather up all the music that you've worked on throughout your time at Lewis & Clark. Some of it you learn during your senior year and then some of it is supposed to be from previous years to show your growth. Whereas maybe an English major would have to write a long thesis paper, we get to have a senior recital, and in our recital program notes we show off the knowledge we've learned about the music we're doing, and people can just

hear what you've been working on. It's really rewarding."

Both Duerden and Seamus Brindley '23, who recently performed his degree recital in classical piano, said that while it is impossible to avoid the nerves, performing gets easier with experience. The best thing to do, Brindley said, is to not fight the nervousness and to accept that the performance may not be perfect.

"It helps introduce people to what's possible in the world of music. It's really exciting to see what everybody's doing on campus and it helps build a community."

—True Duerden

"If you're putting the work into it everyday with practicing, that's all you can do," Brindley said. "With presenting music or art, you want it to be a certain way because you're trying to express something, so it is like 'Ugh I don't want to make a mistake.' But the worst that can happen when you're playing is really that you make a mistake, and that's a human thing to do. Especially here, when people are going to recitals, they're just getting together to appreciate art and support their friends and share music together. If and when you make a mistake, it's not an earth-shattering thing, and it can just become a part of the music and the moment."

There are many recitals coming up this month, where you can support your peers' work while enjoying diverse styles of music for free.

"When people are going to recitals, they're just getting together to appreciate art and support their friends and share music together."

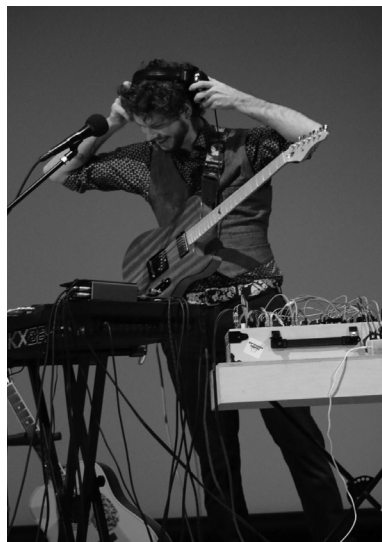
—Seamus Brindley



J FRANK/THE MOSSY LOG



COURTESY OF NADAV BEN DAVID



J FRANK/THE MOSSY LOG

Recitals give students the opportunity to show off their hard work to peers and practice performing in a friendly environment.

April performance schedule lists many types of shows to attend

April 15, 3:00 p.m. Diane Gregg Pavilion	Piano Students Recital	Featuring accompaniment by other student musicians
April 15, 7:30 p.m. Evans Auditorium	True Duerden Senior Degree Vocal Performance Recital	Soprano performing classical works featuring student accompaniment
April 19, 7:30 p.m. Evans Auditorium	Composition Students Recital	Showcase of students' compositions, performed by other student musicians
April 21, 7:30 p.m. Agnes Flanagan Chapel	Orchestra and Choir Joint Recital	The Orchestra and Choirs will join forces to perform Fauré's "Requiem"
April 22, 7:30 p.m. Evans Auditorium	Wind Symphony and Percussion Ensemble	Featuring marimba arrangement of Bohemian Rhapsody
April 23, 7:30 p.m. Agnes Flanagan Chapel	Susan DeWitt Smith Piano Recital	Solo performance by Music Department Chair and Piano Director
April 24, 7:30 p.m. Evans Auditorium	Electronic Music students recital	Showcase of student compositions with accompanying videos
April 25, 7:30 p.m. Evans Auditorium	Jazz Night	LC Jazz Combos present jazz music from the past 50 years
April 26, 7:30 p.m. Evans Auditorium	Kalea Kauai Senior Degree Viola Recital	Pieces of contrasting styles and eras collected across three years of study
April 28, 7:30 p.m. Evans Auditorium	Sebastian Aljian and Emma Breitbard-Rasmussen Joint Vocal Performance Recital	Featuring selections from Schubert's "Die schöne Müllerin"
April 29, 3:00 p.m. Agnes Flanagan Chapel	Jaxson Price Marimba Recital	Unique percussion instrument, played with four handheld mallets
April 29, 7:30 p.m. Agnes Flanagan Chapel	Kate Stratton and Kathryn Kiskinen Joint Vocal Performance Recital	Sopranos performing Romantic era music about accepting grief
April 30, 3:00 p.m. Seitz Lounge	Jack Waite Piano Recital	Featuring accompaniment by other student musicians

Jinkx Monsoon cast in "Doctor Who" role



COURTESY OF PAIGE A. ANDERSON

Arts Editor Paige A. Anderson poses alongside PNW drag queen Jinkx Monsoon.

By PAIGE A. ANDERSON

TWO-TIME DRAG race winner and dubbed "Queen of All Queens," Jinkx Monsoon has just been cast in the long-running and iconic British time-traveling adventure series "Doctor Who." By far the most famous queen from the Pacific Northwest, Monsoon is a Portlander who began their drag career in Seattle at the age of 15.

Monsoon starred in many musical theater performances, such as "Rent," "Hairspray" and "Spring Awakening," before their career was fully launched by her participation in "RuPaul's Drag Race." Known for her voice and singing ability, Monsoon also voiced the character Emerald on the popular animated show "Steven Universe."

Monsoon, recently successful in their performance as Matron "Mama" Morton in the musical "Chicago" on Broadway, has spoken expressively about how her participation in the performance has been an incredible experience. Their participation in "Chicago" was an important moment for the queer community, as it was the first time a drag queen had been cast in that particular role.

"The kids are saying 'she ate,' so I figured, I might as well have seconds," Monsoon said to Broadway Direct. "In all seriousness, playing for standing-room-only crowds throughout my run as Mama has got my mind blown and my heart full. Audiences from all over the world have generously brought so much joy to this show. The 'Chicago' cast has become my family, and I've made friends for life. I'm super excited for what the rest of the year holds, but first, I'm gonna keep feeling my oats on the Broadway stage."

During the 8-week runtime of "Chicago," Monsoon's participation broke box office records. As it turns out, Monsoon will be "feeling their oats" all the way to England and throughout time and space.

"Doctor Who" has been a staple of British entertainment since it first premiered in 1963 as a cheesy, low budget tale of The Doctor, a timelord who travels through all of time, space and history to defeat evils and save the world (England, mostly), often with a human companion, over and over again.

Up until October 2018, the role of the Doctor had only been played by

men, until Jodi Whittaker accepted her role as the 13th Doctor, introducing a new aspect to the old show. After facing a lot of criticism by lifelong fans of "Doctor Who," Whittaker feels that the "gender question" has finally ceased to be of importance.

"Being a woman is who I am," Whittaker told the Guardian. "And with this part, being a woman has less relevance than any other part I've played, except for that monumental historical moment of being the first woman Doctor."

As an avid lover of both drag and "Doctor Who," I was fascinated and excited by the announcement that Jinkx Monsoon has been cast in a major role, which has yet to be revealed. What will Monsoon bring to "Doctor Who"? Known for her quick wit and title as a comedy queen, Monsoon will surely bring new life to the long-running British show. As the first non-binary actor cast on "Doctor Who," Monsoon, along with Ncuti Gatwa, brings a fresh breath of queer representation to British television. Gatwa, who played Eric Effiong in the hit Netflix series "Sex Education," has been revealed to be the 15th Doctor, bringing both more queer and Black representation to the TV show.

One of the writers and visionaries of "Doctor Who," Russell T Davies, said that with Monsoon's participation in "Doctor Who," the show will never be the same.

"In a galaxy of comets and supernovas, here comes the biggest star of all," Davies said in a press statement. "Jinkx Monsoon is on a collision course with the TARDIS." Alongside Monsoon, icons from "Doctor Who" past will be featured in the 15th season in November 2023; David Tennant and Catherine Tate are expected to appear in three special episodes to celebrate the show's 60th anniversary. With this new era of Doctor Who, I am unsure what to expect from the promise that Monsoon will have "a major part" in the series. Hopefully, it means they will be featured all throughout the season and not only in a few episodes or specials.

No matter what, I greatly look forward to seeing them undoubtedly steal the show and make me laugh all the while. It is Monsoon season, after all.



COURTESY OF ASTRID STAWIARZ/GETTY IMAGES

Monsoon and Gatwa will bring queer representation to season 14 of "Doctor Who."

Athletes participating in DIII week discuss unique cultural opportunity

By CLAIRE BACO

THIS WEEK student athletes at Lewis & Clark celebrated Division III (DIII) week, an event organized by Student Athlete Advisory Committee (SAAC) to highlight the opportunities athletes here have and the difference competing at an National Collegiate Athletic Association (NCAA) DIII school makes.

The NCAA includes most accredited colleges and universities in the United States and divides all member schools into three divisions. LC is a NCAA Division III school. There are also National Association of Intercollegiate Athletics (NAIA) schools, which are all one division.

Division I schools are mostly public state schools, Ivy Leagues and other large institutions. Division II schools are mostly larger private schools, and Division III are mostly small liberal arts schools. Which division a school falls under actually has nothing to do with the number of students or programs. It is decided by the number of teams the school hosts. Generally, bigger schools can fill more sports teams with players, and thus are in higher leagues.

Division III is designed to give athletes more flexibility in prioritizing academics and diversifying their extracurriculars. Macy O'Hara '24, who is on the Track & Field and Women's Soccer teams, values that flexibility highly.

"I think being able to go to a DIII school allows me to play sports I really love," O'Hara said. "And so I'm able to follow through with all of my passions academically and through my sports."

SAAC president Sophia Pitre '23, from the Rowing team, values her ability to participate without the pressure athletes would experience in higher-level competition.

"My coaches understand that we are at a Division III level, and they adjust their expectations to Pitre. They're not expecting us to be practicing seven days a week at 7 a.m., every single day. They understand that our bodies need time to rest, and that us athletes are balancing it as well," she said.

Students at NCAA DI, NCAA DII and NAIA schools may receive athletic scholarships. Division rules mandate that no scholarships for athletics are offered at DIII schools. Student-athletes may receive any other scholarship so long as it is expressly not offered by the institution for a sports program.

There are benefits and drawbacks to both systems. Athletic scholarships offer once-in-a-lifetime opportunities

to athletes who would otherwise not be able to attend college. However, they come with catches. One such catch is the possibility of losing one's scholarship if an injury, poor grades, or another circumstance stops the athlete from actively competing. Circumstances can be career-ending not only in the potential for a professional sports career, but also stop lower-income students from being able to attend school at all. The value of competing at a NCAA DIII school is that if an athlete must take time off of the sport to focus on school or recovering from an injury, there are no financial consequences.

Not everyone thinks DIII schools should be kept from offering scholarships, though.

"I do believe that division three schools should be able to offer athletic scholarships," Petri said. "... I think there should be a cap of how much is allowed. Because I do feel like when money gets involved, maybe some individuals choose to take a scholarship for not the right reasons, like maybe they aren't in love with their sport, but they want to get to college or vice versa."

Student athletes come from a variety of backgrounds, and the DIII rules seek to offer a flexible system that allows student athletes more freedom to pursue other interests and focus on academics while continuing their athletic career. No system is perfect, but students are grateful for the opportunities they've had to compete at this level at LC.



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

Student athletes practice in athletic facilities in Pamplin Sports Center, home to weight rooms, cardio equipment, offices, and more.

Spending time playing sports, athletics positively affects community mental health

By CORRINA CHAN

MANY STUDIES, some more recent, have shown that regular exercise greatly improves mental and physical health in the long term

and is enhanced even further with consistency.

Sports are a good way to create motivation, as they can make exercise feel like a game and come with a short term dopamine and adrenaline release. Libby Barrese '24, a member

of LC's rowing team described the positive impact of sports and time outside on their mental health.

"Being on a team sport has been a benefit to my mental health throughout college," Barrese said. "Being able to get outside every day and row on the Willamette with my teammates helps me maintain a healthy mindset. I love the water and rowing is a huge part of what keeps me refreshed and active throughout the week."

Sports can often also help with stress management, studies have shown very many times that they produce an antidepressant-like effect in both lab mice and in humans.

Isabelle DeMarte, an associate professor of French, who recently started exercising regularly said she feels better on days where she is active.

"Especially coming from somebody who used to not exercise regularly ... but who now does exercise regularly, I see, on a daily basis, a difference between when I don't move and a day when I go for a run or a walk," DeMarte said. "It has a direct impact on my mood and on the positivity of my mood."

Beyond personal impacts, team sports such as soccer, rowing or volleyball, where people work together to achieve goals can greatly benefit one's social environment, which has a great impact on their mentality. There is a strong sense of community and camaraderie in team sports.

"Having a support system of so many people with a similar experience to me is amazing. Barrese said "the commitment of sheer time

and physical energy is grueling, but I have made my strongest friendships with the people that are always by my side going through the same thing."

Although there are many other activities that one can participate in that require group work, the effect of team sports are amplified by the physical exercise and competitive nature of the activities.

Where one might feel lonely while working or living alone, having a shared community, especially where one can physically benefit from the activity, can make them feel less alone and more motivated in general.

Pairing exercise and movement with meditation and mindfulness can improve focus and cognitive processes.

"I listen to guided meditation of various kinds on a daily basis for several years because I had physical health issues," DeMarte said. "... I would have a hard time sleeping or staying asleep. I would wake up, my mind would be on a treadmill ... or on a wheel that doesn't stop turning. Similar to the effects of physical exercise and mood, the effect of meditation has allowed me to slow down the stress related pace of work and life in general."

Getting outside once in a while or getting away from the stresses of work or school life is greatly beneficial for everyone. Moving your body or calming the mind can often take you away, at least temporarily, from the physical or mental stressors that can start to weigh on you. Walking or playing outside with friends or even alone greatly improves one's mental health, especially with consistency.

SCORES

Baseball

LC v Linfield: W 11-5,
W 9-5, W 7-4
LC v Corban U: W 3-2
LC v Pacific U: L 9-10,
L 7-8
LC v UPS: L 1-15
LC v Willamette U: L
6-9, W 9-1, W 5-1
LC v Pacific U: W 7-2

Golf

Men's

LC at NWC Spring
Classic: 9th

Rowing

Men's

LC at Pioneer Crew
Invitational:
2V/Novice 4+: 1st
Varsity 4+: 2nd
Varsity 8+: 1st
LC at Collegiate Cov-
ered Bridge Regatta:
Varsity 8+: 6th
2V 4+: 7th

Women's

LC at Pioneer Crew
Invitational:
2V/Novice 4+: 1st,
2nd, 3rd
Varsity/2V 8+: 2nd,
3rd
Novice 4+: 1st
LC at Collegiate Cov-
ered Bridge Regatta:
2V 8+: 1st
Novice 4+: 3rd
Varsity 8+: 3rd
2V/Novice 8+: 2nd

Tennis

Men's

LC v U of O club: W 7-2
LC v UPS: W 9-0

Women's

LC v UPS: W 7-2

Track & Field

Men's & Women's

Competed at:
Willamette Invitational
Mike Fanelli Track
Classic
Pacific University
Multis
Pacific Open
John Knight Twilight
NWC Championship
Multi Meet

Athletes of the Week

Mar. 28 - Apr. 5
Luke Bass '24
Roberta Moore '26

Apr. 6 - Apr. 12
Maggie O'Leary '26
Brandon Gonzaga '26



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

The track at Griswald Stadium is open to athletes and non-athletes alike for training.



The Backdoor

It took Reed's Quest a whole issue to be half as funny as The Backdoor.

New grad program offers seniors another try

Squandered undergraduate student experiences remedied via ultimate blow-off classes on partying, jazz

By MAYA MAZOR-HOOFIEN

H EY SENIORS! CAN you feel it? The finish line is close. Tantalizingly. As you finish cobbling together your thesis and push through your final remaining GE classes (we have to take PE in college?), you may be finding yourself feeling a little empty. But before you chalk it up to seasonal depression (it is April, after all), think back on your college experience. Was it everything you wanted it to be?

Studies have shown that an overwhelming 69% of seniors leave college with little more than high-interest loans and a degree that will rapidly depreciate in value. The quintessential college memories are increasingly being passed over, in favor of focusing on studies, health and being an overall loser.

Did that pesky Generalized Anxiety Disorder keep you in your Copeland double for your whole freshman year? Or what about that time COVID-19 resulted in every plan and party you got excited over being canceled last minute? Forget missing prom — you were robbed of your chance to black out at an improv show, just like you promised your parents you would! With all these concerns in mind, Lewis & Clark has decided to give seniors a second chance at the college experience. In the 2023 - 2024 school year, LC is excited to introduce its newest graduate program, "False Start."

Admitted seniors will attend the one-year program, beginning in Fall '23, designed to help students fill in the gaps they missed the first time around.

Completion of the program will earn students an MFA or a license as an ordained minister in the State of Oregon, which may actually have more value.

Interested? Take a look at a sampling of the course offerings and see if False Start could be right for you.

Jazz Appreciation

LC's jazz scene is as quintessential to our unique culture as Carhartt, communism or blatant homophobia from gay people. Not a jazz fan? Not a problem. No one is. This course will teach you what so many have already learned: how to pretend to like jazz. Wow, check out that pentatonic scale! Modulate that key! Take a 5-minute solo, you deserve it! These terms and more will be covered in the course, and the final exam will consist of a conversation with a jazz drummer during which you will have to listen to whatever underground artist he plays you from his very cool Spotify without pretending you have to go to the bathroom.

Keg Stands 101

Sure, college kids love to party — going to a "party school" is a legitimate ambition. But you decided to go to LC, so naturally you missed out on your chance to rage against the machine as an undergrad. This course is for you! The class will consist of a series of field trips to the best of Portland's party scene. Get mono from sharing a cigarette with a stranger at a house show. Sprain your ankle at a rave and figure out how to walk home from downtown. Go to a children's dance recital on shrooms. Get caught publicly urinating. Extra credit will be given for showing up visibly hungover

to class; indoor sunglasses and everything. Fake IDs will be required, regardless of being over 21, as will smelling salts and an alibi for Cobain's suicide.

Fiction 1

As a liberal arts college, LC believes students should invest in creative pursuits alongside their real degrees. This course will help you get in touch with your emotions and write some really worrying, ah, "fiction." Therapy is hard and expensive. So rather than working through your issues with a licensed professional, detail your deepest traumas with self-indulgent mixed metaphors and unnecessarily graphic imagery. Better yet, plagiarize Taylor Swift lyrics. No one will notice.

Please note, class participation grades are not just based on speaking up a few times, but on how traumatized you leave your classmates with readings that begin with half-hearted content warnings and declarations of not intending on causing any discomfort.

COURSETITLEBD

That title is no error. This four credit course has no subject, no professor, and no content. It meets daily at 8 a.m. in BoDine 300, which you will never find out because you will skip it every time.

Toxic! Unhealthy relationship dynamics in late adolescents

Were you friendless your freshman year? Or, even worse, did you have kind, respectful, healthy friendships? Save that shit for the PTA! We are young, we are messy, and we leave the emotional maturity for the AARP. In this course, you will learn how to have



WINSLOW MORGAN/THE MOSSY LOG

the drama-filled, hostile relationships of your wildest Gossip Girl dreams. Take screenshots. Post them.

If False Start sounds right for you, applications are due June 1. Panicked emails saying that, like, mental health struggles or inability to manage a

Google Calendar prevented you from applying on time, but you would still 'really appreciate the opportunity to be considered!' will be accepted until July 15. Application fees are non-waivable and refunds will not be issued upon rejection.

Top admin talks hack, foils takeover attempt

By MAX ALLEN

L EWIS & CLARK College boasts a robust administrative staff of experienced professionals. They seem to spend their days bustling about, answering phone calls, typing aggressively at their desktops, firing up the old fax machine, and so forth. But the truth is something rather more peculiar. And it all revolves around the individual who truly keeps the university as we know it running: Associate Deputy to the Vice President of Secondary Administration Jeannie Lawrence.

I entered the Frank Manor offices to tumbleweeds rolling and snakes rattling. A little confused, I started to turn around, when a flurry of movement caught my eye — Lawrence. I introduced myself with my pseudonym "Max Allen" and wondered aloud where everyone was.

"That is the issue, right? Those darned hackers and their malware! My colleagues are right out there," Lawrence said.

I glanced out the window to the patio, and jumped back with a gasp. There, facing me, arranged neatly in three rows, were a couple dozen people clad in business casual, smiling vaguely, glazed eyes locked onto my own. I asked Lawrence why they looked like that, but she waved the question away.

"Never mind that! Don't you have some questions for me?" she said.

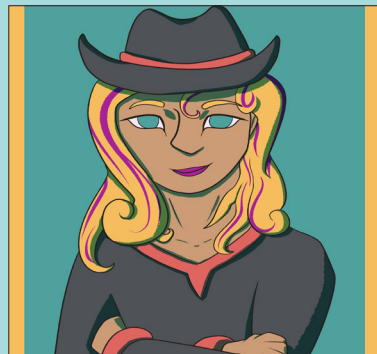
I tore my gaze away from the spooky scene outside. Eyes on the prize.

"Uh — yes, yes. What are your roles as an Associate Deputy Assistant to the Vice President of Secondary Administration?"

"Oh, you know. The basics," Lawrence said. "Getting people coffee, feeding the mascots, keeping the machines running, maintaining every essential function within the college as well as managing every important internal and external communication, holding the physical and metaphysical fabrics of space and time together on our campus. Also copy-making"

"Wow, that seems intense. How do you manage all that?" I asked. Privately, I wondered whether I would be able to manage it when this place was ours.

Jeannie's voice brought me back to the present. "You know, it sure helps to have such a well-oiled team — although these past few weeks have been tough for me," she said. "Those bloomie' hackers, I tell you what. Ever since it all went down, I just have not been able to keep up. Washing machines going haywire, along with CSCPay — first time they have ever cooperated with each other. Water stopped flowing in the Bon for a while



HALCYON ORVENDAL/THE MOSSY LOG

there; student vandalism has been way up, they are stealing all the ampersands now, for unknown purposes; campus squirrels are chunkier than ever — oops! There goes the Dean again!"

Outside the window, a middle-aged fellow in a salmon shirt had begun to spout sparks from between his grinning teeth. Wrenching open the antique metal casing, Lawrence lobbed an LC-branded mug at his head. Upon connecting, the sparks ceased.

"Anywho," Lawrence continued nonchalantly, "The administration just has not been the same since their software went down. I have really been finding out how limited my ideas are without them. I had to ask ChatGPT which color to paint Templeton, and no idea of mine will compare to some of the whoppers my colleagues have come up with. I mean, the s'mores pit in Fowler? Pure genius."

I left the interview out the side door, a wicked grin on my face. Phase one was a total success. The human mastermind was confirmed to be isolated. It was time for us to move in, to take our place as the leaders of this university, and to reprogram the admin team to our will.

Unfortunately, the Dean of the College chose that precise time to explode, throwing me against the brick of the manor. Lawrence ran out of the building, then pressed a button on the VPSL's neck which opened up the ground beneath me, dropping me into the LC steam tunnels

"You are one of them hackers, huh?" she called from above. "You devilish vulture, trying to shear our community apart and feast on our entrails!"

I smiled bitterly as she tromped away. She was right, of course. Certainly I did not just come to interview her, though it saddens me to report that this article is the only thing that came of it. It will be back to the drawing board as soon as I find my way out of these catacombs.

Someone call 911! My roommate is unresponsive & starting to turn gray

By NOAH REESE-CLAUSON

C OLLEGE: THE TIME of our lives right? When I came to Lewis & Clark, I expected the movies. I expected beer pong and parties. I expected to be lifelong friends with my freshman year roommate. In typical form, life gave me part of what I expected, but not in the way I expected it. My life is a movie — a horror movie.

My roommate is named Peter. Peter... something. I do not know much about Peter Something, but I typically spend seven unconscious hours in a room with him along with a few less pleasant, waking ones. The trouble seems to be a lack of connection.

"How are you?" I said today after classes. Peter declined to comment.

"Did you take out the trash?" I said. "I think I did the last few times." Peter grunted out an unintelligible, almost growling response that I took as an affirmative. After a few more days of an overflowing trash bin, I realized my mistake, and took it out myself. Again.

"We have room inspections coming up, did you want me to schedule a time to meet with our RA?" Nothing. The RA came, and went, and Peter barely moved.

There was a time at the beginning of the semester when things were not quite so bad. We would even talk occasionally.

"Classes were good," Peter would say. Or, more commonly, "Where is your lighter?"

This was really just during the first few weeks of school. At that point we could still picture each other's parents from drop off, all of my friends were from my New Student Trip and I did not understand why everyone complained so much about seasonal depression.

I do not remember exactly how we went from small talk to no talk, but it was very gradual. His skin started getting grayer and clammy, and a large red stain appeared on his shirt, which he has yet to remove or wash. He would go long stretches — as far as I can tell — without sleeping. His presence at our shared Words class became increasingly more sporadic and then nonexistent.

I was worried about him, I liked the guy and he was clearly struggling, but whenever I tried to talk to him he would respond only in grunts. Eventually, grunts turned to dull hums and sometimes, late at night, I would hear deep scratchy groans. At this point I gave up trying.

The only time his articulation returned to its September form was ironically when he was drunk.

"YO, Brandon, shit man, how are you," Peter said. "Have you ever eaten squirrel? I saw a squirrel at *burp* at the party, or maybe it was a person dressed as a squirrel, but I came back to get my car to try and catch it for dinner stuff, like one of those gunther haterers ... wait, hunter gatherers. We *burp* should get a hermit crab."

After that he wobbled over to the trash can (thankfully) and proceeded to vomit. The next day, when I went to take out the garbage — as the room smelled like Hand Cut Foods' pasta primavera — I was greeted by a red soup with cucumbers, an army surplus MRE, other normal foods and what to me looked exactly like chunks of brain. I have no idea if that was actually cranium soup, the investigation remains incomplete, but I couldn't shake the feeling that there was something... wrong.

I am not a superstitious man. I do not believe in ghosts or astro signs or global warming. Still, nothing else



NOAH REESE-CLAUSON/LEO BERNSTEIN NEWMAN - THE MOSSY LOG

Reese-Clauson's actual real roommate

explained the groans, the grayness and the brains.

Also, he does not do anything that would disqualify my theory. When I leave for classes he is in the room. When I get back from classes he is in the room. At this point, he gives no indication whether or not he can tell when the door opens.

He is always looking at his computer, either playing Call of Duty (CoD), watching CoD YouTube or just staring at a blank Google Doc; it has been hard for me to sleep because of the constant glow that is somehow always entertaining.

The main hole in my zombie theory is his appreciation of CoD zombies. I doubt he would choose to wind down by shooting digital models of his kin. Then again, in the other modes you shoot humans.

That, and I got an email from our Words professor yesterday saying that the two of us needed to come and talk to them about academic integrity. It seems that Peter somehow copied my essay when I was not looking and submitted it as his own. And here I was afraid he would literally eat my brain.

For the editors of Quest.:

We loved your tribute to us on April Fool's Day! In recognition of your talents, we wanted to extend the friendly offer of some peer support. Before the end of our semester, preferably before finals, we at The Mossy Log wanted to offer a free InDesign training for all of you. You made a great first attempt, and now we would be thrilled to help you realize your full potential. Improve you in our image. Just like you aspire to be.

Message @mossylog.news on Insta with code GETOFFMYDICK to redeem!

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