A string of warm white incandescent lights is draped across the top of the image, set against a background of vertical wooden planks. The lights are glowing, casting a warm, yellowish light. Below the lights, a dark, rectangular area contains white text in a cursive font.

*Here are the winners of
the 2023 Collegiate
Newspaper Contest*

Best Section

College Group 3

3rd Place

The Advocate-MHCC

The Advocate Arts and Entertainment Section

staff



THE FACE OF DOWNTOWN

PDX SATURDAY MARKET: WHERE ART MEETS LIFE FOR THE WEEKEND

Aurora Myers
The Advocate

It would seem we are finally seeing the light at the end of the pandemic tunnel, which we have endured for the longest two years of our lives. As I walk through the neighborhoods and communities in and around Portland, I am becoming increasingly hopeful that our time with COVID is coming to an end – a gradual end, but an end, nonetheless.

I see the cherry blossoms bursting to life as our spring has come upon us, serving as hope that we are finally getting our world back. And the cherry blossoms along the Portland riverfront and alongside the Portland Saturday Market are the blossoms I find myself most drawn to: As someone who grew up at the market, and has always called it my chosen family, I am increasingly motivated by its presence in our city.

The Portland Saturday Market is back, holding over 150 vendors who sell their wares every Saturday to bring art, culture, and craft to all – locals and tourists alike – acting as the face of downtown Portland on the weekend. The market was heavily affected by the pandemic and threatened to go under from the economic crisis that affected all small businesses. But the members

of the small organization rallied and gave it a fighting chance to save hundreds of small businesses, not wanting to let go of the home and family they've known for so long. And so, it survived.

What the market holds most dear is the passion and vigor of its many vendors. The market is the vessel for artisans and peddlers who have sold there for the duration of this beautiful market's existence. In 2024, it will celebrate its 50th anniversary as the longest-running and largest outdoor market in the country, and it wouldn't still be here if it wasn't for the members that kept it running.

The market was first established in 1974 by two women, Sheri Teasdale and Andrea Scharf. Both were local artists who sold regularly at the Eugene Saturday Market. They got the idea to create a new selling place for local artists in Portland and pitched the idea to as many artists in the area as they knew. The participants soon accumulated to be sufficient to start a regular market in Oldtown Portland, with the goal of making locally produced arts and foods accessible to the people of Portland and the tourists that came to visit.

A CIVIC TREASURE

From the start, the market was open-air, as it continues today, with no plan for set-up. Vendors

would show up with their booths and products, communicating with other sellers to make sure they weren't in each other's way. The market started with about a dozen vendors and soon grew to where the collective had to hire staff and create a member-run committee to keep everything in order. Vendors would show up early in the morning to get first pick on spots, as some locations were better than others, and it soon became ritual – then, inspired the thoughtful "seven-o'clock rule," where no person could choose a spot before seven in the morning.

The market grew quickly, becoming increasingly popular and truly becoming the face of downtown on the weekend. That made it necessary to create partnerships with the city and its ordinances, and soon gave it the opportunity to move underneath the Burnside Bridge in 1975. In May 2009, when vendor count had grown over a hundred, the market moved to the newly constructed, paved plinth in the neighboring Waterfront Park and the plaza next to the Skidmore Fountain, where it now operates.

There are only a few original vendors left who still sell at the market, as most of them have long since retired. Still, several have left their businesses to their offspring

to run, which makes this market all the richer, allowing it to keep thriving with the new blood, the youth who grew up drinking in the knowledge of everyone at the market who contributed to their lives.

The market has a variety of arts to offer, solely the handiwork of its dedicated vendors – from the 2D paintings, drawings, and even CGI art that hangs on one's wall, gorgeous pottery like that I find myself honored to sip my morning coffee from each morning, from a potter who has been there since the gathering was first established – to the stunning jewelry, clothing, and many unique forms of art, plus the variety of delicious cultural, creative foods offered.

The skillfully shaped products you'll find at the market and the experience you get purchasing them will be some of the most prized possessions and memories

you can obtain. When purchasing something there, you purchase a piece of history – a piece that holds the efforts and yes, sometimes, the blood, sweat, and tears, of the hands that made it.

What I love most about the market are the people I encounter. Whether it's customers or vendors, you will always meet diverse people from interesting places with positive dispositions, eager to experience the beauty of the market, the culture it attracts, all of Portland and everything it has to hold.

You'll never know what new treasures and lifelong memories you'll find, what piece of history you'll come away with, or the delightful people you will encounter. But you always know it will be one of the most genuine, happiest, and open places for you to ever visit.



Above left: The Portland Saturday Market sign.
Above right: Opening day circa 1974.
Right: Present day Saturday Market.

Best Section

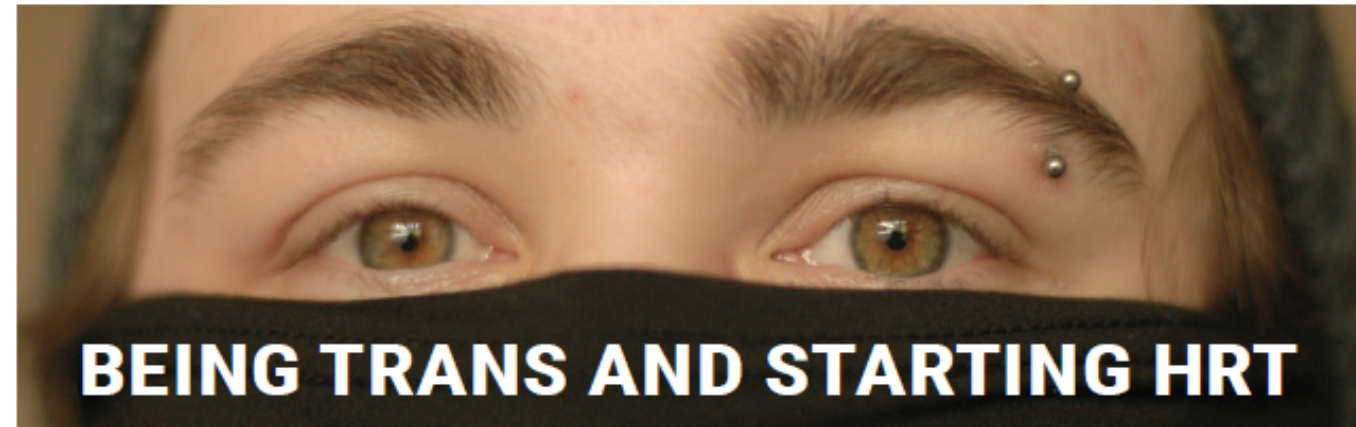
College Group 3

2nd Place

The Advocate-MHCC

The Advocate Opinion Section

staff



Nell Little, They/Them
The Advocate

As of today, April 7, 2022, I have started on my journey for Hormone Replacement Therapy. I have thought long and hard about this decision for months now, and to overcome my body dysphoria I have decided that this is the best choice for me, personally.

That said, there is no right or wrong way to be transgender. You don't need surgery or HRT to feel happy as you are, and anyone who thinks different has a problem. Trans people do not need politicians, peers, or family speaking for what their experience should be or what it is, because that's our decision. Whether you wear a binder, walk around in a dress with a full beard, or don't really show the label, I stand by you.

Gender is a nuanced topic that no cis person can touch



upon to the extent that a trans person could, and gender is not as simple as pink or blue, XX or XY chromosomes, penis or vagina. For the cis people that read this and feel like I'm rehashing things that've already been said, then get ready to hear it again – because the world discriminating against us is very real and very lethal, and I'm not going to stop advocating for trans rights even if I die at the hands of someone who sees me as a threat.

I'm no threat, and I think there's much worse in the world than a person changing their gender, a choice that in no way affects another person's function.

Today, my doctors have prescribed me Estradiol in a 2-milligram pill to take daily. What I can expect from this is enlarged breasts, shrunk testicles, fewer erections, lower sex drives, mood swings, changes in fat distribution, and less muscle tone. These are all things I look forward to

and accept; however, there is risk. These include threats to the cardiovascular system, liver failure, and potential stroke. All of these are mitigated by the cessation of tobacco, exercise, and cardio – which I do consistently enough for this to not be an issue.

Along with Estradiol, if I choose, I can also seek hormone blockers to make it so testosterone is not produced in my system. I have not thought about seeking these yet, because I'd rather start slow.

All of this to say that this is my way of being trans. I am nonbinary, meaning I exist outside the spectrum of "man" or "woman." Right now, I look like a man to those who aren't in the know, and growing up this way made me uncomfortable in my own body. I take pride in my appearance and it's hard to have pride when I look in the mirror and feel as though I am not within this skin that holds me.

Estradiol may change that to the point of people thinking I am a woman, and that's fine to me. I'd rather look the way I chose to look, just as cis people would. Just because I have different genitals means nothing: There are women with penises and men with vaginas, and if people really want to try and define gender by genitals, then they need to talk to actual, modern biologists rather than relying on simple biology from high school textbooks desperately in need of being updated. Not only this, but there are intersex people to combat this idea – persons born with varied anatomy – so if we were really to link gender only to genitalia, then people wouldn't know where to put this differing factor.

NOT AN "ENEMY"

Although I may now hold the privilege to be proudly out of the closet and seeking medical transitioning, the current state of America is one of disarray, over deciding whether or not people's decisions are their own to make, yet again.

As the powerful few try to talk over experiences they've never had, people find themselves entrapped into calling LGBT people "groomers" or pedophiles, despite the fact that any person in the LGBT community will tell you that we don't align with these sickening criminals. This ideology is just spat out for the sake of creating enemies out of the people you likely share your work, classrooms, or home, with.

What's more, the banning of gender affirmation therapy will not stop people from being trans, but could lead to a higher suicide rate and deterioration of mental health because gender affirmation therapy is the therapy needed for transgender people. And by that I don't mean that we stop being trans, but rather that we accept ourselves and feel brighter about our own future.

I'm not going to stop being trans because a person tells me to, even if I got painful shocks into my head. This doesn't stop something that is completely natural. That's a fact, even if it only antagonizes further the people in power who try to talk over us and mitigate our chances of life.

Even within our "blue state" here in Oregon, there is still ignorance we need to combat, as too many people still fear their own children coming out of the closet as something awful. Too many parents refuse to do basic research on the subject and instead let FOX News or Newsmax do the talking for them.

TRANS AND LGBT RIGHTS HAVE YET TO FINISH COMING, BECAUSE UNTIL WE ARE SAFE TO WALK IN EVERY STATE AS OPEN AS WE WANT TO BE WITHOUT A BIGOT KILLING US, WE ARE NOT SAFE.

Alongside this, some people like to give money to media that are often aligned against trans people – such as the work of famous author, known bigot, and loud voice in the fight to kill transgender people, J.K. Rowling. Rowling has been an advocate for "trans exclusionary radical feminism," a flawed ideology that has played a key role in the passing of anti-trans and anti-LGBT legislation that seeks to define a woman solely by her reproductive property and nothing else, an ideology that many have described as hypocritical to feminism itself.

Within this realm of media that secretly punish LGBT youth comes Disney, which has been caught donating to several anti-trans and anti-LGBT legislators and lawmakers in Florida. These transactions have caused outrage among Disney consumers and Disney workers that has led to various strikes at Disney parks. There's even been the advocacy by Disney higher-ups demanding that workers remove any LGBT pins sold in their own stores and, in some cases, the termination of employees who have spoken against the company's terrible sense of decision-making.

Trans and LGBT rights have yet to finish coming, because until we are safe to walk in every state as open as we want to be without a bigot killing us, we are not safe. Neither are we some scary boogeyman that'll go away if you kill enough of us. We're people that you likely have a lot in common with, and maybe instead, you should listen to us.

Best Section

College Group 3

1st Place

The Advocate-MHCC

The Advocate - Features Section

staff

A NEPALI NATIVE SHINES AT MT. HOOD

Kelley Chang
The Advocate

This month at The Advocate, we're exploring history, stories and people in our community during Asian American/Pacific Islander Heritage Month in Oregon. And if you visit the Learning Success Center/AVID center or the Room 1451 computer lab on the MHCC campus, you may see the person featured here, Karuna Rai.

Karuna is always willing to help

those that have questions about either facility and can even in some instances give a little tutoring.

She works at the computer lab under Mt. Hood's federal Work Study program while earning her degree in the medical/health care field. She currently has a 3.2 grade point average and aspires to help people, as well as heal the sick.

Karuna is 21, and originally comes from Nepal and has lived in the United States for the past 13 years in Gresham. She's the middle

child of three, with an older and younger sister. Her older sibling has also recently enrolled at MHCC.

On her spare time, Karuna enjoys dancing, arts and crafts, hiking at places such as Powell Butte Nature Park in Portland, and traveling to Canada and through the continental U.S. She enjoys volunteering at her church teaching Sunday school, and also does community work at the Rockwood CDC (Community Development Corp.), specifically with the Nepali Community Garden.

Karuna likes eating Nepali food but says there's currently no Nepali restaurants available in northern Oregon. Her favorite foods include momo dumplings (perhaps now Nepal's "national dish"), sel roti (a version of flatbread), and dal bhat (a series of small side dishes).

Asked why her parents decided to immigrate to America, she replied, "For a better future... A better life." She went on to say that her parents sacrificed so that she and her sisters could get an education and have a better life than they had.

To go in-depth into Karuna's roots, we must first take a trip to the Himalaya Mountains, which would require a long and strenuous road. Her family came from the small village of Khudunabari, about 300 miles outside (east) of the capital city of Kathmandu, located in Jhapa Province.

Karuna's father and mother were farmers in a caste system similar to "sharecroppers" in 1930s America. Their village had no electricity, and most tasks were done manually.

The internet and other modern conveniences that we take for granted are something that may



Karuna at the Lan Su Chinese Garden in downtown Portland.

seem a millennia away in some locations in that part of the world. Even things like running hot water or refrigerators are something that these villagers only hear about in folktales or stories from the very few villagers who migrate to Kathmandu or other cities of Nepal or India.

When she was asked if she would like to say something that describes how she's feeling about being profiled in The Advocate, Karuna smiled and said, "Namaste. It's a Nepali greeting. It means the light within me bows to the light within you."

If you're ever in the 1451 computer lab, stop by. There's a good chance you may run

into the friendly, smiling and accommodating Karuna Rai. If you have any questions, surely she or the rest of the staff would be more than helpful.



Karuna in Nepal.



Karuna and her parents and sisters.



Karuna's father in Nepal.



Karuna's family at Powell Butte Nature Park.



THE ADVOCATE

FOR THE STUDENTS BY THE STUDENTS

advocate-online.net

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Best Section


College Group 2

3rd Place

The Linfield Review

Sports Section

Kate Walkup




The student news site of Linfield University

SPORTS NEWS LIFE & CULTURE OPINIONS CLIMATE & ENVIRONMENT FEATURES EN ESPAÑOL MEDIA ARCHIVE

SPORTS Track & Cross Country

Right sock, right shoe, left sock, left shoe:
Senior cross country runner Holly Riley
on racing, COVID-19, and the spirit of
the sport

Anna Frazier, Editor in Chief | September 27, 2022



Abbie Bach

Holly Riley fixes her signature sleek ponytail. She has several superstitions that she has to follow before racing.

Holly Riley stepped up to the white, painted line in the grass. She tightened her ponytail—hair freshly washed and straightened with a flat iron, like she has to for every race. Before this, she had put on her special racing socks and racing shoes. Right sock, right shoe. Left sock, left shoe. Laces knotted as many times as she can. Like she has to before every race.



If she doesn't follow her strict pre-race routine, it will be a bad race—according to Riley.

Her Linfield University teammates gathered around her, donned in identical purple singlets. The gun went off, and Riley began the first lap of the Ash Creek Invitational—the last time she would race a 5k on this course.

Riley got into the sport in seventh grade, when she joined her middle school track team in her hometown of Arlington, Wash. She wasn't interested in being fast, per se—she just wanted to hang out with her friends after school.

"I never did a sport—other than gymnastics when I was really little, but I didn't do that for very long," Riley said. "And so I wanted to just be involved in something and a lot of my friends were going to do track. I knew there were a lot of events to choose from so I could find something I was good at."

Her friends were all distance runners, so she gravitated toward longer





Best Section

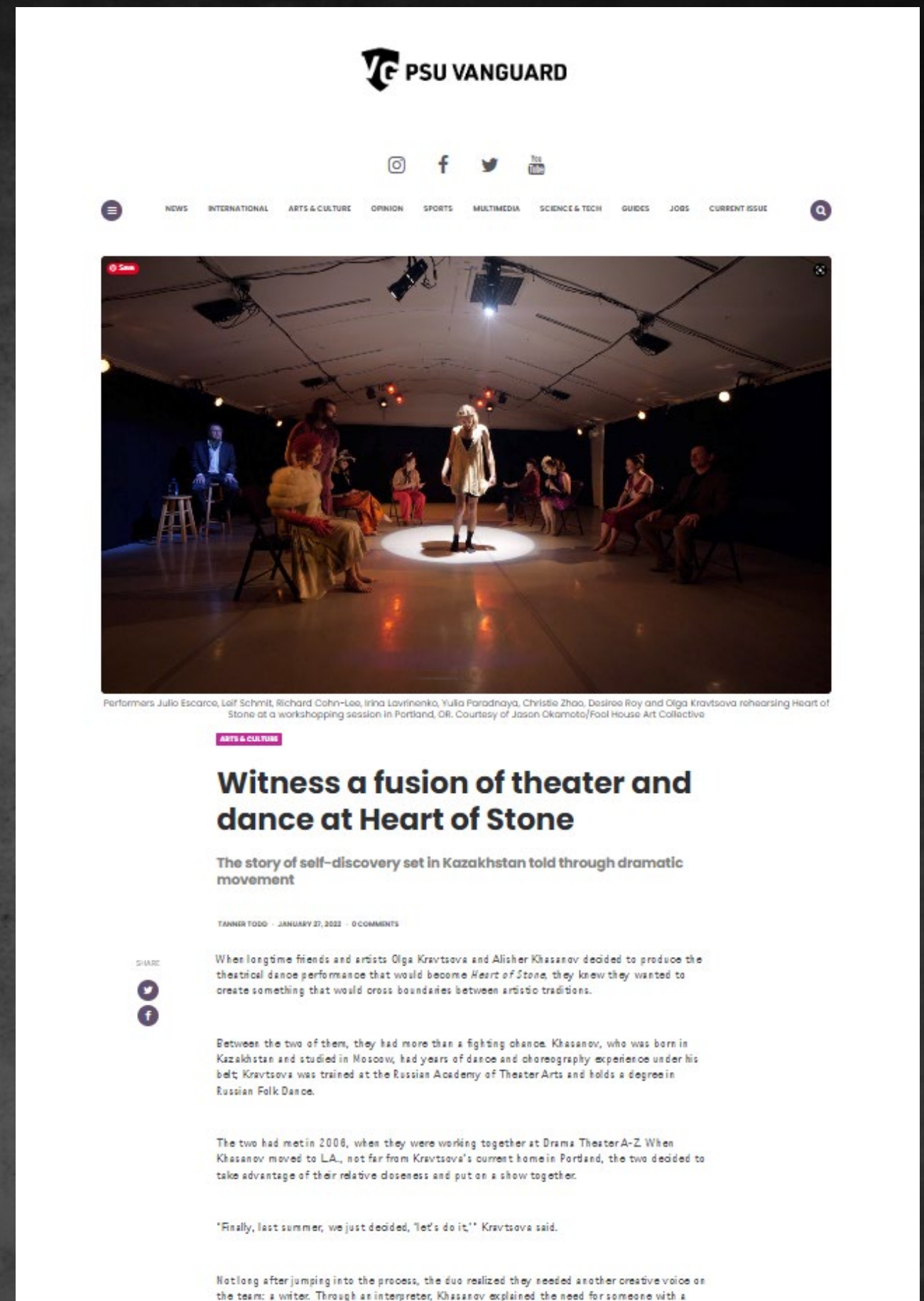
College Group 2

2nd Place

Vanguard - PSU

Vanguard -- Arts and Culture Highlights 2022

Kat Leon, Tanner Todd



Best Section

College Group 2

1st Place

The Pacific Index - Pacific Univ

Sports

Staff

10 | PACINDEX.COM

SPORTS

TIME TO PUT ALL THE HAY IN THE BARN

First time in eight years, x-country team compete in the NorthWest Conference... at home!

EMILY RUTKOWSKI
THE PACIFIC INDEX

For the first time in eight years, Pacific University is hosting the Cross-Country Northwest Conference Championships at home and, as has become the men's and women's cross-country team season-long motto, it's time to put the hay in the barn.

With 5:45 a.m. practices—and commonly with double days—the boxer men's and women's cross-country team has logged 100s of miles. It is time to cross the final finish line, and they hope to do so at the front of the pack.

By coincidence, the team has raced every other weekend this season, with both men's and women's teams scoring the lowest spread between the top five since Head Coach Bailey Krings came to the program in 2018. How the individual places crucial because the teams are scored off the point system; similar to golf, the lowest score wins. This means, a good performance by one runner won't win the conference for the team. To win the conference, the men's and women's teams will need to move up in a group, not just individually.

"We need to have that whole group move up, keeping teammates close together, but further up in the race," described Coach Krings.

"My goal for conference championships is for the group to race consistently while performing under pressure," Coach Krings elaborated. "I want to see them have the same competitive mindset and execute the race plan without freaking out that it is conference."

For cross-country athletes, this is one race has the opportunity to showcase the hard work of their entire season, or make for a bitter ending if they perform poorly.

Last year at Conference Championships, the men's team finished fourth overall and graduated their two front runners. Coach Krings hopes the young



GoBoxers SmugMag

team can pull off a similar position again this year, with some of the runners who have stepped up. The men's team has grown a lot over the past few months and has had a consistent season, but realistically, they are not going for the Conference Champion Title. Instead, looking to keep improving as a team and record some records as a team.

But for the women, the goal is to win, win, win. Last year the team finished

second overall last season, behind still their biggest competitor, George Fox University, which they have been competing close with all season. Now, Coach Krings wants to see the team put themselves in a position to win the whole thing from the start, which means staying mentally strong throughout the race and believing they can win.

"My goal for them is to put up a fight and make it a race," explained Coach

Krings. "However it falls, if we are first or second, it will be okay as long as they raced to win." He went on to declare, "If George Fox is going to beat us, let's make them work for it."

The Northwest Conference Cross-Country Championships will be held at Killarney West Golf Course in Hillsboro on Saturday, October 29. The women compete in the 6k race at 10 a.m., and the men compete in the 8k race at 11 a.m.

www.browbaeby.com / @browbaeby on IG



www.browbaeby.com / @browbaeby on IG

POWDER BROW MODELS WANTED

- Must be 18+ years old & in good health
- Must NOT be diabetic, pregnant or nursing, on blood thinners or blood pressure meds
- No Accutane (for at least 1 year) or other "skin" meds or conditions
- Must NOT have any previous brow tattoo
- NO Botox/Fillers in brow area a minimum of 3 wks before or after appointment
- Models give consent to photo/video to be used for advertising/marketing purposes

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Best Special Section

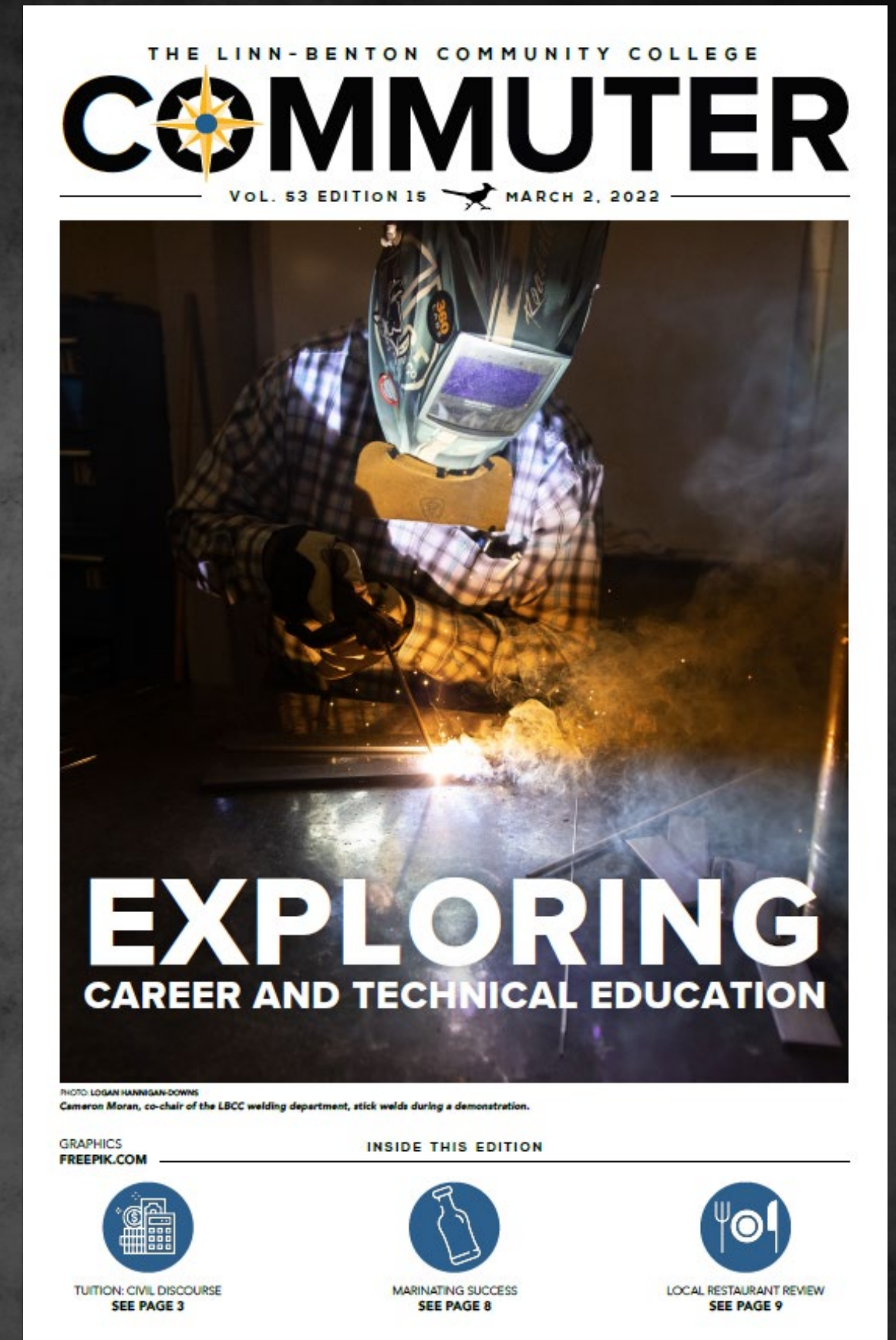
College Group 3

3rd Place

The Commuter- Linn Benton CC

Exploring Career and Technical Education Special Section

Staff



Best Special Section

College Group 3

2nd Place

The Commuter- Linn Benton CC

Hall of Fame Special Section

Staff, LBCC Athletics



Best Special Section

College Group 3

1st Place

The Mainstream - Umpqua CC

Mental Health Special Series: 8 Articles on Rising Student Anxiety, Depression

Staff

Month: February 2022

mainstreamonline.org/2022/02

produced by
The Mainstream,
Umpqua Community College
Student Media

How we cope

Students' **TIPS** for handling stress and anxiety
UCC students share their personal strategies



Sponsored by ASUCC

by
Rachel Arceo/The
Mainstream

Mental Health Special Series

UCC students share their anxiety coping strategies

As a wrap up to our series on mental health, The Mainstream asked UCC students to share what they do to help relieve the stress and anxiety that comes from attending college during a pandemic. Within a few hours of putting out a request for information, many students sent us [Continue Reading](#)



Best Special Section

College Group 2

3rd Place

Oregon Daily Emerald

EMG Green Eugene: Harvest Edition

Kayl Wohl, Megan McEntee, Staff



Best Special Section

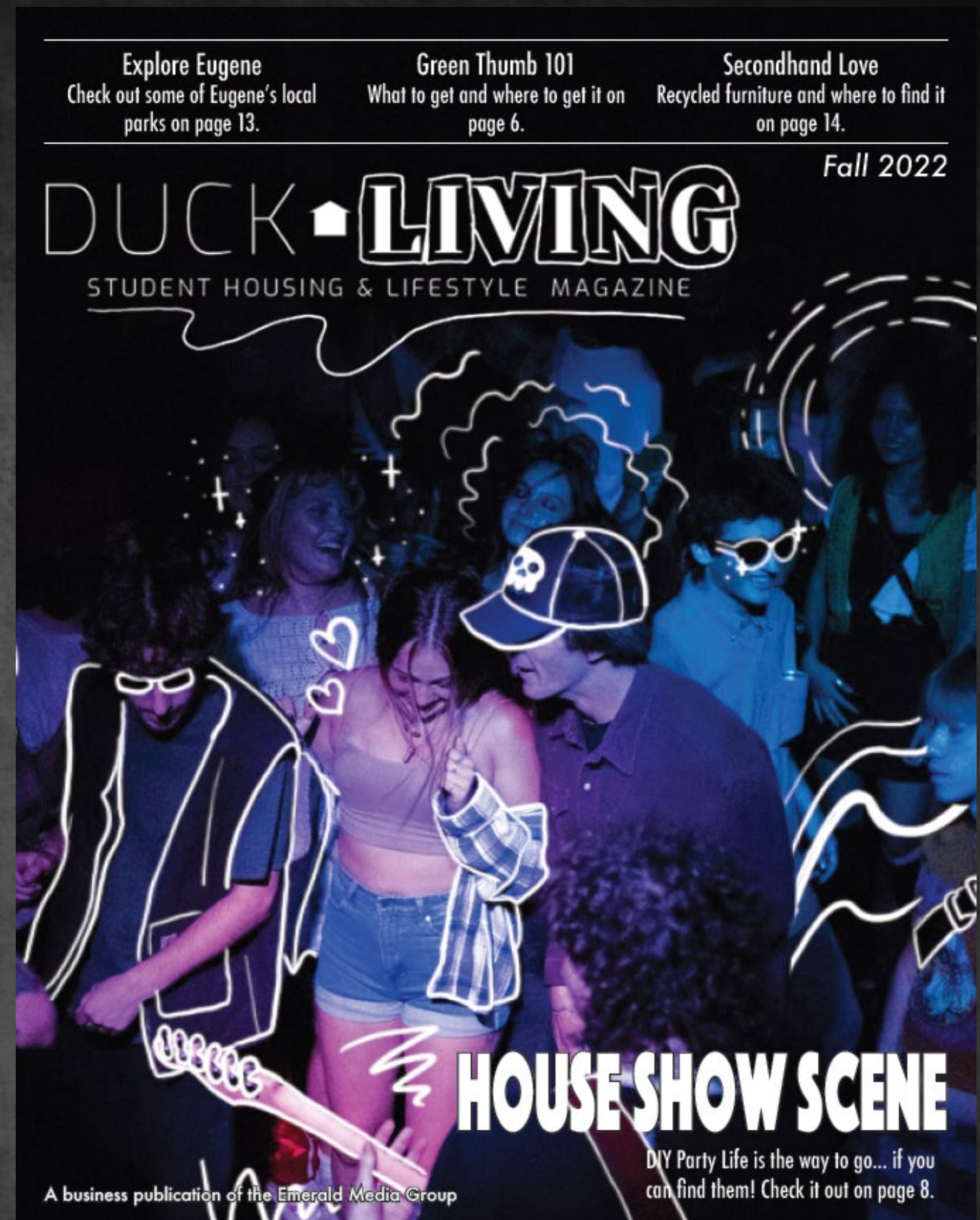
College Group 2

2nd Place

Oregon Daily Emerald

EMG Duck Living, Fall

Lauren Leone, Staff



Best Special Section

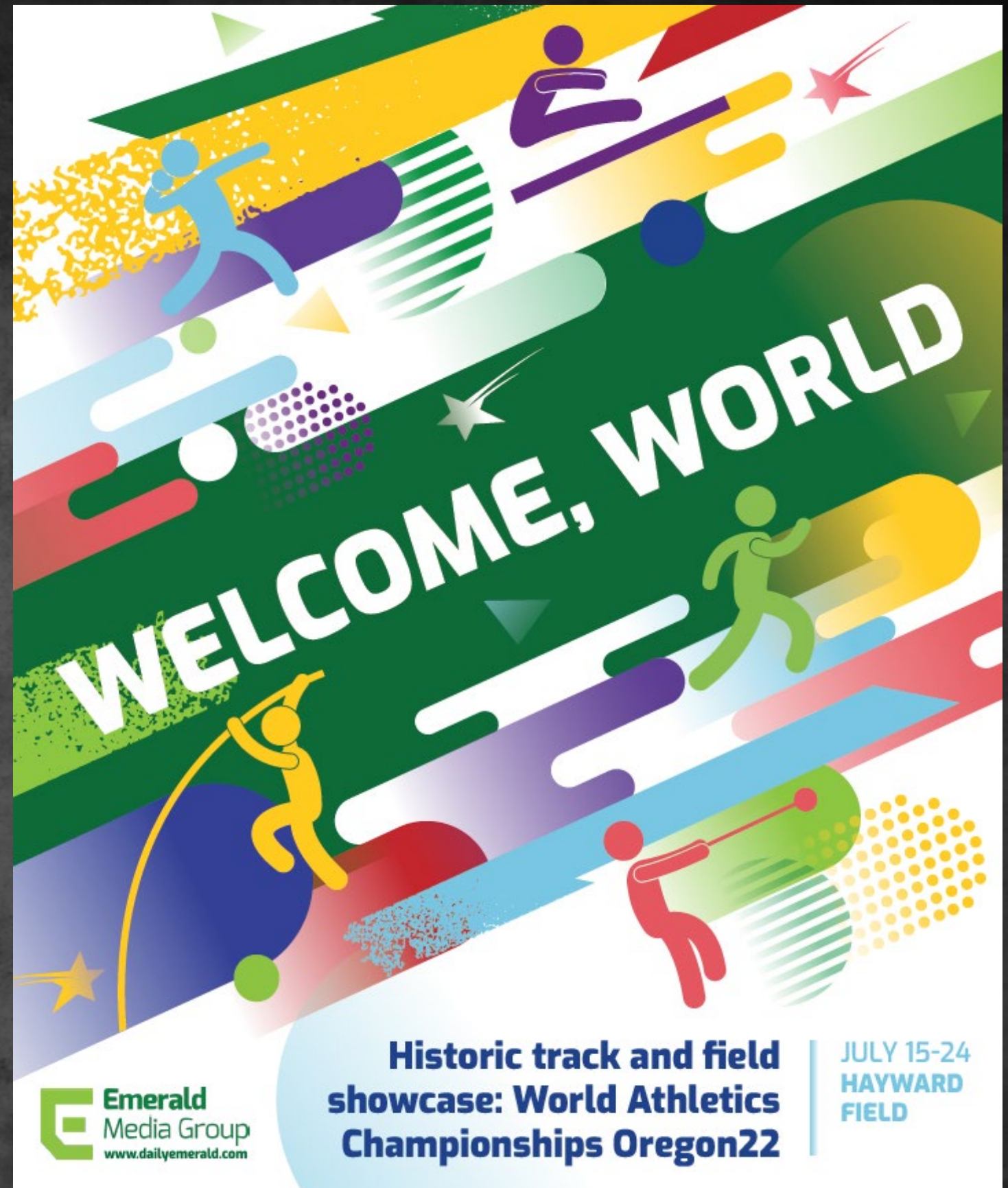
College Group 2

1st Place

Oregon Daily Emerald

EMG Worlds Section

Hanna Rose McGuinness, Liz Blodgett, Staff



Best Headline Writing

College Group 3

3rd Place

The Commuter- Linn Benton CC

Commuter Staff Headlines Entry

Staff



Ready, Set, Rage!

Local Rage Room Provides a Safe Space to Break Things

STORY AND PHOTOS BY
BRENDA AUTRY

Have you ever had such a bad day, or been so angry that you just wanted to smash something? But you stopped yourself because as adults we can't just throw a tantrum and smash something. Or, can we?

Rage rooms, also known as smash rooms, have become increasingly popular in recent years. With the pressures of work, school, and especially with COVID, people, now more than ever, are looking for a way to blow off some steam — and a rage room may be the perfect solution!

My daughter, Bella, 14, and I recently visited *Demolition Zone*, one of just three rage rooms in Oregon, to check it out for ourselves.

Located at 4075 Franklin Blvd in Eugene, *Demolition Zone* is celebrating their four-year anniversary this year.

"My husband came up with the idea," said Helen Urban, who co-owns *Demolition Zone* with her husband, Jeremy Urban. "I was tired of my day job and one night we were just looking at videos and saw a rage room in Japan. It was an 'aha' moment."

A Rage Room session for two people costs \$60 and lasts up to an hour.

When you enter the building, it looks more like a thrift shop than what you'd imagine a rage room to look like. The "shop" at the front is filled with shelves full of old china, glassware, electronics and knock-knacks. But unlike the wares at a traditional thrift store, these items will never make it out of the building intact.

Urban greeted us from behind her desk in the front of the shop, helped us fill out our waivers, asked what type of music we'd like played (my daughter chose Eminem, but heavy metal is the



Rage room full of debris after the smash session.

most popular), and asked if we'd like to purchase any add-on items for our session. Each session comes with a set number of items for participants to smash. A two person session includes:

- One large electronic
- One medium electronic
- Misc. small electronic
- Misc. other small items like clay pigeons, VHS tapes, Christmas ornaments, and more.

"My absolute favorite thing to smash is VHS tapes," Urban said. "If you hit them just right they explode and make a big mess with the tape inside."

In addition to the included items, participants can choose to purchase add-ons from anything on display in the store. Things like TV's, keyboards, and even more VHS tapes. My personal favorite were the glass items. (Once you hear the sound of smashing glass, you'll get it.)

Once we'd chosen our add-ons, Urban led us to the back of the shop and went over the rules with us. We each removed our loose articles and secured them in a locker before selecting a pair of coveralls, a face shield, and a pair of gloves to wear for protection in the rage room.

The room was small with walls covered in bright graffiti. On the back wall where we entered was a shelf containing our smashable items, and a rack which held our smashing

instruments — lead pipes, metal bats, and pipe wrenches, among other things. In the center of the room were two platforms constructed of old tires with plywood squared on top, and beyond them was a piece of plywood on the floor.

"Smash things towards the far wall," Urban instructed us. "And if you want to use the sledge hammer, place your item on the board on the floor and smash it there, not on the platforms. Have fun!"

Urban left the room and a few minutes later the voice of Eminem erupted loudly from the speakers. Then the smashing began.

If you're like me, and most people according to Urban, who do this not for the possible therapeutic benefits, but just for the fun experience, the act of smashing something may seem extremely foreign and even kind of wrong. But as soon as I heard the first cracking sound of glass hitting the wall followed by the tinkling of a million small shards cascading to the floor as it shattered, I was hooked.

My daughter and I spent an hour throwing clay birds at the wall, beating stereo equipment with a sledge hammer, and smashing VHS tapes, small glass bottles, and old records to oblivion. When the last item had been destroyed, I looked around at the room strewn

with bits and pieces of broken junk and felt strangely satisfied.

If you're interested in trying a Rage Room, you can book an appointment with *Demolition Zone* for one to six people. They're open Friday through Sunday from Noon to 8PM. Happy smashing!



Bella Autry, 14, winding up to smash a VHS tape.

SHOULD COLLEGES ADOPT A ZERO-TOLERANCE POLICY FOR ACADEMIC DISHONESTY?
A Breaker August article colligate debate
Screened by the Civil Discourse Program of Linn Benton Community College

When: Wednesday, May 18 — 1:1pm Pacific / 4-6pm Eastern

Go to [this link](#) and get the Zoom link for this event. Please be on time. Zoom link: [https://lbcollab.zoom.us/j/9442222222](#)

For more, contact Mark Linn — [marklin@lbcollab.com](#)

HOSTILE TERRAIN 94 UNDOCUMENTED MIGRATION PROJECT

Mon. May 9, 4-6 PM Wed. May 18, 11 AM-noon

Border South documentary virtual group listening + discussion

Fill out memorial tags at [BorderSouth.org](#)

Scan QR code to join the virtual screening

"Come to view the film any time before 8pm May 18 event."

For more information, contact the Center for Academic Research at 541-317-4357 or [center@lbcollab.com](#)

Best Headline Writing

College Group 3

2nd Place

The Advocate-MHCC

Best Headlines - The Advocate

staff

MAY 31, 2022

NEWS 



BANNING CAMPS ALONG DANGEROUS ROADWAYS

Shalynn Robinett
The Advocate

If you drive through the Portland metro area, you've undoubtedly seen tents on the side of the roads and interstate highways. Many of these tents are steps away from heavy traffic, and some people agree that this is a dangerous place to live.

This month, the Portland Bureau of Transportation (PBOT) released a report stating that 70% of pedestrians killed in traffic accidents during 2021 were homeless last year. Portland mayor Ted Wheeler decided to take action.

"We can no longer justify allowing our most vulnerable community members to be exposed to the dangers of camping in freeway and high-crash corridors," Wheeler said in a Feb. 3 press conference. He enacted an emergency ban, effective Feb. 4, that will prioritize clearing campsites along high crash areas by the city's Impact Reduction Program.

Exactly such a related incident that comes quickly to mind happened just last Dec. 5 when a driver veered off the highway and crashed into an occupied tent set up at the northbound Interstate-205 off-ramp to Southeast Powell Boulevard. The man inside the tent did not survive.

However, several homeless advocacy

groups disagree with the mayor's decision, including the Central City Concern, The Street Trust, and No More Freeways. The groups pointed out possible solutions they



Homeless camps draws controversy among the some groups.

Photo by Jay Schwartz

believe are more appropriate to the situation, such as closing high-crash corridors, reducing speed limits, and increasing visibility at busy intersections.

The groups also claim that poor roadway design, delayed maintenance, and reckless driving are to blame for the alarming rise in deaths (Peel). They also questioned the legality of this action citing the *Martin v. Boise* ruling by the U.S. Court of Appeals for the federal 9th Circuit, which says

governments can only remove homeless campers if there is sufficient shelter for each affected person, which there is not (Peel). There is no easy answer to this crisis, but a

personal experience has led me to believe that this ban is a step in the right direction to prevent traffic-related deaths to folks living near busy roadways.

I was recently driving south along I-205 to I-84 early on a misty morning on my way to school at MHCC. I entered the tunnel that connects to I-84, and just as I was exiting, a man with a bike and a gas can jumped off the embankment right in front of me to cross to the other side. This was a blind spot

as I was in a tunnel, and I did not expect a man to jump out in front of me. I was going around 55 mph, and there was no time to slow down or stop. Fortunately, I avoided him, but it was a very close call that startled me. I disagree with the proposed solutions from the advocacy groups. Roadways are not designed with illegal camping in mind; they are designed for vehicle traffic. Of course, lower speeds can help with safety, but it won't make a difference if an occupied tent is hit at 55 mph or 35 mph; both will lead to a fatality. In addition, camp occupants must travel to and from their camps to access supplies and services, crossing dangerous freeways not meant for pedestrians. And if these people are impaired by drugs, alcohol, or mental illness, this would only add to the danger of crossing.

So, there is a daily risk, which could be prevented if these tents are set up in a different area. Do these advocacy groups have data to back their proposed solutions? How much will this cost, and where would the funding come from?

If there is funding, I believe it should be allocated to housing instead of making the freeways safer for illegal camping. I hope that the city and advocacy groups can work together to develop a data-backed, feasible solution that brings safety to all.

START YOUR ENGINES FOR MHCC 'CAR-MENCEMENT'

For a second straight year, Mt. Hood's commencement ceremony on Saturday, June 11, will be a drive-through affair – with several improvements over last year's version.

College officials sent out a survey to all existing and potential 2021-22 graduates early this year to get feedback on options. Due to COVID safety restrictions in place during Winter and Spring terms, they said there was not time to plan a full, in-person event.

More than 70 percent of those students

surveyed who responded wanted the drive-through or similar type of event. Many also wished to have the traditional graduate cap, gown and diploma cover included, said Dawn Saltee-Justesen of Mt. Hood's admissions, registration and records office.

The "Car-mencement" will run similar to last year's event, in which graduates will travel by car onto the MHCC Gresham campus, entering from the Stark Street entrance ("G" entrance).

They will be able to walk across a stage and receive their diploma from President Lisa Skari, set up near the 1700 Building opposite the Early Childhood Learning Center. This will be while family and friends can look on, from their car.

This year, graduates can bring two vehicles with family and friends, and an additional waiting area, so that graduates can wait for the second vehicle or jump into another car, if needed.

Officials also have added a second selfie station for new graduates to capture the moment, with a nice backdrop.

There will be a "cheer squad" of Mt. Hood faculty, staff, and volunteers lining the route, plus an MHCC band to add to the atmosphere, Saltee-Justesen said.

Once again, however, the ceremony is closed to the public.

For more details on procedures for graduates and others: [MHCC commencement flyer](#).

Best Headline Writing

College Group 3

1st Place

The Commuter- Linn Benton CC

Best Headlines Entry - Leah Biesack

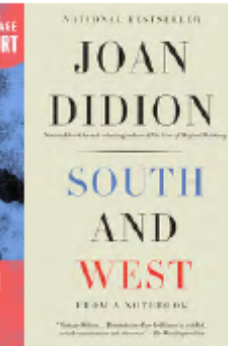
Leah Biesack

Sifting Out Who We Aren't to Confirm Who We Are

The Impact of Renowned Writer Joan Didion, Both in Life and Death



PHOTO: BRIGITTE LACOMBE



COVERS: PENGUIN RANDOM HOUSE

STORY BY LEAH BIESACK

Joan Didion December 1934 - December 2021

It was three weeks ago that Joan Didion died. Three weeks ago when our world — the world of writers, readers, dreamers, do-gooders, no-goods, the breezy California and the gritty New York, the dusty states and towns, the roads in-between; the world of new wanderers, old Americans, those desperately and infuriatingly lost, those experiencing devastating and infuriating loss, and then those hoping to just experience anything; feel a feeling, move or be moved in any detectable way — these worlds of these people, us, we were hit where it counts.

Whichever world we've been inhabiting, we have been doing so while in dire need of a guide, a sort of compass or map, to pull out in an attempt to salvage the fear which tends to seep and soak with all that it's got.

Joan wasn't just a point on our maps or a coordinate to shoot for. She was the legend. The scale. The vein of water. She was every circled star reminding us that, in fact, we are here. Joan Didion was our map entirely.

I first heard her name when I was 19, in a Critical Thinking and Writing course I was taking in Brooklyn. Our class was assigned a handful of essays from her monumental collection "Slouching Towards Bethlehem." As a group, we were cricked wide open. I remember my baby self being astounded by what we'd read, our sets of wide eyes seeming to unanimously say, "But I didn't know! I didn't know things could be like this!"

"She was every circled star reminding us that, in fact, we are here. Joan Didion was our map entirely."

I imagine toddlers eating their first taste of cake having a similar sentiment. As I've recently gone back through that essay collection, I'm now almost surprised we were so impacted. Not because the writing doesn't hold up — the shelf-life of Didion's work is one with no expiration date. But rather, I'd forgotten the challenge her writing provides — the heavy-hitting vocabulary, the intricately and impeccably laced sentences laden with references of both major and minor events, places and locations in different shades of limelight, known and unknown events in American history, or maybe just Joan history.

Often times, the names she squeezed in were done

with such nonchalance I wondered if only they were known to her, if they were a neighbor or an aunt, a cashier she met once and never again. In other words, Didion's writing requires the reader to work. It demands us to slow down. Her words need to be steeped.

Expecting an easy pour-over to provide anything rich or robust or lingering is a far cry from reasonable. So again, I wonder what our green-reader minds were taking in that first pass, in that first class. Were we understanding these essays? I'm certain we weren't. But we were picking up on some frequency that rings and runs through all of Didion's writing, one that will penetrate even the untrained ear. We knew it was special without understanding all the reasons why. We felt its weight, carried its importance with us long after we left that class, that school, that city. It was just the top layer of our first taste of cake.

I continued to read Joan Didion over the next decade, hopping from her novels to the essays, then

"If it wasn't rooted in passion, was it as valid? If I wrote less frequently than a passionate writer, was I still a writer?"

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While these questions were originally my own, they were mirrored by the institution where I first started my studies. Fellow students told me I was probably in the wrong school, when I said I liked writing but also liked other things. The words "wrong path" were even used by one classmate. And so began a decade of jaggedly breaking away from writing. If I couldn't do it the way I thought it was supposed to look, then I felt like I didn't belong in the race at all.

I had spent many years thinking that who I am, who I was meant to be, was someone who just couldn't

make the cut. A lost someone who had a couple tricks in the bag, but not enough passion or direction to put them to use, not enough for a full set.

"The power of suggestion is a power for a reason; I started to believe this idea so fiercely, I would tell anyone who would listen."

The power of suggestion is a power for a reason; I started to believe this idea so fiercely, I would tell anyone who would listen. And even anyone who wouldn't. I'm NOT a writer. If you're thinking about all the energy it takes to campaign and soapbox, I can confirm; it's exhausting. I wandered and tried things and hated things and gave up, over and over, and almost rarely took my own side.

I bounced around the country and took care of other people's kids and restaurants and dogs and wondered if I would find a place for me. While I can't credit Queen Joan entirely for shaking my brain still, her words on her own route have given me pause over and over, and then over again:

"During those years I was traveling on what I knew to be a very shaky passport, forged papers: I knew that I was no legitimate resident in any world of ideas. All I knew then was what I wasn't, and it took me some years to discover what I was. Which was a writer."

And just like that, I was stunned once more. "But I didn't know. I didn't know things could be like this."

To read Joan Didion's words on writing, on what being a writer could look like, has been crucial in cementing the rumblings and rumors that have made themselves at home in the back of my brain for the past 20 years. Joan was a sorceress on the page, but only admitted to simply showing up because she had to, because writing helped her make sense of things.

Her memoirs were crushing in a way that felt so good to feel, even when the feelings broke us.

Her reporting somehow carried such emotion that I would pour back over her sentences, trying to dissect the pieces to find the source, but never could. And I never will. Because that's Didion's magic power, and the literary world, all the worlds, were and are forever impacted.

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Best Headline Writing

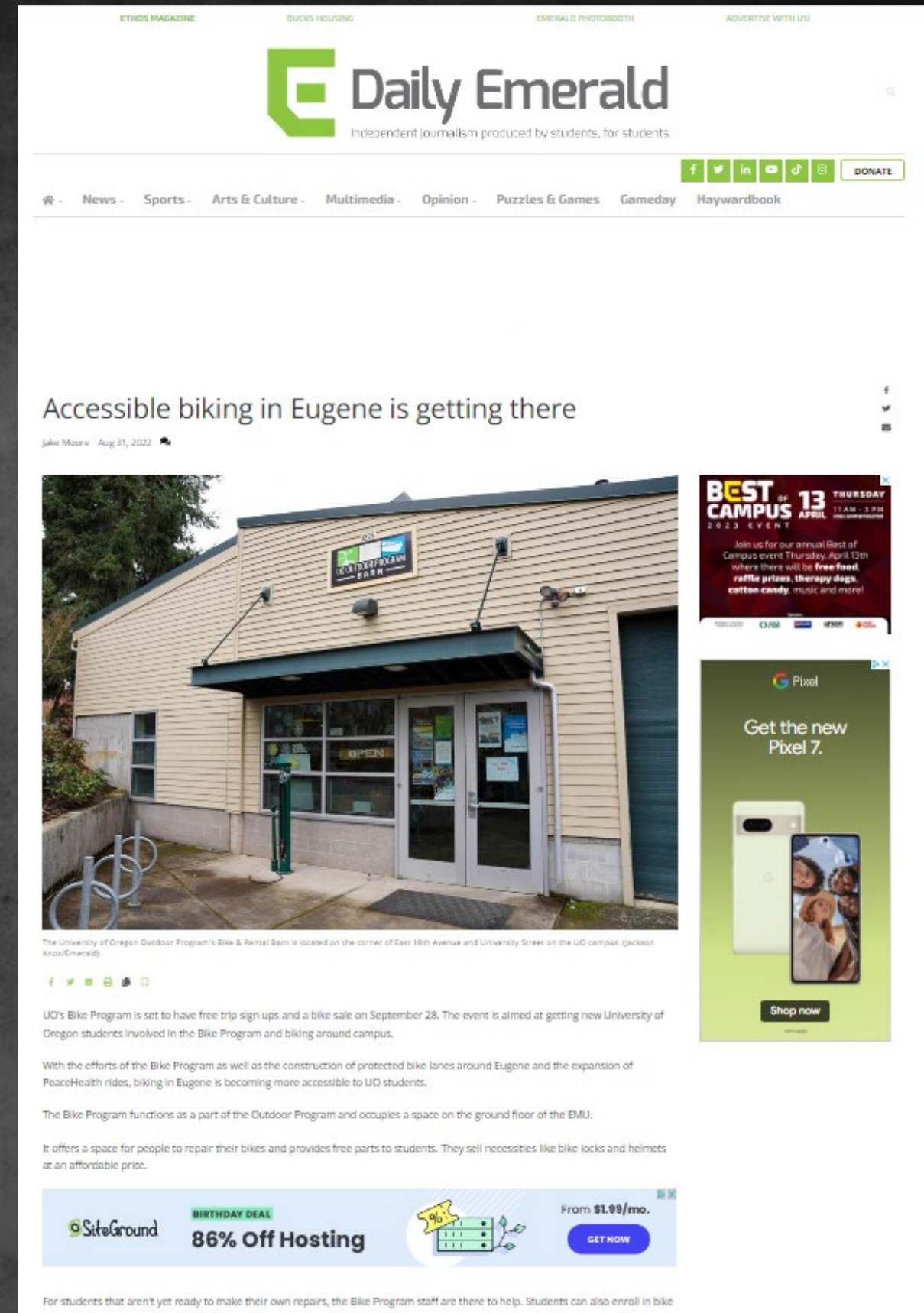
College Group 2

2nd Place

Oregon Daily Emerald

EMG Best Headline, Jake Moore

Jake Moore



Best Headline Writing

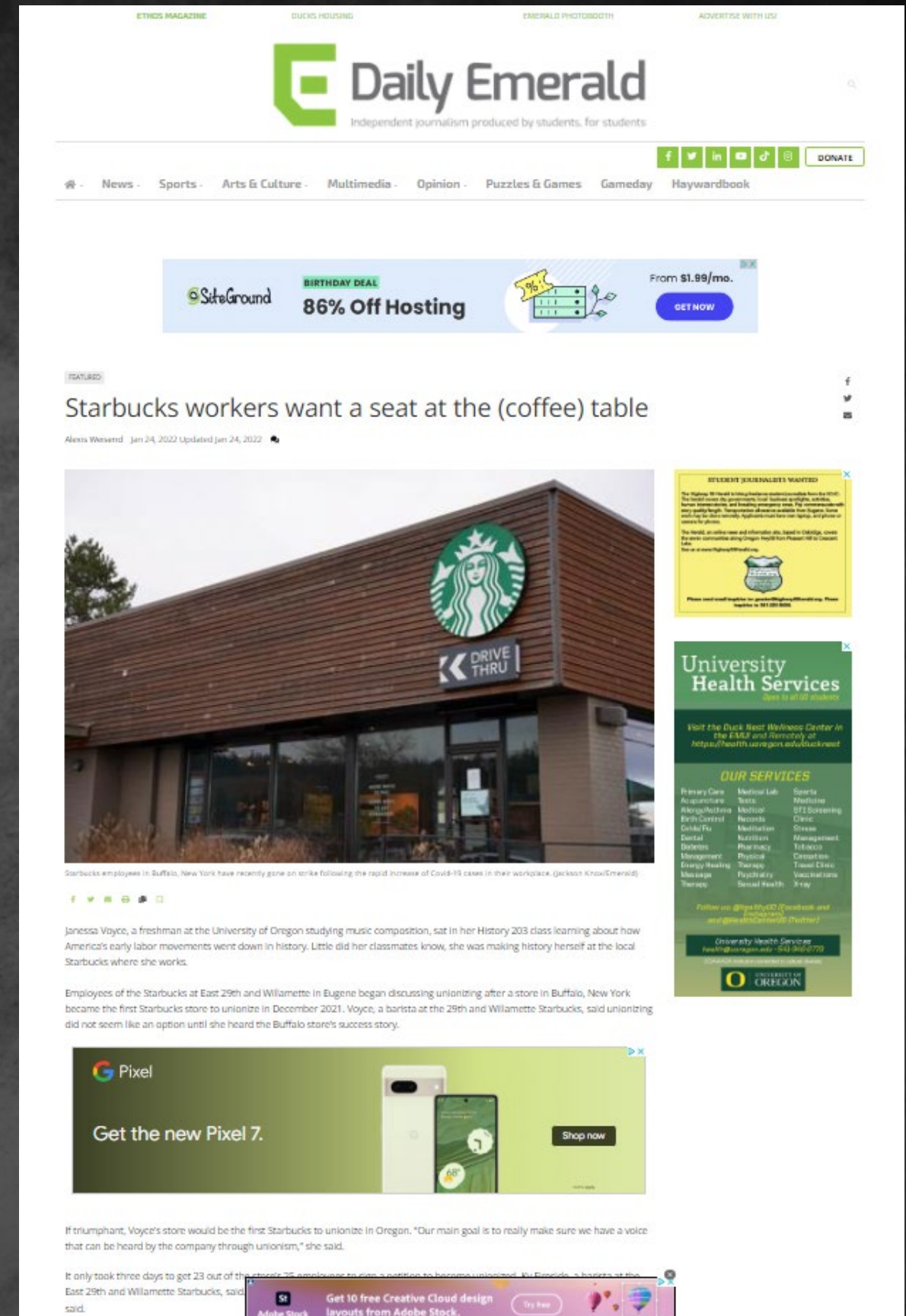
College Group 2

1st Place

Oregon Daily Emerald

EMG Best Headline, Alexis Weisend

Alexis Weisend



Best Writing

College Group 3

3rd Place

The Commuter- Linn Benton CC

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Leah Biesack

Sifting Out Who We Aren't to Confirm Who We Are

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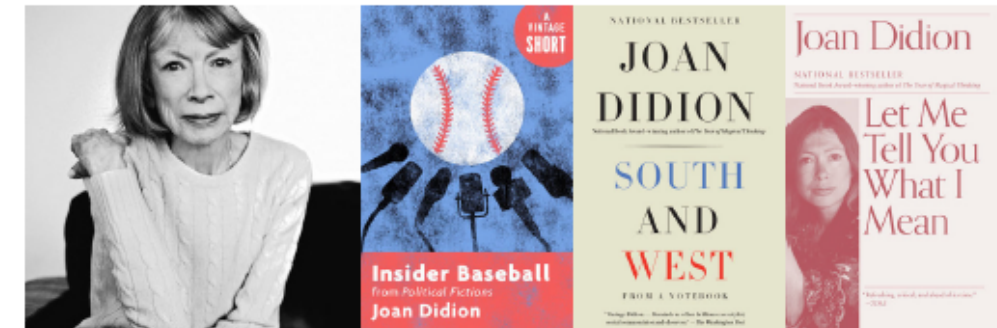


PHOTO: BRIGITTE LACOMBE

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Best Writing

College Group 3

2nd Place

The Commuter- Linn Benton CC

Best Writing Entry - Dakota Gange

Dakota Gange

4

COLUMN

JANUARY 19, 2022

LBCOMMUTER.COM

Maintaining A Healthy Debate

How Do You "Civil Discourse?"

STORY & PHOTOS BY
DAKOTA GANGE

Do you hear that? That faint scream in the background? The screams of our neighbors - the hurt, the passion, the fear, and the hope for a happy and healthy future - the screams for someone to listen. We all want the same things; the majority of us want to live in a world where people don't suffer day in and day out. We just all can't agree on the same avenue to get there.

In a country of undignified presidential debates, civil discourse appears to be not just an action, but a skill. And in a social media dominated era where nobody wants to have a conversation and rather only spew their opinions, we are left with a growing society who struggles to connect.

Honing in on that skill of diplomacy is 501 New York based non-profit organization, Braver Angels, (previously known as Better Angels), seeking to spread an element of grace and patience while embracing the time honored tradition of listening.

Beginning right after the Trump election in 2016, these organized civil debates have become more and more prevalent, sweeping through the nation. They are growing quickly among the community college and university settings.

LBCCC has hosted several debates with Braver Angels, many in which Doug Sprei has led the debate as chairman.

Sprei is the Director of Campus Partnerships and Multimedia at the American Council of Trustees and Alumni, or ACTA. He is also the Director of the Braver Angels College Debates Program. The ACTA is a non-government funded organization, which relies solely on individual support.

When first discovering Braver Angels, Sprei's heart "began to dance" and he instantly knew he wanted to be a part of the organization.

"I just thought, this is something I need personally because I was so concerned about the state of toxic conversation in the country and I was feeling very discouraged. And here's a program that actually teaches people skills and encourages them to reach out to the other side and find each other's humanity, find our common humanity, and find a way to engage that's constructive, not destructive," said Sprei.

The ACTA started partnering with Braver Angels, and not long after that they began to work with BridgeUSA, "where students on campuses all over the country



Doug Sprei during a Zoom interview.

At A Glance:

Who: Doug Sprei: The Director of Campus Partnerships and Multimedia at the American Council of Trustees and Alumni, or ACTA, and the Director of the Braver Angels College Debates Program.

What: Braver Angels, a Civil Discourse 501 New York Based Non Profit Organization.

When: Find Upcoming Events, both within Oregon and nationally, as well as in person and over Zoom.

Why: Be a Part of a Civil Debate.

who believe in depolarization, discourse, and civil discussions can come together."

If you've never attended a Braver Angels debate, you'd find a room, be it in person or over Zoom, full of 50+ people, debating hot topics such as vaccine mandates, abortions and surrounding laws, BLM protests, government healthcare, transgender athletics, and much more. What's unique about these debates however, are the grace to which they are executed without a single interruption. Speakers speak, and at the end of each speech, questions are welcomed and answered.

How can a room full of over 50 people eloquently debate such messy topics? It's with the direction and coordinations of chairmans like Doug Sprei, who conduct a peaceful and welcoming platform, keeping the process in check, respectfully managing the floor.

Now peaceful doesn't mean passionless; personal experiences are

highly valued and welcomed within these debates. There is a formal process to speaking and asking questions, which then allows the speaker a chance to feel truly heard, and a chance to clarify any comments.

"And then here's what a debate looks like when it's on a campus. We're all together. The students are very, very involved. They ask lots of questions. They make statements. This was in Washington DC. It's just a marvelous experience. The atmosphere is, sometimes when someone speaks, you could hear a pin drop because everybody's listening so hard and so intently. And then they ask lots of questions and there's just so much respect in the atmosphere for everyone who has the courage to say anything," said Sprei.

This last November, a Zoom debate with Sal Ross State University was held on abortion - the first debate with college students on this topic.

"It went really, really well. It was very, very civil. It was intense. It was emotional, but everyone respected the other side. There were many points of view. People realized that it's a very complex topic. And yes, it was raw in spots, but the Braver Angels format that you've experienced held true. Because we ran the debates in a kind of a parliamentary style, it makes the discourse kind of elevated because people are not talking one to one and arguing with each other. They're framing their own speeches and saying what they believe and elevating the discourse so everyone is listening to each other. And it's not a competition. No one's trying to win the debate, right?"

"These debates aren't just full of folks leaning one way, either. They are

carefully constructed to have speakers of both the positive and negative. It's your fellow peers, friends and students, that select the debate topics.

"We give students a lot of ownership of planning their own debate. What do they want it to be about? What's the headline and how will we publicize it? Who will be the opening speakers? We work with them."

But Braver Angels isn't just about swooping in and urging us to talk about hot topics. They're here to teach, encourage, and guide us into a world of civil discourse among topics we already care so much about. And hopefully, with the skill of civility we may actually connect with the opposite side. If we can reach each other, side to side, maybe we can grow together rather than apart.

"We are really focused on college leadership and influencing higher education to create an atmosphere and a culture of academic freedom and free expression on college campuses," said Sprei.

Once held solely on campus(es), but like many, the organization was affected by the pandemic. Though, not in the way they thought. Fearfully, it was expected that these Angels were in danger.

However it was soon made clear that we, the students, recognized our unorganized and torn apart state of the country; the conversation toxicity that has been seemingly brewing since the 2016 election.

"It turned out that there was a huge demand for them [Zoom debates]. We got requests from all over the country to launch these Zoom debates for students. It opened up so many opportunities that we never thought we would have."

Students bring their personal experiences to the floor; "there was a healthcare debate where a young woman at American University got up and spoke about how she wouldn't be alive today if it wasn't for government sponsored healthcare. And you could have heard a pin drop in that atmosphere. Everyone became silent."

Braver Angels asks that people say what they believe, and to tell personal stories and not just research facts and figures on Google, but to actually say why do you believe what you believe. Why do you believe in gun control? Why do you believe the police should be defunded? Why should the Southern Will be built?

"You can be as passionate as you want. I mean, last night in the abortion debate, we had a man just step up and point blank say 'All abortion is murder.' He was that categorical about it from the moment of conception. This was a debate with a school in Texas where the harshest laws in the land have been passed, right?" Said Sprei.

You may be getting hot and fueled just looking at these questions, but the Angels format allows for these feelings up to a point, but not to attack other people, not to interrupt them, and not to speak over someone or criticize what someone has said.

We may never agree, but being able to talk about intense and important issues will allow us to move forward.

College Debates and Disco



ACTA brings project leadership, extensive connections to faculty, college leaders and trustees, Offices of Excellence chapters, and students across the nation, along with media expertise, grantwriting, and more.



Braver Angels provides a proven debate methodology, workshops and skills training programs that teach students to engage with respect and civility. Alliances and chapters in 50 states; 15,000+ members



BridgeUSA is a student driven group with more than 45 chapters on college campuses, led by students dedicated to civil engagement.



Best Writing





College Group 3


1st Place


The Broadside - COCC

News articles by Ellie Ocel

Ellie Ocel












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COCC student stranded in Winter Park had three fingers amputated

Ellie Ocel · 05-May-2022 · 3 min read





David Marquez and his daughter, Amalia (Photo courtesy of David Marquez)


COCC student David Marquez's mountain adventure quickly turned from snowmobiling to survival on Feb. 19 when he was stranded in a blizzard in Winter Park, Colorado. To survive, Marquez had to trek through thick powder, sinking with every step, for six hours.

After six hours in the blizzard, Marquez was found and airlifted to Aurora, Colorado to get treated. When he was found, his body temperature was 79 degrees and he had frostbite on both hands, one foot and his abdomen, among other places. He had to have three fingers on his right hand amputated.

Marquez was snowmobiling with his friends when he took a wrong turn and caught some unexpected air. He could not get his snowmobile out of the snow, and his friends hadn't noticed that he was separated from them. He had no cell reception.

After staying with his snowmobile for a little while, Marquez saw people on the horizon. He waved frantically, but they didn't see him. It was then that Marquez decided that he would never be found if he stayed where he was. So, he began to wander forward.

With every step, Marquez sunk deeper into the snow. He blacked out multiple times, and woke up having moved a few steps forward. That went on for six hours before he was found by the search



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Best Writing

College Group 2

3rd Place

The Pacific Index - Pacific Univ

Emily Rutkowski

Emily Rutkowski



FEATURE

BRICK BY BRICK

President Jenny Coyle Has Big Plans To Build Up Pacific University

EMILY RUTKOWSKI
THE PACIFIC INDEX

In some ways, Jenny Coyle is a new face on campus this year, joining the hundreds of new students and faculty.

But then again, the university's new president has been all along: She is an alumna, not to mention a parent of two Bozeman students, a professor, and the dean for the College of Optometry, and on July 1, she became the 18th President of Pacific University. Her presence has been immediate and seemingly everywhere.

In the first week of school alone, President Coyle has been seen elbow-to-elbow with students at the U.C. lunch room, cheering on the sidelines at the Pacific University men's soccer team, and smiling through countless meetings with faculty, staff, students, and alumni. In a recent interview with *The Pacific Index*, President Coyle expressed her determination to create personal relationships within Pacific's community—and, if that goal sounds a bit effusive and elusive, she also has committed to creating huge major changes in the physical make-up of the campus. That is, President Coyle is determined to upgrade the buildings on campus.

A GLIMPSE INTO PRESIDENT'S COYLE OFFICE AND HER GOALS: President Coyle's office perches on the fourth floor of Marsh Hall and overlooks the campus courtyard. Her office is welcoming, with pictures of her family spread across her desk and a light maple wooden bookshelf lining the entire right-hand wall. The opposite wall is window-filled, with a view that captures the heart of the university—and when not watching the activity below, Coyle finds herself mingling in that crowd almost every day.

Throughout our interview, President Coyle was engaged, and a radiant smile rarely left her face. Although her plan for Pacific is extended, she narrowed the conversation to her top three goals: improving and investing in accessibility; improving and investing the fine and theatrical arts programs; and improving and investing in the science facilities.

"I think accessibility is so important because it's a basic need," President Coyle said passionately. She added, "see everything that I can do to help with accessibility is definitely going to be a priority."

Throughout the interview, she



Photo Courtesy of Pacific University

stated that improving accessibility is rightfully on the top priority list and explained that the task is not as simple as adding elevators and ramps to every building but is complicated by trying to preserve the campus history. Washburn hall, for example, would require an additional attached building to add an elevator. Still, she is eager to fix urgent and essential problems as fast as possible—and assured that she has already met with Facilities to address the issue.

Other buildings, like the Stoller Center, need to be enhanced. With the steady increase of student-athlete at Pacific, the population is ultimately outgrowing the facilities.

"None of those things will happen in a year or two; those will take hundreds of millions of dollars," Coyle explained. "It is my goal to find partners who want to invest and have the same dream as us and we have a lot of fundraising ahead of us."

President Coyle explained how priorities might shift depending on the agency and the space usage—and from what she hears from students, faculty, and staff; those who use those spaces daily. She underscores that communication and strong personal relationships are essential in improving the university—and certainly, in the first weeks of her tenure, President Coyle has put action behind those words, like recent sightings in the lunch room visiting with students to understand better what they find passion in on campus and

how she can help improve their experience.

President Coyle also is relying on her own first-hand experiences as a student, a parent of Bozeman students and a dean.

"I had the advantage that I have been here for 30 years, so I saw what we were focused on in the given time, and I saw that we haven't put much into fine arts or theatrical arts yet," explained President Coyle. "Or science, we've been doing some upgrades, and some lovely things have happened, but we are at a point where we could do more; it's time. It's been a long time."

WHAT COMMUNITY AND PERSONAL RELATIONSHIPS MEAN TO PRESIDENT COYLE: President Coyle refers to herself as a storyteller. Particularly, she says her job is to listen to stories from the community at large—and, in turn, tell those stories to inspire donors to support the university's growth and goals.

"I am a relational person. That motivates me, and that's how I develop and hear the stories that help me understand problems that we have," passionately spoke President Coyle. "If I understand what would happen in space or what's been happening even though we didn't have the space, and what could happen even more if we made a change. Understanding: that's how you convince a potential owner to invest in your dream and be a partner in that dream. So, I can only hear those stories or find out what people love or think they

need if people are comfortable talking to me."

When talking about community and building relationships, her face lit up. President Coyle started listing off students' names and passions, from upcoming choir concerts to science posters presented.

"Right now," she continued, "it is me finding out what people think is important, what they love about Pacific and what we need to preserve, what people think needs to change, from facilities to structure, organization, and culture, so I need to hear that." She beamed, "I am not the one who teaches in the art building or the science building; I need to hear from people that actually live and use it and what they think is important, and that's how we set priorities."

President Coyle added that she is a "yes, and..." person, referencing the popular improv technique in which a person responds positively to any suggestion and tries to build on that idea. There are so many talented people at Pacific University with good ideas, she extolled—and added that she believes there is always room for more expansion on an idea that can help improve the university.

"I want to see our students and faculty shine in the ways they enjoy," exclaimed Coyle. "I want to be able to see those moments because I know that's why you are here, so that's really important to me, to see what everybody's bliss is and share their story."

Who Is President Coyle?

Favorite ice cream flavor: Cherry Vanilla. Absolutely love it.

Favorite vacation spot: New Orleans

Favorite dinner: I love Indian cuisine.

First job: Dairy Queen. I can make the swirl on the soft serve.

First concert: Sha Na Na. I know none of you have probably heard of them. I think I was 8 years old.

Favorite season: Fall. I love the colors, the smells, and the weather, and I like to cook for American Thanksgiving.

Favorite hobbies: New Orleans Saints Football, digging in the dirt and planting things, bingeing shows on Netflix.

Best Writing

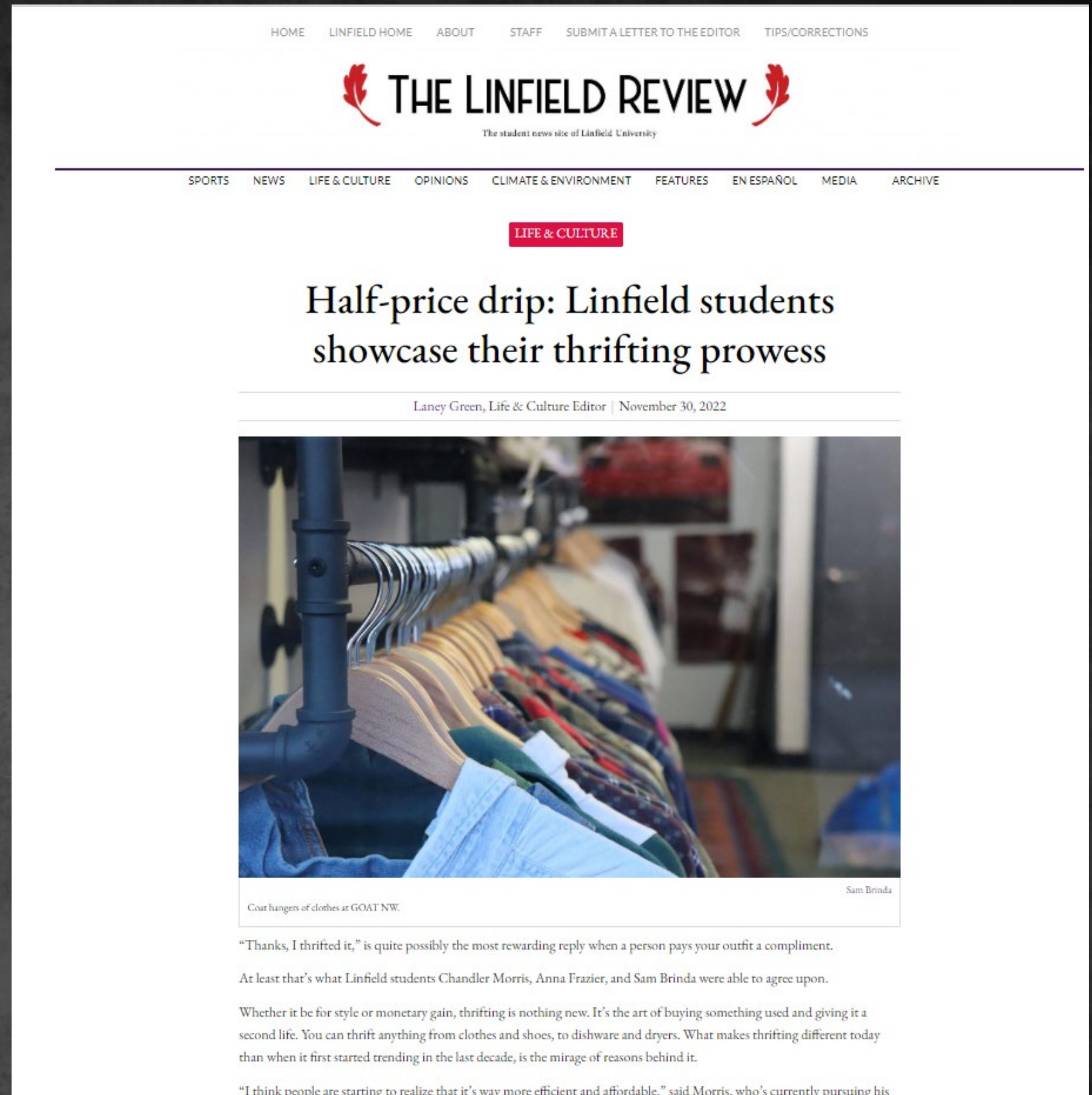
College Group 2

2nd Place

The Linfield Review

Green Best Writing

Laney Green



Best Writing

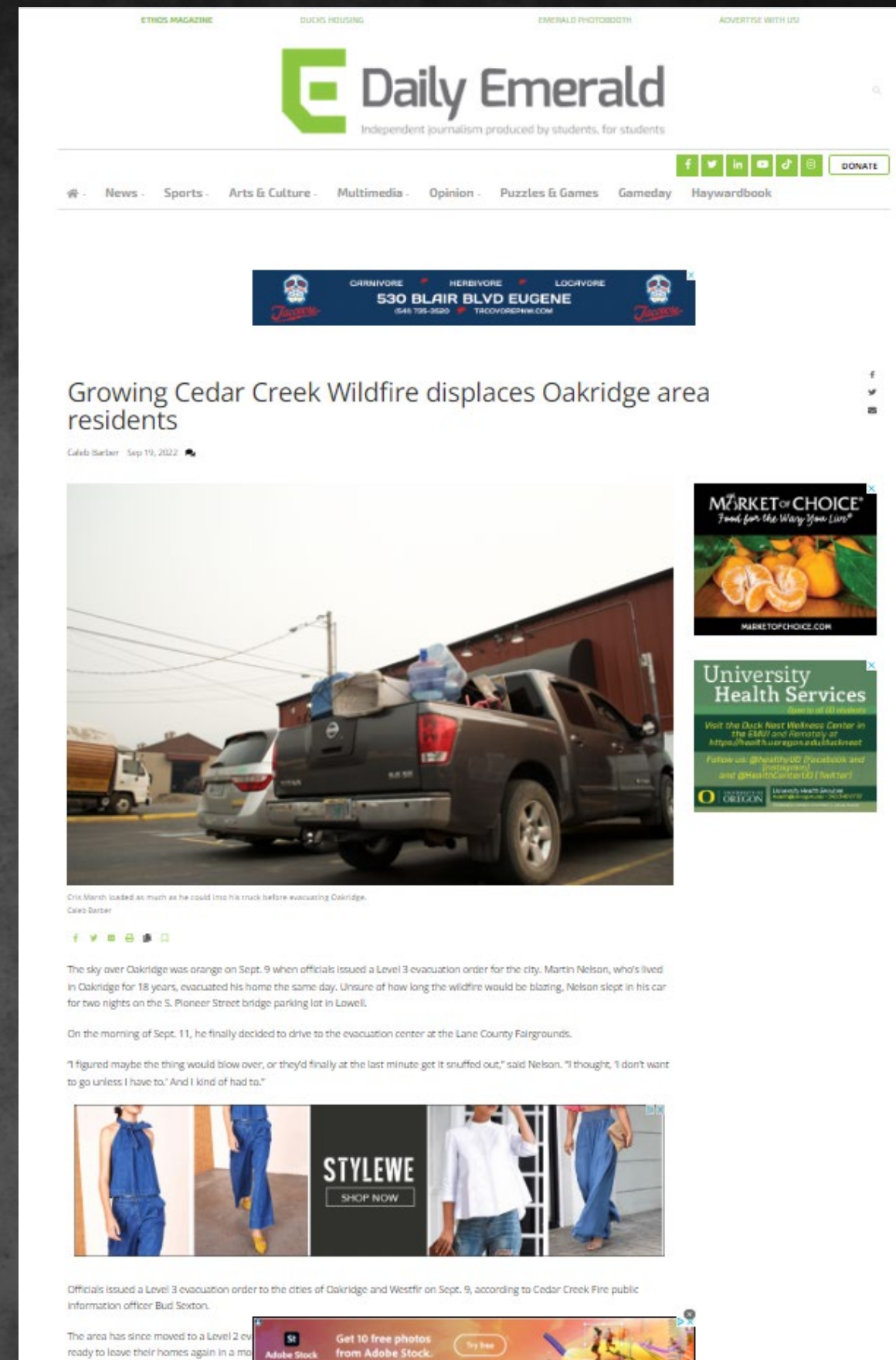
College Group 2

1st Place

Oregon Daily Emerald

EMG Best Writing, Caleb Barber

Caleb Barber



Best News Story

College Group 3

3rd Place

The Commuter- Linn Benton C C

Hostile Terrain 94: An Undocumented Migration Exhibit

Josh Candé

THE LINN-BENTON COMMUNITY COLLEGE

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Hostile Terrain 94: An Undocumented Migration Exhibit

BY JOSH CANDÉ - NOVEMBER 29, 2023




Photo by Brian Hite

Every year, thousands of migrants from Mexico and Central America attempt to cross the United States-Mexico border in the hopes of finding a better life. Not all of them are lucky enough to make it. Linn-Benton art professor Anna Magratten has been trying to illustrate the fate of those who perish during these dangerous treks in what is called the "Hostile Terrain" exhibit.

Professor Magratten has been involved since the start of the project, which is a partnership between the art galleries, the Office of Institutional Equity, Diversity and Inclusion, the Anthropology Club and Estudiantes Del Sol. It started in 2019, when Magratten found the work of Jason De León, an anthropologist at UCLA. His work examines the trials and tribulations of those who endeavor to cross the U.S. border. The Hostile Terrain exhibits are funded and operated by the Undocumented Migration Project and can be found on college campuses across the United States, Mexico, and Western Europe.

Along with De León, Magratten was assisted by Linn-Benton professor of anthropology Lauren Visconti and Linn-Benton student Tesoro Malendez. In assembling the project, the team has coordinated with the college to create a visual representation of the lives taken by the harsh conditions and violence found in the attempts to cross the border. The team set up the exhibit, which primarily consists of a large map of the U.S.-Mexico border.

The exhibit's map features orange and gray tags, where orange tags represent unidentified remains and gray tags represent persons who were later identified. Some of the tags identify skeletal remains or the manner in which persons died.

The thousands of tags hung upon the wall partly illustrate the most densely populated crossings. They also paint an image of the scope of the tragedy. The causes of death range from exposure to the elements to migrants taking the lives of other migrants (some tags read "blunt force trauma," indicating that they were attacked, potentially by other migrants). One of the more tragic examples would be groups of migrants who are forced to leave behind individual members because they become dehydrated or fatigued and can no longer carry on. These individuals are left to the harsh conditions of the desert. Other causes of death include hypothermia at night and heat strokes.

This only includes bodies that have been found, as the desert can hide bodies and some can decompose. The desert becomes a kind of tomb for the less fortunate migrants. When individuals go missing in the desert, it becomes difficult to look for them, as the police would consider them to be criminals, so migrants must sometimes be forced to leave migrants behind.

The journey is typically led by a "coyote," who is a person employed in the effort to bring people across the border, sometimes as a group, sometimes individually. Some are left behind when they can no longer propel themselves, get lost or wander away, or when people have to split up as they encounter dangers such as the border patrol.

When asked why she was interested in the project, Magratten said that it was because it "immediately made visible the deaths on the U.S.-Mexico border and brought to the visitors a sense of the great loss we are experiencing as a result of migration policies."

Magratten hopes that people think about how government policies translate to the lives of people migrating. She would hope for increased involvement from elected representatives in the crafting of the laws regarding migration, specifically regarding the funneling of persons through dangerous ports of entry along the border. It is easiest to cross at the most hazardous areas through a policy called "Prevention Through Deterrence." The safest, most hospitable regions are fenced off while deserts and more dangerous areas are unfenced — about 1,932 miles, of which about 700 miles have fencing, or about one-third.

Between the 1990s and 2020 the estimate is that about 3,400 individuals have perished in their attempts to cross the border.

NEXT STORY

Wellness Wednesday: Things to Think About

PREVIOUS STORY

Pottery Sale at Benton Center

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SEXUALITY

Best News Story

College Group 3

2nd Place

The Broadside - COCC

COCC plans to develop Campus Village land

Ellie Ocel



Best News Story

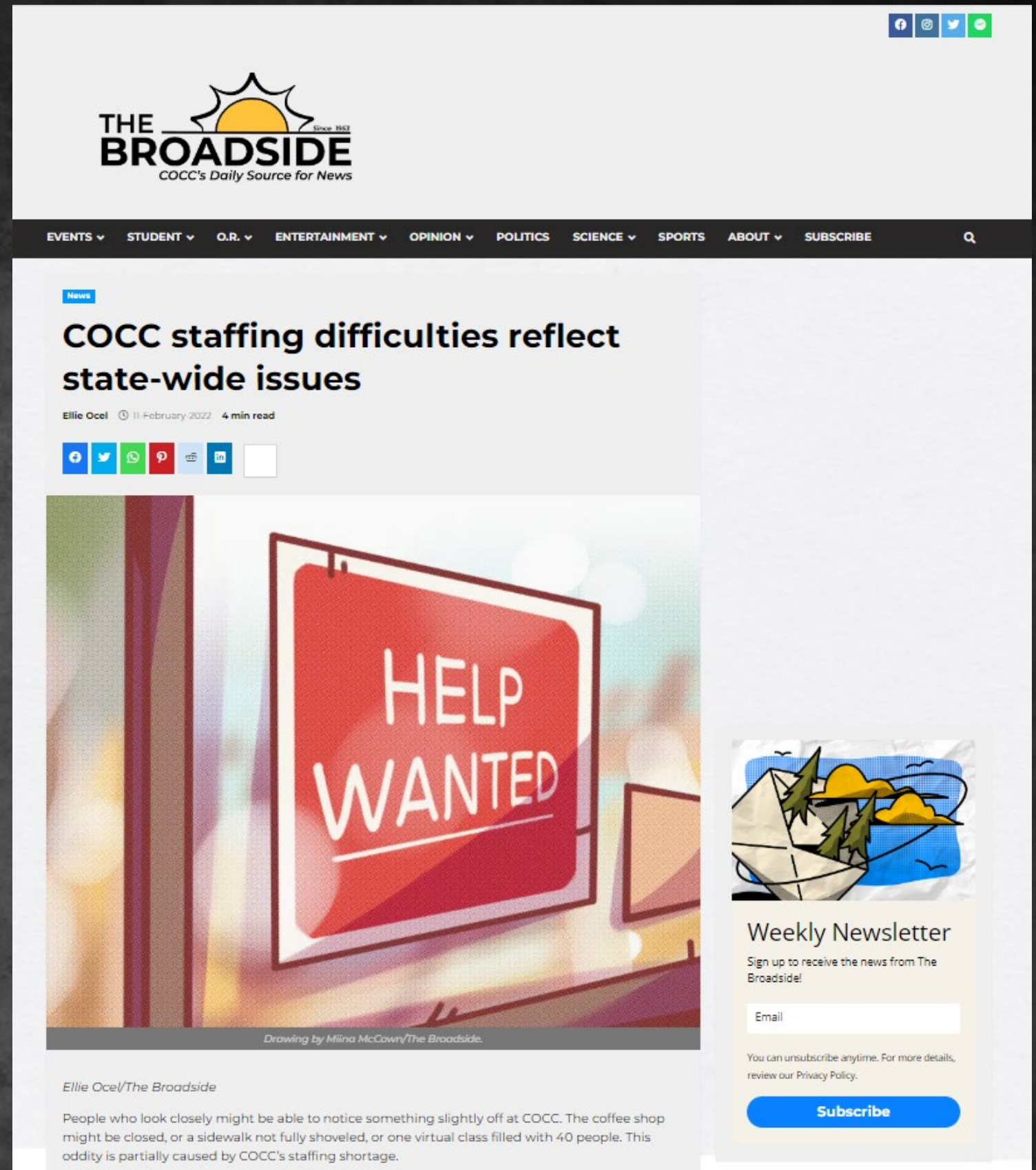
College Group 3

1st Place

The Broadside - COCC

COCC staffing difficulties reflect statewide issues

Ellie Ocel



Best News Story

College Group 2

3rd Place

The Pacific Index - Pacific Univ

News

Lane Johnson

4 | PACINDEX.COM

NEWS

PHARMACY PROGRAM DROPS 50% FOR INCOMING ENROLLMENT

Falling enrollment tracks with decline in enrollment nationwide, changes in competition

LANE JOHNSON
THE PACIFIC INDEX

While student enrollment has been falling across the country for years, Pacific University administration was shocked by a 50 percent drop in incoming enrollment for the School of Pharmacy graduate program this fall.

The Pacific Index met with VP for Enrollment Management and Dean of the College of Arts and Sciences Dr. Sarah Phillips and with VP for Finance and Administration Jim Langstraat to learn what caused this sudden drop—and, more pressing, what the loss means for Pacific University's revenue and programs, and what Pacific will do to adapt.

Both Phillips and Langstraat were quick to assure that while the revenue loss will be painful in the short term, Pacific University is fine and will not be shutting down any programs. Pacific runs on a balanced annual operating budget of about \$130 million, which, according to Langstraat, is "budgeted out to a line item or corresponding expenditure, except we keep around \$2.5 million in contingency that is used for things like any emergency building repairs." He added, "It can also be used to cover enrollment fluctuations."

However, there was no standard fluctuation. The expected revenue shortfall from the Pharmacy program for this year is also approximately \$2.5 million—the equivalent of the entire contingency budget. According to Langstraat, much of that shortfall will be covered by not filling open faculty positions in the School of Pharmacy for this year.

Langstraat and Phillips assure the Pacific community that the university will not need to resort to extreme measures such as staff reductions, health insurance or retirement benefit cuts, or drawing down the university endowment. However, Langstraat noted that due to pressure from enrollment and the COVID-19 pandemic, "This year, people have the equivalent of a 1 percent raise," which is far from keeping up with inflation.

Student tuition, housing, and meal plans make up a combined 90 percent of Pacific University's revenue, of which, according to Phillips, a "fair number" hit their revenue targets, including the Undergraduate, Dental Hygiene, Occupational Therapy, and Physical Therapy programs. Phillips continued, "There are a number of programs that are down a little bit—by 2 percent, 4 percent, something like that. Nothing like Pharmacy."

With the sudden loss of \$2.5 million in revenue, it's all-hands-on-deck to assess and adapt to the changing landscape of university admission management.

According to Phillips, the number of pharmacy program applicants nationwide has been on a downward trend for about 13 years. "In the last five years or so, it's often the undergraduate target that is not hit, and that has to do with demographic changes. . . . But this year, we did start to see it in graduate and



Photo Courtesy of Lane Johnson

professional programs. Now, if you pay attention to what I just said—that for the last five years or so we've seen it in undergraduate—well what happens five years later? They go to graduate school."

Pacific's drop in enrollment isn't unique. "We've checked on other pharmacy programs [at other universities]—they had the same experience," Phillips reported. "Where you will see increased enrollments are at very elite schools like Harvard and Yale, and then also in the

population."

Competition isn't only coming from other universities, though. "In the last few years, a lot of 'mini degrees' or credentials are being offered by workplaces and companies like Amazon. They're not university-based degrees, but the appeal of them being cheap and fast is hard to compete with," Phillips explained. "There's been just an unbelievable explosion of those sorts of certificates and short-term programs. I think

programs. Competition from corporate certificate programs likely eroded the attractiveness of a three-year degree. Additionally, rising costs of living and increasing debt aversion on the West Coast mean that working while attending pharmacy school is essential for many students—more feasible in a less condensed, four-year program.

The School of Pharmacy will be reorganizing the PharmD program to offer more flexibility to students, including allowing students to attend their first two years of the program at Pacific and complete their third year at home. There will also be an option for taking more than three years to allow students to work and pace themselves.

When asked what Pacific will do to address the cost of the pharmacy program itself, Phillips replied, "We are looking at how we distribute scholarships and financial aid because it is an expensive program." She noted that Pacific has a "very, very low loan default rate, so we know that our students actually are employed—they pay off their debts." Even so, the idea of taking on so much debt is intimidating to many.

The Office of Enrollment Management will also be working to speed up the admissions process because, "80 percent of graduate and professional school students go to the first school that admits them," Phillips said. Langstraat added, "We might have to put more resources into marketing and recruitment than maybe we have in the past."

"In the last five years or so, it's often the undergraduate target that is not hit, and that has to do with demographic changes. . . . But this year, we did start to see it in graduate and professional programs. Now, if you pay attention to what I just said—that for the last five years or so we've seen it in undergraduate—well what happens five years later? They go to graduate school."

'flagship' public schools. [For example,] the University of Oregon has lots of students, but Portland State University is in trouble. In California, you'll see the UC system has lots of students, but the Cal State system is in trouble. It tends to be wealthier, whiter schools. During the pandemic, the biggest declines in enrollment were among the non-white student

that there will be some reckoning of that in coming years because most of those programs lead to one very specific job where there's little room for advancement—and they don't tend to be high paying jobs."

Pacific University's PharmD program takes three years, as opposed to more traditional four-year pharmacy



Best News Story

College Group 2

2nd Place

Oregon Daily Emerald

EMG Best News, Fall Police Presence

Caleb Barber, Jake Moore, Alexis Weisend



Best News Story

College Group 2


1st Place

The Linfield Review

Worst College for Free Speech

Maddie Loverich

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THE LINFIELD REVIEW

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NEWS

Linfield named one of “Worst Colleges for Free Speech: 2022” by free speech non-profit

Maddie Loverich, Editor-in-chief | February 10, 2022

Last week, Linfield University was included on the Foundation for Individual Rights in Education list of “10 Worst Colleges for Free Speech: 2022”, which included other private and public colleges from around the nation that the organization has identified as “actively working to shut down student and faculty speech rights.”


The organization has released the “Worst Colleges for Free Speech” list annually since 2011, naming and highlighting a total of 80 institutions through the years. According to Adam Steinbaugh, FIRE’s Individual Rights Defense Program director, the list is intended to serve as a reminder that institutions should take corrective measures.

“It’s a wake up call because institutions hope that they can ride out some negative publicity for maybe a couple days, weeks or—in Linfield’s case—months,” Steinbaugh said. “This is a damage to their reputation and to the institution’s values that is going to carry on for years.”

According to the list, FIRE included Linfield on the list based of the termination of former tenured professor Daniel Pollack-Pelzner’s in 2021 after he raised concerns about the Board of Trustee’s handling of sexual abuse allegations and alleged anti-Semitic comments.

“Linfield is included because they have the dubious honor of having done something that is pretty remarkable, which was to fire a tenured faculty member with no due process whatsoever, and to do so because the institution’s leadership objected to his speech,” Steinbaugh said. “Which is flatly contrary to the freedom of expression, which Linfield says that it promises to its students and faculty. It is remarkable that there’s been no action by the [Board of Trustees] to address this pretty serious misconduct by the institution’s leadership.”

FIRE’s mission, as stated on their website, is to protect and defend student and faculty rights at colleges and universities across the country. The nonprofit was founded in 1999 by University of Pennsylvania history professor Alan Charles Kors and Boston civil-liberties lawyer Harvey A. Silverglate in response to feedback from their 1998 book titled “The Shadow



Nathan Herde



Best Series

College Group 3

3rd Place

The Commuter- Linn Benton C C

Best Series - Civil Discourse

LBCC Civil Discourse Program, Commuter Staff

Upcoming Tuition Increase Discourse

Civil Discourse Program Op-Ed: Tuition Should Increase

STORY BY MILES
HENDERSON, CHEYANNE
RIDER, AND THE CIVIL
DISCOURSE PROGRAM

Due to low enrollment (and amidst the highest inflation rates in 40 years) our beloved LBCC is in a tough financial position. Current funding projections show LB falling millions below a balanced budget. A tuition increase of 7% that begins this June for the 22-23 academic year, combined with \$750,000 in cost reductions and a 5% tuition increase in 23-24 and 24-25, are being proposed to remedy the problem. This sounds like a lot but it appears to be the college's best option for addressing our current financial deficit.

An alternative proposal for

balancing our budget is to cut a portion of our employees and programs. While this may seem like a viable option, there is only so much cutting you can do before you run out of necessary faculty members to run the college and available courses to make the college worth attending. Programs like Theater, Water Wastewater (WET), Computer Aided Drafting (CAD), Horticulture and Adult Re-entry (Empower) have already been cut. While there are no specific programs on the chopping block at the moment, one can't help but ask "What's next?" if we have to keep making cuts.

LBCC is doing its best to preserve programs and personnel during this challenging time. In addition to the proposed tuition increase, our college is being forced to take \$3.6 million from reserve funds. According to Jess

Jacobs, Director of Accounting and Budget, "Using reserve funds allows cost reductions and tuition increases to be rolled out responsibly over a period of years rather than all at once. By reducing the amount of reductions that are required there is additional capacity to continue to provide programs and services that students need."

Even if we didn't have financial problems due to low attendance rates, tuition would still need to be increased over a period of time. The college's strategy appears to involve making small tuition increases incrementally rather than one with one large spike that can catch students off guard. This is a smart approach and should be supported.

If we don't increase the price of tuition and we run out of programs and faculty members to cut, what will

become of LBCC? Community college has historically been a place where students can take transfer courses at a lower cost and in smaller classes on their way to earning a bachelor's degree at a university. It is also a place where people in our community can learn new skills, obtain certifications, and begin successful careers in vocational and trade programs.

Losing quality instructors and programs will damage the quality of education able to be offered to our students. Community colleges across the state are finding themselves in similar situations and continue to lobby for more assistance from the state. But until those requests are answered, the choice is to pay a little more for the school we love, or find another school because ours isn't offering what we need to succeed.

Tuition Should Not Increase

STORY BY GABRIEL KNOX,
NICK MAY, AND THE CIVIL
DISCOURSE PROGRAM

Due in no small part to the ongoing pandemic, LBCC is currently experiencing a noticeable decline in enrollment. Difficult times such as these often require organizations to make changes and restructure their priorities. In an attempt to stave off harsher cuts to the college's budget, a 7% tuition increase has been proposed for the next academic year. This increase would financially burden a student population that already lower income and feels akin to rearranging deck chairs on the Titanic.

In a recent survey by LBCC's Student Leadership Council, 62% of responding students indicated that they wanted tuition increases addressed. This is clear evidence that the pandemic has not only taken a mental toll on the student body, but a financial one as well. As the cost of living continues to climb, it makes

sense that increasing tuition might seem appropriate. However, this simple solution ignores the dire financial circumstances some students find themselves in.

For example, 61 students contacted Roadrunner Resources in the first 25 days of January 2022. While this may not be surprising to some, the statistic becomes much more shocking when compared to the fact that Roadrunner Resources was contacted by a total of 344 students over the course of 2021. It's obvious that a growing portion of our student population are having trouble making ends meet, and an increase like the one proposed could be incredibly alienating.

College tuition is one of the main factors that incoming students consider when finding the right school. Because inflation rates are increasing the costs of necessary goods like housing, food, and gas, money has become a significant stressor. Rather than giving incoming students less incentive to make LBCC their home school, they should try and

become a more attractive school.

The challenge is figuring out what measures to take. First, LB should offer more in-person classes. The recent drop in enrollment is a multivariate issue, but COVID is on the top of that list. The significant drop in enrollment began shortly after the initial outbreak occurred. At this point, LB is offering enough online classes to make people happy. Moving forward, the best bet is to offer more in-person classes. By doing so, LBCC will be satisfying the preferences of all students, no matter what class modality they prefer.

As the current pool of students shrinks, it seems like attracting new students would be a better solution than charging the remaining students more. LBCC is a great college, but advertisements we see do not properly reflect our excellent programs and

community of education. It would be in the best interest if more effort was put into outreach. Personal relationships are what make our college special. When LB's faculty and staff personally connect with members of our community, they provide strong evidence on why potential students should come here for their education.

Our college is in a tough fiscal situation. However, tuition increases are not the solution. Increasing enrollment with more in-person classes and personal outreach is a better way forward.



PHOTO: FREEMIX.COM

Did You Say Bowling Bash?

Student Leadership Council Holds First In-person Event

STORY BY SKYLAR PAUL
PHOTOS PROVIDED
BY THE STUDENT
LEADERSHIP COUNCIL

The abundance of longed-for laughter was blaring compared to the 2000s throwback hits playing in the bowling alley that night. There was a plethora of mile-wide grins at full tables while students were eating delicious pepperoni pizza and cracking jokes. Happiness gleamed in everyone's eyes as the bright comic lights shone from wall to wall – socialization was at its peak.

The beginning of the month held a sight to see. The Bowling Bash was the first large-scale in-person event the SLC

has been able to plan this year with 57 students crowding the Lake Shore bowling lanes.

Free pizza and drinks adorned the back tables, and if that wasn't enough to offer, the SLC had plenty of raffle and prize opportunities to ensure the students were having the utmost fun.

Victoria Aguas, the SLC chieftain of events, managed this event and asked several students in attendance this question: "What does it mean to be a part of an event like this?" One student replied, "The feeling of friendship and the community is amazing!"

Another student said, "You get to hang out with the community and get to be more interactive, instead of staring at a

screen with all the little boxes." Another student seemed to enjoy the fact that the SLC offered free food by saying: "Humans DO NOT live with only two senses. You've got to eat some pizza!"

The best part of the Bowling Bash was probably Rocky the Roadrunner's excellent bowling skills. If you're not on the SLC's Facebook and Instagram page, go follow them, so you can see all the live footage taken that night you may have missed out on. LBLive, our student-run campus app, is also something to follow for more event listings by the SLC.

Make sure you're not missing out on the fun! Come to our future events and help the SLC put the community back into this community college.

LBCCStudentLeads

@slc.connect



Danae Fouts and Cameron Wright play a round of Connect4 Hoops.



Keydence Strait and the pepperoni pizza at Lake Shore Lanes Bowling.



Best Series

College Group 3

2nd Place

The Commuter- Linn Benton C C

Best Series Entry - Beyond the Classroom

Staff

beyond the **classroom:** Dr. Ramycia McGhee

words by LEAH BIESACK

It's easy for us as students to view our instructors solely as educators rather than their full, individual selves, the ones who don other hats and take on other roles outside of campus. And that makes sense — we're in their classes to learn from their subject expertise. The reality, however, is that all the identities our professors assume are integral and intertwined to the identity of which we know them best. Dr. Ramycia McGhee, professor at Linn-Benton Community College, is an English Department staple, teaching student favorites such as African American Literature, as well as Intro to Poetry. Students know her fondly as Dr. M, and while she is an educator to our student body, the facets of her identity extend beyond her professorship.

McGhee originally hails from Chicago, having done her undergrad, masters, and doctorate all in Midwestern universities. When asked about pride, specifically hometown pride, she said, "The pride of Chicago will always be with me and in my heart, and I think people know that right off the bat — the way I talk about my city, the way I talk about myself, the way I talk about where I grew up. That will never leave." We spoke about how finding those places and spaces outside of our original homes, the ones that feel like a solid fit, like a place to be repotted with little recoil, is a rare thing. We are constantly changing, seasons are reliably changing, even the restaurant downtown seemingly flips the switch every nine months. It's no wonder it can feel like a Haley's Comet-type occasion when we land somewhere and it feels just right, right now. But as Dr. M says, "Timing is everything."

We've heard this before, likely read it on bumper stickers, but to live it, and to see others live it solidifies its true weight. When asked if her academic route went just as planned, or if there was a point where she had to pivot, Dr. McGhee said, "It wasn't my educational path, it was my career path that changed. I wanted to be a journalist." With both an undergrad and a master's in journalism, professorship wasn't on the career path just yet. In fact, it was radio on which McGhee had had her heart first set. McGhee interned at a radio station, and hosted a radio show in college. For all intents and purposes, she thought she was exactly where she needed to be, to get exactly where she thought she was headed. And in a way, she was. She just didn't see what was around the bend. McGhee spent a year in AmeriCorps before diving into the job hunt when a friend offered an opportunity to work for City College in Chicago. When McGhee took her up on the offer, it suddenly all clicked into place: "I instantly fell in love with teaching. I said, 'I can do this.' And never looked back." Talk about timing.

Flash forward and Dr. McGhee has taken her hometown pride, her Midwestern education, and her journalism training

and brought it not only to the forefront of our classrooms, but to our surrounding community, as well. Even though Chicago is home, McGhee has firmly planted her professional roots here in Albany, and happily so. "Oregon has been good to me, since I moved it's been nothing but great things and blessings." As Dr. M continues to build and grow outside of her role as educator, she has now displayed one of her other hats as she throws it into the ring, running for city council of Albany. With the slogan "Activate Albany!", this campaign is her latest challenge, but McGhee isn't one to shy away from a learning opportunity. "I am a student in my heart. I'm always learning." Stars — they're just like us.

McGhee shows up as a force. Strong while approachable. Direct in her confidence, while kind in her connection and delivery. In light of this spooky time of year, I wondered what fears she may carry, if any, and how she navigated them, if they were useful. McGhee explained how she still feels nerves on that first day of class, and how she considers it beneficial.

"I still get very nervous and I think that's a good thing. I think anytime you get too comfortable in something, you're not growing. And I am constantly growing as a professional, as an educational practitioner, as a person, as a mentor, as a woman, as a black woman, navigating these different spaces, I'm constantly growing."

McGhee mentioned how she holds some fear about how she'll be perceived in the classroom. "I'm a black woman in a very white space. Unfortunately we live in a time where racism is at an all-time high and it's okay to be that way." When we take these courses each term, we spend 10 weeks with peers who start out as strangers. We open up about ourselves, we sift through weighty material, we learn how to discuss and debate the often harsh realities of our individual and collective worlds. These waters can be rewarding, but wading through them often summons our fear straight to the surface. And this can send us straight into discomfort. Acknowledging this fear and the outcome on the other side, McGhee says, "It really is productive to sit in our uncomfortable selves. Every experience is not going to be in your comfort zone."

Growth is the goal, and fear helps fuel the climb to that goal. Dr. Ramycia McGhee exhibits that, in fact, we can change career paths two-thirds of the way through. We can leave our longtime homes to create new ones that correlate with new chapters. We can throw ourselves into uncertain spaces with unfamiliar people. And we can, and should, let it feel uncomfortable. From there, the magic happens. It led McGhee to the home of a classroom, to a position she holds in the highest regards. "I wouldn't trade it for anything. Teaching is the best gig." ♦

*"I think anytime you get
too comfortable
in something, you're not growing."*

Best Series

College Group 3

1st Place

The Mainstream - Umpqua CC

Financial Help for College Students

Robin Bruns

Umpqua Community CollegeTheMainstream

mainstreamonline.org/job-opportunities-on-campus

Robin Bruns

Work study positions on campus and UCC job connections offer students opportunities to get paid, often for work related to their future careers, for a job that they can do on campus around their course schedule. For several students, the experience has been pivotal.

Khloe Chambers, a former UCC student, was pleasantly surprised after deciding to take on a federal work study position in 2014. As a TOP Student Support for TRIO Student Support Services, Chambers' newest career change was a drastic contrast to her past experiences: mostly "dead end jobs" where she said she was treated poorly. However, at UCC, Chambers says, "I remember thinking, 'Wow! These people are nice!'"



Khloe Chambers, Office Assistant for TRIO Student Support Services and TOP

Reflecting on her past, Chambers explains how her work study totally changed her direction in life. "It was always hectic [at my other jobs]," she says, "but the atmosphere here was so different. At college, people have that 'worldly experience'. They've been educated; they know how to interact with others, how to treat people properly."

She's now employed full-time as an Office Assistant for TRIO Student Support Services in the Educational Skills Building — a job with very similar responsibilities as her previous work study. As a TOP Student Support, Chambers was tasked with the following: keeping contact with students in the program, managing student files, and helping out around the office when needed.

Chambers was trained in confidentiality according to Family Educational Rights and Privacy Act standards, and gained valuable on-the-job experience that would continue to aid her later on in life — abilities Chambers might have otherwise struggled with if she hadn't applied for the study. "When I first started college here, I needed a lot of organizational skills. A tutor was very necessary."

The opportunity to have hands-on experience in real life work situations was immensely valuable for Chambers. "Here, I sat down, worked, and I felt prepared," she says. "I was learning how to do that — how to organize myself. It helped me feel confident in a work

Best Series

College Group 2

2nd Place

The Pacific Index - Pacific Univ

Sports & Social Change

If More than 3 names type: Staff

PROFILE

SHIREEN AHMED TO SPEAK AT PACIFIC

Leading Women's Sports Activist First Up at In Your Face Lecture Series

ANNETTE LESCHENSKY
THE PACIFIC INDEX

Pacific University is hosting a three-speaker series that will dive into the intersections of politics, sports, and media. The *Pacific Index* sat down with Dr. Jules Boykoff, who is organizing this event, to learn more. He explained, "We're hoping to have deep and rich conversations with these three cutting-edge speakers about what it means to be thinking about sports and politics in this particular moment and give students an opportunity to meet these folks."

The three speakers are Shireen Ahmed, Sydney Bauer, and Pacific alum DeVon Ponsney. Shireen Ahmed, who will present first on September 23, is a decorated sports journalist and prominent activist who concentrates on bringing awareness of racism and misogyny to sports. "She is a force," exclaimed Dr. Boykoff, "and is one of the most influential thinkers at the nexus of culture, politics, and sports that is out there writing in the media."

In anticipation of her lecture, The Pacific Index recently caught up with Ahmed by email.

The Index: What was your experience with sports growing up?

Shireen Ahmed: I loved soccer. I felt so happy to be on the soccer pitch. My parents put me in so many things including ice skating, ice hockey, and competitive swimming. I was also in rugby, badminton, and squash in university. I love sports; there are aspects of my personality that really showed on the court or pitch. I was always supported by my parents to play sports. My dad was a firm believer that one's life needs to be balanced spiritually, intellectually, and physically.

The Index: So, what sparked your

interest and passion in racism and sexism in sports?

SA: My interest and passion in examining racism, sexism, and the intersections of sports really came from a personal place because in exploring and interrogating systems of oppression around racialized Muslim women, I looked at my own experience. I was excluded from playing soccer because I chose to wear a hijab and at the time there was no law saying that you couldn't wear a hijab, which made things complicated.

The Index: What are the greatest life lessons you have learned from sports?

SA: One of the most important life lessons I have learned from sports is to have grace with yourself when you fail. We have to forgive ourselves and learn from the mistakes we have made... and have the ability to move forward.

The Index: What will you be speaking about at Pacific University?

SA: My keynote at Pacific University will be a mélange of discussions about sports, sports media, and how I, as a racialized woman, fit into the space of sports media.

The Index: What are your other passions outside of sports?

SA: Outside of sports, I love coffee, eating, traveling, and reading audiobooks. I love my husband and my kids. My cat is the center of my universe.

The Index: Are you currently working on any research or professional projects and what are they about?

SA: I recently entered a submission to the *Sociology of Sport Journal*. An ongoing professional project is my podcast, *Burn It All Down*. We have a really cool event coming up at Notre Dame University: We'll be doing a live recording of the podcast and I'm super excited about that! *Burn It All Down* is one of my proudest professional accomplishments.



Photo Courtesy of Enzo Rodriguez

A PIONEER IN SPORTS HUMANITARIANISM VISITS PACIFIC

Dr. Richard Lapchick Granted Award

Photo Courtesy of Marc Williams



LANE JOHNSON
THE PACIFIC INDEX

Last week, Pacific's Director for the Center of Entrepreneurship, Sports, and Entertainment Dr. Marc Williams welcomed his long-time mentor, friend, and inspiration Dr. Richard Lapchick to Pacific University's Forest Grove campus. Dr. Lapchick gave a talk on the power of sports to bring about positive social change. Additionally, Dr. Williams inaugurated the Dr. Richard Lapchick Humanitarian Medal for Service, which will be awarded yearly to a person who exemplifies courage in promoting humanitarian values, civil rights, social justice, and gender equity in the spirit of Dr. Lapchick's career and life. In the week before Dr. Lapchick's visit, The Index caught up with Dr. Williams to learn about his relationship with Dr. Lapchick and the inception of the award.

The Index: How do you and Dr. Richard Lapchick know one another?

Dr. Marc Williams: My junior year in college, I met him. I had to present my research at a conference, and he was the keynote speaker. I just asked, you know, could he come and hear me talk? I think seven or eight people came, and he was one of them. He sat in the front row, and he listened to my whole presentation. In my research, a lot of the studies were about him, his ideology. I knew about him because of all the work that he did in sports, which my father educated me on, and how much he cared about the Black community and underserved communities as far as getting opportunities for us. So, he was one of our heroes. ... That day, he started his [keynote] speech and said, "I just came from a presentation where I think this young man is going to help change sports in America." I mean, he said that about me. I [was] 27 years old and I was in tears. Then a few hours later, I had like 10 or 12 business cards from presidents and deans of colleges. ... And so, when I asked him to come [to Pacific], he had a look at his schedule, and he didn't hesitate. ... I was surprised he was able to do this because he's going to the Vatican right after!

The Index: What will Dr. Lapchick speak about, and what do you hope Pacific students will take away from the presentation?

MW: I hope they get a chance to understand humanity more... to have more empathy towards people, your fellow mankind and womankind. I hope they understand the importance of service and giving back to your culture and your community. I hope they appreciate the work that he has done for women, minorities, and the LGBTQ+ community as well. He just fights for civil rights for everybody. But he does it in sport. He's like the Dr. King of the sports industry.

Lapchick's father bought the first Black player in the NBA. Like, why don't we educate people on this? His father was also one of the first members of the Boston Celtics, so he grew up watching lots of injustice, lots of racism. So he decided that he wanted to do something different.

When Nelson Mandela heard about all the work he was doing [leading the American campaign to boycott South Africa in sport to protest Apartheid], Mandela invited Lapchick to his inauguration. And he delivered his eulogy when Mandela died. Also, Muhammad Ali's eulogy. This guy is like, one of the greatest sports figures in the world. The fact that he's going to be here is a big deal.

The Index: Away from his work, what is Dr. Lapchick like as a friend?

MW: He loves spending time with family, and he loves his kids. [His wife] Ann goes everywhere with him. He's also really big on pop culture. He follows sports outside of sports, being critical in music and entertainment. It's just interesting talking to him because he always cares about what's happening to people and how you're doing as a person.

The Index: You are presenting Dr. Lapchick with a new award.

MW: It's going to be called the Dr. Richard Lapchick Humanitarian Medal for Service and Social Justice. He's been given so many awards, but he's never been given an award in his name, and let Pacific be the first school to do that. Every year he said he will come back and award it to somebody who exemplifies his life and work.



Best Feature Story

College Group 3

3rd Place

The Advocate-MHCC

PHOTO STUDENT DEVELOPS SKILLS AT MHCC

Aquilina Larkins



ADVOCATE-ONLINE.NET

STUDENT FEATURE

PHOTO STUDENT DEVELOPS SKILLS AT MHCC



Aquilina's photos reflect the warmth of her subject's smiles. For more of her photos, check out aquilinalarkins.com

By Kelley Chang
The Advocate

Art is something that comes in many forms. Some we can see with our eyes, some we can smell, and some we can feel with our hands.

One thing is for sure: Beauty and appreciation are in the eyes of the beholder. What makes art is the ability to create and capture emotion – sometimes pride, sometimes sadness, and sometimes love. It also is said that art, or the artist who creates it, are sometimes so powerful that just looking at a painting or listening to music can bring some individuals to tears.

Discussion of art appreciation brings me to the subject of one of our own, MHCC student Aquilina Larkins, who is majoring in photography and is on her way to earning an associate art degree.

If we talk about creativity or artistic vision, seeing Aquilina's work has left me speechless, with a medley of intrigue and emotions. I've witnessed myself the sheer power of a true artist with their craft, their magic, moving people. The Avengers and the X-men have their super powers; Larkins has her camera.

Besides her studies, she is working as a professional photographer with hopes of opening her own studio. She's professionally

done gigs like portraits for friends and loved ones, weddings, and other festivals, most of her work coming from word-of-mouth. Recently her sports photo made the front page of the Advocate, with rave reviews.

Looking at her wedding or family pictures, you can't help but feel as if you were there. The joy in the bride's face is just captivating, for instance. The photos taken of athletes in competition captures the sheer aura of victory that surrounds the winners. As I've said before, "Aquilina is Utopia," a title deriving from the emotion I feel looking at her work.

When asked how she produced such captivating pictures, Larkins said she's been taking pictures since she was in grade school. Fast forward 10 years, and here she is. As for anyone who influenced her photography, she said some YouTube (very little) content, but mostly she self-taught and experienced years of trial-and-error.

"Good things don't just come to us; we have to make it happen," is a creed she lives by, she said.

Still, when asked who is the biggest influencer today, she said the person who refined a lot of her skills was Mt. Hood photography instructor David Strohl.

From my viewpoint, the photography program here at MHCC is one of the tops in

the region. I'm not talking about the facilities or the equipment – that's just as good as any other program. I'm referring to the Integrated Media instructors and support staff.

As head of Mt. Hood's photography faculty, Strohl said, "Our main goal is to further develop our students' futures in photography as well as other aspects in life – [since] it's a competitive market. We teach lighting, sharpening skills, and storytelling."

To recount Strohl's own experience and teaching credentials we have to go back 12 years or so. He started teaching at the Art Institute of Austin, Texas then accepted a job at MHCC nine years ago. During his time as a professional photographer his work was recognized by the prestigious Communication Arts group (an organization that recognizes top illustrative and design artists throughout Europe as well as the U.S. and Canada).

He describes his own artistic values with nouns such as "community" and "celebration."

Strohl also heads the video content creation section within the photography department.

As for the IM program, he said, "I will teach my students everything about photography and all the unexpected career paths that are available."

Building off his own experience, "If the

student is willing, like Aquilina, I teach them technical skills and creativity [so that] once they're through the program they will be ready to work as a professional."

Strohl still has regular art exhibits, which readers are encouraged to judge for themselves. And a simple Integrated Media mantra that leads to success: "Be nice, work hard, and wear the right shoes."



Aquilina Larkins, 2nd-year photo student.

Best Feature Story

College Group 3

2nd Place

The Advocate-MHCC

MHCC WELDING PROGRAM HELPS STUDENTS
CONNECT WITH 150,000 JOBS

Kelley Chang



Best Feature Story

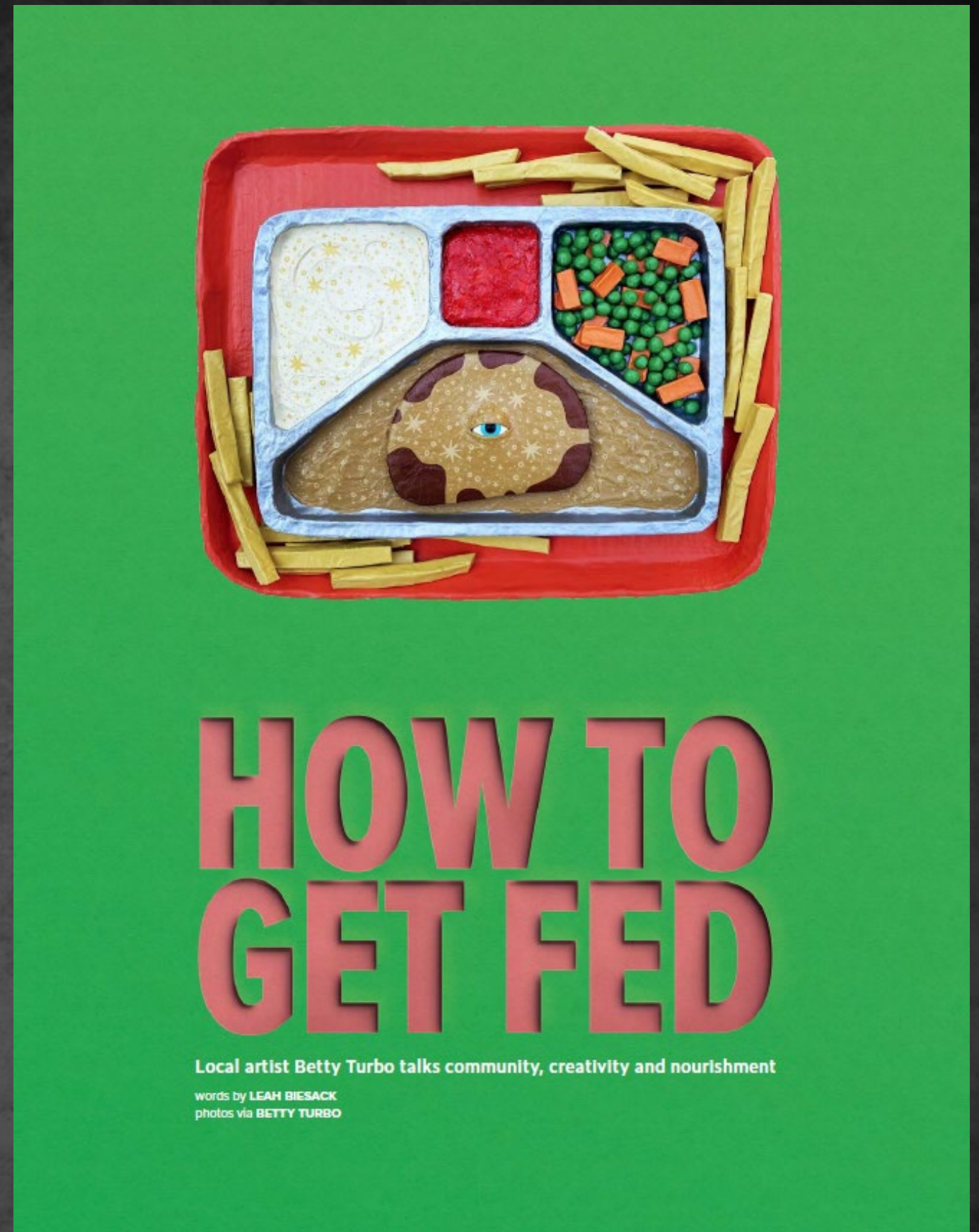
College Group 3

1st Place

The Commuter- Linn Benton C C

How to Get Fed

Leah Biesack



Best Feature Story

College Group 2

3rd Place

Oregon Daily Emerald

EMG Best Feature, Legend Retires

Jace Andrews



NEWS

DUCKS FOOTBALL LEGEND RETIRES

Doug Koke steps away from leading the Ducks out into Autzen Stadium after 23 years.

BY JACE ANDREWS

Doug Koke has been leading the Ducks football team into Autzen Stadium on a custom Oregon Ducks Harley-Davidson motorcycle for 23 years. But now he's ready to retire.

"It's been a good ride," Koke said.

After the home game against Brigham Young University, Koke decided it was time to step away.

Koke has only missed two games since his first ride in Autzen in 1999. He didn't miss a home game for the next 20 years, until he needed a backup in 2019 for a game against the University of Montana.

Koke said he's been kicking around the idea of retiring for a few years now, and after the BYU game, he said he felt like it was time.

Koke was only the second person to ever lead the football team after former football player Gary Zimmerman. Zimmerman did the first two seasons on the bike before stepping away. Jim Bartko, a former Oregon athletic administrator, knew Koke could ride and convinced him to take over. Bartko knew Koke through the Oregon Club, a group that raises money for Oregon Athletics, which Koke was the president of.

Koke said he was hesitant at first to agree. "I was pretty nervous the first time and wasn't too sure of myself there," he said.

But once Koke was in the position and gained experience, the nerves started to go away.

"You know the process; you know what's going to happen," Koke said. He said that when time went on, people started looking to him for advice on how to do things, which helped with the nerves.

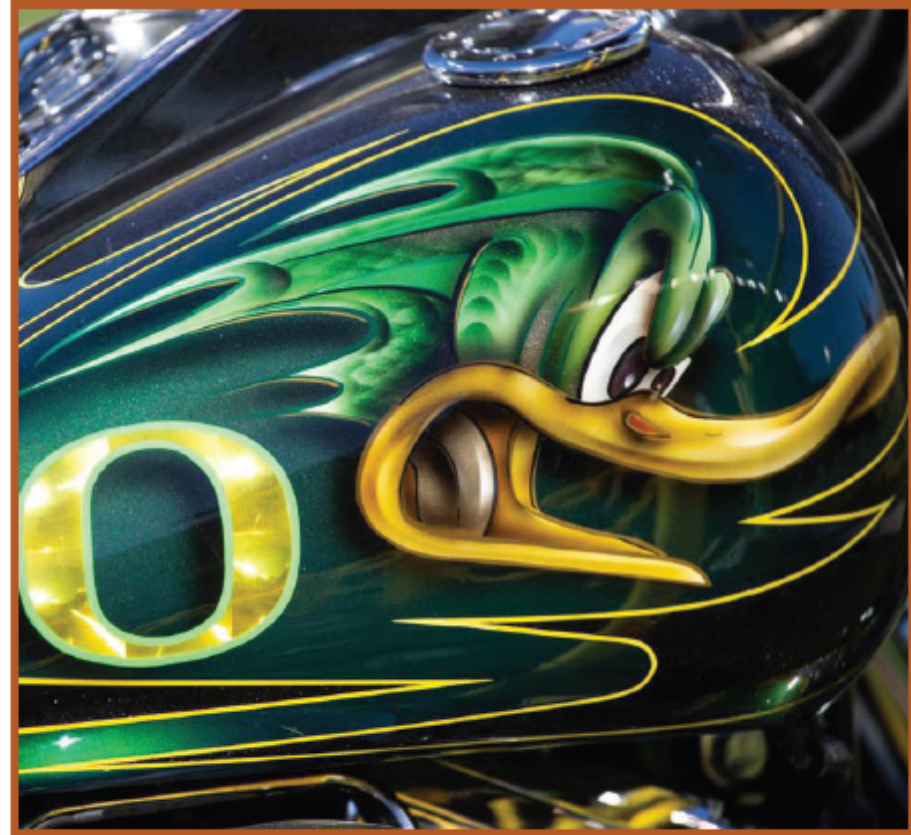
When asked about some of his favorite memories while riding, he is quick to mention his 2002 penalty. Koke believes the motorcycle just scared the referee, causing him to throw a flag. "I didn't do anything different than what we've been doing for the previous two years," Koke said, "this one zebra didn't like it though."

Despite Oregon having a five yard penalty applied to the kickoff, Koke didn't realize he got a penalty until the next morning. "In the paper the next morning, the articles were talking about there being 11 penalties, including one on the motorcycle," he said. "I just about died when I read that."

Besides the memories Koke has gained over the years, he has also collected a lot of Ducks memorabilia. His collection includes autographed helmets and footballs.

With Koke no longer leading the team, the job will switch off between Arlen Rexius and Matt Hogan. Both are lifelong Ducks fans with plenty of riding experience and Koke personally recommended them.

Rexius has been the backup for Koke since 2019,



The Duck rode on the field on a Oregon motorcycle. Oregon Ducks Football hosts Bowling Green in home opener at Autzen Stadium in Eugene, Ore. on Saturday, September 1, 2023. (Rylee Marron/Emerald)

practicing directly with him and even taking over for him on two occasions. Rexius has a decent amount of "turf experience," as he called it, and he owns an identical model to the iconic bike. He often brings out the Eugene Emeralds mascot out at their home games on his bike.

Koke and Rexius have known each other for years, and Rexius spoke highly about Koke. "He's just a genuine Oregon Duck fan," Rexius said. "He just wants to make the experience better for everyone."

"It really is a shame to see him go," he said. "Although, I am glad that I get a bigger piece of the action."

Hogan is the newest addition to the game day tradition. After his entrance against Stanford on Oct. 1, Matt became just the fourth person to ever

lead the team on a motorcycle. Aside from having to navigate the hoard of Stanford players, his first ride was perfect, he said.

Hogan first met Koke at the Oregon Club, and they became friends quickly, he said. Hogan acknowledged the importance of taking over the role, but he still is in awe at Koke's dedication over the past two decades. "It's an honor to be able to take over," Hogan said. "But my word, the man is a legend."

Although Koke is no longer leading the team, he still plans to keep the same season tickets he has had for 40 years. Koke has been a Ducks fan for life and nothing will ever change that, he said.



Best Feature Story

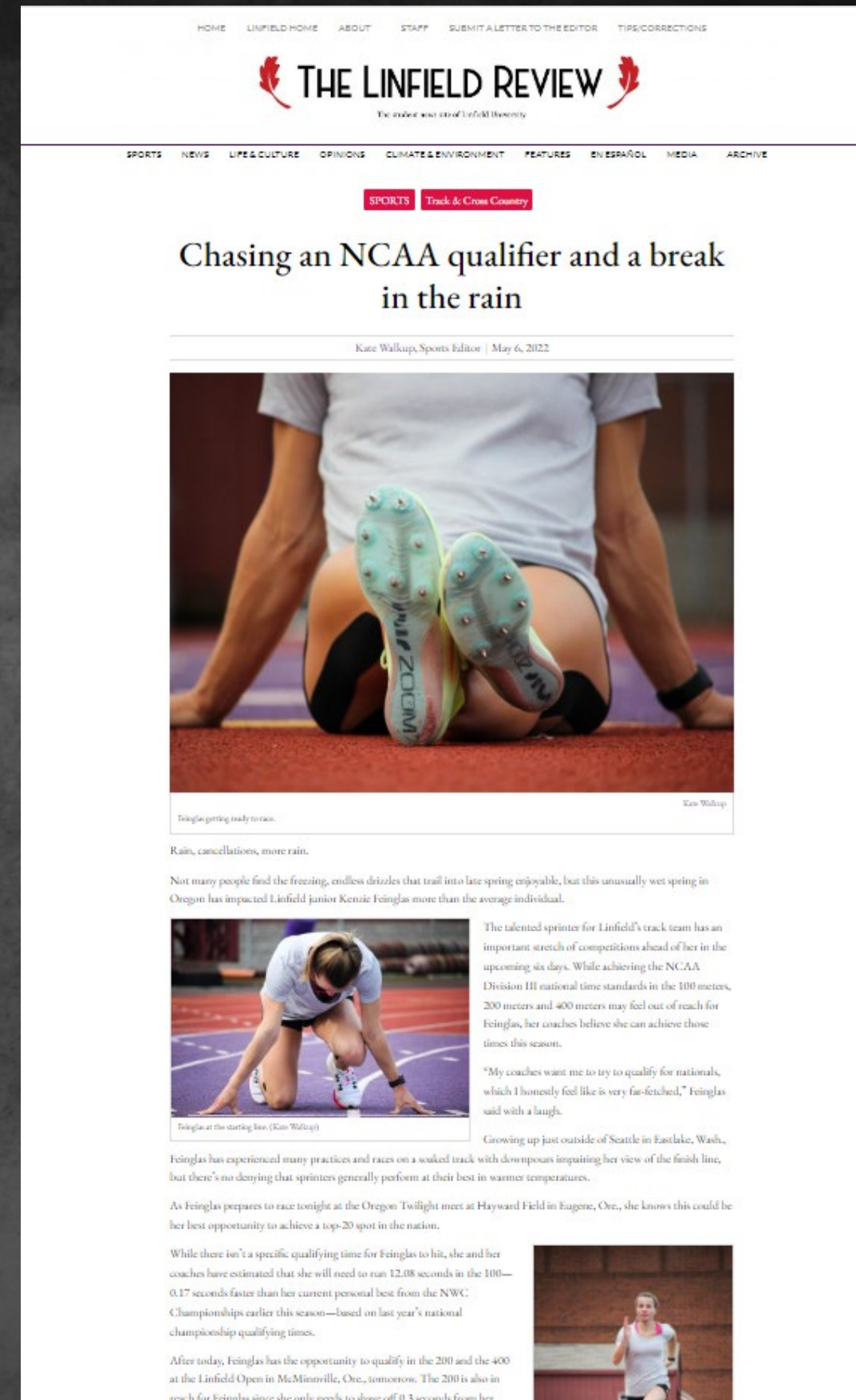
College Group 2

2nd Place

The Linfield Review

Chasing NCAA

Kate Walkup



Best Feature Story

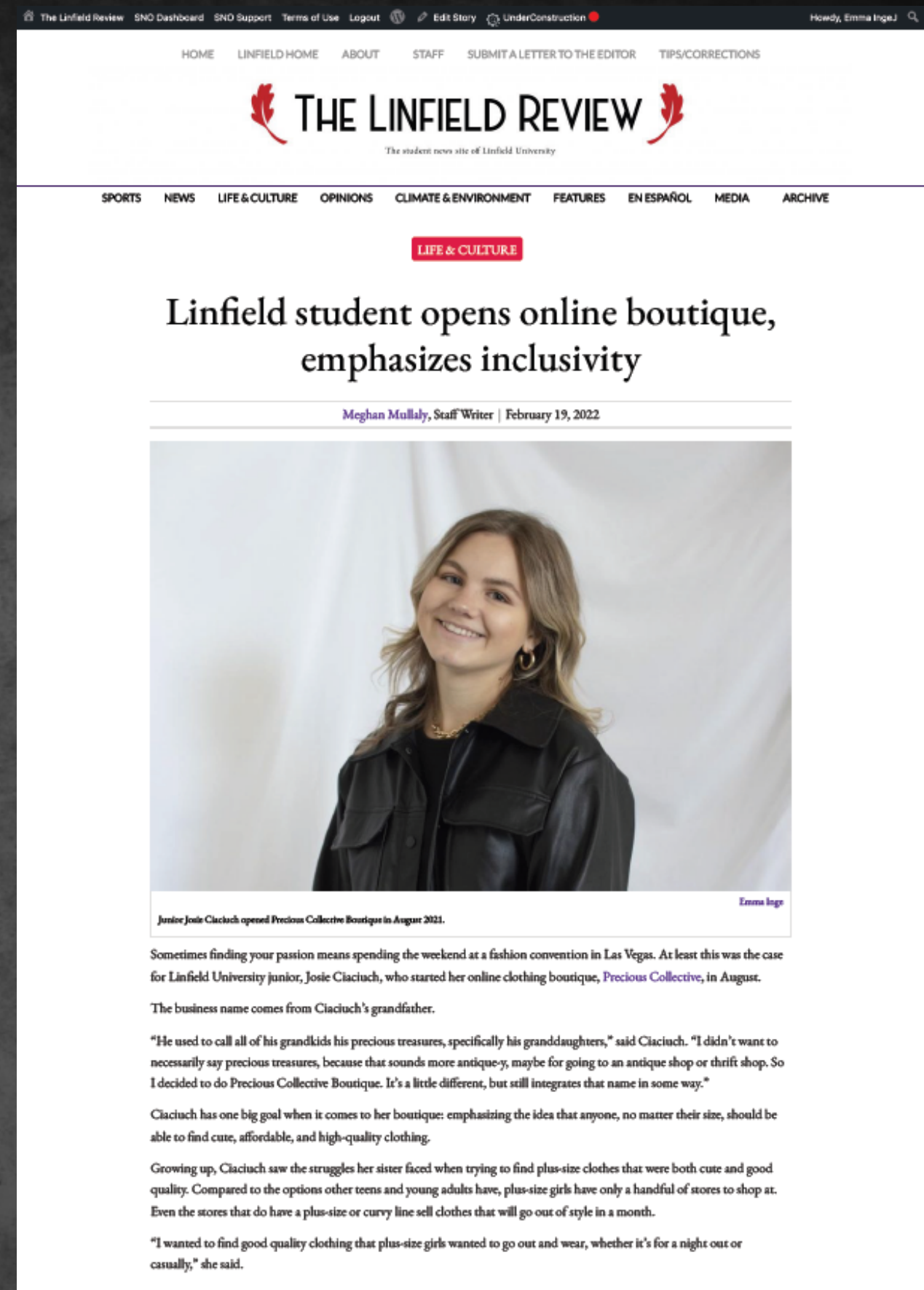
College Group 2

1st Place

The Linfield Review

Boutique Feature

Meghan Mullaly



Best Editorial

College Group 3

3rd Place

The Mainstream - Umpqua CC

Best Editorial, Savannah Peterson, Mental Health & Diet

Savannah Peterson

Umpqua Community CollegeTheMainstream

mainstreamonline.org/the-one-stress-factor-that-we-have-control-over-our-diet

Savannah Peterson

Editor's Note: The contents within this article are the opinion of the editor and staff.

Overwhelmed, overworked and over it. The stress of working several jobs, attending college and juggling social responsibilities during a pandemic with inconsistent guidelines and a plethora of virus mutations is a vigorous hardship on students' mental health.

The Mainstream is publishing a series about the uprising of mental health issues among students. Various mental health issues are doubling, tripling and quadrupling among American youth in what amounts to a second pandemic of stress, anxiety and depression. We want students to know that we see them; we hear them.

UCC has seen a significant increase in numbers of students seeking professional help regarding their mental health in the last year nearly double, and that number doesn't count those suffering who are not seeking help.



Best Editorial

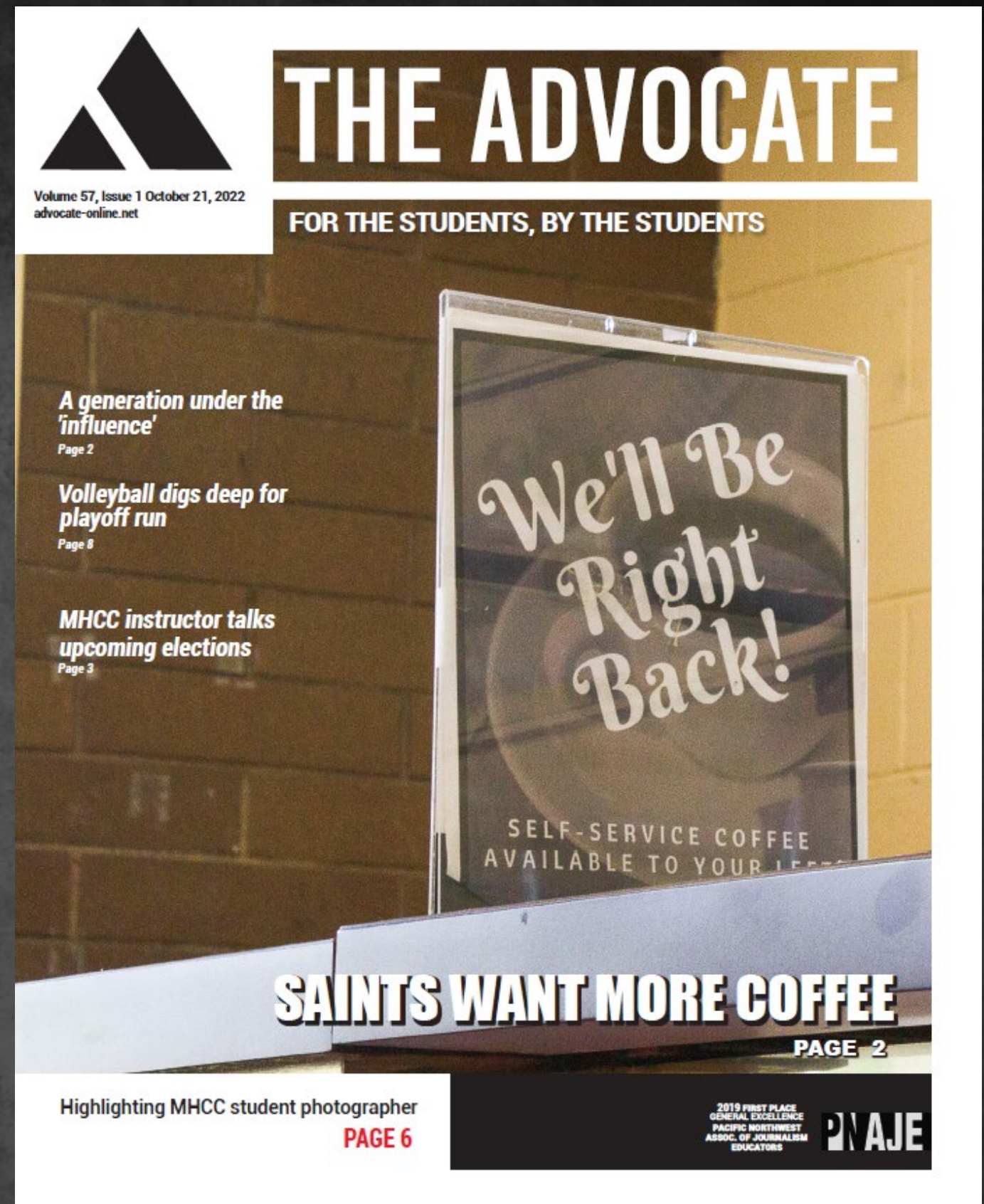
College Group 3

2nd Place

The Advocate-MHCC

SAINTS WANT MORE CHOICES ON CAMPUS

staff



Best Editorial

College Group 3

1st Place

The Mainstream - Umpqua CC

ICWA, Brackeen v. Haaland

Best Editorial, Savannah Peterson,

Umpqua Community CollegeTheMainstream

 mainstreamonline.org/indigenous-peoples-day

Savannah Peterson

The National Congress of American Indians has identified November as Native American Heritage Month, following up Indigenous Peoples' Day which was held on October 10 this year.

During research on Native American Heritage Month, we found a current U.S. Supreme Court case related to discrimination that would have a negative impact on Native Americans.

We think that this case is important to bring focus to Native American rights to their own culture, especially related to keeping Native American adopted children within their tribe, or at least, within the Native American larger community.

On Nov. 9, the Supreme Court heard arguments in Brackeen v. Haaland to decide whether to overturn the Indian Child Welfare Act, commonly referred to as ICWA, because of a lawsuit related to a 10-month-old baby that a Texas non-Native American couple wanted to adopt in June 2016.

The adoptive couple wanted to be considered as adoptive parents for this Native American 10-month-old without the restrictions of the ICWA for themselves or others. However, the Native American communities felt this violated their rights and the ICWA. The Native American Rights Fund website noted that "at the lower court in Brackeen v. Haaland, 486 Tribal Nations, 59 Native organizations, 31 child welfare orgs, 26 states + DC, and 77 members of Congress offered support for ICWA."

The ICWA is a 1978 federal law that protects Native American children by giving them the right to stay with Native American parents when being adopted. "The law (ICWA) was enacted more than 40 years ago after a congressional investigation found that public and private agencies had removed a third of all Native children from their homes and placed most of them in institutions or homes with no ties to American Indian tribes," according to Nina Totenberg's NPR story on the case.

After looking at the case, we think it is selfish for a couple to want to adopt a baby out of their traditions and Native community. The fact that one-third of Native American children have already been taken away from their traditions historically just goes to show how easily traditions are disrespected. Their right is to keep their culture as a people group. Looking back into history, they have already lost so much of their culture. Why take more?

Controversy timeline



Best Sports Story

College Group 3

3rd Place

The Advocate-MHCC

SAINTS SOFTBALL TAKES NWAC CHAMPIONSHIP

Rory Myers



ADVOCATE-ONLINE.NET

SAINTS SOFTBALL TAKES NWAC CHAMPIONSHIP!

Aurora Myers
The Advocate

The Mt. Hood softball team won the 2022 NWAC championship tournament last Sunday in Spokane, another proud moment in the Saints' rich history.

During their first full season back, after a forced pandemic hiatus, the Saints rose through the ranks of the Northwest Athletic Conference and clinched a playoff spot following a five-game win streak, which turned into a 10-game streak as they won each of their tournament games. They eventually beat the Bellevue Bulldogs in the final round of the championship 8-7 in extra innings (eight innings), after coming back from a 6-0 deficit.

Saints players said they were nervous going into the playoffs. Mt. Hood had been in the final round of the tournament nine times since 2000, winning five of those, but the 2022 team has newer blood. All the women had yet to compete in this daunting tournament and have only been together at Mt. Hood for just six months, up to a year – including those who would end up being MVPs for the championship.

Despite the nerves and anxiety going into this hard-earned experience, the team was also just thrilled and excited to be part of something so special. In the words of one player, the Saints rolled into Spokane last week "Pumped. Ecstatic. Loud."

Head Coach Brittany Hendrickson said it best: "I felt confident that our team would compete and were prepared as best they could be," she said. And that's all you could ask for. Even as terrifying as it may have seemed going in, the Saints knew they could come out on top.

In the words of hard-hitting shortstop Leslie Main, "Our heart [was] unmatched," and that's what got them through.

The energy and excitement of the team aided in increasing their level of confidence. They had special team events the week leading into NWAC tournament that increased the chemistry of the team, and their final practice on the field of their first tournament game helped them gain comfort in the environment.

Their victory against Southwestern Oregon (SWOCC) in their third-round game – their South Division rivals were the tournament No. 1 seed – gave many of the Saints the confidence boost they needed.

"After beating SWOCC," explained centerfielder McKenzie Kosmicki, "we knew we could win the whole thing."

As the weekend in Spokane wore on, the team's self-belief improved game-by-game.

"[I] made the plays that needed to be made," said Matlyn Leetch, second base/utility infielder. "I did my job in the lineup."

The final, title-winning game is something the Saints will remember for years to come. For perspective on their positive attitude, Leetch explained that after the first two Mt. Hood batters made outs in the bottom of the eighth inning, she had a feeling that she wouldn't have to put her glove back. She just knew their last three batters would pull through for the win – and they did. Those batters being, Hope Burke,



Photo: MHCC staff

Hailey Davis (the tournament MVP) and Kosmicki, the latter driving in Burke with a hit to right field to win the game. After their big win, the players couldn't believe what they had just accomplished, many of them feeling like they were in a dream. One said that an outsider couldn't have known they had just had a championship win, because of all their exhausted faces on the long drive home – it might have seemed like they had lost, instead. But big wins can take the life out of even the strongest players, and that's just a testimony to the heart and soul that these players put into each play, against every team they went up against. That's the feeling of victory.

Some of the players and "Coach B" shared some of the most memorable parts of their trip. Leetch said her favorite memory was hugging her teammates and coaches after their final game and watching Coach B as she facetimes her parents at a Sonic drive-in after the game, with the biggest smile on her face as she told them about their win.

For Main, it was seeing her family after winning the whole thing.

"I started bawling my eyes out because I was so happy," the shortstop said. "Hugging the people that have been there throughout this whole journey will forever lie as one of my favorite memories."

For Hendrickson, it was seeing pitcher/outfielder Marley Johnson – who pitched seven strong innings in relief in the Bellevue game, allowing the Saints to come back – participate in the Spokane Lilac Festival's evening parade the night before.

"After pitching us into the championship game, she was in a parade as the Happy Canyon Princess (on behalf of the Pendleton Roundup) representing her Native heritage (Walla Walla-Cayuse-Nez Perce)," the coach said. "It was such an amazing experience to get to have with our team."

Hendrickson said she's proud to be the Saints' coach, and not just as NWAC champions, but in her words, because "... they are also all amazing individuals who have represented Mt. Hood CC with such class, sportsmanship, and pride!"

Their weekend in Spokane was no easy task – two games with major deficits, five different opponents, and ultimately only won champion of it all. The Saints took that win with everything they had.

As their shortstop, Main, put it, "This sport is heartbreaking sometimes, but moments like these make it all worth it."



TOP: Saints celebrate their victory. ABOVE: Alexia Geary at the plate. BELOW: Marley Johnson pitching.

TRACK AND FIELD NWAC MEET RESULTS:

Women's long jump: Ujunwa Nwokoma, first place: 5.81 meters = 19 feet, 1 inch
Women's 100 meter dash: Ujunwa Nwokoma, third place: 12:59 seconds
Women's hammer throw: Alyssa McNutt, first place: 47.55 meters = 156 feet
Women's discus: Alyssa McNutt, second place: 40.16 meters = 131 feet, 9 inches

SOFTBALL HONORS/RESULTS

Saints season record: 39-12
Tournament MVP: Hailey Davis, catcher
All-Tournament Team members:
DeLaney Duchek, utility infielder
Marley Johnson, pitcher/infielder
McKenzie Kosmicki, pitcher/outfielder
Matlyn Leetch, second base/infielder

SOFTBALL TOURNAMENT RESULTS

Mt. Hood 15, Skagit Valley 0 (five innings)
Mt. Hood 11, Everett 5
Mt. Hood 16, Southwestern Oregon 7 (five innings)
Mt. Hood 8, Clackamas 5
Mt. Hood 8, Bellevue 7 (eight innings)

Best Sports Story

College Group 3

2nd Place

The Commuter- Linn Benton CC

Winning a Championship, Learning to Fail

Carsyn Meyers

WINNING A CHAMPIONSHIP, LEARNING TO FAIL

words by **CARSYN MEYERS**
photo by **JUSTIN LAMB**

The ball slowly rolled across the top of the net for what seemed like an eternity, and in many ways it was. The Linn-Benton Volleyball program hadn't won a championship in its 46-year existence. Multiple Final-16 appearances, four Final Four appearances, and two crushing championship game losses. The ball finally dropped, but this time on the opposing side. In the middle of it all was Linn-Benton superstar, and 2021 NWAC Volleyball Player of the Year, Shalyn Gray. Throwing her hands into the air, Gray celebrated in a mosh pit of her teammates as they rushed the court. At the end of the 2021 volleyball season, the Linn-Benton Roadrunners raised their first championship trophy.

Growing up in the small town of Myrtle Creek, Oregon about an hour south of Eugene, Shalyn surrounded her life with sports. A three-sport athlete, she played volleyball, basketball, and softball at South Umpqua High School all under the coaching of her family. Off the court Gray is an aunt, a sister, and, "a huge Marvel nerd." Linn-Benton Head Coach Jayme Frazier defined her as resilient, a hard-worker, and someone who leads by example.

Now in 2022, the Roadrunners sit in the middle of another historic season with a record of 21-1. Gray gives a glimpse of trying to win another championship, her fears as an individual, and how sports have taught her that it's okay to fail.

WHY DID YOU CHOOSE LINN-BENTON?

I chose Linn-Benton because it's a great school, first of all, and the volleyball team was good. My cousin was already going here so she could show me around, I could live with her, and figure out college life.

HOW DO YOU MANAGE TO DO SCHOOL AND PLAY AT A HIGH LEVEL?

It's a lot of time management, figuring out what I need to do [on] a certain day, and how many hours I need to put into schoolwork.

WHAT DOES IT MEAN TO WIN A CHAMPIONSHIP WITH A GROUP OF WOMEN WITH WHOM YOU HAVE SUCH A CLOSE CONNECTION?

Winning a championship is always special, but I think it was more special because it was with that team, and we're more family. Even off the court, we would go hang out with each other, do homework together, go out and have lunch and dinner. So it was just really special bonding, and then we got to bond over that championship. We'll always remember that championship, but we'll remember more of the memories together, rather than the games won.

WHAT KINDS OF THINGS ARE THE HARDEST FOR YOU TO GIVE UP WHEN IT COMES TO ALL THAT YOU DO?

Family time. Because my hometown is two hours away, I don't really get to go see my parents a whole lot or my siblings, especially. I have a nephew back home now, so it's hard not seeing him.

HOW HARD WAS COVID FOR YOU WHEN IT CAME TO YOUR EVERYDAY LIFE?

It was tough for me. My softball season was canceled. My whole senior end-of-the-year [time], everything was canceled – didn't have a prom, my graduation was a drive-thru kind of deal. Then going into freshman year of college, everything was online, which I wasn't used to. That was hard because I'm better in the classroom. That season of volleyball was a year long rather than a few months, so it was tough to learn. But, it just shows that whatever happens, I can adapt through it.

IS THAT HOW YOU DESCRIBE YOURSELF TO OTHER PEOPLE? WOULD YOU SAY TOUGH?

Yeah, I would say tough. If I get hurt, I usually laugh. And I'm a klutzy person, so I'm pretty easy going. I don't really get mad easily at people. I think I'm nice. I try to be nice, it's the right thing to do. You don't know what people are going through.

WOULD YOU CALL YOURSELF A QUIET LEADER?

Yeah, I'm not as vocal...I'm more of a lead-by-example [type].

WHERE DO YOU THINK YOU LEARNED THAT?

I definitely learned that from my parents. My brother was my coach growing up. My mom coached me through high school, too.

WHAT DOES THAT MEAN FOR YOU TO ALWAYS HAVE YOUR PARENTS AS YOUR COACH?

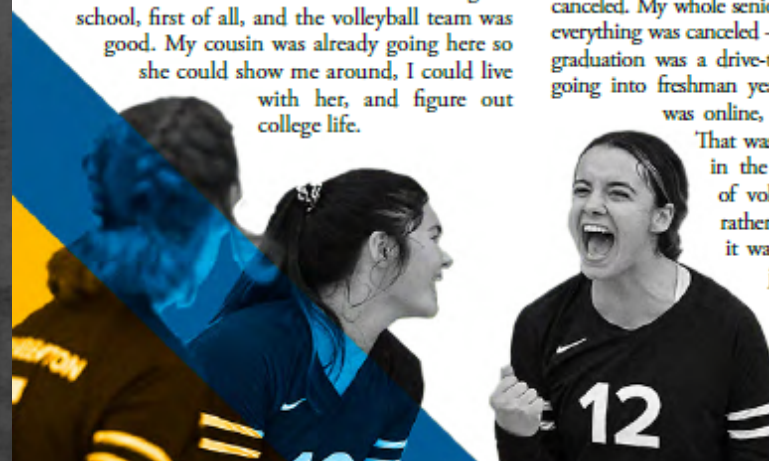
I had to work harder than my teammates because my mom wants more from me because I'm her daughter. They always taught us to lead by example, and [to] always be humble.

WHAT'S YOUR BIGGEST FEAR?

I've always been told, "don't be scared of failure." I am scared of failure, but I also think that helps me to succeed. I don't want to fail in school. I want to get good grades, so I work really hard to get those good grades. Even if I do fail, I learn. So I can just try again.

WHERE DO YOU THINK YOU LEARNED THAT? A LOT OF PEOPLE DON'T HAVE THE IDEA THAT IF 'I FAIL, I KNOW I CAN GET BACK UP.'

I just learned that through the years in sports. Sports [has] taught me a lot, especially that. College, too. College classes are definitely harder than high school. I think that's one thing students learn the most their freshman year; it's harder. You're not going to get away with just doing the minimum – you have to put in the work to actually get those grades.



Best Sports Story

College Group 3

1st Place

The Commuter- Linn Benton CC

Mama Said Knock You Out

Brenda Autry



words and photos by **BRENDA AUTRY**

When you think about mother daughter activities, the first thing that comes to mind probably isn't Mixed Martial Arts (MMA). But mother daughter duo, Joy and Jordyn Edwards, are challenging the norm and kicking butt along the way.

Jordyn Edwards, 22 of Albany, is just rounding off her first year of fighting in amateur MMA.

"I started training about a year and a half ago," Jordyn Edwards said. "I ran track in college, but my senior year I decided it just wasn't for me. I needed another athletic outlet and my mom encouraged me to try boxing."

Edwards' mom, Joy Edwards, owns and operates Ramox Boxing Club in Albany. "I encouraged Jordy to train because I thought she needed a change," Joy Edwards said.

More than just an athletic outlet, Jordyn Edwards needed something she hadn't found in track, she needed somewhere she belonged. "I saw the community (my mom) had there and I was struggling a lot in life, and didn't really have a lot of people, so I tried it."

Jordyn Edwards raved about the community she found at Ramos Boxing Club and the renewed self-worth the sport had given her. "The thing I love most about boxing is the community," she said. "I've never found a more welcoming group of people, and our gym is probably the most welcoming place I've ever found."

Having run track for so long, Jordyn really missed the connections she had doing team sports in the past. "Yes, (boxing) is an individual sport, but the team aspect of it, and finding people with the same goals is amazing," she remarked. "We were all a little lost before we found fighting, and our fight group is like a group of misfits who became friends."

Neither Jordyn nor Joy thought Jordyn would ever take the sport further than training, but it had a bigger impact on Jordyn than either of them realized it would. "I came to the gym just to work out and swore I'd never fight," Jordyn Edwards remembers. "But here I am."

Best Sports Story

College Group 2

3rd Place

The Pioneer Log

LC embraces tradition of advocacy in sports

Amelia Madarang



Best Sports Story

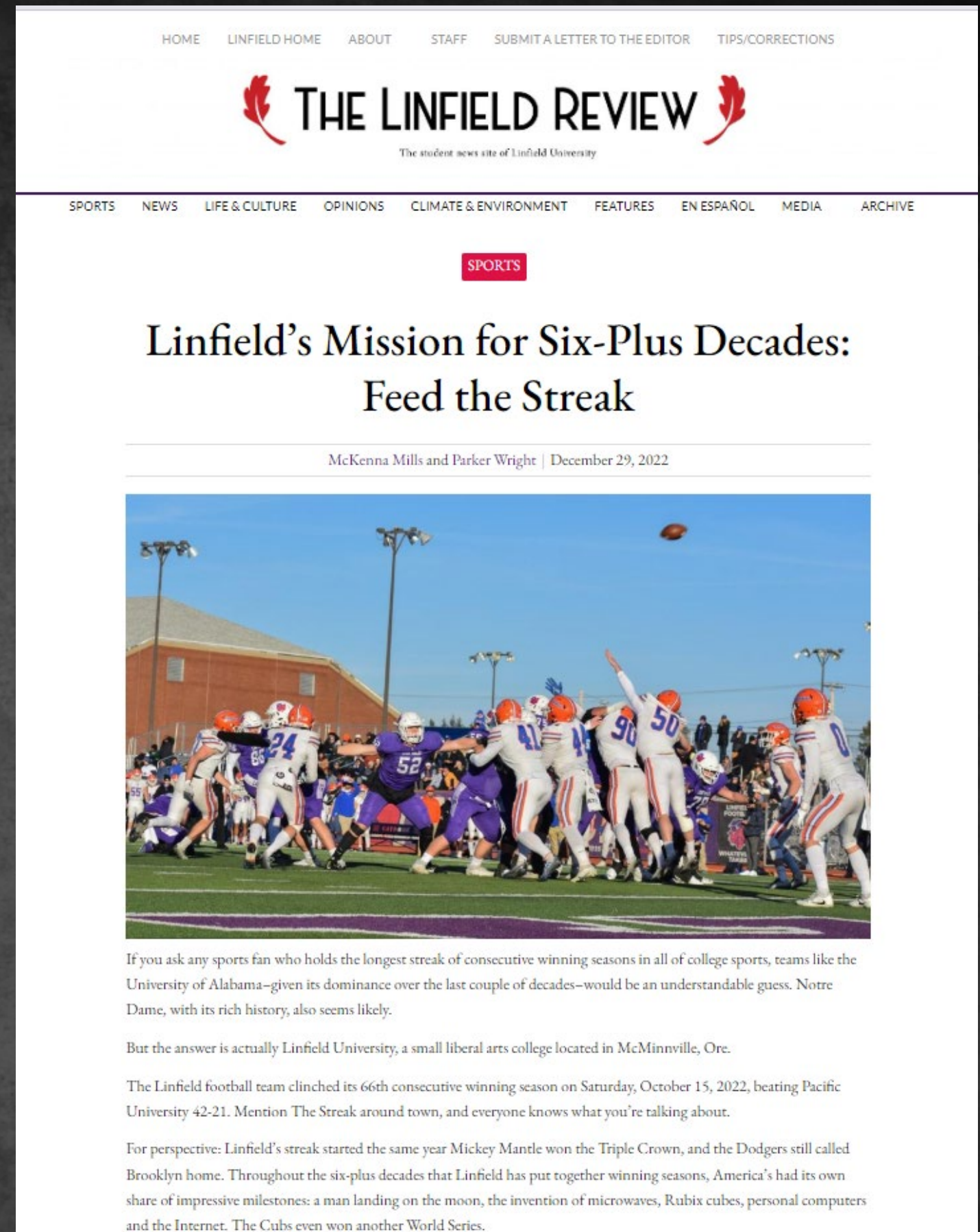
College Group 2

2nd Place

The Linfield Review

Linfield's Mission

McKenna Mills, Parker Wright





Best Review

College Group 3

3rd Place

The Commuter- Linn Benton C C

Everything Everywhere All At Once

Avery León-Castillo

Roadrunners Take Care of Business

STORY BY CARSYN MEYERS

The Linn-Benton Baseball team defeated Mt.Hood Community College in both of their games on Monday, May. 9. The Saints played both games today as the designated home team.

The Roadrunners improved to 17-7 in the NWAC South Region, and 30-11 on the season. The Saints fell to 13-11 in the NWAC South Region, and 27-14 on the season.

In game one the Roadrunners defeated the Saints, 4-1. Beaka Kian Hogan picked up the win, improving to 6-1 on the year. Hogan went 6 innings, allowing 1 unearned run on 6 hits while walking 1. Brady Baltus picked up the save, going 3 strong innings in relief of Hogan, allowing only 3 hits. Baltus has allowed only two runs in his last 6 appearances.

The Beaks offense took advantage of a plethora of errors from the Saints Defense. The Roadrunners scored two runs on an error and wild pitch. Roadrunners Michael Soper went 3-4 with a walk, and scored 2 runs.

During game one the press box also received an unexpected furry visitor. In the second inning he walked in on four legs, a smile on his face, tail wagging, and shaking wet from the recent rain showers. He was a golden retriever, who we later found out was named Apollo. He had gotten away from his house in the nearby neighborhood. We want to assure everyone that after getting his zoomies out running back and forth between the dugouts, he was treated with lots of love and scratches in the press box. The multi-talented Apollo did a great job assisting the play-by-play announcer, scorekeeper, and live stats crew. After spending a couple innings in the box, Apollo was eventually reunited with his owners. Apollo was a very good boy.

In game two the Roadrunners defeated the Saints 7-3. It took an extra inning of work to get this one done for the Beaks. Roadrunner Kaden Miller started the game on the mound for the beaks. Miller went 5 1/3 innings, allowing 2 runs on 6 while walking 2. Dylan Rush picked up the win for the beaks, Rush went 1 1/3 innings allowing 1 unearned run on no hits. A pair of unforced errors by the Beaks allowed the Saints to tie the game at 3-3 in the bottom of the seventh. In extra innings the Beaks offense lit up the Saints bullpen, scoring 4 runs. Ethan Lindstrom led the Roadrunners with 2 RBI going 2-4, including an RBI-single in the extra inning. Chase Reynolds closed the door for the Roadrunners, striking out 2 in the bottom of the eighth.

The game was originally scheduled to be played at Mt.Hood C.C., but weather did not allow for this, therefore the Saints were allowed to be the designated home team and batted in the bottom of the inning.

EVERYTHING EVERYWHERE ALL AT ONCE

PHOTO: ASBO

The Action-Packed Comedy That Rocked Our Multiverse: Spoilers Ahead

DIRECTOR: Daniel Kwan and Daniel Scheinert

STARRING: Michelle Yeoh, Ke Huy Quan, Stephanie Hsu, Jamie Lee Curtis and James Hong.

RATED: R

OVERALL RATING: ★★★★★

REVIEW BY
AVERY LEÓN-CASTILLO

The movie "Everything Everywhere All at Once" was released this year on March 11. It was written and directed by Daniel Kwan and Daniel Scheinert who are both known for their mind-bogglingly eccentric shorts and music videos.

"Everything Everywhere All at Once" features an Asian-American family, the Wangs, who are preparing to be audited by the IRS at the same time as their Chinese New Year's party. Evelyn (Michelle Yeoh) is the timid mom of Joy (Stephanie Hsu), the over-defiant teenager. Joy's girlfriend Becky (Tallie Medel) is trying to get accepted by Evelyn and Joy's grandpa Gong Gong (James Hong). Evelyn's husband Waymond (Ke Huy Quan) is the sort of silly peace-keeper of the Wang family. He lightens the mood around the laundromat with little goopy eyes, dancing music, and jokes.

The movie starts with a scene in the Wang's cramped apartment, which is attached to the laundromat they operate. Evelyn has stacks of receipts and papers on her dining table while preparing for her tax auditing appointment with Deirdre Beaubeirdre (Jamie Lee Curtis).

Soon after arriving at this appointment, weird stuff begins happening. Evelyn learns that her universe and the other universes are in danger of being destroyed by the villainous Jobu Tupaki, and this Earth's Evelyn is the only one who can save it. Along with the help of other Earth's Waymond, she learns how to "verse jump," which is where someone has to do something so incredibly bizarre that they're able to jump into another universe's version of them.

This brings many scenes where, in order to get another universe's skills and knowledge, characters have to do things like eat an entire stick of chapstick, papercut between every finger, and even jump, sit down, on a trophy.

Jobu Tupaki's goal, at least to the knowledge of other Earth's Waymond, is to find and kill this Earth's

Evelyn because she's the only one who can stop her plans. However, we learn later that Evelyn is the reason for her hatred and motivation for destroying the multiverse.

"Everything Everywhere" has a lot of goofy and unusual imagery like a fighting scene where swords turn into dildos, two grown men fighting with statues in their butts, and a universe where, instead of hands, everybody has hotdog fingers! The movie does, however, bring up many more mundane and meaningful storylines.

The whole movie gives off a coming-of-age feel as Evelyn discovers that she doesn't need any purpose. After verse-jumping into all different types of versions of herself – one a kung-fu fighting movie star, another a talented chef, and even one where she had hotdog hands and was in a romantic relationship with her tax auditor, Deirdre – Evelyn learned that she doesn't have to be extraordinary to have everything she wants. She also learns to come to terms with her daughter's identity and instead of further growing apart, she and Joy come closer together.

Before the final fight, Waymond from this Earth's universe reminds her that the reason the other Waymond chose her is because "You're capable of everything because you're bad at everything!" This motivates her to win the fight by being kind. She uses her newfound power to see what her opponents want most in the world and gives it to them. The battle ends with her and Joy at the edge of the black hole "Everything Bagel" which was Jobu Tupaki's creation to suck everything in existence away into oblivion. Evelyn comes to the realization that in order to get her daughter back, she needs to let go of her image of Joy. They let each other go and the scene moves to their original universe where the Wangs still own a laundromat. The scene is tear-jerking and moving in every way, and gives a peek into what a real mother-daughter relationship may be like for some. Back to the scene in the IRS office where the battle was, the completely-engulfed Joy comes back to reality with the help of Evelyn, Gong Gong, Waymond, and everyone else involved in the fight.

"Everything Everywhere All at Once" appears at first glance as an ostentatious film, with shocking scenes, and well-placed profanity, but giving it a closer look, it is really a story about how sometimes parents aren't always right and even when you think you're "too old" or already established as one thing, you always have choices. Life isn't linear and this movie highlights all of the faults and eccentricities of being a person.

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Best Review

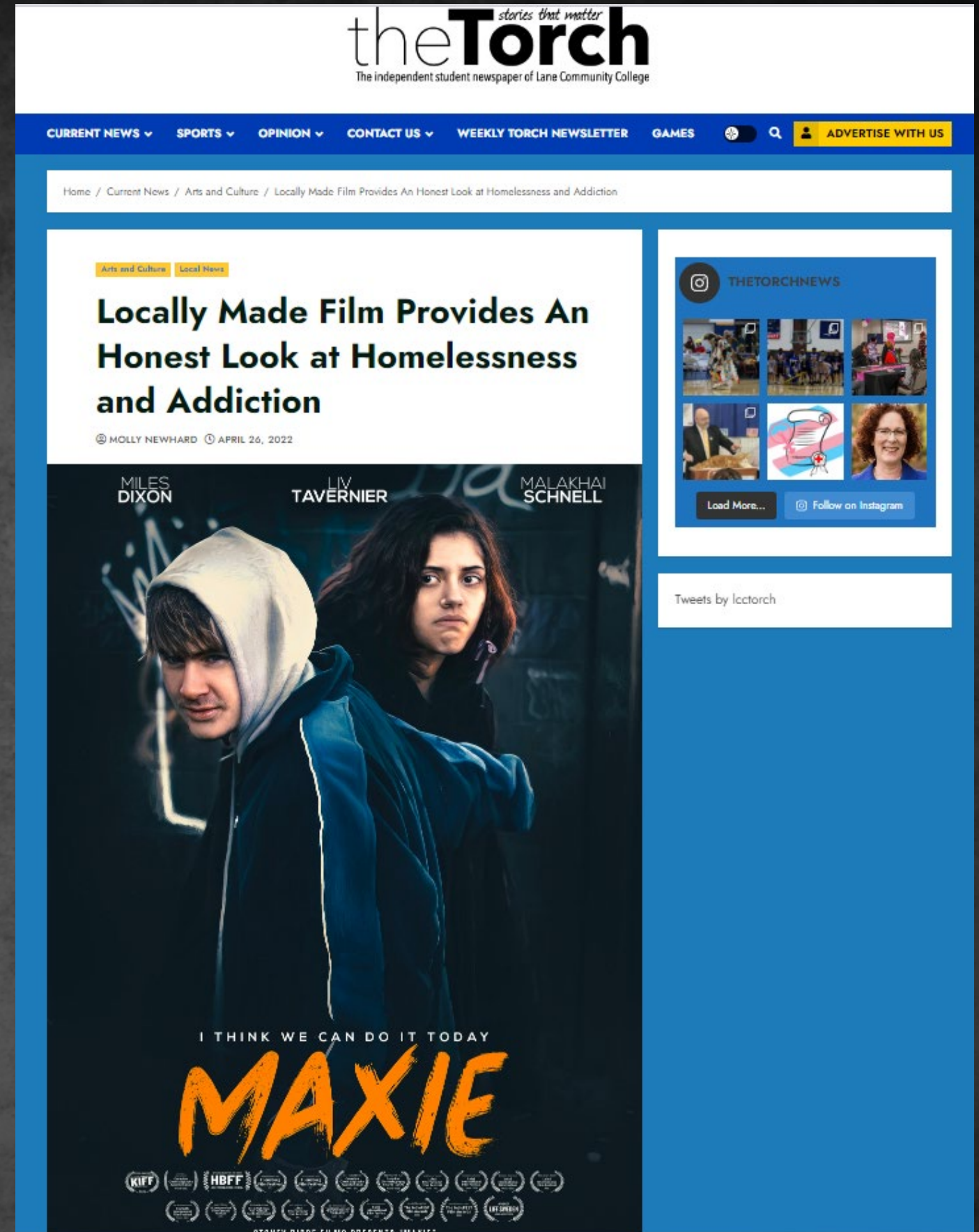
College Group 3

2nd Place

The Torch- Lane CC

Locally Made Film Provides An Honest Look at Homelessness and Addiction

If More than 3 names type: Staff



Best Review

College Group 3

1st Place

The Broadside - COCC

Art in healing: the layers of PTSD

Aaron Rasheed



Best Review

College Group 2

3rd Place

Oregon Daily Emerald

EMG Best Review, Black Market BBQ

Kayl Wohl

FIRED UP ON BLACK MARKET BBQ

WRITTEN BY KAYL WOHL

In 1999, the magic of rare Sonoran Desert rain poured onto the crowd of metalheads at a Metallica show in Phoenix, Arizona. Two concert buddies, still unsure of each other, started the rest of their lives together as if the "Master of Puppets" was pulling their heartstrings with a plan.

Since concert first kisses, Alan and Marisa McLaughlin have traveled across the West coast and Hawaii while sharing workplaces, with food at the center of their relationship. The years spent dreaming of the day they could finally quit their jobs to stop working for someone else finally paid off when they fired up the smoker for their new food truck, Black Market BBQ.

The couple frequented the Whiteaker neighborhood's Thinking Tree Spirits for date nights. Before too long, Alan noticed a spot opened up and jumped on the opportunity to secure the dream.

At Thinking Tree Spirits, guests are encouraged to experience both businesses with a relaxed outdoor dining area. The kid-friendly space allows room to play while the adults clink glasses of house-made rum and vodkas while enjoying some of the best ribs in town.

Starting at 6 a.m., Alan eases into the day with smoking. He sources meats like chicken, ribs, beef brisket and pork butt from local legacy Long's Meat Market. With simplicity and a less-is-best mindset, he makes a dry rub with salt and pepper to "bring out the natural flavors and let the meat

shine through." Like any true Texas barbecue, the quality of the dish is uplifted not just by the seasonings in a rub, but more by the quality of the cut. With occasional paprika added to the rub, Alan consistently cooks moist, juicy and savory barbecue. The slow smoking time can often take up to 8 hours to produce the best brisket and pork butt in the Pacific Northwest. What the chef is looking for is the perfect mahogany color on the meats.

The chef's favorite highlights the Pulled Pork Sandwich as a top-tier craving, and the accompanying cilantro lime coleslaw adds a zesty finish. For the incoming cold weather, the Brisket Chili may be the best way to warm up. If indecisive, guests can try the 4 Meat Plate Sampler or upgrade to the Black Market BBQ Feast with loads of personalized variations to feed the whole family.

"What the stoners love to eat from here is the loaded baked potato with pulled pork," Alan said. "You can really see it in people's eyes."

In every plate they serve, love is evident with only the highest quality, locally-sourced ingredients, including nearly all the fresh produce that's offered is grown in Marisa's garden, Marz Attacks Farm. The family dog Teva is proudly enlisted in an adorable bee costume as the garden's "guard-en bee."

Continued on Next Page...



PHOTOS BY
GUSTAVO DEL REAL
KAYL WOHL

25

MUNCHIE
RECOMMENDATION



Best Review

College Group 2

2nd Place

Vanguard - PSU

Validating the deep, dark and painful

Kat Leon

Validating the deep, dark and painful

A review of Bianca Stone's new book, *What is Otherwise Infinite*

KAT LEON · JANUARY 11, 2022 · 0 COMMENTS

SHARE



Who are we? Why are we here? What makes us alive? Scholars and artists have pondered and drawn inspiration from these core questions of identity for millennia—and poet and visual artist Bianca Stone is no different. Her upcoming book of poetry, *What is Otherwise Infinite*—due to be released on Jan. 18, 2022—explores our place in this world and the many ways in which we form and create our identity.

“I knew I was going to be a poet because I was good at it,” Stone said. “I was not good at a lot of other things.”

Stone published her first book—*Someone Else's Wedding Vows*—in 2010, and since then, has written, illustrated and edited several other works, including another book of poetry, *The Möbius Strip Club of Grief*.

According to Stone, inspiration for her work changes and is primarily dependent on her life experiences and interests at the time. In many cases, the topics of her inspiration will become an obsession. In *What is Otherwise Infinite*, for example, Stone explained that she was obsessed with exploring the concept of human consciousness and identity.

Like many poets before, one way in which Stone explored identity and consciousness was by looking at spirituality. “Spirituality is always going to be something that poets are interested in because it is similar to poetry, in that it questions why we are here and why we do the things we do,” Stone said.

Her childhood was not one of avidly-held religious beliefs. Stone believes this was beneficial to her work, allowing her to explore spiritual themes from a more neutral place.

“I did not have as much bias as those who might have grown up religious,” Stone explained. “I am very interested in the individual human's idea of God and faith and not any kind of institutionalized religion, which I find repulsive.”

With an open mind, Stone explored religious texts, specifically the Gnostic Gospels, where she found a personal connection with the idea of a “creative communication with God as being a form of spiritual practice.” This spiritual relationship that Stone found in the Gospels manifested itself throughout her work.



Best Review

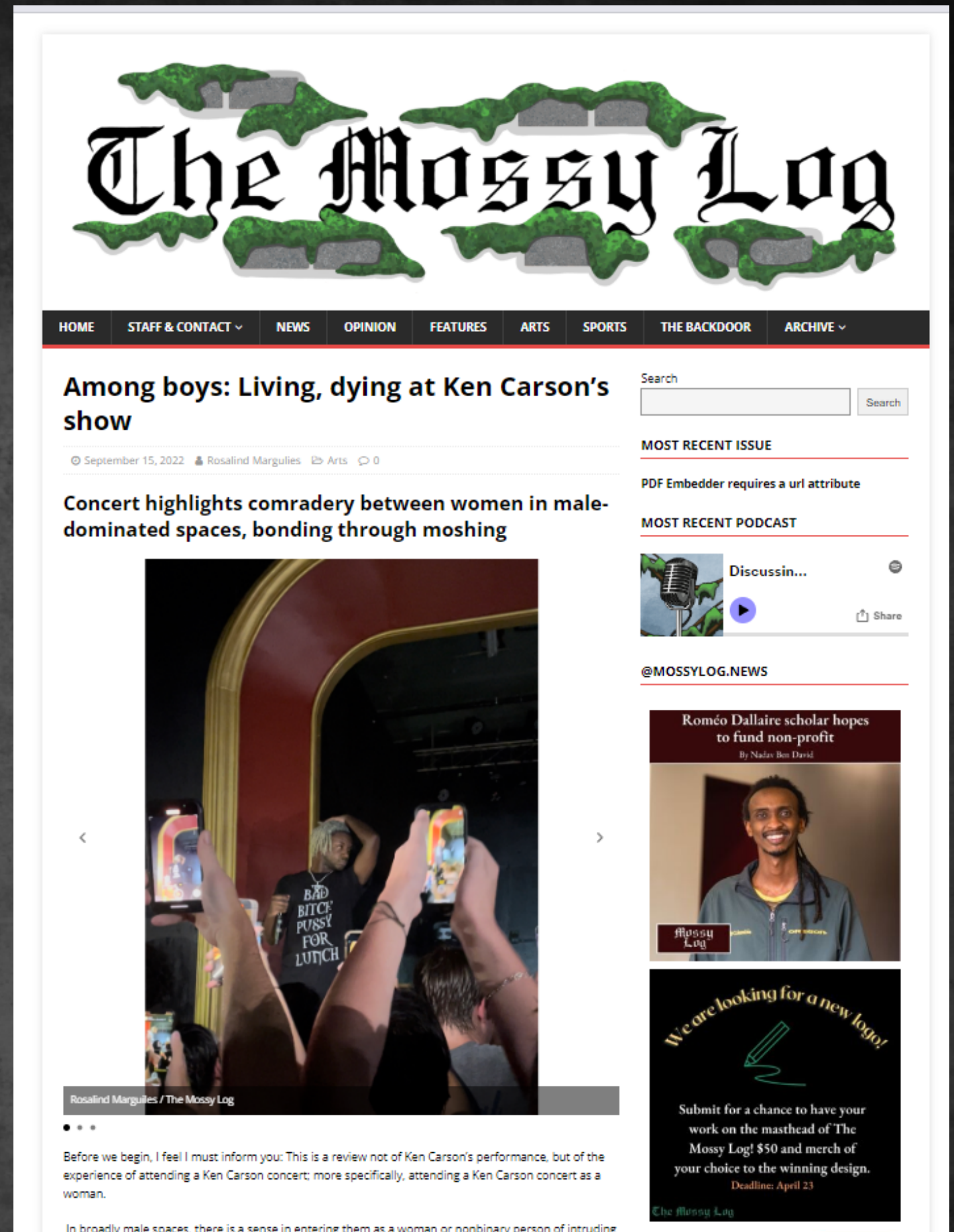
College Group 2

1st Place

The Pioneer Log

Among boys: Living, dying at Ken Carson's show

Rosalind Margulies



Best Columnist

College Group 3

3rd Place

The Commuter- Linn Benton CC

Letter from the Editor

Leah Biesack

LETTER FROM THE EDITOR

We are knee-deep into October, the year's mile-marker that signifies a sweet spot — free from Summer's wild and sweaty grasp, but not quite immobilized under Winter's deep, dark spell. The school term hasn't reached its peak stress level just yet (though we see it coming around the bend), and, of course, the aesthetics of autumn are undoubtedly the glue that keeps this country from crumbling to dust. This dreamy month also comes fully equipped with its spooky counterpart. With a little more chill in the air, and a lot less light to be seen, October shows its creepy, seedy side, and the masses are more than attracted. What is it about fear that's so magnetic? We're willing to pay for it, and we'll also avoid it at all costs. We love you, we hate you. We want to be near you, stay away from us. Our relationship with fear? It's complicated.

As kids, we're told "don't be scared," and that "there's nothing to be afraid of." (Clearly our parents had no qualms about ending sentences with prepositions, which, frankly, is terrifying in and of itself.) But fear doesn't get assuaged that way. It's stickier, seeps in a little deeper, doesn't often budge for reason and rationale. So is there a way to mitigate it? Do we want to operate without fear, or is it in fact useful? I've been thinking about this a lot the past few months, having spent the summer in Baltimore doing a fellowship program where fears were arising in spades. Prior to my arrival, I felt confident, qualified, and ready for a challenge. Day 1 in that classroom and I was riddled with imposter syndrome. And guess what? Day 15 was no different. I kept trying to talk myself out of being scared. Being scared of not sounding smart, being scared of having nothing worthwhile to contribute, being scared of not being right. How could I be feeling those things now? Didn't I work through those insecurities years ago? And how could I be feeling those things even though I was a decade-plus older than my cohorts? Turns out fear doesn't have a timeline, nor an age limit. After three weeks of going to that gorgeous campus every day while feeling all shades of uncomfortable, I realized that fear wasn't going to be fought. I could insist beyond breath, but for these weeks and this experience, fear was signed up and a punctual participant. So I changed my

approach.

I decided to accept that I didn't need to get comfortable before really diving into the program, that I didn't even need to understand every aspect of the program itself before putting in the effort (see: fear of the unknown, fear of not doing something correctly). So I just showed up. I took fear with me, let her sit in on everything I was doing, and kept doing it anyway. Plenty of times I didn't want to. More than once I daydreamed about opting out. Then, after crafting a potential escape plan, I would think, "Fine. Let's just feel really uncomfortable for a bit and no one will die and cherry Pop-Tarts will still exist and they'll never get rid of Seinfeld re-runs." So I would, and no one did, and they still do, and they never will.

This might be your first year of college. It might even be your first time away from the comforts of high school, the comforts of your home town, of the much more familiar routine and faces and classrooms of last year. Maybe this is your first time back to academia after a lengthy hiatus. Maybe you're navigating student life as a parent. Maybe you don't know if you can make it through the term. Maybe you wonder if school is even for you. These fears sound right on point. I won't tell you to get rid of them (no one listens to me, anyways). I will suggest just keep showing up. Everyone within these halls is carrying their own scary stuff, so you're in the finest of company. That icky feeling is temporary, and that temporary discomfort is going to lead to a growth that has staying power. I promise. Welcome to Spooky Season, Roadrunners.



Leah Biesack
Editor-in-Chief

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The Commuter encourages readers to use its "Opinion" section to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter submitters do not represent the views of the Commuter staff or the College.

JOIN THE TEAM WANNA GET TOGETHER?

We're really nice and fairly cool and we'd love to hear what you have to say. Not big on journalism but love to journal? Perfect. Are you a STEM major with major opinions? Let's hear 'em. Like writing about '80s film? Local animals? Snack hacks? Maybe you have a hefty folder of flash fiction on your laptop, just dying to be published and printed. Drop us a line. We'd love to meet you, read you, and support you. Think your ideas might be too weird or too niche for submission? Even better. The Commuter is an award-winning publication because of our wide range of contributions and our unique contributors. So reach out. We'll be staring at our email inbox in the meantime, not an ounce of chill to be had.



Best Columnist

College Group 3

2nd Place

The Advocate-MHCC

FAST FASHION BREEDS GROWING HARM; Alleviating ‘overwhelm’ by setting boundaries

Shalynn Rivas

FAST FASHION BREEDS GROWING HARM

Shalynn Rivas
The Advocate

"Fast fashion" – a term used so often in the recent past that one might begin to think of it as a buzzword, instead of the business model that it truly is. And a highly damaging model, it turns out.

Fast fashion is low-quality clothes made with cheap materials and sold at low prices. These clothing brands take ideas from high fashion and create replicas of the latest trends. The idea is to get these garments out to consumers quickly while they are at the top of their popularity. Unfortunately, these trendy clothes quickly phase out and are discarded, due to poor quality, after a few uses. The latest styles are sold right when consumers want them, and then taken off the racks when they don't.

These brands include Forever 21, Zara, Shein, Asos, Wish, and many more. This business model seems harmless, but a look at fast fashion's impact on the planet tells a different story.

NASTY IMPACTS

Pressure to bring down costs and speed up production time comes at a steep cost to the environment. For example, these brands use cheap, toxic textile dyes that contain carcinogens. These dyes can cause

contact dermatitis, respiratory diseases, and irritation to the eyes, skin, and mucous membranes. In addition, most of these garment factories are in low-income areas of China and Bangladesh, and these toxic dyes flood these communities' waterways and contaminate their drinking water.

Safety standards in these overseas garment factories are poor. Employees get lung disease caused by cotton dust and synthetic air particulates, while a lack of work breaks causes overuse injuries. Deaths have also resulted from these hazardous conditions, such as Bangladesh's 2013 Rana Plaza building collapse. After cracks in the foundation of the eight-story Rana Plaza had been found, an immediate evacuation order for all building employees was issued, but the building owners neglected these warnings, and it collapsed the next day. Due to this negligence, 1,034 people were killed, and another 2,500 were injured.

Fast fashion brands choose unregulated forms of manufacturing, which place affordability over safety. What's more, these workers are also not paid a livable wage.

One of the most used fabrics in fast fashion is polyester, derived from fossil fuels, and its microfibers

shed when washed, which adds to the rising levels of plastic in our waterways. But even "natural fabrics" can be a problem at the scale fast fashion demands. For example, conventional cotton requires an enormous amount of water and pesticides in developing countries, resulting in drought risk and creating stress on water sources, including competition with local communities' needs. As a result, the fashion industry is the second-biggest consumer of water, producing 20% of global wastewater while generating more greenhouse gas emissions than all international airline flights and maritime shipping combined, according to the UN Environment Programme.

PASS-DOWN PROBLEMS

Fast production of these items causes consumers to dispose of more clothes than ever before, creating massive textile waste. When finished, people donate their used clothing, assuming that someone will reuse it. However, with the growing number of clothing items thrown out that are of poorer quality, less and less can be resold, and millions of garments are put into bales and shipped abroad every year. Whatever purveyors cannot sell in thrift stores gets sent to a salvage market in places such as

Ghana. One Ghana market receives around 15 million used clothing items from Western countries every week.

Market traders upcycle these garments, but the process is becoming increasingly difficult, due to the poor quality of fast fashion garments. CBS News estimates that 40% of all the clothing bales sent to Ghana end up in landfills. Even worse, some unsold clothing washes out to beaches when it rains heavily, creating huge piles of clothes in the sand.

A contributing factor to this overconsumption is that 1 in 3 young women who make up the bulk of fast-fashion consumers think garments worn once or twice are "old." Online retailers use tailored strategies on social media that directly target young people and use influencers to promote their brand. Their followers can "swipe up" and instantly purchase an outfit worn by the media influencer. There is also an uptick in buy-now-pay-later options that do not require credit checks, making buying these items so quick and easy that it removes any moment for reflection and any barriers to purchase.

NEW APPROACH NEEDED

We need to rethink our fast-fashion habits. We can't continue to

make clothes that do not consider safety and the environment. Apparel brands need to take responsibility for the waste they're creating by addressing the chemicals used, having transparent sourcing, using synthetic fabrics that don't break down, and stopping the use of unsafe factories with unfair work practices.

Moreover, as a global community we need to change how we consume fashion. We as consumers need to buy less clothing, and when we do, we need to make sure that it is more sustainable and of higher quality.

Please, read labels before purchasing and look for natural organic fibers, nontoxic dyes, take-back programs, and ethical production. Reimagine your current wardrobe and upcycle something old to make it new, like taking old jeans and cutting them off to make shorts. There are plenty of free video tutorials on YouTube with great ideas and step-by-step instructions. Repair and keep garments that become damaged, or shop at local thrift stores and buy gently used previously owned clothing. These solutions will reduce the impact on the environment, reduce unnecessary waste, and promote safe working conditions for garment factory workers.

A TASTE OF ALOHA

Kelley Chang
The Advocate

Closing out the month of May, this is a final piece on Asian American and Pacific Islander Heritage Month, honoring those who paved the way for all of us to have a better life than we would've had in our countries of origin.

We are no longer Asian Americans; due to our ancestors' sacrifices over the centuries, we are now known simply as Americans.

Aloha means hello, goodbye, and "I love you." Taste of Aloha is translated into "taste of love" – and today our journey takes us to the restaurant Ohana

Hawaiian Café. Ohana means family, which in the Hawaiian culture takes precedence over everything: Family comes first, even before our own individual ambitions and goals.

Ohana Hawaiian Café (Ohana Café for short) has two locations in Oregon, one in

Milwaukie and the other, its flagship location on Northeast Sandy Boulevard near 63rd Avenue in Portland. I've often heard stories about the authenticity of Hawaiian cuisine at this restaurant, so I decided to try it.

As you enter the restaurant you're greeted by an employee, and this was a Hawaiian – for me, just the pure genuine feeling of meeting a person from the islands is refreshing. That familiar accent that I tried to lose over the years is what truly makes us people from Hawaii stand out. Our language, which we speak freely back home, is a mixture of English and Hawaiian that someone termed "pidgin" back in the day.

Over the restaurant speakers, I heard a familiar Island sound called "Jawaiian," which tunes Hawaiian music with a Reggae beat. The whole atmosphere just had a feel of Hawaii. In the distance, I could hear the patrons speaking our slang and lingo while carrying on with their meal.



We islanders love our food. In my experience all islanders, no matter from which part of the world, love our food and culture. Most often in Hawaii and the rest of Polynesia, food is used as a reward or celebration; it gives the village a chance to gather relatives or people you grew up with.

I looked at the menu and I found familiar favorites you'd commonly see in every restaurant in Hawaii. Dishes such as Loco Moco, Hawaiian Barbeque ribs, Kalua Pig (Hawaiian pulled pork), Hawaiian mac salad, and the rice, of course, to name a few. And I haven't gotten to the deserts yet (such as mouthwatering Haupia (coconut flan pie).

One of the biggest favorites of Hawaiian people that's on the menu is the Luau plate, which consists of a piece of pork wrapped in a taro leaf and roasted in an underground oven we call Imu. Luau in Hawaiian means to party, or gathering, and depending on how you use the word, to roast or cook. One of my favorites is the Loco Moco, which consists of a beef patty over rice with two eggs, over-easy, topped off by some kind of gravy. The mixture of flavors with egg yolk (what we call liquid

gold) is truly tasty. It's described as "nutty," from the yolk and creamy from the gravy.

The Café owners were born and raised in Hawaii, which helps the authenticity of the cuisine, and have been in business since 2008. I can tell by the atmosphere that they bring Aloha to the workplace. Every employee (mostly Hawaiian people) has this air of welcoming and hospitality, giving me a feeling that I stepped back into Hawaii, when I lived there. Food will make or break a restaurant, but what is equally important is the service.

Judging by the way the employees act there's a sense of contentment with a little twist of fun in their attitude. As I once read (credit to hotel/casino entrepreneur Steve Wynn), "The greatest resource is a human resource" when dealing with how to treat employees. As we say in Hawaii, "No Piliikia" (no worries, no problems, tomorrow is another day).

If you ever want to eat authentic Hawaiian food at decent prices stop by. You'll get a true Hawaiian experience with your meal.

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Best Columnist

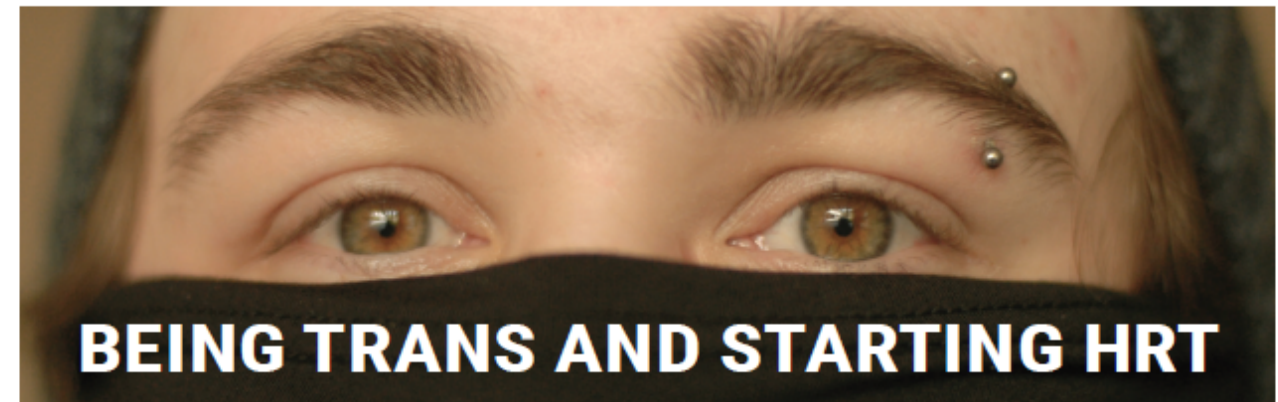
College Group 3

1st Place

The Advocate-MHCC

BEING TRANS AND STARTING HRT; THE STRUGGLE OF INVISIBLE DISABILITIES

Nell Little



Nell Little, They/Them
The Advocate

As of today, April 7, 2022, I have started on my journey for Hormone Replacement Therapy. I have thought long and hard about this decision for months now, and to overcome my body dysphoria I have decided that this is the best choice for me, personally.

That said, there is no right or wrong way to be transgender. You don't need surgery or HRT to feel happy as you are, and anyone who thinks different has a problem. Trans people do not need politicians, peers, or family speaking for what their experience should be or what it is, because that's our decision. Whether you wear a binder, walk around in a dress with a full beard, or don't really show the label, I stand by you.

Gender is a nuanced topic that no cis person can touch



upon to the extent that a trans person could, and gender is not as simple as pink or blue, XX or XY chromosomes, penis or vagina. For the cis people that read this and feel like I'm rehashing things that've already been said, then get ready to hear it again – because the world discriminating against us is very real and very lethal, and I'm not going to stop advocating for trans rights even if I die at the hands of someone who sees me as a threat.

I'm no threat, and I think there's much worse in the world than a person changing their gender, a choice that in no way affects another person's function.

Today, my doctors have prescribed me Estradiol in a 2-milligram pill to take daily. What I can expect from this is enlarged breasts, shrunken testicles, fewer erections, lower sex drives, mood swings, changes in fat distribution, and less muscle tone. These are all things I look forward to

and accept; however, there is risk. These include threats to the cardiovascular system, liver failure, and potential stroke. All of these are mitigated by the cessation of tobacco, exercise, and cardio – which I do consistently enough for this to not be an issue.

Along with Estradiol, if I choose, I can also seek hormone blockers to make it so testosterone is not produced in my system. I have not thought about seeking these yet, because I'd rather start slow.

All of this to say that this is my way of being trans. I am nonbinary, meaning I exist outside the spectrum of "man" or "woman." Right now, I look like a man to those who aren't in the know, and growing up this way made me uncomfortable in my own body. I take pride in my appearance and it's hard to have pride when I look in the mirror and feel as though I am not within this skin that holds me.

Estradiol may change that to the point of people thinking I am a woman, and that's fine to me. I'd rather look the way I chose to look, just as cis people would. Just because I have different genitals means nothing; There are women with penises and men with vaginas, and if people really want to try and define gender by genitals, then they need to talk to actual, modern biologists rather than relying on simple biology from high school textbooks desperately in need of being updated. Not only this, but there are intersex people to combat this idea – persons born with varied anatomy – so if we were really to link gender only to genitalia, then people wouldn't know where to put this differing factor.

NOT AN 'ENEMY'

Although I may now hold the privilege to be proudly out of the closet and seeking medical transitioning, the current state of America is one of disarray, over deciding whether or not people's decisions are their own to make, yet again.

As the powerful few try to talk over experiences they've never had, people find themselves entrapped into calling LGBT people "groomers" or pedophiles, despite the fact that any person in the LGBT community will tell you that we don't align with these sickening criminals. This ideology is just spat out for the sake of creating enemies out of the people you likely share your work, classrooms, or home, with.

What's more, the banning of gender affirmation therapy will not stop people from being trans, but could lead to a higher suicide rate and deterioration of mental health because gender affirmation therapy is the therapy needed for transgender people. And by that I don't mean that we stop being trans, but rather that we accept ourselves and feel brighter about our own future.

I'm not going to stop being trans because a person tells me to, even if I got painful shocks into my head. This doesn't stop something that is completely natural. That's a fact, even if it only antagonizes further the people in power who try to talk over us and mitigate our chances of life.

Even within our "blue state" here in Oregon, there is still ignorance we need to combat, as too many people still fear their own children coming out of the closet as something awful. Too many parents refuse to do basic research on the subject and instead let FOX News or Newsmax do the talking for them.

TRANS AND LGBT RIGHTS HAVE YET TO FINISH COMING, BECAUSE UNTIL WE ARE SAFE TO WALK IN EVERY STATE AS OPEN AS WE WANT TO BE WITHOUT A BIGOT KILLING US, WE ARE NOT SAFE.

Alongside this, some people like to give money to media that are often aligned against trans people – such as the work of famous author, known bigot, and loud voice in the fight to kill transgender people, J.K. Rowling. Rowling has been an advocate for "trans exclusionary radical feminism," a flawed ideology that has played a key role in the passing of anti-trans and anti-LGBT legislation that seeks to define a woman solely by her reproductive property and nothing else, an ideology that many have described as hypocritical to feminism itself.

Within this realm of media that secretly punish LGBT youth comes Disney, which has been caught donating to several anti-trans and anti-LGBT legislators and lawmakers in Florida. These transactions have caused outrage among Disney consumers and Disney workers that has led to various strikes at Disney parks. There's even been the advocacy by Disney higher-ups demanding that workers remove any LGBT pins sold in their own stores and, in some cases, the termination of employees who have spoken against the company's terrible sense of decision-making.

Trans and LGBT rights have yet to finish coming, because until we are safe to walk in every state as open as we want to be without a bigot killing us, we are not safe. Neither are we some scary boogeyman that'll go away if you kill enough of us. We're people that you likely have a lot in common with, and maybe instead, you should listen to us.

Best Columnist

College Group 2

3rd Place

Oregon Daily Emerald

EMG Best Columnist, Iverson

Braydon Iverson

OPINION

IVERSON: QUIET QUITTING IS TOO SOFT

Opinion: The trend of quiet quitting concerns me. We should have the conversation about what your work actually requires for your salary, but it feels like people aren't pushing their job away from their life enough. BY BRAYDON IVERSON

Two days ago, I was deep in the coal mines and my unpaid overtime shift of digging out rocks and ducking collapsing debris for \$2 a day. Abruptly, my co-worker handed me the daily paper. It talked about "quiet quitting," some avant-garde trend of uppity workers wanting to actually have a life. I scoffed – coughed – then scolded my co-worker for reading while they were on the clock. "People just don't want to work these days," I said. "I hope my foreman doesn't think I'm only doing my job and not someone else's, too."

If I understand this concept correctly, quiet quitting is exclusively doing your job in what fits your job description and only what you are paid to do. This could look like leaving work immediately after clocking out, only communicating with co-workers about the job when on the clock or not helping out on a task if it isn't your position.

So, the trend is... just doing your job? It's only doing the things you're paid for? You know, like what a job is?

I'm struggling to believe this is the absurd concept that is frightening bosses and causing older generations to worry about the work ethic of the youths.

The idea is to further isolate your work behavior to your job, to disassociate with your profession just enough. Work essentially is a necessity in today's climate. The money garnered from a job is used for the actual bare necessities like water, shelter, food and Wizard101 subscriptions. Even so, that doesn't mean your source of life is that job. We cannot allow ourselves to get caught in a cycle of living to work. Working to live is already bad enough.

Still, rich CEOs and their children (inheritance beneficiaries) will agree (because they have to) that quiet quitting is a bad idea. Even renowned-Shark Kevin O'Leary called people who do this "losers." That quote seems a bit harsh, but it may be out of personal vendetta. After all, he had to experience his hair quietly quitting from being on the top of his head for years.

That stance is also hypocritical from O'Leary, who stated in May of this year, "If all you do is worry about your job and where you are on the pecking order, spend 25 hours a day working, you will be a less productive person." In the same interview he also claims: "Great entrepreneurs, great managers, great employees have balance in their life. Those are the people I want to hire." He then, like an honest and whimsical millionaire, states the exact opposite when his grip over workers is threatened.

This sounds like the exact point quiet quitting

is making and is quite fraudulent from O'Leary. Almost like that one time he said he had never heard of two companies investigated for a predatory fraud scheme, even though he had mentioned both of them by name in multiple promotional videos. He quietly quit that lawsuit, but I digress.

I do take an issue with this movement -- not in its motives or goals, but in its tepidness. My issue is that it had to be a movement in the first place for people to realize there were things they didn't have to put up with at work.

I quit my seasonal job the day before writing this. I felt my co-workers and I were repeatedly disrespected and misused. I didn't cut back hours or my effort; one day I had enough and told them I was done. I knew what our labor was worth, and my paycheck didn't reflect that. Perhaps if this was a career job I would be more eager to go above my station, but not for this company and this time.

Of course, I had thought it through and was in a firm enough position to quit when I did, and I'm not telling you to quit at the first inconvenience. I'm telling you to do what you're paid to do and ignore what you're not being paid for on the job. If your job interferes with your time and livelihood, go find another job, not another life.

At some point, the onus is on the workers to force employers into suitable conditions and financial agreements or to otherwise be met with

resignations. I recognize that not all workers have this freedom of expression; some people need any job they can land. That's why it's even more essential for those that can find work elsewhere to leverage themselves for the benefits of the job so that their co-workers receive a fair reward as well.

If you choose to help off the clock, that's your call, but consider whether or not your employers would help you.

Still, my grief with this trend is how superficial and subdued it is. If the workplace isn't treating you right or invading your personal time, just quit. These passive-aggressive, petty gestures aren't sending the message as strongly as you think. Not cleaning your desk isn't going to get your boss to actually pay you overtime when you work past your shift.

You have to think of bolder, more surefire ways to gain respect at work. Luckily for you, I already thought of some, and they're all completely ethical. Say you have a dentist appointment, and they're only open during your shifts. Do that twice a month; your gums really need a lookover. Wear your coolest clothes instead of your uniform; get a fit pic off while on the clock. Date your boss's ex. In the middle of your next shift, go home. Say you quit. Clock in the next day pretending you have amnesia.

There's my final stance: quiet quitting isn't enough. Gaslight your employer.



MONDAY, SEPTEMBER 19, 2022 | EMERALD | PAGE 9



Best Columnist

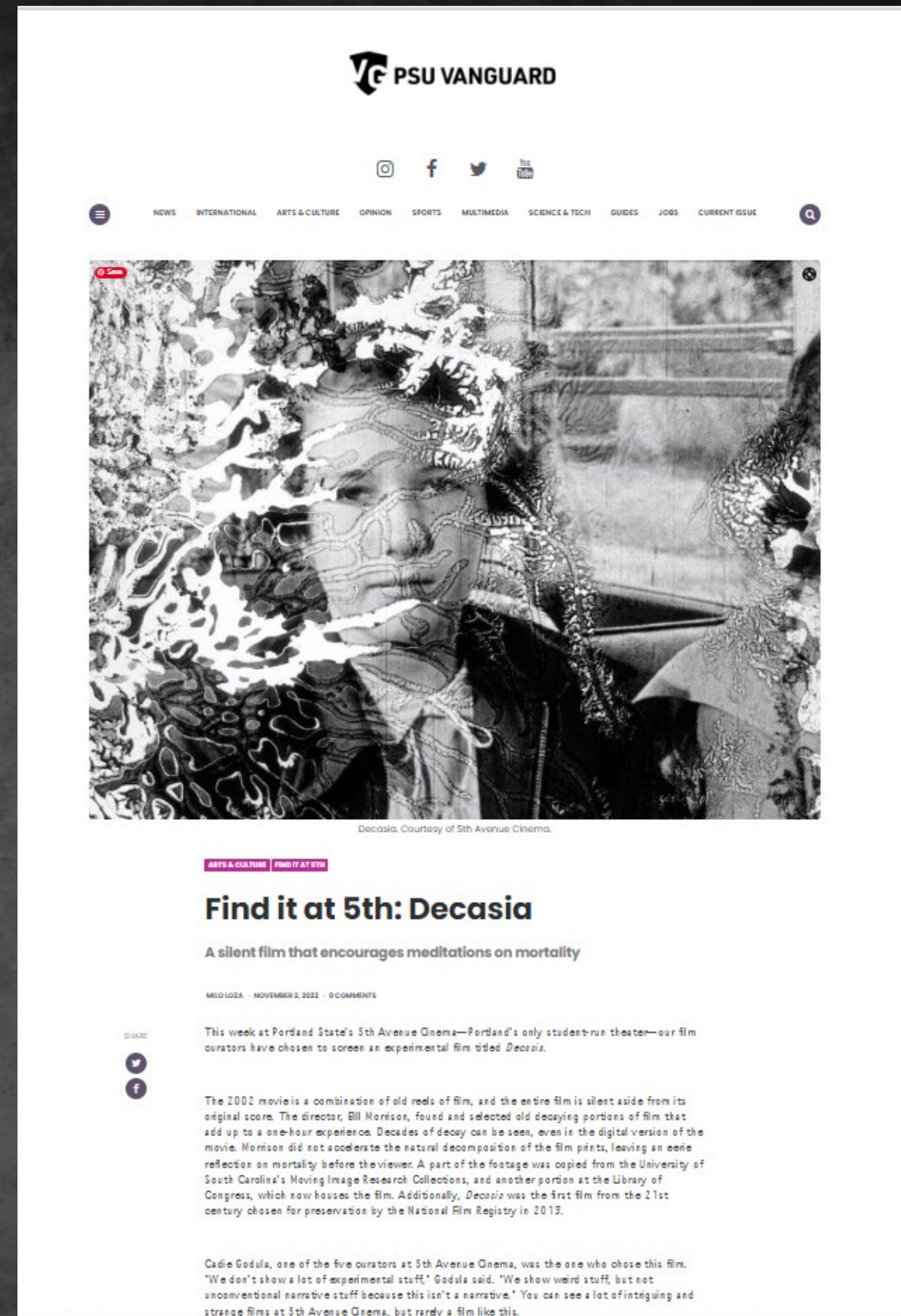
College Group 2

1st Place

Vanguard - PSU

Find it at 5th

Milo Loza



Best Spot News Story

College Group 3

2nd Place

The Commuter- Linn Benton C C

Rally for Peace

Sabrina Dedek



Best Spot News Story

College Group 3

1st Place

The Commuter- Linn Benton CC

Taylor Street Fire

Logan Hannigan-Downs

Taylor Street Fire

Firefighters Respond to Call from Neighbors

STORY & PHOTOS BY
LOGAN HANNIGAN-
DOWNS

The Corvallis Fire Department responded to a house fire on Taylor Ave. in Corvallis on Monday, Jan. 24 at 10:34 pm. The fire was determined to be an attic fire near the back of the house. Neighbors reported smelling a burning smell in the area for up to an hour before the 911 call. The cause of the fire is still being investigated. The fire department was clear of the scene by 1:41 a.m. after being on the scene for three hours and seven minutes.



Corvallis Fire Department Lieutenant Dan Quick gets sprayed off after fighting a house fire on Taylor Ave. in Corvallis on Monday, Jan. 24.



A Corvallis firefighter puts away a hose while on scene.



Lieutenant Dan Quick removes his gloves after fighting a fire.



A Corvallis firefighter carries a ladder to the back of a house during the attic fire.



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Best Spot News Story

College Group 2

1st Place

The Daily Barometer

OSU student involved in pedestrian hit and run

Jess Hume-Pantuso



Best Sports Photo

College Group 3

3rd Place

The Torch- Lane C C

The women's basketball team has yet to lose a game this season

If More than 3 names type: Staff

April 5, 2023 7:22:12 PM

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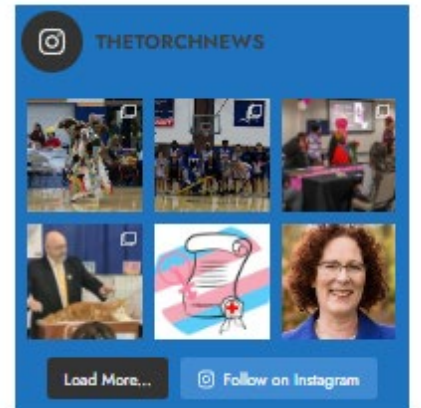
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Home / Current News / The women's basketball team has yet to lose a game this season

Current News LCC School News Sports Women's Basketball

The women's basketball team has yet to lose a game this season

by KYLE SOLOMONS on MARCH 9, 2022



Tweets by lcctorch



Best Sports Photo

College Group 3

2nd Place

The Advocate-MHCC

MHCC SPRING SPORTS EXCEL

Aquilina Larkins



Best Sports Photo

College Group 3

1st Place

The Commuter- Linn Benton CC

OSU Women's Basketball, April 7, 2022

Logan Hannigan-Downs



8

SPORTS

APRIL 7, 2022

LBCOMMUTER.COM

WNIT Run for Young Beavs

STORY AND PHOTOS BY
LOGAN HANNIGAN-DOWNS

The Oregon State Women's basketball team made a strong run through the WNIT tournament. They defeated Long Beach State, Portland State, and New Mexico and eventually lost to UCLA in the Elite 8. The team has participated in the past 7 NCAA Tournaments and will look to get back during the 2022-23 season.



Tailia Von Oedlhffen celebrates Oregon State's victory.



New Mexico Lobos players celebrate a 3 point shot by a teammate.



Oregon States Jelena Mitrovic goes for a shot as New Mexico's LaTascya Duff tries to block her during the WNIT round of 32 on Thursday, March 24 at Oregon State.



Oregon State's bench watches one of their teammates shoot freethrows.



Oregon State's bench reacts to a non foul call.

Best Sports Photo

College Group 2

3rd Place

The Pacific Index - Pacific Univ

Homecoming Football

Aaron Brewer



Best Sports Photo

College Group 2

2nd Place

Oregon Daily Emerald

EMG Sports Photo, UO vs UW

Ian Enger



The Daily Barometer

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Oregon State University	67
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<i>Feb 25 / Men's Basketball</i>	

Jade Carey scores a perfect 10 against ASU

Hannah Lull, Print Contributor
February 6, 2022

This Saturday, Oregon State University's Women's Gymnastics hosted a home meet against Arizona State University at 5:30 p.m. at Gill Coliseum. The Beavers not only won the meet with a score of 197.375 to 196.550, but Jade Carey also obtained a perfect ten on her uneven bar routine, a rare moment in any gymnastics event.

The meet started like any other. The Beavers headed to vault and the Sun Devils to uneven bars. OSU performed well as each gymnast scored a 9.800 or better. Lauren Letsch scored a 9.800, followed by Sydney Gonzales with 9.850, Kaitlyn Yanish with 9.875, Madi Dagen with 9.900, Karlie Chavez with 9.800, and Carey with 9.925. The teams headed into the second round with OSU's running score of 49.350 and ASU with 49.175.

"We started really strong on vault and the momentum just kept growing and growing until the very last person," said Carey.

Kayla Jones

Jade Carey celebrates with her team after her performance on the uneven bars, earning a perfect score for Oregon State.

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The Beavers took their spot on the bars while the Sun Devils went to vault. Colette Yamaoka started the group off alongside Carely Beeman, Dagen, Kayla Bird, and Phoebe Jukubczyk. Yamaoka scored 9.775, 9.850 for Beeman, 9.900 for Dagen, 9.750 for Bird, and 9.200 for Jakubczyk.

Carey ended the round with a flawless uneven bar routine. She earned a perfect ten, causing a loud commotion of cheers and applause from the crowd. With the perfect score being so rare to achieve, it was not expected that Carey would accomplish the feat in today's events.

"I was really excited after that bar routine," Carey said. "I've been trying to not really think about it and just try to do my gymnastics but it's really special to me that my first ten comes on bars because it's typically known as my weaker event. But it's not."

The adrenaline from Carey's perfect ten carried on to the next round on beam while ASU head coach John Giblin said his squad finished with a 9.775 on vault, which was

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Beavers dig deep to pull out an 8-6 victory against the Portland Pilots

Best Feature Photo

College Group 3

3rd Place

The Commuter- Linn Benton CC

Hoof 'N' Holler

Logan Hannigan-Downs

Hoof 'N' Holler

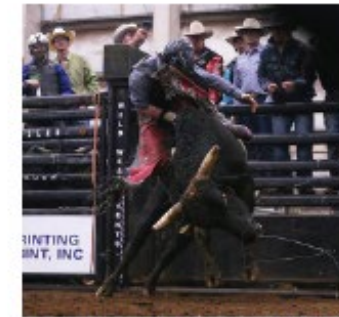
New Year's Eve Rodeo

STORY & PHOTOS BY LOGAN
HANNIGAN-DOWNS

The Hoof 'N' Holler Rodeo and Dance is held each year at the Linn-County Fair and Expo Center in Albany. It features world champion bulls and bull riders, along with bareback and saddle bronc riders. There are lots of pyrotechnics, music, and creative lighting. World famous Rodeo Clown Brinson James brings his rope tricks and crowd entertainment each year and is always a crowd favorite. After the rodeo, the crowd gets allowed into the arena for a few hours of dancing that culminates with a balloon drop at midnight to ring in the new year.



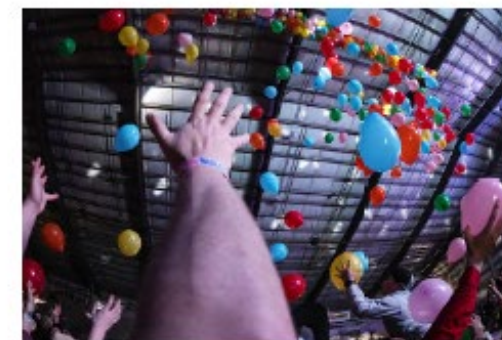
A 42-year-old retiring bull rider waves his hat to the crowd one last time during the Hoof 'N' Holler Rodeo at the Linn-County Fair and Expo Center.



A bull rider rides a bull during the Hoof 'N' Holler Rodeo at the Linn County Fair and Expo Center in Albany.



Brinson James, a rodeo clown, falls from his ladder after doing tricks with an 85-foot rope.



Rodeo goes welcome in 2022 with a balloon drop at the Hoof 'N' Holler Dance.



Rodeo Clown Brinson James dances during his introduction to the Hoof 'N' Holler Rodeo that is held every New Year's Eve at the Albany Fair and Expo Center in Albany.



Best Feature Photo

College Group 3

2nd Place

The Commuter- Linn Benton C C

The Shape of Passion

Sabrina Dedek



Best Feature Photo

College Group 3

1st Place

The Advocate-MHCC

WELDING SPARKS PASSION FOR MHCC STUDENTS

Martell Meacham



Best Feature Photo

College Group 2

3rd Place

The Pioneer Log

SEED Club's beekeeping

Emma Johnson

FRIDAY, SEPTEMBER 30, 2022

6

FEATURES

SEED, Garden Club collect fresh honey



EMMA JOHNSON/THE MOSSY LOG
Cassidy Floyd-Driscoll '24 works to extract honey from one of the club's beehives.

By EMMA JOHNSON

BEHIND THE Lewis & Clark Graduate School of Education and Counseling at the bottom of a sloped lawn, right on the edge of where blackberry brambles have crept up to compete for space with the grass, lies LC's very own bee garden. SEED Club, or Students Engaged in Eco-Defense, has been keeping bees here for several years, according to President Mateo Kaiser '23 who is also the president of the Garden Club.

If you have ever been near a honey bee hive, you will understand the magic of watching the bees: the way they fly in and out on their daily journeys, their gentle buzzing, the way their wings glint in the sunlight

plans to continue leading weekly beehive inspections at least into October, or whenever it gets too cold and wet to justify disturbing the hive. In these inspections, a leader looks within the hive for various indicators of healthy bees, keeping wary of any problem signs, while students can observe and ask questions.

Kaiser explained that the bees here at LC are Oregon-sourced, meaning the queens are mated locally so the offspring they raise are well-suited for this climate. In addition, the bees are specifically Italian honey bees, a type that tends to be gentler and less aggressive, making it easy to keep students safe during inspections and passersby to the colonies unbothered.

Overall, SEED considers the

Graduate school adds Ecotherapy Certificate program for next fall

By NATALIE CONNELLY

APPPLICATIONS for the most recent addition to the Lewis & Clark Graduate School of Education & Counseling, the Ecopsychology Certificate program, are opening soon for the Fall 2023 semester.

Previous directors' legacies have helped pave the way for the healing power of nature to spread. The ecopsychology field's budding momentum from the 1990s and 2000s was continued through Thomas Doherty, who is credited with starting the program in 2011. Former Ecopsychology Program Co-Director Patricia Hasbach also helped expand the program as one of the founding members. Only a handful of schools across the country offer degrees or certificates in ecopsychology, which fits right in with LC's environmentally conscious community.

Patricia Hasbach announced her retirement in March of this year, making her Co-Director Carol Doyle the sole director of the department. Doyle is an associate professor in the department of Counseling, Therapy, and School Psychology. Doyle's areas of expertise are research methods and statistics, gay and lesbian identity development, and sexual minority issues in counseling.

Hasbach had published multiple books, most recently "Grounded: A Guided Journal to Help You Reconnect with the Power of Nature and Yourself." She also has a private practice.

"We have lost touch for many of us in terms of our day-to-day connection with the natural world," Hasbach says, "We know intuitively, and now we

know through studies, that we have great healing that can happen in our time spent in the natural world, particularly when we are entering the natural world in a very intentional kind of way."

The program is focused on the connection between humans and nature, in the context of climate change, conservation and sustainability. Ecopsychology takes into account the influence those notions have on trauma, development and emotions, critically analyzing the healing processes that take place relative to them. It explores topics like the human-animal relationship, empowerment, activism, environmental justice and community in both counseling and therapy.

"Ecopsychology is not only a framework for professional practice, it's a framework for how to see the world," Doyle said.

The application is open to current or past LC graduate students, as well as students and professionals with comparable graduate-level mental health or counseling experience.

The program is eight semester hours worth of degree-applicable credit. Courses are available on the weekends or weekday afternoons and are fully in-person. There are five courses in the program, ranging from Introductory Ecotherapy to Applied Ecotherapy. There is also a hands-on Wilderness and Adventure Therapy Immersion course where participants learn backcountry safety, outdoor leadership and wilderness philosophy.

"We want to think about the power of nature because we are in fact a part of nature, we are an evolutionary species that evolved embedded in the natural world," Hasbach said. "This program is an opportunity to experience transdisciplinary knowledge as counselors, therapists, educators, activists, consultants and researchers while getting to reflect on humans' role in the natural world."

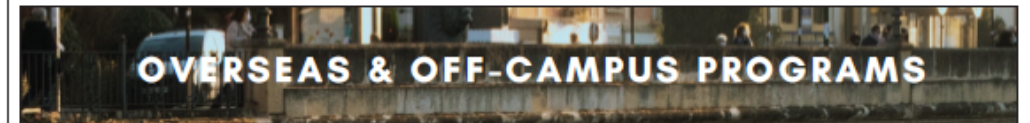
Applications open Oct. 1. Any questions about the application process and program may be directed to gseadmit@lclark.edu.



LEO BERNSTEIN NEWMAN/THE MOSSY LOG

Doyle will direct the new Ecotherapy Certificate program at the Graduate School.

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Best Feature Photo

College Group 2

2nd Place

Oregon Daily Emerald

EMG Feature Photo, Fighting Fentanyl

Liam Sherry



Best Feature Photo

College Group 2

1st Place

Oregon Daily Emerald

EMG Feature Photo, Rainbow Home

Molly McPherson



Best Photography

College Group 3

3rd Place

The Advocate-MHCC

MHCC SPRING SPORTS EXCEL; PHOTO STUDENT DEVELOPS SKILLS; Ujunwa jumps for the win

Aquilina Larkins

MAY 31, 2022

SPORTS 

SAINTS STARS SOAR AT NWAC TRACK AND FIELD CHAMPIONSHIP

Kelley Chang
The Advocate

Mt. Hood Community College is hosting the Northwest Athletic Conference (NWAC) Track and Field championship meet this year – the first time since 2019, before COVID-19 struck. Due to the pandemic, many of these athletes have been idle for the last few years, when it comes to showing the NWAC and all the spectators what they've got. Everyone has got the taste for the big one, "NWAC champion" – and the bragging rights to say you are the best of the best and today is the day to make history, and be in the books for eternity.

The favorite to win the women's long jump is the Saints' very own Ujunwa Nwokoma. It's insanely criminal to talk about Nwokoma and the type of long jump numbers she's putting out currently. The sophomore is a powerhouse and the one all other competitors are eyeing to beat.

She is currently close to breaking the NWAC all-time record at 19.8 feet. This spring, she was marked at 19.5 feet, just 3 inches shy of the record. Specifically, in track and field a lot of times a tenth of a second, or in her case a few inches, are all what stands between being champion and second place.

Nwokoma is no stranger to the Gresham



Coach Steve Curtis and Mt. Hood women's hammer throw champion Alissa "Smash" McNutt.

"THROWERS DON'T HAVE FINISH LINES."

area. At Clackamas High School, she and her teammates broke 4 x 100 meter, 4 x 200 meter and the 4 x 400 meter relay records, while in college she's currently dominating in the long jump.

She comes from a long line of athletes. Her father, hailing from Nigeria, was a standout soccer player for Portland Community



Photos by Aquilina Larkins

Ujunwa Nwokoma women's long jump champion jumps for the win.

College and later he earned a pharmacy degree. Her mother is working as a nurse.

Nwokoma has gotten track scholarship offers from a few four-year colleges, but is leaning toward Bushnell University in Eugene. As she puts it, she's weighing options, but education is her main priority. She currently has a 3.7 GPA and is majoring in computer science. She aspires to be like her parents and get her bachelor's degree.

Asked if she had any nicknames, she said her teammates call her "Champ," but added that "most people are always worried about their competitors' times and not focusing on their own performance." She prefers to look within herself, she said: "I don't care what I did yesterday; I will show what I can do today."

Another of Mt. Hood's dominating



Alissa McNutt warming up for her event.

athletes going into the NWAC meet is "Smash" Alissa McNutt, in the women's hammer throw. You want to talk about "Beast Mode": Smash is destroying all challengers, in her last meet throwing the hammer 21 feet farther than the second-place finisher. She enters the meet ranked No. 1 in the NWAC, throwing 165 feet.

As to why she's throwing for Mt. Hood and not for a four-year school, McNutt said she didn't throw the hammer in high school, and was a shot putter. Basketball was her true passion at the time and she spent most of her time developing her skills in basketball, rather than track and field – which was just something she did to stay active while not playing basketball.

Fast forward to today and she is a force to be reckoned with. It turns out she comes from a family with history at Mt. Hood: Her mother threw the hammer here, and her father and uncle both were athletes, also.

McNutt currently holds 3.7 GPA and is on schedule to attend Utah State University, majoring in liberal arts in the fall. The Aggies have already offered McNutt a scholarship to join their track and field team. Asked what inspires her, she quoted something her mom told her: "Throwers don't have finish lines."

McNutt gives credit to her coaches, especially Saints hammer coach Steve Curtis. He has been at Mt. Hood for the last five years, coaching the hammer throw, shot put, javelin, and discus. He was a "beast" in his own right, a three-time conference champ while competing at George Fox University: "I love working with kids. I try to help them get scholarships, so they can get an education and have a future," said Curtis, explaining his desire to help students' development.

A ship cannot sail without its captain and the El Capitan of Mt. Hood track and field is Fernando Fantroy. Fantroy has coached the team for seven-plus years – four years as an assistant coach, two more as co-head coach, and now head coach the last two seasons. The 1984 Olympic hopeful was originally a football standout; like so many other multi-sport athletes, track was just something he

did on the off-season, he said. Fantroy says he makes time for all his athletes, waking at 4:30 a.m. most days and coming to Mt. Hood after he works a day job. He strives to treat all of his athletes fairly, whether they're a champion or a



Head Coach Fernando Fantroy and Assistant Coach Kelly Holding.

freshman hopeful trying to make the team, he said: "I like kids. I make equal time for all that (are) on my team. I don't play favorites." That said, this championship tournament is the time for Mt. Hood's favorites to give their best.

This is the final event of the season; the competition is fierce. For some athletes, there's always next year or the next level of competition; for others, it's perhaps the last time they ever compete in track and field.

"Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character." -Alan Armstrong

PAGE 15

Best Photography

College Group 3

2nd Place

The Advocate-MHCC

RE-LIGHTING THE KILN; AVID TEAM IS HERE TO HELP;
Matlyn Leetch at the plate

Jennifer Wilhoite



NEWS

ADVOCATE-ONLINE.NET

THE AVID-LEARNING SUCCESS CENTER TEAM IS HERE TO HELP

Karuna Rai
the Advocate

Mr. Hood students have a great team ready to help them with their studies, and more.

AVID – known as Advancement Via Individual Determination – and the Learning Success Center staff space are set up in Room 1451 on the Main Mall of the Gresham campus.

This is a summary of the information, services and resources provided in the AC1451 computer lab, plus a profile of some of the team members who are willing to help MHCC students with their academic success, and also anything they can do to assist students.

Among AVID-LSC services and resources available to students are using the computer lab, receiving any class or computer class help, plus general help from AVID staff, and getting their MHCC student ID cards.

Specifically during Fall Term, services offered include AVID academic coaching, computer skills support and tutoring, math and sciences tutoring, and writing tutoring, which are offered both in person and online. Mostly importantly, these services are for all MHCC students, whether they are getting financial aid or not.

The star student worker

Hayden Blanchard, a computer science major at MHCC, has been working as a computer tutor for Federal Work Study salary since last winter. He explained that because he likes technology, he wanted to help others as a 1451 lab tutor. With a very friendly and easy-going personality he enjoys working in the lab while helping others.

His daily tasks as computer tutor are providing students with general technological help, answering questions, helping them set up their Saint email accounts, and cleaning and organizing the computer lab. Also he helps students to navigate essential tools and resources that are used for class – such as BlackBoard, MyMhcc, all Microsoft software, SIMnet, etc.

"We all struggle from time to time, but it's the determination to succeed and support of others that get us through it," said Blanchard, who greets visitors with a smile.

Away from Mt. Hood, his hobbies include travel, hiking and exploring the outdoors.

The AVID-Learning Success Center Coordinators

Lance Lannigan, a graduate in English Literature, has been working at MHCC for over 20 years. He currently serves as a computer lab coordinator/technology and learning specialist. However, he first began working at MHCC as an Adult Basic Education instructor and he also worked in the "Steps to

PAGE 2



Top (from left): Sarah Aimone, Lance Lannigan, / Hayden Blanchard

Success" effort to help those students in need to achieve their goals.

Now Lannigan supports students in setting/resetting their Saints email, with all Microsoft software, and with any academic or technological issues that students come in with. He also tutors for computer classes and teaches a free basic computer class for all MHCC students, either during the Summer or Winter Term. If you come to the lab, you will find him helping a student or on a meeting as he is very dedicated to the support.

Sarah Aimone started working at Mt. Hood as an AVID learning specialist in 2014. She holds an associate degree from community college, a bachelor's degree in marine biology and a master's degree in teaching. She is just one of the inspiring and amicable staff in AVID, as she always makes sure students feel welcome and comfortable when coming in for help.

Aimone provides general tutoring services, academic support for new and returning students, support for the AVID learning community classes, teaches a

College Success class and runs the Summer Bridge program for new students.

She said she is immensely proud of the services and resources that are provided to all Mt. Hood students through the AVID-LSC department, as they are very flexible (in-person or online) and provide critical help to meet students' needs. She said she enjoys working with students (and student-workers), making connections and better understanding students' experiences and perspectives.



Best Photography

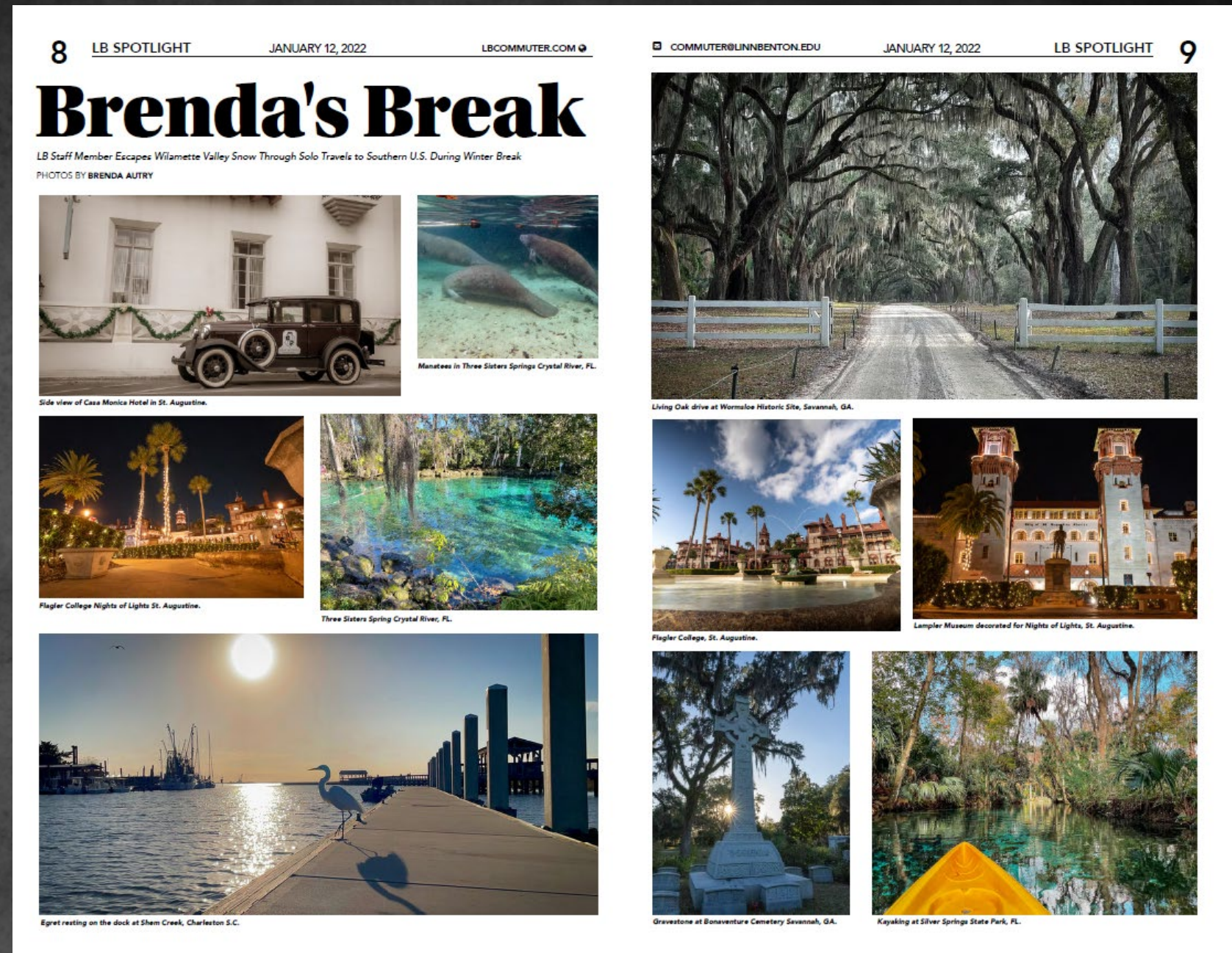
College Group 3

1st Place

The Commuter- Linn Benton CC

Brenda Autry

Brenda Autry



Best Photography

College Group 2

3rd Place

The Linfield Review

JJ Photography

JJ Anderson



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OMN SPORTS

Best Photography

College Group 2

1st Place

Oregon Daily Emerald

EMG Best Photography, Maddie Stellingwerf

Maddie Stellingwerf



Best Design

College Group 3

2nd Place

The Commuter- Linn Benton C C

Commuter Best Design Entry - October and December 2022 Editions

Kailyn McQuisten, Leah Biesack



Best Design

College Group 3

1st Place

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The Advocate - Best Design

staff



Best Design

College Group 2

3rd Place

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2022 Design Highlights

Staff



Best Design

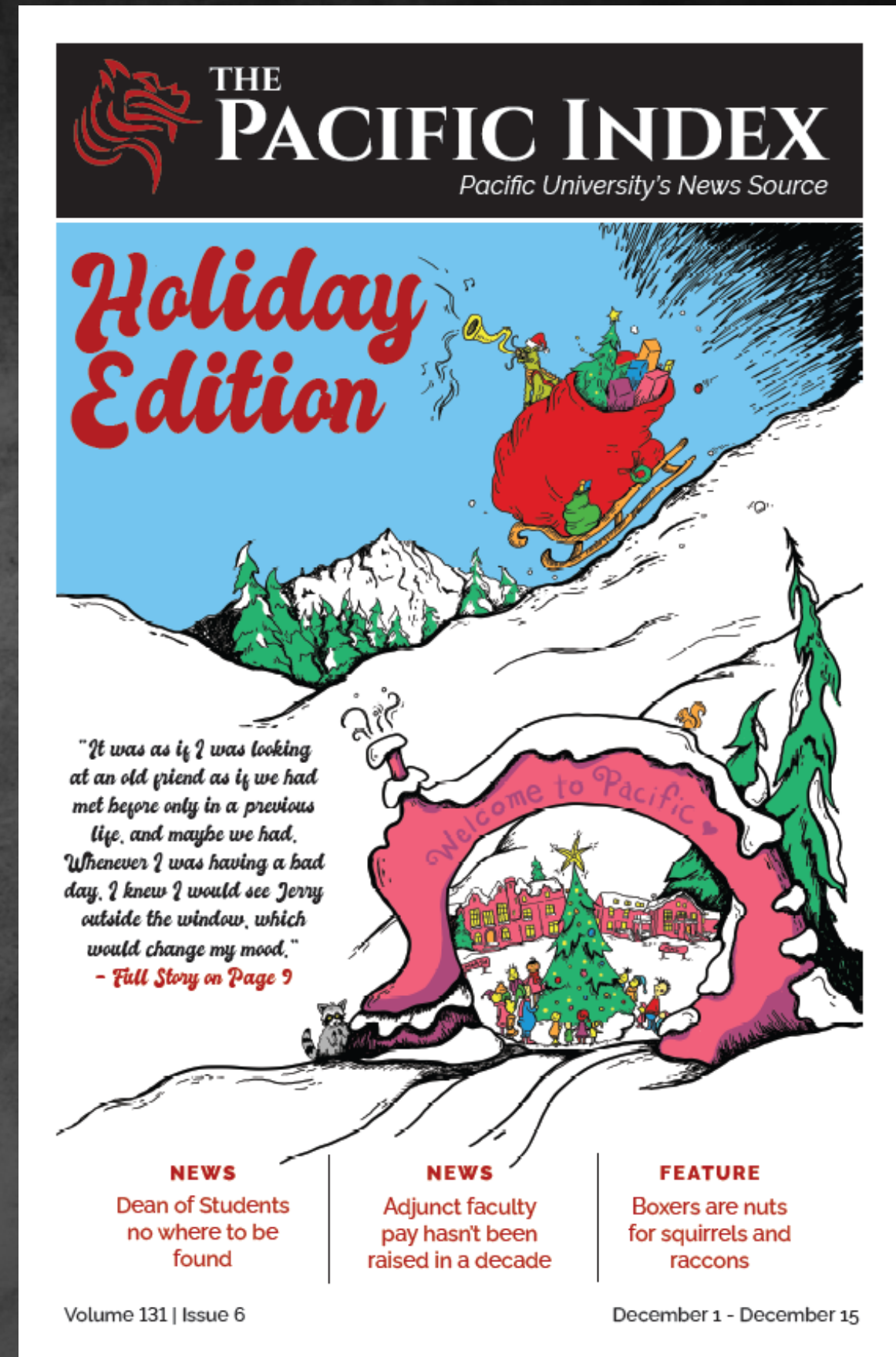
College Group 2

2nd Place

The Pacific Index - Pacific Univ

Pacific Index production

Chandler Fleming



Best Design

College Group 2

1st Place

Oregon Daily Emerald

EMG Best Design, Liz Blodgett

Liz Blodgett



Best Graphic

College Group 3

3rd Place

The Mainstream - Umpqua CC

Best Graphic: Renting

Kodi Fisher, Peyton Manning

Umpqua Community CollegeTheMainstream

 mainstreamonline.org/8733-2

Kodi Fisher

First-time renters are competing currently with previous homeowners, due to extremes within this housing market, to get a rental agreement approved. Preparing ahead of time will greatly increase the chances of getting approved.

“Preparing documents beforehand will greatly reduce the stress involved in the rental application process,” Michelle Dellit says. Dellit works at the Housing Authority of Douglas County where she helps veterans and others find housing opportunities.

In order to apply for rentals, applicants must upload or provide physical copies containing all the required information. Any problems with the information provided will hold up the entire process. “Knowing what information is needed is important,” Dellit says. Renters should carefully explore requirements on the agencies’ websites.

The most common documents required for first-time renters are a photocopy of valid ID, social security number, proof of income, one to five references, any rental history, job history, and a valid payment method as outlined by Apartmentguide.com. After the required documents have been collected, applicants can easily apply this information to any future applications.

Renters can apply through individual property owners, property management groups or housing support agencies.

Renting from individuals such as family, friends, or private landlords can lead to unexpected consequences. Ensure that a rental agreement is made and keep copies to protect your rights.

Many people choose to use property management because applications are applied to multiple properties as soon as they open up. Centerpoint Property Management (CPM) and Rouge REAL ESTATE, local property management groups, support Roseburg and the surrounding areas.

Rental companies typically run a credit check after the application is submitted.

Once the applicant is approved for a rental, they will be given an opportunity to view the apartment. If they decide to take the rental, they must provide proof of rental insurance, and vehicle make, model and registration of their vehicle for parking. Renters must also update



Best Graphic

College Group 3

2nd Place

The Mainstream - Umpqua CC

Best Graphic Coping Strategies

Rachel Arceo



Best Graphic

College Group 3

1st Place

The Torch- Lane CC

Oregon 2022 Elections: Ballot Measures and State Congress

If More than 3 names type: Staff



Best Graphic

College Group 2

3rd Place

The Pioneer Log

Portland thorns soccer player

Stella Mercer



Barreau elected as NCAA DIII president of XC

Head coach boasts successful tenure with impressive first season turn around, nation-wide recognition

By PAIGE ANDERSON

MATTHEW BARREAU the head men's and women's cross country (XC) coach, has been elected president of the Division III U.S. Track & Field and Cross Country Coaches Association Executive Committee for the National Collegiate Athletic Association (NCAA).

Barreau was named head coach of the XC team in 2019 and is entering his third season of coaching for Lewis & Clark. In his first season at LC, Barreau led the women's XC team from last place to third in the division. After serving on the committee for the past 10 years as both a member and vice president, Barreau will become president for the next three years.

"About 10 years ago, I started on one of those committees and then I enjoyed being in it and probably three or four years into the committee, I put myself up to be elected," Barreau said. "It's been about six years of being second vice president, and those years as vice president and then starting in January, I became president."

DIII is the largest division of the NCAA, with 430 institutions and 40% of NCAA athletes competing in DIII. LC plays in the Northwest Conference with nine other schools.

Barreau was hired in the summer of 2019, so he was not able to oversee and support the teams' training that year. However, he took his role very seriously and pushed his student-athletes to improve immensely.

"It was about just helping show the team what was possible," Barreau said. "I think that's what elicited the biggest changes that year ... That big jump was largely, I don't say by accident, but it just was never planned."

The shift from being last in the conference one year to being third in the division this past season has shown Barreau's ability to encourage and inspire students to do their best work. Becoming a better runner is about improving the body's capacity for endurance. Barreau showed them the impact practice can have on a runner's development and the team listened.

Though he was not a part of the XC team when the dramatic change happened, Caleb Silverman '24 spoke to Barreau's skill as a coach.

"I think he's a great leader, he's super knowledgeable and I think people gravitate toward him and his advice," Silverman said. "He definitely brings a competitive mindset and a push for greatness and making sure we have the resources for it."

With the added influx of first-year runners as well as a consistent and passionate coach, Frankie Reid '24 is excited to show the community the skills of the men's team.

"We have the postseason coming up so I think we're all pretty excited for that and to show everyone the hard work we've been putting in and what we bring to the table," Reid said.

The Northwest Conference Championship meet takes place on Saturday, Oct. 29 at the Killarney West Golf Course in Hillsborough, OR.

Along with the academics, LC's proximity to Tryon State Park's trails and the greater city of Portland appeal to XC and long distance recruits.

We're one of the best academic schools in the conference and distance runners are notoriously pretty good academically," Barreau said. "So all the things like up to this place that attracts quite a bit of people and a talented pool of distance runners, we should be pretty successful."



COURTESY OF LEWIS & CLARK

Coach Barreau works way up in National Collegiate Athletic Association hierarchy.

Portland Thorns secure playoff spot, hailed title favorite, despite organization's scandal

By NICOLAS VELASQUEZ-SUAZ0

LAST YEAR, the Portland Thorne won the National Women's Soccer League (NWSL) Shield, but lost to the Chicago Red Stars in the playoff semifinals. This year, the Thorne have continued their streak of dominance despite failing to clinch the NWSL Shield in a tight, regular-season race.

Going into the last match, the Thorne sat atop the league with 38 points while the OL Reign trailed with 37 points. However, the Thorne were kept to a 1-1 draw against Gotham FC while the OL Reign secured a 3-0 win over the Orlando Pride, leapfrogging the Thorne with a league-winning 40-point total.

The Thorne's stellar regular-season campaign was spearheaded by Most Valuable Player nominee Alex Smith, as well as anchored by goalkeeper Bella Hixby and Defender of the Year nominee Becky Sauerbrunn. Smith led the Thorne's offense, notching three assists and netting 14 goals, which was second in the league. Despite not being nominated for Goalkeeper of the Year, Hixby was the league's joint-leader in clean sheets meaning games where no goals were conceded, securing nine in 20 games played. Veteran defender Sauerbrunn managed the defense throughout the season which was crucial to maintaining a high number of clean sheets. Additionally, Sam Coffey, a second-round pick out of Pennsylvania State University, earned a Rookie of the Year nomination after consistent, strong performances at midfield.

These performances, however, were overshadowed. In 2021, The Athletic published a story in which Mo'Nique "Mama" Stien and Stined Parrelly, former Portland Thorne players, accused Former Head Coach Paul Riley of sexual coercion during his time working for the organization. Riley was dismissed by the organization after a 2014-2015 etit, but the reason for his release was not publicly announced. The Thorne's response has been controversial as members of the front office knew of the scandal in 2015 and did not make it public. In an independent report commissioned by U.S. Soccer, which was released on Oct. 3, Yates accused the Thorne organization of ignoring



STELLA MERCER/THE MERRY LIZ

complaints by players and covering for Riley, allowing him to coach other teams despite accusations of sexual coercion. Furthermore, the organization was accused of concealing information and not fully cooperating with the investigation.

In the wake of the report's findings, President Mike Golas and General Manager Gavin Wilkinson were released from the organization on Oct. 5. Merritt Paulson, owner of the Portland Thorne and Portland Timbers, resigned from his position as chief executive officer of both organizations. Paulson has no plans to sell the clubs in spite of widespread protests from Thorne supporters.

The Thorne are set to face the San Diego Wave in the semifinals of the NWSL playoffs on Oct. 23. The third seed San Diego Wave has only lost one of their last seven games and beat the Thorne in their last head-to-head match in August. It is uncertain how the recent scandal and sudden managerial changes will affect the Thorne's play. In a conference call with reporters on Oct. 4, Becky Sauerbrunn gave insight into the team's mindset.

"The players are not doing well," Sauerbrunn said.

Given their excellent regular season performance and the triple threat of Smith, Hixby and Sauerbrunn, the Portland Thorne remain favorites to win the NWSL Championship.

Scores

Cross-Country	
L&C Invite	
Men's placed: 19th	
Women's: 10th	
Football	
LC v Willamette: W 59-17	
LC v Puget Sound: W 47-41 OT	
Overall: 4-0	
Football secured the wagon wheel against rival Willamette for the fifth year in the row, the longest streak in LC history.	
Soccer	
Men's	
LC v Warner Pacific: T 1-1	
Overall: 1-0-1	
Women's	
LC v Puget Sound: L 0-0	
LC v Linfield: T 1-1	
LC v Willamette: T 0-0	
Overall: 4-0-2	
Tennis	
Men's & Women's: Northwest Fall TTA Regionals	
McDermott advanced	
Allison Gabelman/Sajjad Amado Agud advanced	
Volleyball	
LC v George Fox: L 0-3	
LC v Linfield: L 2-3	
LC v Pacific: L 1-3	
Overall: 1-16	
Athletes of the Week	
Oct. 16 - Oct. 22	
Ashley Kane '23 - Women's volleyball	
Riley Boone '25 - Women's cross country	
Oct. 23 - Oct. 29	
Dyontae Nwaramba '24 - Football	
Katie Shimamura '24 - Women's volleyball	

Best Graphic

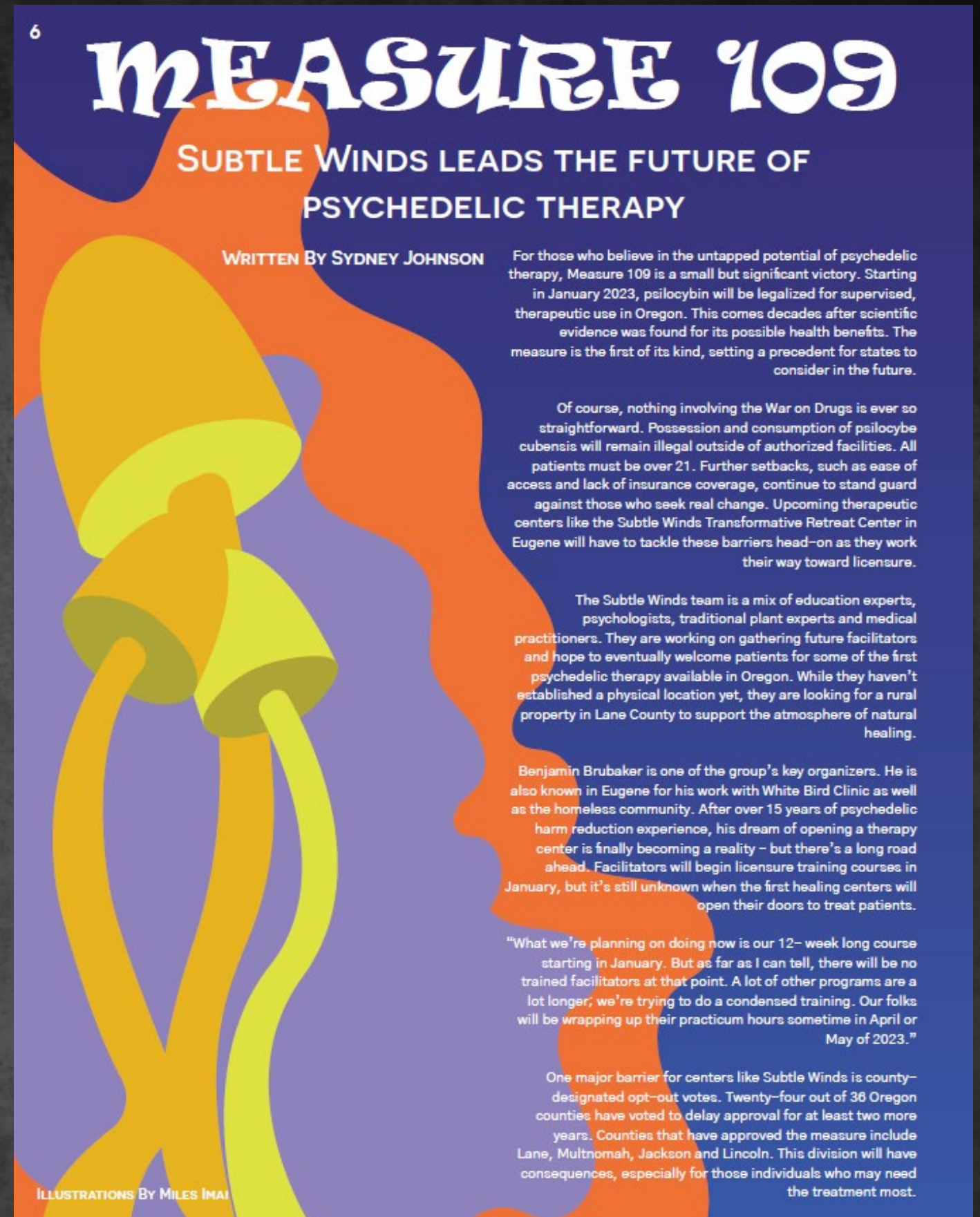
College Group 2

2nd Place

Oregon Daily Emerald

EMG Best Graphic, Mushrooms

Miles Imai



Best Graphic

College Group 2

1st Place

Vanguard - PSU

Design Highlights

Whitney McPhie, Neo Clark, Kelsey Zuberbuehler

CASHING IN ON THE MAGIC

WILL THE LEGALIZATION OF PSYCHEDELIC MUSHROOMS
JUST BE ANOTHER CORPORATE GOLD RUSH?



JUSTIN CORY

A RENAISSANCE FOR PSYCHEDELIC DRUGS seems to be on the horizon, and we are ahead of the curve here in Oregon as voters approved the legalization of psychedelic psilocybin mushrooms with Measure 109 in 2020.

Starting in 2023, the new law allows anyone age 21 or older to access the mushrooms in services for "personal development," however, it will not have the same legal status as cannabis.

So we will not be able to—at least under this current phase of legalization—just stroll into a retail outlet and buy a few grams of magic mushrooms like we currently do with cannabis. Rather, potential users will need to submit to a screening process and then seek the services of a licensed clinic that will offer the psilocybin as an "experience."

While potential psychonauts—explorers of altered states of consciousness—will not need a doctor's prescription for the services, Oregon's newly minted Psilocybin Advisory Board has been modeling the fledgling industry after those in one of the only other places psilocybin use is legal: the Netherlands.

Dutch companies provide a complete set and setting, making it a total experience, as well as a licensed facilitator to guide the user and

a curated place for the experience to unfold. This concept was originally developed in the 1960s by Harvard scientists Timothy Leary and Richard Alpert, who would become infamous in the counter-cultural milieu of the 1960s for their experiments with psilocybin and LSD until their termination from Harvard. They modeled their experiments largely after the Mexican Indigenous healer María Sabina who had cultivated them ceremonially in the Aztec, Huicholes and Mazateca traditions.

One thing notably different about these Dutch companies and their Oregon antecedents is the price tag. Some of these companies—like the Synthesis Institute—charge as much as \$20,000 for the facilitator training and \$1,000 a day for their three-day psychedelic retreats. One of its co-founders, Myles Katz, also moved to Oregon in 2020 to cash in on the new industry here. He has already started several Limited Liability Companies (LLCs), influenced the legislation as it moves forward and purchased a large property in Ashland to build out his psychedelic retreat center.

According to the *Willamette Week*, another company with big plans is Field Trip Health from Canada, which boasts a \$46 million valuation and plans to open at least one psilocybin therapy

center here. It charges as much as \$2,000 for a single seven-hour session and offers various expensive add-ons for the experience at its various other locations.

This all seems to be setting up quite a robust boom for those with the capital and the accrued expertise to administer these experiences.

Personally, I am completely in favor of psychedelic exploration and have seen benefits from exploring these substances in various ways—from microdosing for anxiety and depression all the way to taking a larger dose and really confronting some inner turmoil head-on through the unique reframing of introspection and perception.

Michael Pollan has gone into greater depth on the beneficial aspects of psychedelics with his recent book *How to Change Your Mind* and his eponymous Netflix special.

That said, I cringe and recoil at the horror of seeing another beautiful and useful therapeutic substance becoming a heavily regulated and prohibitively expensive treatment. Once again, the profit motive of greedy entrepreneurs corrupts the potential of this long-maligned experience—one that is also the right of all human beings to enjoy as

It is a humble fungus that can be grown just about anywhere warm, dark and damp.

The recreational marijuana market is illustrative of just how corrupt our marketplaces are. According to a report by the American Civil Liberties Union, "a Black person is 3.64 times more likely to be arrested for marijuana possession than a white person, even though Black and white people use marijuana at similar rates." This is in the era of marijuana reform and legalization.

Melissa Pandika writes that, according to a recent *Marijuana Business Daily* survey, 81% of cannabis business owners were white, with a mere 5.7% being Latinx and only 4.3% of these business owners being Black. This kind of inequity is systemic. Incarceration is heavily skewed against people of color, particularly Black people, while the industry and its profitability are skewed in favor of white people. Decriminalization has also largely ignored those imprisoned for drug offenses—a complete slap in the face as white business owners rake in profits for doing exactly what so many Black people were imprisoned for. Systemic white supremacy goes much deeper than this issue, but the

Best Cartooning

College Group 3

1st Place

The Broadside - COCC

Momo & Gina

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Momo & Gina: Outdoors

Boroka Bordas · 06-May-2022 · 1 min read





BB 05/05/22

By Boroka Bordas, 5/5/2022



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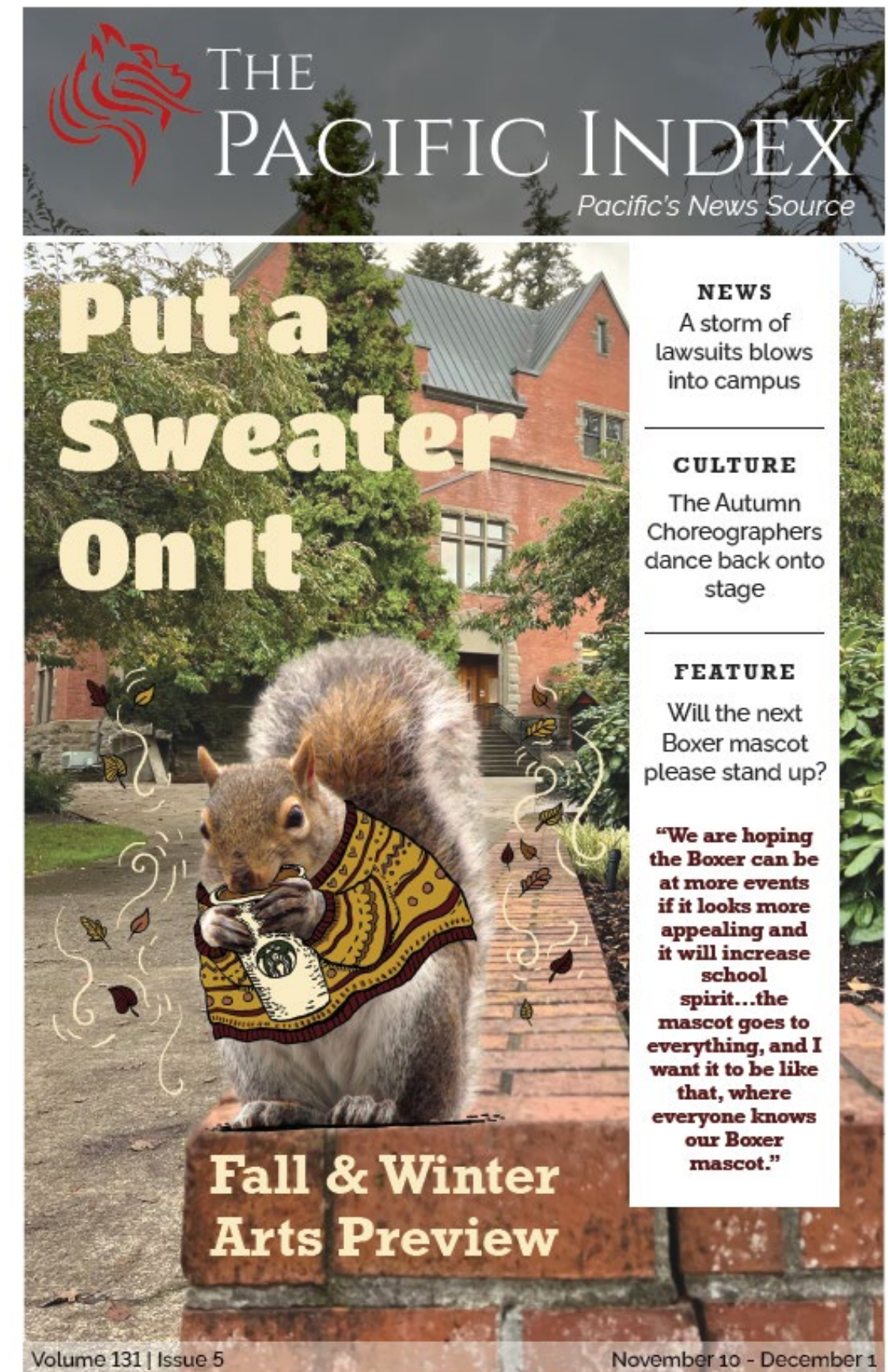
College Group 2

3rd Place

The Pacific Index - Pacific Univ

Cover Art

Annie Berry



Best Cartooning

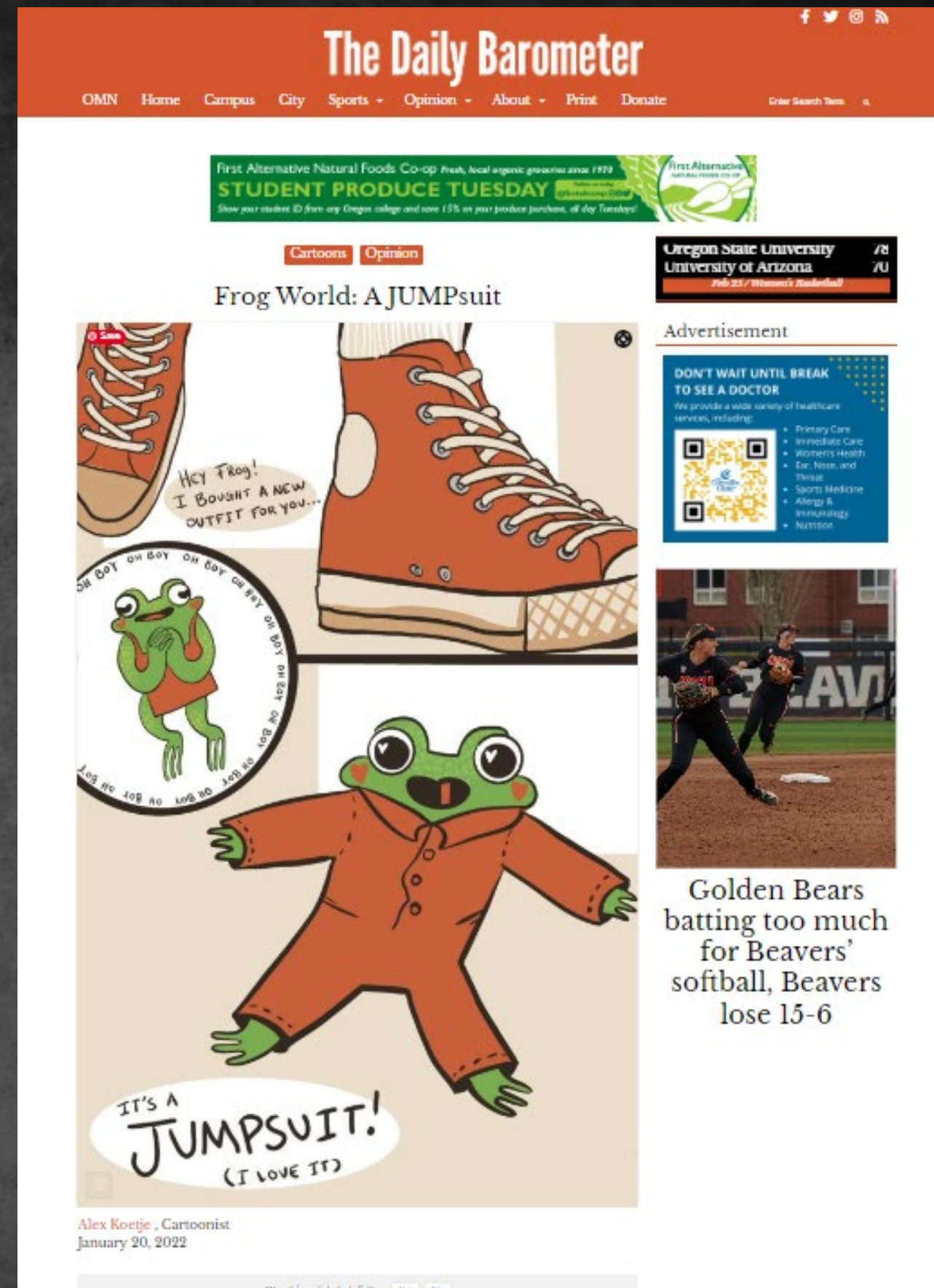
College Group 2

2nd Place

The Daily Barometer

Frog World

Alex Koetje





Best House Ad

College Group 3

3rd Place

The Commuter- Linn Benton CC

Don't Be Afraid Ad - October Edition

Kailyn McQuisten

DON'T BE AFRAID



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line. We'd love to meet you, read you, and support you. Think your ideas might be too weird or too niche for submission? Even better. The Commuter is an award-winning publication because of our wide range of contributions and our unique contributors. So reach out. We'll be staring at our email inbox in the meantime, not an ounce of chill to be had. Join the team today!

Contact Editor-in-Chief Leah Biesack
at commuter@linnbenton.edu



Best House Ad

College Group 3

2nd Place

The Advocate-MHCC

Creators Wanted

Matana McIntire



Best House Ad

College Group 3

1st Place

The Commuter- Linn Benton C C

Hungry for More? December Ad

Kailyn McQuisten, Betty Turbo



Best House Ad

College Group 2

2nd Place

The Pacific Index - Pacific Univ

writers' ad

Chandler Fleming



Best House Ad

College Group 2

1st Place

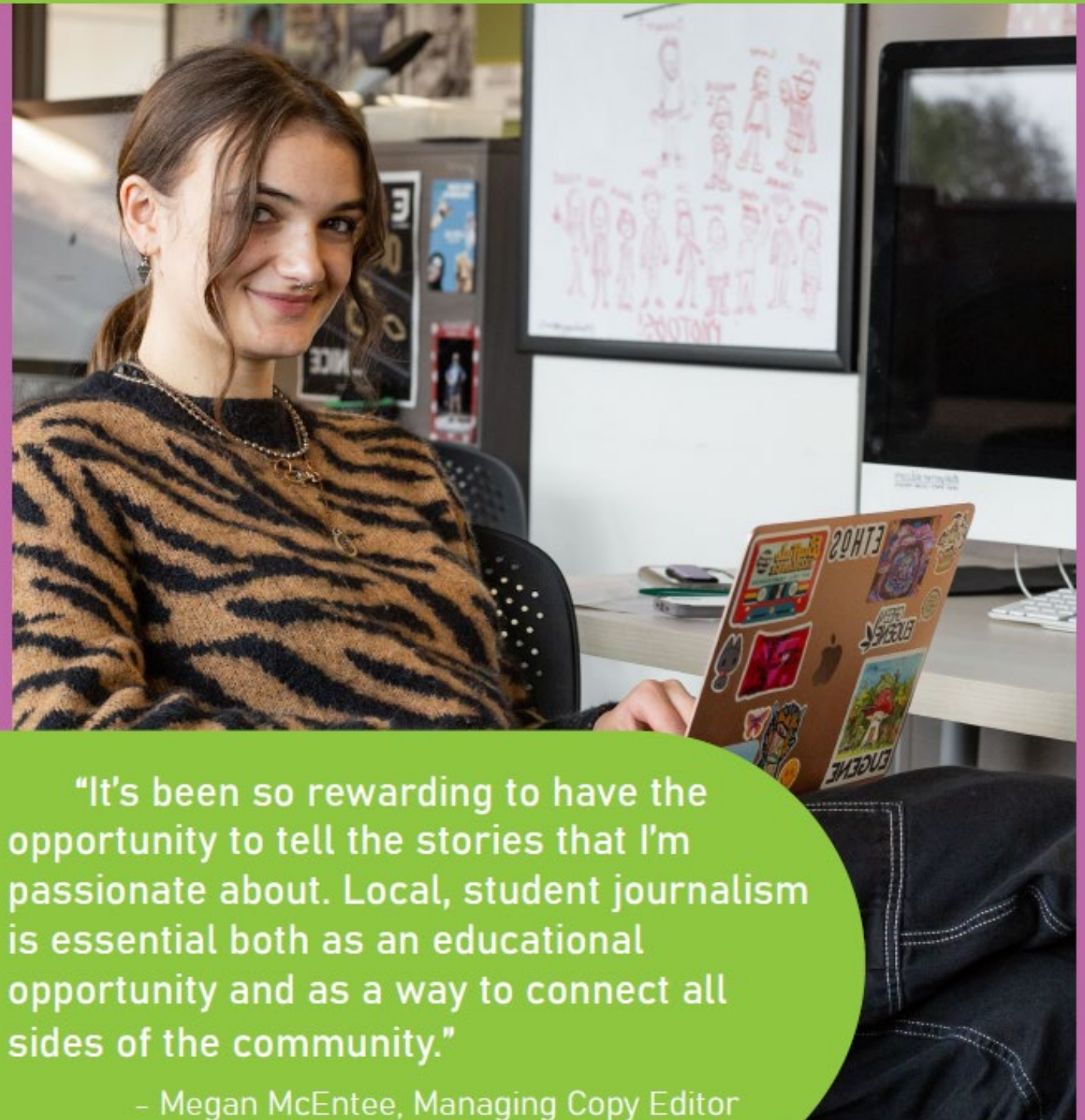
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EMG House Ad, Fundraising

Miles Imai

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- Megan McEntee, Managing Copy Editor



Best Website

College Group 3

2nd Place

The Advocate-MHCC

The Advocate Best Website

staff



Best Website

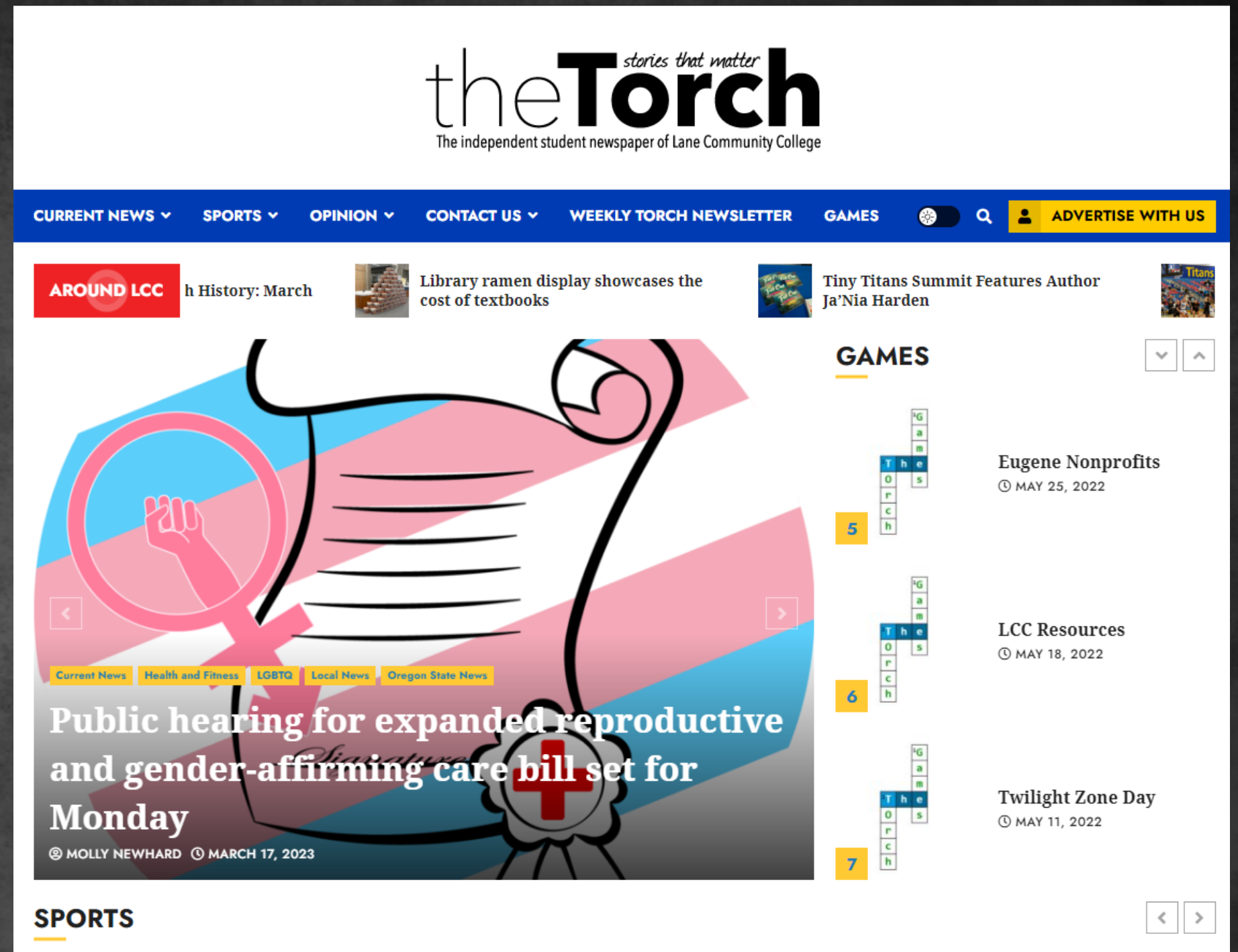
College Group 3

1st Place

The Torch- Lane CC

LCC Torch

If More than 3 names type: Staff



Best Website

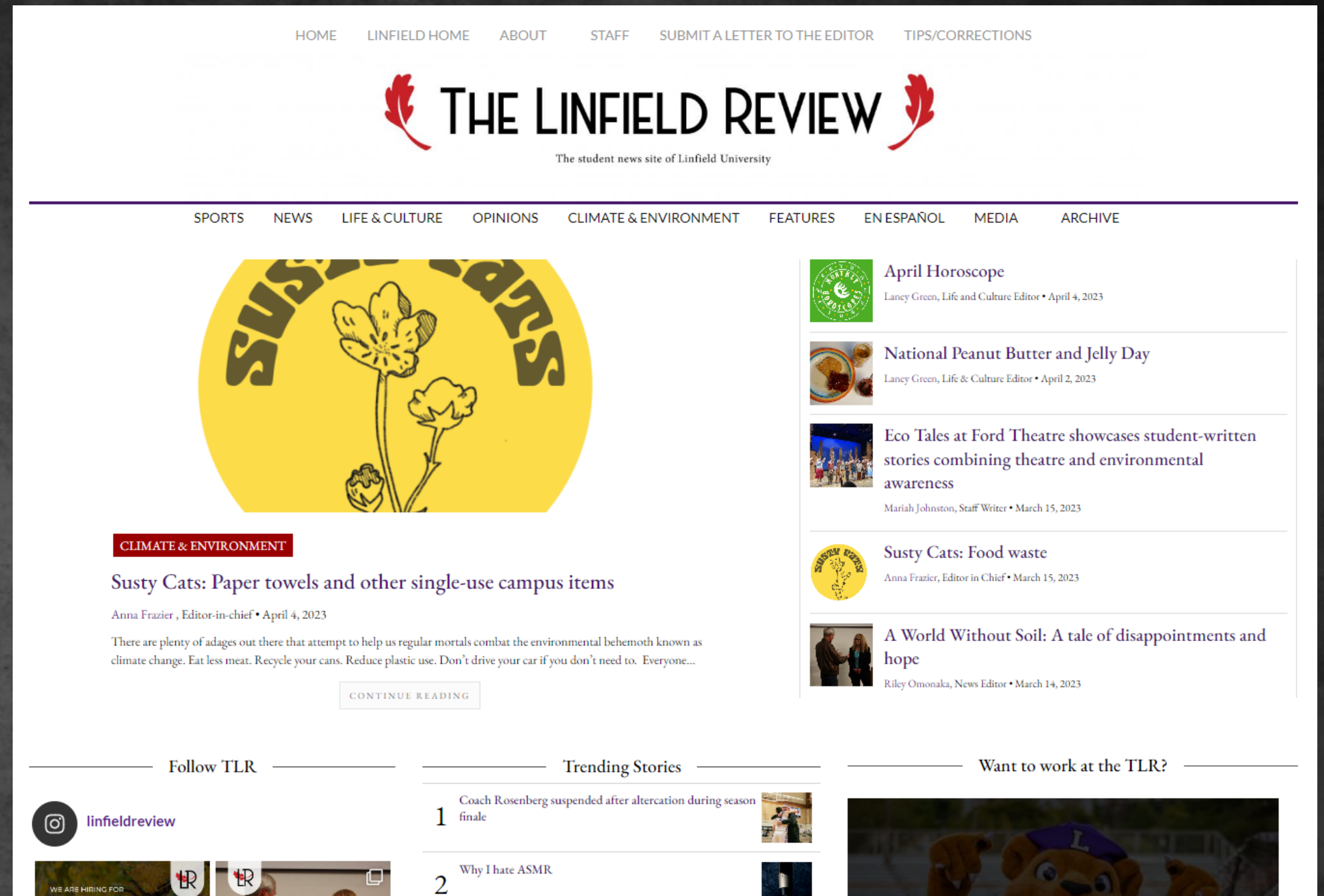
College Group 2

2nd Place

The Linfield Review

Website

Staff



Best Website

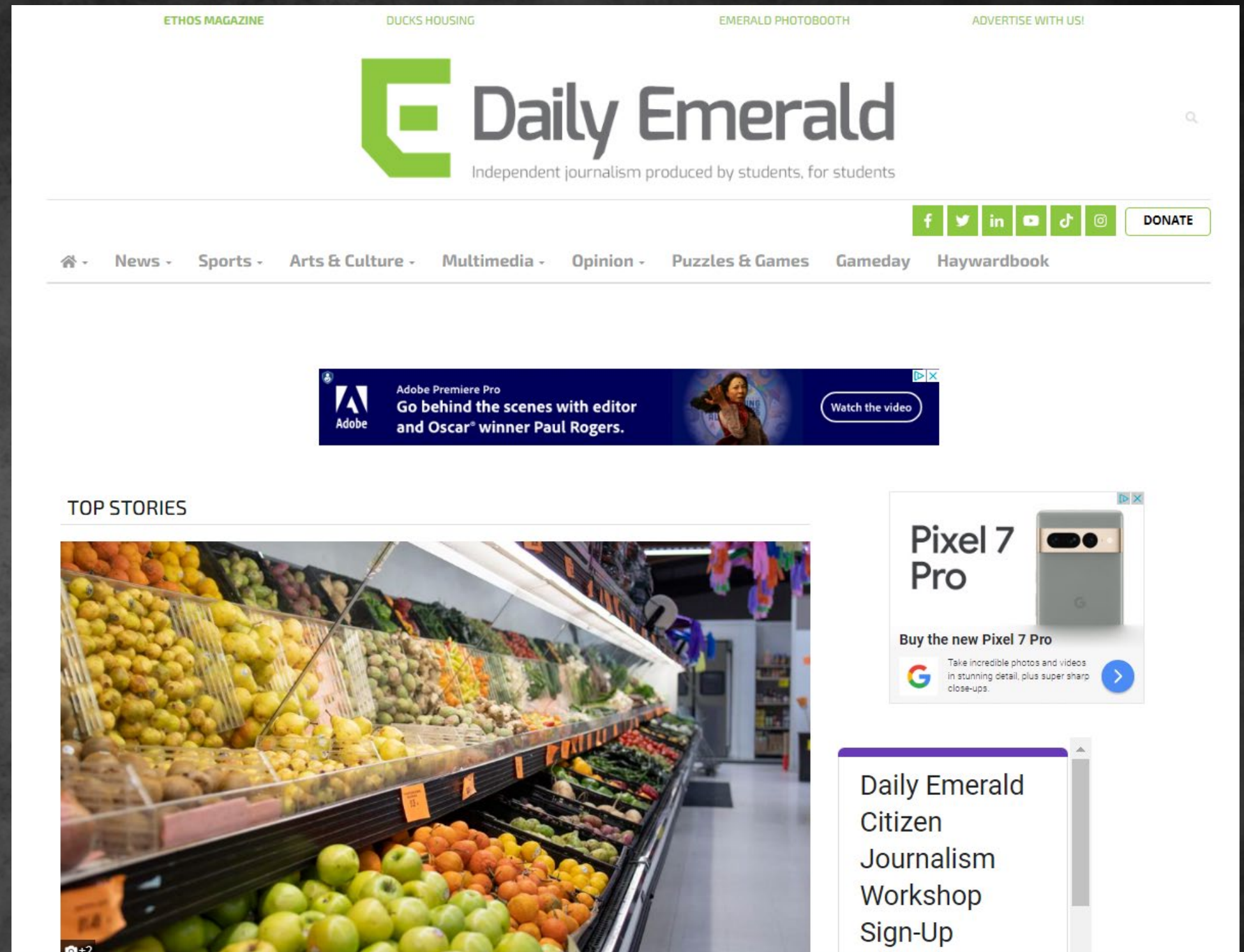
College Group 2

1st Place

Oregon Daily Emerald

EMG Best Website

Staff



Congratulations to
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