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Should We Start Eating Bugs?

Mt. Hood Faults Add Earthquake Threat to Portland

She Shreds: 5 Years Celebrating Women Guitar Players

The Portland Book Festival Formerly Known as Wordstock

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Stand-up Comedian Chris Gethard wrote a book

Cover: modeled photograph by Zell Thomas
Back cover: photograph at a rally against Kavanaugh by Sierra Clark

FEATURED THIS MONTH

Matthew Neil Andrews: is a singer, drummer, composer, and editor-in-chief of PSU music journal Subito. Matthew doesn't hate his fellow man, even when he's tiresome, curvy, and tries to cheat at poker. He figures, that's just the human material, and him that finds it cause for anger and dismay is just a fool for expecting better.

Jon Bordas: The Truth is Out There.

C.J. Claringbold: loves being a DJ with KPSU. Check out local bands on The House of Sarcasm, Fridays at 11 am.

Sierra Clark: wants to help create change for a better world. Other days she wants to run away and become a hermit.

Margo Craig: 37 days accident free.

Cory Elia: is a junior in the Arts & Letters department. He writes about "politics, protests, and pot" because "it is Portland!"

Josh Gates: is doing this mainly for the money, but also the glory.

Jake Johnson: just ate voluntarily recalled tahini sauce that the manufacturer was concerned may contain salmonella contamination.

Shane Johnson: is a business major and writing minor, although he has taken more music electives than writing courses so far. Ain't that just the way.

Sydney McBeer: is confident but not confident enough to try a Mohawk.

Daniel J. Nickolas: is pondering if the feeling of Schadenfreude is an acceptable feeling to indulge in during the December holiday season. It strikes him as more of a Valentine's Day emotion.

Savannah Quarum: is studying graphic design and advertising. When she's not too busy to have them, her interests include finding new bands to listen to, biking/skating around town, and drunk karaoke.

Amy Seufert: is a graduate student in the biology department at PSU. Her favorite science writers are Ed Yong and Sean B. Carroll.

Zell Thomas: is a photographer and writer unequivocally in tune with minimalism and "the varying spectrum of grey" and just about anything that can be deemed elegant.

Jesse Trott: is an environmental studies major, with the goal of becoming an environmental journalist. Her passions include the ocean, boats, reading, and always finding her next adventure.

Bryan Wolcott: is a college student studying business and constantly learning about the world around him. He's always enjoyed writing and sharing news about the world around us.

WHO WE ARE
The Pacific Sentinel magazine offers an inclusive forum incorporating in-depth content from the PSU community. We advocate on behalf of the marginalized, explore the merits of cultural artifacts, and initiate interdisciplinary communication.

Editorial Staff consists of Executive Editor Jake Johnson, News Editor Margo Craig, Opinions Editor Daniel J. Nickolas, and Arts and Culture Editor Shane Johnson

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2  THE PACIFIC SENTINEL
Signing the Movement

Andrew Tolman is volunteer who provides ASL interpreting at public protests

by Jake Johnson  Illustration by Josh Gates

While watching the Survivors are Everywhere rally get set up on November 17, 2018, I saw a familiar face from the Portland Occupy ICE protests. It was an interpreter who had been doing ASL interpretations of speakers in real time at protests.

"I got involved because the deaf community has responded to a lot of activist work, political work here, the whole gamut, and it's never really been accessible," Tolman said. "Especially during occupy; in the first few days, there was a group of deaf people that showed up. Between them offering the knowledge they knew about providing interpreters and the willingness of the people that were at the occupation, they reached out to me through social media. We responded, and we were there.

"Any time the deaf community wants to be there, we try to show up. I think it's important that things on the street level—regardless of whose side you're on or how much you think that you agree with it or not—should always be accessible. So, that's why I keep showing up and showing out, because I want people to see it for themselves and discern how much they agree with it, or not, and how they can get involved. A lot of times that information isn't made accessible.

We discussed how sometimes accessibility can be an afterthought, especially within spaces like public protests.

"It may not be the safest place for deaf people," Tolman said. "Just because a lot of it is auditory, police commands are auditory, and then [police] don't question if you're deaf if you don't respond...on top of being in a crowd of people and looking to see where the interpreter is, where somebody else is. I mean, there's a number of risks.

"Being able to let people see it in a safe space, and access it as they want to, and then get involved from there I think is a new kind of anarchy, kind of taking it for ourselves. A lot times accessibility is ruined or doesn't happen because of cost, because of money, and interpreters are expensive," Tolman said. "We play a vital role in making sure that people can be safe and be empowered with the knowledge of stuff that happens here. It's really an honor that I get to do this; and I only do this because the deaf community wants it. It's definitely not like a glory grab for any of us interpreters that are out here. We definitely hear a response from the community from all of the work that's happening here and continue to serve that need. So, it's been awesome.

"Today, I know for sure we have two interpreters confirmed for some speakers. There might be other people who choose to show up and help out as well, but that's just kind of what we've been able to coordinate so far for today. There is a list of, I'd say, 15-20 of us around the city that are always willing and able to do work like this. So we try to rotate through and serve where we can. That's been incredible to see the interpreting community respond in that way also. It'd be, I thought, a lot harder, but people were ready to go.

Tolman and his fellow interpreters who provide these services at protests are largely doing it for free.

"There are certain organizations that will hire us for their specific events that may or may not have accessibility funds and grants that they have won money for; and so we'll gladly negotiate appropriate rates for that and help them work that out," Tolman said. "But anything like this on the street level, or any event where budgeting is tight, accessibility should be the priority. All of us are professionals in the meantime, and we work full time. So this is just leaving enough space to give back to the community that gave us the language that pays our bills.

Tolman wasn't sure exactly how many deaf people are attending protests, today, or at most of the events he volunteers at. "There are a wide number, sometimes there are people who come and don't identify themselves, too," Tolman explained. "So it's hard for me to say. I know that there's consistently a group of 10-20 deaf people that come and rotate through...I think that accessibility is a big thing.

Because we've only been building this for a number of months, we're still waiting to see the return on investment. As deaf people become more empowered to show up where and how they want to, we believe we would be able to see more numbers at stuff like this in the future.

"Above all else is deaf people are already doing a lot of this work [making information accessible to the deaf community]," So, as interpreters we get to bridge the people that are doing that work already. It's not so much that it's going to be hard to pull those people in as much as just aligning and continuing to move forward. I think that interpreters can be used anywhere.

"Any type of work at this level that you're doing, as insignificant as you may think that it is in the moment, there's a deaf person or someone in the disability community who is also doing that work who probably has half the opportunity that we do when we're doing that," Tolman said. "So, finding ways to open that up. Reaching out into deaf spaces on social media and disability groups and not being afraid to reach out...

Tolman encouraged asking "How can I use what I have to bring y'all in?" And put a spotlight on that [community work you're doing] too. I think that's number one; just being fearless about reaching out to those communities and looking for the people that are doing it, because they will respond, like tenfold, probably a lot more than people think."
On the holiday evening of November 22, Richard Barry, 52, died in a local hospital while in Portland Police custody, shortly after he was detained on Portland State University campus. Four officers from PSU's Campus Public Safety Office were first to "perform a welfare check" in response to multiple 911 calls regarding a man yelling and running near SW 6th Avenue and SW Mill Street. They reportedly struggled with Barry and requested assistance from the two responding Portland Police officers. The six officers struggled to restrain Barry and called an ambulance "based on the subject's behavior."

According to the Portland Police Bureau, he was transported to a nearby hospital “for treatment of an unidentified medical condition,” where he died after suffering a "medical event." The Oregonian reported that Barry was houseless.

The following day, the Oregon state medical examiner's office began the autopsy. The cause of death will be released at the end of the investigation. According to PPB's initial news release, "The Portland Police Bureau will be the lead investigating agency regarding this incident." Per protocol, Portland Police detectives assigned to the homicide unit investigate the incident for the Multnomah County District Attorney to review. Since it involves PPB members, they conduct an internal review. This involves members of the bureau's Professional Standards Internal Affairs Division conducting an investigation to present to the city's Police Review Board, "which is comprised of community members, Bureau members and representatives from the Independent Police Review Division."

Per PPB policy, the two police officers involved, James DeAnda and Jared Abby, are on paid administrative leave until the Multnomah County District Attorney reviews the completed investigation. Both have been on the force for less than two years. Campus police officer David Troppe and public safety officers Michael Anderson, Danae Murphy and Nichola Higbee are also on paid administrative leave. The absence of these public safety officers leaves CPSO with only one unarmed campus public safety officer and down one third of the total number of officers at CPSO. Troppe has been with the department for four years. Last spring, the Vanguard reported that Troppe was involved in a welfare check that led to a PSU student's forcible sedation and hospital hold. As a sworn officer, he carries a firearm, a subject of fierce debate at PSU in the wake of another fatal campus shooting. In June, Jason Washington was breaking up a fight when he was shot and killed by PSU police officers. Barry's death marks the second fatality involving PSU police officers this year.
Lars Larson and PSU Clash

by Cory Elia and Margo Craig

Lars Larson, a conservative talk show host, flouted university policy and brought a concealed firearm inside SMSU, three days after an event hosted by the Portland State University College Republicans (PSUCR) was cancelled when Larson refused to attend without his firearm.

The PSUCR announced they would celebrate what they determined "the beginning of Second Amendment Week," on Monday, October 22nd, by inviting Lars Larson to campus, to broadcast the event over his radio show. However, a producer of Larson's show and one of the student leaders planning the event alerted Campus Police Chief Donnell Tanksley that Larson planned to carry a concealed firearm—for which he has a permit—to the event. In response, PSU General Counsel Cynthia Starke sent Larson a letter that cited PSU policy: "as an invitee of the University, we require that you comply with our University policy, which prohibits firearms on campus (with certain very limited exceptions)."

Larson was reluctant to attend without his firearm, and turned to Facebook to accuse the university of violating a 2011 law passed by the Oregon Court of Appeals that legalized firearms to be carried on campus grounds. He wrote, "Nearly 25 years ago, the Legislature passed a law making it legal to carry on a public school or university campus...and declared that any government agency, like PSU, had absolutely no right whatsoever to regulate that right."

Larson offered to host the Republican Club's event at his studio, but PSUCR and Larson said this would have required administration to approve of a "travel plan." PSUCR did not request the travel plan; Larson says PSUCR was concerned this approval could have taken a month. PSUCR ultimately cancelled the event.

The Republican Club offered to hold the event at another venue, such as the Park Blocks, where concealed carry is legal. But Larson thought that location would not have sufficient access to power—student media reporters frequently live-stream long events on campus and throughout the city, often outdoors. Despite the offer, Larson ultimately chose to live-stream his presence on campus inside SMSU via Facebook without PSUCR's awareness—or PSU approval. During the live-stream, Larson admitted to carrying his concealed permit and handgun.

Three days before Larson's live-stream on Oct. 22, 2018, The Pacific Sentinel spoke with PSUCR President Philip Arola. When asked why bringing a gun to campus at a time when people are sensitive about gun violence at PSU, because of the fatal police encounter with Jason Washington, Arola said, "...if people are outraged over the fact that Jason Washington was killed over his conceal carry, then why would we not want someone with concealed carry to come to campus?"

Larson and PSUCR expressed concern that Larson's presence on campus with the group while carrying a firearm would result in punishment for PSUCR and the student organizers including being concerned that PSUCR might be defunded. PSU Director of Media and Public Relations Kenny Ma responded to these concerns, "The College Republicans receive funding as a recognized student group on campus" and that there are currently "no plans to change that."

We asked Arola about the specifics that led to concern about expulsion and defunding. Arola read an email from PSUCR's advisor Virginia Luka, "Your individual group leaders who assisted with the event planning may go through the conduct process with the dean of student life office." Arola continued to describe his concern, "So that's the office that handles any people that get expelled, or any academic, ya know, sanctions, or that kind of thing. So, it wasn't explicit—that threat was not explicit for expulsion, but that's basically what happens when people bring guns to campus. Like, I can cite the guy that went to Western Oregon who was expelled." At this time it doesn't appear that Larson, or PSUCR will encounter further complications with PSU in relation to this incident.
Mt. Hood Faults Add Earthquakes to our Risk

As Portlanders, we live for the days when the clouds clear, the sun shines, and to the east, the extraordinary Mt. Hood radiates in the distance. Standing at 11,240 feet, Mt. Hood is our city's backdrop, our built-in playground and our weekend getaway. Who knew that Mt. Hood could be such a menace? More than 130 people have died on the mountain, where harsh conditions, rock fall, slippery slopes and crevasses pose hefty risks to mountain climbers and hikers. We also know that Mt. Hood is an active volcano. The last major eruption was in the 1790s. Hot steam vents and fumaroles near Crater Rock indicate the volcano is still active. Sometimes, with the right weather, you can get a whiff of rotten eggs - a sign that magma dwell a few miles beneath the peak. But scientists don’t anticipate an eruption anytime soon. Volcanoes and hiking aside, there is third, much larger threat that Mt. Hood poses for the City of Portland.

Geologists recently discovered faults underneath Mt. Hood, which could cause a very large earthquake. The research was led by Dr. Ashley Streig, assistant professor of geology at PSU, and Ian Madin, a geologist who was formerly with the Oregon Department of Geology and Mineral Industries (DOGAMI). Many of us already know about another looming earthquake threat in the Pacific Northwest, affectionately named The Big One. To be clear: this is a different kind of earthquake, caused by a different geologic process. The Big One will be a Subduction zone earthquake. Faults extending to the north and south of Mt. Hood would cause a crustal earthquake, up to 7.2 magnitude in strength, if they rupture. These kinds of earthquakes are more shallow in depth and shorter in duration, but can still cause significant damage. It’s the same kind of process that caused the 6.9 Loma Prieta earthquake in San Francisco in 1989, but the Mt. Hood faults are closer to Portland than the Loma Prieta epicenter was to San Francisco.

So, what does it mean for Portland that there are active fault lines less than 100 miles away from downtown? There are currently three known faults on Mt. Hood. Streig explained that the magnitude of the earthquake would depend on how many faults rupture at the same time. While it’s likely only one will rupture at a time, Streig says more research needs to be done to make accurate predictions. Streig described what we would feel in Portland: "Because it is so close to us, it is going to be very high amplitude shaking and it is going to kind of kick you to the ground. People will fall over. The ground motions will probably be pretty high." An earthquake triggered from a crustal fault rupture is likely to last less than a minute. Given the proximity of the faults, that minute will cause significant damage, especially since Portland is ill-prepared for any sort of earthquake. Streig said Portland "could suffer liquefaction damage along waterfront areas." 90 percent of the states fuel supply is stored in the "Tank Farms" of Portland, situated on the banks of the Willamette. Not only could the pipes break, but the soil is unstable, likely to liquify in an earthquake

**Fault:** A fracture in the earth's crust. The two blocks of crust along the fracture move causing friction and tension with each other which can cause earthquakes.

**Epicenter:** The point on the earth's surface vertically above the focus or hypocenter of a quake which is where the earthquake originates.
event and could spew all that gas into the river. Many downtown brick buildings are vulnerable since they are liable to crumble with the shaking force of an earthquake. At this point, scientists have yet to predict the damage we can expect from the Mt. Hood fault earthquake, but have predicted that Portland is so ill-prepared for the Big One, it could suffer $37 billion in building damage.

Why are we just discovering these threatening faults? A technology called lidar, explained Streig, which works like radar but uses a laser instead of light. Unlike radar, lidar can see through trees to map the bare ground. Without vegetation, geologists can search the earth surface for cracks in the crust. The line breaks are faults. Streig and Madin determined the faults are active, since there is evidence they ruptured within the past 12,000 years, given the area has deposition from an earthquake. Even though these fault lines are on Mt. Hood, it's unlikely a crustal earthquake would cause a volcanic eruption.

According to Streig, the only way this would happen is if Mt. Hood's magma chamber was already full of magma and about to erupt. If that were the case, an earthquake would speed that process up.

This project is far from over. Ian Madin worked hard to get funding for the mission to map the entire state of Oregon with lidar. It costs approximately $160 per acre and there is approximately 62 million acres in the state. So far, a large portion of the Willamette Valley and the Coast has been mapped. Streig estimates that it will take her and her partners about five more years to complete the research. As time goes on, Streig hopes to get a simulation that will model how the earthquake will affect the Portland metro area. In the meantime, Mt. Hood remains the beloved backdrop of our city.

*Crustal Earthquake: (Mt. Hood)*

Crustal earthquakes, also known as shallow earthquakes, are shallower than subduction zone earthquakes. A crustal quake may not produce a quake as powerful as a subduction quake. But, because they occur much closer to the surface a smaller quake can produce more shaking and damage as the quake has less distance to travel to the surface and, during that travel, dissipate.

*Subduction Zone Earthquake: (The Big One)*

Oregon sits right next to the Cascadia Subduction Zone, a 600-mile fault off the Pacific coast shoreline, that extends from British Columbia to Northern California. As the Juan de Fuca Plate subducts beneath the North American Plate, it bends and accumulates pressure. Once it overcomes the frictional force, it'll rebound back and cause a massive earthquake, possibly over 9.0 magnitude with five minutes of shaking. The epicenter of the Big One would be deep below the surface, but could be a 9.0+ magnitude earthquake with five minutes of shaking and destruction.
Background of Kelp
Kelp is a type of brown algae that occurs primarily along the Pacific Coast from Alaska and Canada to Baja, California. Imagine standing at the bottom of a rocky coastline and looking up to see an ethereal, undulating kelp forest with heights of up to 175 feet. These stunning marine ecosystems began suffering as early as the fur trade in the eighteenth and nineteenth centuries, and now, especially along the northern coast of California, they are experiencing annihilation. You wonder how something as unrelated as the fur trade could impact a forest underwater. Ecosystems within the California Current of the Pacific Ocean are so dynamic and complex, that every participant, big and small, plays an important role. Organisms within intricate food webs efficiently church nutrients and waste in and out; the entire ecosystem is performing works together to sustain the delicate system through sometimes harsh lessons in balance. What happens, then, when one of these variables is altered—does it affect another? What happens if multiple variables are altered? This brings us to the story of the purple sea urchin—one that is not a solo performance, and requires close examination of the wide variety of biotic and abiotic—living and non-living—factors.

Predators
Multiple predators reside within ecosystems, and each play important roles within specific levels of hierarchical food webs. Sea urchins are predators of kelp, but they also have their own predators that keep their population under control. If those predators are somehow removed the result is more urchins, and less kelp. Sea otters are predators to sea urchins, and they are considered a keystone species because their removal has a significant impact on the ecosystem. When they die off, the urchins are free to prey on the vulnerable kelp, and they strip out large regions of the forest creating what is known as urchin barrens. According to Dr. Deborah Duffield, a professor in the biology department at Portland State University and a marine mammal expert, "the sea otter is a conservation symbol that brings various interest groups in conflict," including fishermen and conservationists. Since their devastation due to the fur trade, the sea otter population has been an ebb and flow, and although they are known to keep the sea urchin population in check, it seems that lately they have lost interest in eating them. Some experts suggest this may be due to "cultural memory loss," which sounds like a strange development, but it's possible that a few decades ago there were too many sea otters to make sea urchins their main source of food, and eventually their habit of eating urchins died out. Others propose that the sea urchins


The California Current: Flows along the western coast of North America, from British Columbia to Baja, California. It brings cooler water Southward, and upwelling of this cold, nutrient-rich water supports ecosystems along the Pacific Coast.
are starving and devoid of nutrients, because their population outweighs available resources given the dramatic decline in kelp forests. According to Dr. Ed Parnell of Scripps Oceanography, “it’s like eating a carrot wrapped in bubble wrap and a lot of plastic that’s hard to get into—not much nutritional value.” The gonads are the nutrient-rich portions of the urchin, and a spine to the lip isn’t worth an empty gonad.

Sea urchins recently said goodbye to yet another predator, the sunflower sea star, which is also considered a keystone species. In 2013, a disease called Sea Star Wasting Syndrome caused a swift massive die-off of the sea star population, and it is possible that warmer water intensified the impact. This is where the abiotic factors come into play. Dr. Annie Lindgren, professor of marine biology at Portland State University, adds that increasing temperatures cause stress responses, which could decrease immunity to disease. If the urchins no longer need to avoid two of their main predators, they have more freedom to leave their crevices and roam the seafloor.

Climate Change
Sea urchins aside, kelp forests face another force: human-caused climate change. Parnell emphasizes that climate change is clearly altering the California Current. The ocean is comprised of many layers of water based on their temperature ranges. At the surface, the water is interacting with the outside weather and sunlight. The warmth of the outside air and sunlight heats up the water for a relatively warm layer of water. At the bottom of this layer of water is layer of water known as the thermocline. At this depth, the water temperature is in transition between the warm water towards the surface and the frigid winters heading toward the ocean floor. As you descend through the thermocline the temperature begins dropping exponentially faster with every inch further into the deep. This exponential temperature decrease is unique to the thermocline, above and below, the layers of water have more consistent temperatures. Warming temperatures pushes the thermocline into much lower depths of the ocean.

There are more nutrients occurring in cooler waters. As the thermocline gets pushed further down, the nutrients urchin need to grow dive deeper with it. This takes these nutrients further away from the kelp. Because of this, it takes more energy to deliver the same amount of nutrients to kelp anchored in the shallower water along the continental shelf. Additionally, kelp forest devastation has been exacerbated by El Niño events as far back as the 1950's and 1980's. The recent El Niño event in 2015 coupled to the anomalous “warm blob” that occurred along the Pacific Northwest decimated kelp along the northern California coast. Recovery has been limited as spores kelp use in reproduction are susceptible to urchin grazing.

The story of the purple sea urchin is one of many in marine biology that requires us to consider multiple variables. Dr. Lindgren made an analogy between the devastations of kelp and the coral reefs. Kelp is negatively impacted as urchin populations decline, or urchins lose their appetite for kelp, because this allows urchin populations to decimate kelp forests without having their populations checked by the otters. In coral reefs, the overfishing of snails and pawns have allowed their prey, the crown of thorns starfish, to flourish and feed voraciously on the reefs. And, Lindgren stresses, “Overall biodiversity is impacted by changing climate.” Although the link between climate change and kelp forest destruction is unmistakable, complex ecosystems such as those within the California Current do not necessarily have one cause behind each event. Let the purple sea urchin be a reminder that in the marine world, subtle changes have a myriad of effects, some direct and some the result of a cascade. We may only realize the consequences when the last domino falls.

Now what?
What happens next to the kelp forests will have a profound impact on a variety of marine organisms that rely on kelp. For instance, juvenile fishes use the kelp as a protective sanctuary, and marine mammals, such as sea lions, seals and whales rely on kelp for food or shelter from storms and predators. Recent efforts to restore kelp forests have included divers and volunteers removing urchins off the coast of northern California by the gallon. Some experts are suggesting that we eat more sea urchins, which are supposedly quite tasty (search for “uni” the next time you visit a Japanese restaurant). It is imperative that we continue emphasizing the importance of kelp forests, and perhaps we can all work together to promote healthy ecosystems along the Pacific coast.
Pennsylvania Catholic Church
Knew of Over 1,000 Victims

Documented by Pennsylvania Diocese, the police, and the Vatican, then ignored
by Bryan Wolcott  illustrations by Jon Bordas

"We, the members of this grand jury, need you to hear this."

In August 2018, a grand jury released the Pennsylvania Diocese Victims Report. The 1,356 page document is based on testimony from dozens of witnesses and half a million internal church records subpoenaed from six dioceses, covering 54 of Pennsylvania's 67 counties. (Pennsylvania's other two dioceses were investigated by previous grand juries and also found to have rampant evidence of covered up abuse.)

Ultimately, the grand jury found "credible allegations against over 300 predator priests. Over 1,000 child victims were identifiable, from the church's own records." This report lays out the grim details of abuse and "systematic cover up by senior church officials in Pennsylvania and at the Vatican."

The victims were children, many pre-pubescent and some adolescent. Most victims were boys, some were girls. Many are now adults in their 60s, some in their 80s. Those who turned to church leaders were brushed aside to protect the church. Internal church documents reveal the extent to which the church systematically covered up the abuse. The consequence is that almost every instance of abuse found was beyond the statute of limitations, which is 12 years in Pennsylvania. Considering lost records and those who never came forward, the grand jury believes the real number of victims is in the thousands.

Furthermore, they stress that, while their list of priests is long, it is not necessarily complete. The grand jury emphasized the extensive list of perpetrators doesn't mean there are no more unknown predators: "We don't think we got them all."

Sinister details

A woman named Julianne described sexual abuse she suffered 54 years ago from her religion teacher and "trusted priest" in the community; Father Frank Fromholzer, at Allentown Central Catholic High School. She was 13 years old. Julianne described his position in the Catholic Church: "there wasn't anybody that was more important than, not just him, but any priest. They were—and to some degree still are—but they are much above anybody else in your family or they are God in the flesh."

She recounted several instances of abuse, many involving other victims.

One day, she and another girl were sexually abused by Fromholzer when they went for a car ride. Her family let them take the trip, since he was a "trusted priest." During the drive, Fromholzer groped the girls, and once they reached the destination, she said Fromholzer took off his collar, insisted they call him Frank instead of Father, laid down a blanket and "started kissing, feeling, put his finger in me."

Psychological consequences

The other girl told the principal, Father Robert M. Forst what happened. Forst expelled her from school. Before her father came to pick her up, Forst told her to tell her father about "the made-up story that you said about the priest." Her abusive father didn’t believe her. He slapped her; and as punishment he whipped her with "a belt so that the belt buckle would strike her."

The cover-up

After twenty years Julianne finally gained the courage to talk about what happened. When she approached a family friend who is also a priest about her abuse she was told "No, I don’t want to hear it. You go to confession and you pray for him."

"The grand jury finds that the Diocese of Allentown and the Allentown Central Catholic High School knew full well the criminal conduct of Fromholzer. Yet, knowing Fromholzer was preying on young girls, the Diocese and School took no action."

Reverend Anthony Cipolla began priestly duties in 1972. In 1978 his patterns of abuse were known, investigated by police and dismissed. In 1988 Bishop Donald Cardinal Wuerl responded to a third known victim who had reported the sexual abuse to police by requiring Cipolla get an evaluation at the Diocese approved facility St. Luke’s. Cipolla didn’t cooperate so Wuerl told Cipolla that he couldn’t practice as a priest in good standing. In 1992 a victim filed suit against Cipolla. In 1993 the Vatican contacted Wuerl stating that Wuerl violated Canon law and reinstate Cipolla’s priestly duties. In 1995 the Vatican agreed that Wuerl was correct in removing Cipolla’s standing. Cipolla served as a priest whether officially sanctioned or not until 2015.

In the case of Father Ernest Paone, the District Attorney of Beaver County Robert Masters was aware that Paone was molesting boys in 1964. That year Masters "advised the Diocese that ‘in order to prevent unfavorable publicity,’ he had ‘halted all investigations into similar incidents involving young boys.’” Paone served until 2001 when he retired. In 2017 Masters testified that "desirous of the support from the Diocese for his political career.” It is not clear why Masters didn’t think that prosecuting child molesting priests wouldn’t have been good for his political career.
The report outlines many instances where the Catholic Church as a global organization, including the Vatican, would go out of its way to help abusive individuals find places where they could continue work in positions of power. Instead of addressing the issues within their jurisdictional hands, they would just shuffle the deck. This is documented time and time again.

**What the grand jury recommends**

The grand jury makes four recommendations for legal changes.

1. The grand jury asks that we remove statutes of limitations on child sexual abuse cases.
2. They propose opening a "civil window" for child sex abuse victims who couldn't file lawsuits before.
3. They say there needs to be mandatory reporting of abuse. The report shows that many abusers were known about for decades, but no one spoke up.
4. As a society, we need to revisit how confidentiality agreements are used in sexual harassment and abuse cases, which are often used as weapons against victims to ensure silence. The grand jury demands that nondisclosure agreements not apply to criminal investigations.

Reports like this are harrowing, but indicate change is about. New Jersey has already begun its own investigations into the church. It is clear that every state needs to set up a grand jury to investigate each of the 197 dioceses within the United States and its territories. No one is calling for the destruction of the Catholic Church, but for a concerted effort to fix this long-running and deeply ingrained system of abuse and cover-up. The grand jury pleads for legal changes and community cooperation, involving Catholics and non-Catholics alike, to work together and stop the abuse once and for all.
Will the City of Portland Increase Houseless Sweeps?

by Cory Elia and Margo Craig  photos by Cory Elia

The forecast for December is stormy. This November, Portland experienced lows consistently cooler than average, between 27°F and 41°F. With limited shelter beds, recent freezing weather, and overburdened resource centers, the practice of clearing houseless encampments in sweeps by Oregon Department of Transportation (ODOT) and the City of Portland puts thousands of houseless citizens at risk.

Until September 1, 2016, there were hundreds of people inhabiting an encampment that stretched along two miles of the Springwater Corridor bike trail. At the time, Willamette Week reported that it was the "largest encampment in the Pacific Northwest," possibly the largest in the United States. Police descended on the site, in "the largest coordinated sweep in a tenure." It was authorized by Former Mayor Charlie Hales, despite there being a lack of beds in shelters to house all of the houseless they would displace.

When Mayor Wheeler came into office in January 2017, average temperatures were 33.5°F and weather was particularly severe. There were 750 shelter beds. That month, five people died of hypothermia on the streets, according to the Domicile Report which tracks deaths in the houseless community. The total number of deaths for 2017 was 79.

The city might be able to sweep more camps soon. As of now, the city is limited in how it can approach land owned by ODOT. The city and state have different policies for clearing camps because of different legal settlements. For example, a court order requires ODOT to give at least 10 days notice before clearing a camp. If ODOT has posted permanent "no trespassing" signs to a property, it can give just 24 hours notice. Portland, on the other hand, abides by a settlement called The Anderson Agreement, that, among other things, requires at least 24 hours notice before a sweep that must be conducted within a week of notice. Because of the disparate policies, the two agencies have to be in close communication to coordinate sweeps. But that's all set to change in January 2019 when House Bill 4054 goes into effect, allowing ODOT to bypass the court order and contract with the city to carry out its camp sweeps.

This November, Mayor Wheeler spoke at the Oregon Health Forum to discuss what his office has done and proposes to do about the growing housing crisis in Portland. Housing, Wheeler said, is a top priority. He said the number of shelter beds have doubled since he took office; the city invests $33 million a year to resources such as "homelessness prevention and transition." He espoused programs like the Clean Start Program, which employs houseless people to clean trash around the city. Moving forward, City Council committed to two thousand units of permanent housing, and the city is in the process of creating a "Navigation Team," modeled after programs in Oakland and San Francisco that would connect individuals to social services and track results over time with a data management system.

Wheeler also said that "because of the change in our strategy, we no longer allow large-scale mass encampments in our community." He was emphatic that sweeps are done in the most humane way possible: no one is arrested, belongings are collected and stored for retrieval, and that social workers are present. "There's a lot of misconceptions," Wheeler said about the sweeps, "you get this image of the cops coming in and a dump truck showing up and everyone is rousted out of their sleeping bag and all their belongings are thrown into a dumpster and they're kicked to the curb." A heckler interrupted, "That's the truth, Mayor. That's exactly what's happening," and proceeded to challenge the Mayor's insistence that social workers are required to attend the sweeps. Wheeler responded, "I am telling the truth and you will have other people here who actually do this work who will tell you what they do."

For those that live on the Springwater Corridor, the Clackamas Service Center (CSC) is one of the main resources for food, clothing and even mail service. Michael Boldt, the Program Director at CSC, has over 26 years of experience working in the houseless support community. Boldt is typically the first person to interact with people as they come into the center. He commented on the city's use of encampment sweeps.

"I see how it affects our members everyday," Boldt said. "They arrive at our center agitated and it translates to how they treat fellow members"
and staff. It also means that CSC needs to replace all the items that were taken in these sweeps. It's a vicious cycle that affects our community on a daily basis...There has to be a better way. I'm not sure what that is though. Another argument against these sweeps is that they are not a permanent solution. Camps just reconvene after the sweep. Michael Harris, an urban campsite occupant, described the routine: "Anytime we get swept, we only move about 30 yards away."

ODOT uses another strategy across Portland to deter people from camping: hauling dozens of heavy boulders (see photo: bottom right) to former campsite locations under overpasses across the city. When asked how much a boulder weighs, an ODOT worker responded, "around 300 to 1000 pounds." From July 2017-18, ODOT spent $1.8 million of taxpayer money to clear and clean campsites, double the amount spent in the previous year. Don Hamilton, a spokesperson for ODOT, told KOIN 6 News, "[ODOT] will do what the law requires us to do, what legal requirements require us to do and, I think, what taxpayers expect us to do." It is unclear if placing boulders is included in these costs, but a similar approach to a site under I-90 in Spokane, WA cost $150,000 last year. A week after the boulders placement, however, Spokane City Council President Ben Stuckart said he regretted the decision, since hundreds of people complained, calling the approach inhumane. In response, Stuckart called for a tent city.

In 2016, the City of Portland began an online reporting system called One Point of Contact, a website that displays a weekly map of all reported campsites, and which are being cleaned or have been "referred to Non-City Agency (ODOT, UP RR, etc.)." While the site includes a feature that allows anyone to track the change in reported campsite locations over the last 12 weeks, it does not explicitly report how many camps are swept weekly, but notes that "before a cleanup can occur, the City will work to move the camp, and will do so in the least traumatic, most compassionate manner possible."

Multnomah County began tracking deaths in the houseless community in 2011, and publishes the findings in an annual review called Domicile Unknown. Since 2011, it says 438 houseless people have died. It notes, however, that "the number of deaths is almost certainly higher because the tally only captures a portion of those who died in hospitals." The 2017 Domicile Unknown reports 79 houseless individuals died on the streets. 58% of the deaths occurred between October and March, including five people who died of hypothermia in January 2017, the month Ted Wheeler came into office, when average temperatures were 33.5°F and weather was particularly severe. Such sweeps could lead to more deaths by hypothermia in 2018. The forecast for December is stormy, and the cycle goes on.
The park blocks around Arlene Schnitzer and the Portland Art Museum were packed with people from 9 a.m. until around 5 p.m. on Saturday, November 10, 2018 for this year’s Portland Book Festival—which could easily be described as a literary enthusiast’s elysium. With so many different speeches, readings, and book fairs occurring within such a condensed timespan, visitors may almost wish they had several clones to be able to experience it all. Despite it being a book festival, the two biggest events of the day were conversations with popular figures from film and TV: Tom Hanks and Abbi Jacobson.

**Tom Hanks**

Hanks was interviewed about his book and why he writes by New York Times Book Critic Parul Sehgal. Hanks’ reflections focused around his upbringing, his career, and the lived experiences which he was able to pull from to apply towards his writings in his book *Uncommon Type: Some Stories*. He spent his time reflecting about working on past films like Sleepless in Seattle, Forrest Gump, Captain Phillips, and Philadelphia. Hanks talked about the struggles of being a young actor of 21 to becoming a two-time Emmy award-winner. Hanks stated he doesn’t just look at scripts or movies for “the antagonist or protagonist,” but likes to focus on “the obstacles the character overcomes.”

He recalled being a child and his family’s need to constantly move due to his father’s work. All of their moves meant Hanks was always attending a new school each year, and each time he would seize the opportunity to make first impressions. He also stated that the aspect of storytelling was the main thing that drove him to become an actor. “The only thing that intimidated me about this [writing a book] was the actual workload, the actual process.”

*Uncommon Type* is a collection of 17 short fictional stories—and barely a year after its release in 2017 is already a New York Times bestseller. The stories vary in their main characters’ situational experiences. One story is about an Eastern European immigrant and his war-torn family who had fled their country for New York City. Another story is about an eccentric billionaire looking for acquisitions in America with his executive assistant; they find a run-down motel which leads to a romance.

Hanks shared that his main hobby is collecting antique typewriters—he claims to have over 250. Typewriters are a common thread throughout his stories, with each character typically having one. He said his favorite typewriter is one made in 1922 that still works exactly as it did when it came out of the factory. He says he prefers the typewriter over a computer because, “the truth is, it is unhackable.”

**Tommy Orange**

At the same time Tom Hanks was speaking in the Arlene Schnitzer, Tommy Orange was talking with April Baer for the Oregon Public Broadcasting radio program State of Wonder. Baer noted that it was good of the audience to have located the stage for the correct Tommy. Orange and Baer were joined on stage by Native American Poet Trevino Brings Plenty. The three chatted about Orange’s debut novel *There There*, literature, education, and indigenous identity, and many other things including Orange and Brings Plenty’s backgrounds in music.

Brings Plenty talked about the accidental side effect of being a Native American author is having the potential to be viewed as the spokesperson for all Native Americans. In Orange’s book, like in real life, Indigenous People are complex and different and far from uniform. Orange’s book showcases the varied personalities of Native Americans through small vignettes of the different characters lives; they live independently, but interact with each other in various ways throughout the novel.

One of the common misconceptions about *There There* is that it’s a short story collection, which is different than a novel. A short story collection means that each story exists entirely independent of the others; in a short story collection the characters and plots from one story do not directly influence or interact with characters or plots from other stories. Yes, *There There* does have several different characters who have their own lives, but they do interact in meaningful ways. Baer asked Orange about this.

“From the very beginning, it was a novel,” Orange said. “I love the form of novels and what they can do. I’m aware of collections of stories that call themselves novels. I really wanted to earn the name novel.”

The panel also discussed the Institute of
American Indian Arts’ low residency MFA Low Residency in Creative Writing program. Baer pointed out that the program is one of the few MFA programs that is taught by Indigenous People for Indigenous People. Both Orange and Brings Plenty are IAIA graduates and Orange is now teaching there. Brings Plenty talked about the benefits of the program. “You don’t have to inform your peers about Indian stuff,” Brings Plenty said. Because everyone has the knowledge of what you’re working with as an Indigenous person you can just get to work on your craft without having to first try to explain who you are to people—you get to just be a person pursuing an MFA who happens to be Indigenous.

Baer asked Orange what was next for the burgeoning author. Orange hinted there may be a sequel to There There; this development delighted some who enjoyed the story and looked forward to reading more, but also saddened others who enjoyed the way the story had been left.

**Abbi Jacobson**

Abbi Jacobson was interviewed by Lindy West. Jacobson rose to fame largely as a result of her hit show Broad City. West is a comedian, activist, and columnist for The Guardian who writes about feminism, pop culture, and the fat acceptance movement. They spoke about Jacobson’s book I Might Regret This: Essays, Drawings, Vulnerabilities, and Other Stuff and her experiences filming the 5th and final season of Broad City for Comedy Central.

I Might Regret This is a memoir about Abbi’s experience when she informed her friends and colleagues that she had planned to drive across country from New York to Los Angeles alone, in order to transition to a new project. Jacobson said that even though her friends were worried about her taking on such a big trip by herself, she actually prefers solitude, stating she actually found the idea comforting. Throughout the book, she shares anecdotes, insights, observations, and self reflection all delivered with her wildly funny sense of humor.

Jacobson, upon suggestion by West, read a story from her book about convincing classmates when she was younger that her cousin was Elijah Wood. Jacobson said she collaged Wood’s photo into one with her cousin and put in a frame as proof, her classmates totally bought it. She also told another about going to dinner at a love interest’s house, just to be served venison (she was a vegan, but ate it to fit in). Later that night she found out that the guy already had a girlfriend.

The combination of Jacobson’s and West’s comedic wit left those in attendance in stitches throughout their time on stage.

**The festival**

The Portland Book Festival also had many other events, writer workshops, book fairs, food trucks, readings in various parts of the Portland Art Museum. It’s an event full of book lovers and things book lovers like. One person had bought a tote bag that read “Capitalism Ruins Everything Around Me,” a play on Wu-Tang Clan’s classic, “C.R.E.A.M.” with its hook “Cash rules everything around me / Cream / Get the money / Dollar dollar bill y’all.”

**Street Books**

One exciting organization at the festival was Street Books. A mobile library with a great selection of books that seeks to serve houseless people and make sure they have quality books to read.

“A friend of mine told me about Laura’s project,” Street Books librarian Laurie said. “So I got ahold of Laura, and ever since I’ve been working with them.

“T’l like contact with other people, talkin’ about books. I worked at Powell’s for 10 years; I miss that from Powell’s, and I get a lot of that from Street Books—and we’re not selling anything, so even better. We’re a mobile library for people living on the streets. We check out books. There are no fines, no due dates; If you can get the book back, great, if not, pass it along, and you’re always welcome to come check out another book. Everybody’s welcome.”

At some point in the near future, Street Books is hoping to have more dedicated physical locations as well. But for now, Laurie said they "have eight stops. We work two stops a day, four days a week. We’re at places like St. Francis, Sisters of the Road, we do book drops in tandem with some of the potluck in the park events. So, lots of different places. Our website lists our stops: StreetBooks.org."
Laurie introduced me to Street Books' founder, Laura Moulton. "I started this in 2011, I was a real lover of books and bicycles and I also felt like there were people living outside that were probably not accessing mainstream library services," Moulton said. "That was kind of a hunch. It was an art project that was funded by RACC, Regional Arts and Culture Council. It was kind of a risk but I wanted to see if it was something that would be interesting to people, and it turns out it was. That was 8 years ago. We have two bicycles now even though there's only one here. We serve a bunch of different places around the city, where people gather, sometimes for services, like a Sunday meal for example. We start every June and we go through October. Then in the Winter months we suspend operations and do some inside programming and book drops at the Sunday meals."

I kept thinking about Little Free Libraries, and told Laura that while those are great, sometimes the books aren't there. Also, sometimes there are a lot of books, but they're books you'd expect to be free, maybe not the best examples of quality literature. Street books display showed Tommy Orange's There There, Alice Walker, James Baldwin, and Jesmyn Ward among others.

Street Books Board President Diana Rempe got excited and picked up There There exclaiming "Look at this though, man! Tommy Orange, sendin' the love to Street Books!" the excited worker said. "He signed this for us." They showed me the signature that read "To Street Books," followed by a signature.

Moulton joined in, "We saw him in Austin, Texas a couple weeks ago for the Texas Book Festival," Moulton said. "That was awesome because Street Books was able to send part of our team there; because we have a sister library now in Austin, that's a guy running a the same kind of Street Library, serving people outdoors. He's says 'people without a fixed address,' which is a pretty cool way of phrasing it. I think it's interesting. I didn't consciously in 2011 avoid the term homelessness exactly but I just felt like that was not describing the people that I was talking with every day. The clear determiner of myself and a patron seemed to be that one of us lived outdoors and one of us lived inside. I went home to a house each day. So for me, people living outside seemed much more accurate description of what was going on."

I asked Moulton where they hoped to be in eight more years. "So I will say, in a miracle kind of Xanadu style, you know that movie from the 80s?" Moulton asked.

"I don't know, it sounds like some kinda space and aliens," I replied.

"It's like a disco roller skating movie, you gotta go straight home and watch it, Xanadu," Moulton asserted. "But it was a little bit of magic, Xanadu style, that made it so we have a headquarters in Southeast Portland now; it's indoors at the St. Francis Park Apartments; it's affordable housing there. So We offer an on-site library for the residents, many of whom are pretty vulnerable, transitioning off the streets themselves. And then we're able to fan out and do outreach from there in the winter months.

"So in terms of long-term, I think proliferating street libraries around the world. It's sort of, you mentioned Little Free Libraries. The difference between us and Little Free Libraries is we have good books out, but we also have a human person say 'Hey Dawn, I got the book you ordered.' We take requests, and the very next week we do our best to try and get them to that person. They're not always there, which is tragic; because I'll have, like, Harry Potter book two [The Chamber of Secrets] and I'm looking for Jon... But I've also had some awesome connections.

Unfortunately my phone cut out when Moulton was describing a patron who was particularly excited about a book they had checked out.

According to their website, "Since June 2011, we have checked out thousands of paperbacks in all genres, from sci-fi to romance to memoir. James Patterson to Jeannette Walls to Flannery O'Connor and Stephen King. Street Books continues to foster engagement between our patrons and the housed community, and good books and conversations form the bridge."

Moulton feels that Street Books has good relationships with many partners who share their vision in getting mobile street libraries to be a more prominent fixture around the globe.

**Wordstock no longer**

2018 marks the first year of a significant turning point for the book festival. Namely, a name change. Ever since its founding the book festival...
was known by its former name: Wordstock. In the past there had been branding with a colon, "Wordstock: The Portland Book Festival."

However, according to its parent organization, Literary Arts, the name change was meant to elevate the festival’s reputation and renown.

"You immediately know what and where the event is," wrote Literary Arts Director of Public Programs Amanda Bullock in a blog post on the site. "The name ‘Portland Book Festival’ is more inclusive, and keeps the focus on the event itself," Bullock continues, "[PBF] marks the festival as the major civic event it has become, and will elevate the festival’s recognition."

I was confused when I saw the announcement for the festival. The name made me think it was a large book marketplace. I figured it out and attended.

I polled attendees to see what they thought. I asked, "The book festival recently changed its name from Wordstock to Portland Book Festival; which name do you prefer Wordstock or Portland Book Festival?" Halfway through the poll I changed the order of the second half of the question to see if that would alter the results: "which name do you prefer Portland Book Festival or Wordstock?" It didn’t seem to. 110 people preferred Wordstock, 48 people preferred Portland Book Festival, and 45 people indicated no preference between the two.
Herstory in the Making: Historic Firsts and Other Election Results

125 women Congressmembers: the most female congress in History.

by Cory Elia and Jake Johnson

The 2018 midterm elections didn’t necessarily see the supposed “Blue Wave” that democrats may have hoped for. However, Democrats took control of the U.S. House of Representatives and squeaked into supermajority control of the Oregon State Legislature. A record number of women have been elected to Congress. Oregon maintained sanctuary status and opted not to place barriers to abortion access.

Oregon

The campaign for Oregon Governor was called in favor of Democratic incumbent Kate Brown by 9pm on election night with over 100 thousand more votes than her opponent Republican Knute Buehler, who conceded his defeat graciously.

Democrats gained three seats in the Oregon House of Representatives and one seat in the Oregon State Senate, giving Democrats supermajorities in both branches of the Oregon State Legislature.

In Oregon House District 54, Democratic candidate Nathan Boddie lost his bid for the Oregon House of Representatives to Republican Cheri Helt. Helt serves on the Bend-LaPine Board of Directors and co-owns two restaurants with her husband. Boddie was accused of sexual harassment and subsequently ignored calls by Democratic leadership to remove himself from the ballot. Helt won the race by a wide margin, garnering 58.5 percent of the vote. Buehler is the current representative in the district but opted to run for governor instead of seeking reelection.

Statewide Ballot Measures

There were five ballot measures on the docket for this election: Measure 102 was aimed toward allowing local bonds for financing affordable housing with nongovernmental entities and passed with 55.9 percent of the vote. Measure 103 was one of the more confusingly worded measures of the ballot which was supposedly meant to prohibit taxes and or fees for grocery transactions was rejected with a 57.2 percent No vote.

Measure 104, which was meant to require a majority vote from each house of the legislature for bills that raise revenue for the state of taxes, was also rejected with a 65.2 percent No vote. Measure 105, which was intended to repeal the sanctuary state status of Oregon by allowing immigrant law enforcement access to state and local resources to enforce policies, was rejected with a 62.7 percent No vote. Finally, Measure 106 was meant to prohibit “public funds” or tax dollars from being spent directly or indirectly on abortions, and was also voted down with a 64.2 percent No vote.

Portland City Commissioner

The race between Jo Ann Hardesty and Loretta Smith has been one of the most watched of the Portland local campaigns because whichever candidate won would be the first black woman on Portland’s City Council. Hardesty won 62 percent of the vote.

Portland

There were three measures for Portland on the local level. First was Measure 26-199 which was to approve bonds toward creating affordable housing in Washington, Clackamas, and Multnomah counties, passed with 58.9 percent of the vote of Yes. Measure 26-200 intended to limit city candidate contributions, limit expenditures, and require candidates to identify their funders of their campaign passed with a 87.5 percent Yes vote. The last was Measure 26-201, which imposes surcharges for certain retailers to fund clean energy and job training programs, passed with a 64.5 percent Yes vote.
**Historic wins for women**

The first two Native American women have been elected to Congress: Deb Haaland won in New Mexico, and Sharice Davids, won in Kansas. Since Davids is a lesbian, she will be the first member of the LGBTQ community to represent Kansas in Congress.

The first two Muslim women have also been elected into Congress, Rashida Talib of Michigan and Ilhan Omar of Minnesota. Talib will also be the first Palestinian-American woman to serve in Congress. Omar will be the first Somali-American woman elected to Congress; she is also the first woman who will wear a hijab in Congress, prompting the incoming Democrats to propose exemptions to a 181 year ban on hats in Congress for religious reasons including hijabs and kippahs.

New York’s 14th Congressional District caught national gaze earlier this year when Democratic Socialist Alexandria Ocasio-Cortez unseated 10-term incumbent Democrat Joe Crowley in their Democratic primary with a 13-point margin. Ocasio-Cortez cruised to an easy victory in the general election gaining nearly 78 percent of the vote; Ocasio-Cortez also became the youngest women ever elected to Congress at 29 years-old. The number of women elected to Congress continued to grow this year. The Center for American Women and Politics predicts a significant uptick from 107 women in the current 115th Congress to 125 women entering Congress in 2019 for the 116th Congress.

**Unions and the right to vote**

Scott Walker is notorious for having weakened unions in Wisconsin while serving as Governor. Walker lost his reelection to Tony Evers by roughly one percent.

In Florida, voters passed Amendment 4; the Amendment will restore voting rights to over 1 million people who have completed their felony sentences, but had not, until now, been allowed to return to the ballot box.

**Controversial elections**

In Georgia, Stacey Abrams lost her bid for governor to incumbent Brian Kemp. Kemp was acting secretary of state during the election, this position gave Kemp control of how the voting system he was participating in, was utilized. Abrams was not alone in concerns about voter suppression.

In Mississippi, voters reelected Republican Senator Cindy Hyde-Smith. Hyde-Smith came under fire for telling a supporter “If he invited me to a public hanging, I’d be in the front row.”

**A dead pimp was elected**

Probably the most bizarre of the nation election results came out of Nevada where a dead brothel owner won an election. Dennis Hof was a Republican candidate for the Nevada State legislature 36th Assembly District who likened himself to the current president.

Hof died on October 16 after a weekend of birthday celebrations attended by high profile guests including porn’s Ron “Hedgehog” Jeremy and former Arizona Sheriff Joe Arpaio. Jeremy discovered Hof’s lifeless body.

However, despite his death, signs informing voters he had passed away, and employee at polling center informing them of the same, he still got 68 percent of the vote and beat Democratic candidate and educator Lesia Romanov.
Oregon Voting Laws

Oregon’s voting laws and turnout rates Compared with the rest of the nation
by Margo Craig and Cory Elia

When it comes to voting laws, Oregon is a trailblazer. 20 years ago, Oregon was the first state in the country to switch all elections to a “vote-at-home” system when Oregonians overwhelmingly voted to pass Ballot Measure 60 in 1998. Since then, Washington and Colorado also switched their elections to postal mail and paper ballots, and many counties across the country—blue, red and purple—are adopting similar practices.

In the 2016 presidential election, 25 percent of all votes in the country were cast by mail. Oregon proved on the forefront again, nearly three years ago, when Governor Kate Brown signed the Oregon Motor Voter Act, switching voter registration “from an opt-in process to an opt-out process.” Now, every Oregonian that obtains or renews a driver’s license or state ID card is automatically registered.

For most, it requires more effort to remove yourself from the voter rolls, instead of the other way around. According to the Secretary of State’s webpage, Oregon prides itself on a “tradition of open, accessible and fair elections” and “supports unparalleled transparency,” with several features to back up the claim. For example, Oregon offers an online database for registered voters to track their ballot, check their registration status, and make registration updates if need be.

So how does Oregon really compare to the rest of the nation? How easy is it to cast a vote? In a recent study called “Cost of Voting in the American States,” researchers analyzed information on 33 different state election laws to construct a comprehensive Cost of Voting Index for 50 states in presidential elections from 1996 to 2016, to study how voting ease has changed in recent decades.

“Since 2008,” they write, “there has been a flurry of new laws which change the relative cost of voting in each state. Some changes, such as mail-in voting, have reduced costs while others, like registration drive restrictions and more stringent voter identification laws, have increased the ‘cost’ of voting.” The ranking system was devised according to six issues: registration deadlines, registration restrictions, pre-registration laws, voter ID laws, poll hours, and voting inconvenience. The study found that in 2016, Oregon was the easiest state to vote in, and fifth best improved since 1996. Conversely, Mississippi was ranked to have the most restrictive voting processes, where “the decrease in voter turnout can be attributed to state policies which increase the time, energy and hassle of voting.” Mississippi prohibits early voting, prohibits no-excuse absentee voting, and, since 2011, requires voters to present photo ID.

Ranking aside, how do Oregon voter laws work in practice? They deserve another look as the nation grapples with some big questions and accusations: is the old-fashioned postal method susceptible to voter fraud? Election meddling? What are our recount policies? How important is the voter’s signature? Let us review some of the details of Oregon’s voting laws.

General

Oregon is an all mail, paper ballot state. Registered voters receive a ballot, fill it out, mail it back or drop it off in a ballot box. For disabled voters, large font versions and digital scan ballots are available on request. Most ballots are counted by a “central-count optical scanner,” which reads the filled in oval, like a multiple-choice test.

A voter’s signature

When it comes to identity verification these days, the signature had begun to feel like a relic of the past, set to retire soon as credit cards and cell phones turn to finger, face and voice recognition technology. A few razor-thin midterm elections reminded us that handwriting still matters on the ballot for states that use a “signature matching law.” Oregon is one of those states. In the “Cost of Voting” study, researchers ranked states that only require signature without ID as much easier voting states than those that strictly enforce photo ID, but do not seem to analyze whether signatures themselves bungle the process. Furthermore, each state seems to have different procedure for handling contested signatures. In Florida, for example, a judge had to intervene to...
let voters correct alleged signature mismatches before officials discarded thousands of ballots. (The results came down to a mere 10,033 votes.)

In Oregon's 2014 midterms, 5,072 voters had signature issues, half of which just forgot to sign the ballot. Most races here haven't been close enough for challenged ballots to make a difference, but the procedures are worth reviewing. The state does have several safeguards in place when it comes to sloppy signatures.

In Oregon, every ballot signature is inspected by a trained county election official, and compared with the signature a voter put on their voters' registration card. If county elections officials determine a signature doesn't match, they flag it for review by a forensic handwriting expert. If the signature is rejected (or absent), the county sends the voter a letter, and the voter has up until 14 days after an election to fix the issue. In 2013, Oregon passed a law to make the list of voters with signature issues publicly available at county clerks' offices for 8 days after an election. Campaign representatives can request this information to urge voters to fix their ballots. Voters then have 14 days after an election day to fix their ballots.

Inactive / Cancelled registration
Election officials saw that accurate registration lists are important for fair elections. Fraud is less likely if the state removes people who have died, moved out of state, or don't qualify (i.e. if the state bars those convicted of a felony from voting). This year, the Supreme Court ruled that a state could purge names of voters who didn't vote and didn't respond to attempts to confirm their addresses. Oregon is one of seven states that has a procedure to deal with this.

In Oregon, it takes longer than other states—16 years—of no voting activity before a voter is dropped from the rolls. Secretary of State Dennis Richardson extended the time period in 2017. A voter can also opt to cancel their own registration status. In many cases, before registration is canceled, it may be switched to "inactive," meaning the voter is still registered but won't receive a ballot in the mail. The most common reason this happens is if election mail or a ballot is "undeliverable" and returned. These can't be forwarded for security reasons, so the county sends out a "Voter Confirmation Card" to be forwarded instead. These cards ask voters to update their information.

Other reasons for inactive status in Oregon include a challenged ballot, active incarceration for a felony conviction, or if there hasn't been any voting or registration activity in five years. In October 2018, The Bend Bulletin reported the Secretary of State's office listed Oregon as having 2.7 million active registered voters and 447,000 voters registered but categorized as inactive. They believe most of these inactive voters no longer live in the state; they estimate only 40,000 still live in Oregon. This year, Richardson's office even turned to Facebook to reach out to inactive voters.

Address issues
Oregon offers options for those that are houseless, are experiencing housing insecurity, or wish to stay confidential. Even though a voter must provide a residence address on the registration form, the address could be any identifiable location, such as a shelter, park, motorhome, or the voters local county clerk's office.

Felony convictions
For those who have been convicted of a felony, voting rights differ from state to state. Maine and Vermont are the only states where the right is never revoked at all. From there voting rights are revoked as felons move through the criminal justice system upon sentencing.

Data from the Sentencing Project reports 30 states revoke voting rights for those on probation. 48 states and The District of Columbia revoke the right to vote for incarcerated felons. 34 states prevent felons from voting while on parole after serving their jail or prison sentences. 12 states prevent felons from voting even after completing parole. Oregon is one of 14 states where felons only lose the right to vote while incarcerated (D.C. shares this law, but is not yet a state); In Oregon, felons' voting rights are restored when they are released, whether they are on parole or not. According to ProCon.org, in 2016, the number of disenfranchised felon Oregonians was 14,748. It is not clear how many people were disenfranchised due to incarceration in Oregon in 2018.

Voter fraud
Rarely. Although President Trump alleged widespread voter fraud in the 2016 presidential election and again in the recent midterms, there's no evidence to support such claims. In Oregon, widespread fraud is difficult thanks to the mail-in system. This year, a woman in Deschutes was notified of a mismatched signature even though she discarded her ballot without voting. Someone went through her recycling and found her ballot. Former Secretary of State Keisling acknowledged the risk in relying on mail, but said it would be "one of the stupidest ways to try to steal an election," since "they'd be committing a felony, vote by vote." A voter fraud conviction may come with a fine of $125,000 and/or maximum five years prison sentence.

In the 2016 presidential election, Oregon found 54 cases of potential voter fraud: forty six were cross-state votes, six were from someone using a dead person's identity, and in two cases, voters cast two ballots. Family members are also prohibited from signing a relative's ballot. But someone else can drop off a signed and sealed ballot for a voter. (Take heed: this year, Defend Oregon failed to turn in 97 ballots on time. Now, the Secretary of State, a republican, opened an investigation, and some fear the consequences of revealing details of how the Democratic Party uses ballot collection as a strategy to get out more votes).

Election meddling
Russia meddled in the 2016 presidential election. Now, people are turning attention to voting machine integrity. They could fail, get hacked, and cause all kinds of chaos. Here in Oregon, though, we use paper ballots, and "You can't hack paper," said Richardson in the lead up to the midterms.

![69.65% of eligible Oregonian voters voted Nov. 2018 midterm election](image)

**Voter turnout**
In 2014 midterm elections, Oregon voter turnout was 70.90 percent of registered voters, well above the national average of 48 percent. Since 2014, the number of registered voters in Oregon increased by 592,178. In 2018 midterm elections, Oregon's turnout was 69.65 percent, with a national average of over 47 percent. In Multnomah County, the rate of voter turnout was 72.5 percent.

This is how Oregon voter turnout for different voter age groups in 2018 midterms compares with the 2014 midterms:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2014</th>
<th>2018</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-34</td>
<td>48.8</td>
<td>49.5</td>
<td>+0.70%</td>
</tr>
<tr>
<td>35-49</td>
<td>67.0</td>
<td>66.7</td>
<td>-0.30%</td>
</tr>
<tr>
<td>50-64</td>
<td>80.2</td>
<td>76.6</td>
<td>-3.60%</td>
</tr>
<tr>
<td>65+</td>
<td>86.1</td>
<td>85.4</td>
<td>-0.70%</td>
</tr>
</tbody>
</table>
Following the midterm election, Senator Ron Wyden, D-Ore, renewed his call for states to follow Oregon, and take up paper ballots and voting by mail, given issues that come with voting machines and polling places (glitches, long lines, shutdowns, voter intimidation to name a few). What does voter turnout look like without these issues, in a state like Oregon?

In October 2018, Oregon voter registration increased by 1.31 percent giving a net increase of 3.98 percent for 2018 with a total number of registered voters at 2,766,941. Oregon Secretary of State’s website said the current number of eligible voters as of November 30, 2018 was 2,749,422; it is unclear how many of those were people that opted to unregister, moved, or had registrations determined inactive or cancelled by County Clerks.

One week before Election Day, the number of early ballots received was up 123 percent compared to those in a week before the 2014 midterm election. But, the rate of voter turnout wasn’t so impressive. Why not? More voters, it seems, are sending in ballots in earlier.

On November 7th, the day after the election, the Oregonian reported that “Oregon breaks turnout record for total ballots in a midterm election...but the rate of return seems unlikely to set any records.” Keisling told the Oregonian he’s not surprised if the rate of return drops slightly from previous years, even if the number of votes casted increases, since most of the voters that were just registered through the DMV are “not likely to cast ballots.” It seems like Keisling is saying that if people aren’t in the habit of voting or don’t have a desire to vote, automatically registering them to vote may not be what actually gets them to the polls.

Midterm elections have a trend of lower turnout rates. In 2018, 1.91 million people voted in Oregon’s midterm elections, that number is 69.65 percent of Oregon’s eligible voters. The number of voters is up, but the percent of voters voting in Oregon isn’t.

2014 saw 1.54 million people vote, with a 70.9 percent turnout rate. In 2010, 1.487 million ballots cast meant 71.9 percent of eligible voters voted. 1.487 million ballots. In 2006 1.399 million voters went to the polls with a 70.8 percent turnout rate.

Oregon’s population has been growing steadily since 1984. In 2006 the population was 3.68 million. In 2017 4.14 people called Oregon home. Some towns are still small. In Wheeler county, home to just 1,357 people, 1,004 of them are eligible voters, and 83.5 percent of them voted in the midterms. Multnomah county still had a fairly high turnout rate at 72.5 percent with a population of 807,555 and 531,620 of them are eligible to vote. A mid sized county by Oregon standards, Malheur has a population of 30,480 with only about half of them, 15,315, eligible to vote. Malheur had 59.6 percent come out to the polls. 59.6 percent turnout in Malheur seems bad when compared to 83.5 percent in Wheeler. However, 59.6 is good when compared to national turnout rates.

Nationally, in 2006 40.4 percent of eligible voters voted, 41 percent in 2010, and 36.7 in 2014. National voter participation in the midterms leaped to 49.6 percent in November’s midterms. When looking at national turnout rates, it’s safe to say Oregon ranks high for our rate of eligible voters opting to cast ballots.

Margins for a recount
A “close vote margin” in Oregon is equal to or less than 0.2 percent (of votes cast for the top two candidates), and this initiates a full recount automatically, funded by the state. In several states, like Florida, a margin of 0.5 percent triggers a recount. Wyoming goes with a full 1 percent. Oregon is one of 17 states that allows anyone to petition for a partial or full recount if they pay a deposit.

There have been a few statewide recounts, but none reversed results. The last automatic recount in Oregon was over Measure 92, the Mandatory Labeling of GMO Initiative, in 2014. It was defeated by 802 votes, and the recount didn’t change the result, but did include a debate over 4,600 ballots with mismatched signatures. Sometimes, signatures do matter!

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**Oregon Voter Participation**

**a 12 year look**

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![Oregon Voter Participation Chart](chart.png)
Public Education Victories in Wisconsin, Michigan, and Arizona Are a Model for the Country

by C.J. Claringbold  illustration by Josh Gates

Author Garrison Keillor gave us the classic anecdote of the "storm child," about a time when Midwestern country children were paired with town families who would shelter them if the weather got bad enough to prevent the trek home from school. There's something about the image of the bundled-up child trudging miles through the snow, determined to make it to school and home again, which resonates in the American spirit as a symbol of our collective dedication and endurance, our health and strength, our triumph over the elements, our quest for knowledge, and our respect for the institution of the public school. It's an image that's as wholesome as a Norman Rockwell painting, and it's a stark contrast to some of the new educational models supported by the current U.S. Secretary of Education, Betsy DeVos.

Under the DeVos agenda, public school funds are used to provide vouchers for private school tuition. Private charter schools are characterized by a lack of transparency and accountability. A typical charter school is not overseen by the local school board but is instead part of a chain managed by an out-of-state profit-making enterprise, while members of the board and staff have financial interest in the school. Dave Zweifel stated it pretty clearly in the week before the midterm elections, writing for Madison's Capital Times, "No one is quite sure what the motives of the voucher advocates really are... Could it be that the ultimate goal is to do away with public schools and replace them with a private, for-profit educational model, subsidized by American taxpayers?"

The argument over the importance of public schools has been raging in Wisconsin since Republican Scott Walker became governor in 2011. Walker introduced huge funding cuts and destroyed collective bargaining rights for teachers' unions. Since then, voters have consistently voted to raise their own property taxes to help fund local schools. Now, voters have replaced Walker with his polar opposite, the state Superintendent of Public Instruction, Tony Evers. In the face of the enduring image of the storm child, it's no wonder Wisconsin voters have rejected the insidious methods that cripple public education in the state. In recent years, concerned parents and citizens in Wisconsin and other states have ignited a true grassroots effort which includes teachers, parents, students, citizen advocates, grandparents, and friends. In short, the people have banded together to stand against the takeover of their kids' education by untrustworthy forces.

One such person is Gretchen Whitmer, a public school parent and Democrat who is also a member of the American Federation of Teachers (AFT). "Defeating the DeVos Agenda" is the title of a resolution adopted this year by the AFT, urging "lawmakers to reject the DeVos efforts to defund and destabilize public education and to instead invest in public education." Whitmer has been elected governor of Michigan in what the Washington Post called "a stinging rebuke" to DeVos, whose home state is Michigan. Whitmer’s platform was built on ridding Michigan of the billionaire’s policies, the Republicans she helps to fund, and the whole idea of charter schools run by "for-profit companies [which] have broken our educational system."

In this month’s midterm elections, Democrats gained control of the House of Representatives and inherited a unilateral subpoena authority along with it. This means they have the power to call Betsy Devos to testify and answer for the failure of her policies. Now is the time for this to happen, with education in the spotlight and so many people throwing their support behind public schools over controversial, experimental, wasteful for-profit models with bad ideas like debit cards that have resulted in over $100,000 in misspent funds, and virtual schools with poor performance and almost no accountability. Sen. Patty Murray, D-Wash., and Sen. Sherrod Brown, D-Ohio, asked the Government Accountability Office last month to look into these practices which, they note, "are connected to for-profit companies that have perverse incentives to minimize the cost of instruction and student supports in order to boost their bottom line."

Although it would have been nice to be done with DeVos the last time we heard her testify, when she was confirmed as Education Secretary despite her claim that guns were needed in schools to protect against grizzly bears, a House investigation into the effects of corporate greed upon school children could help to further derail the DeVos machine, drawing more public support away from her dangerous ideas.

Maybe people see it as the last cornerstone of a crumbling world, where we pin all our hopes on the next generation, wanting better for our kids than the life of guinea pigs in a corporate laboratory. It makes sense that those who dream of restoring the mythical "great" America of the past would agree on this. After all, conservatives are generally opposed to "progressive" ideas, and a virtual charter school in the experimental stages sounds as much like a newfangled nightmare as Common Core math.

The recent victories for public education in Wisconsin, Michigan, Arizona (where voters rejected voucher expansion), and other states should remind us that there are places where capitalism doesn’t work, where making a profit can’t be the goal. While DeVos claims to advocate for agility, creativity, futuristic methods and autonomy for teachers, all of which sound exciting and even progressive, in reality, her push for profits is aimed at killing public schools. In the "heartland" of the midwest and all across the U.S., the people have shown that they prefer the tried and true accountability and success of public education, which provides the community that make a "storm child" possible.
While watching the results of the last election on November 6th, I was thrilled with the outcomes of the measures that had been on the Oregon ballot. However, I found these results only in small box of scrolling text at the bottom of a news broadcast; the broadcast itself, apparently, could not take time away from the minute-by-minute update of how many seats in the Senate and in The House of Representatives were being won by Republicans and Democrats. While this hyper-focus on the ratio of representatives for the two major political parties is nothing new, it remains a very curious reality of the political arena in the United States. Yes, it’s important to follow candidates and to know who beat whom, but how is it that the beliefs, values, and hopes of a nation of 327,616,000 individuals can so easily come down to red versus blue?

Though this predominate bicategorization of politics strikes me as ridiculous, I might not care so much about it if conversation and respect between the two parties was the norm, and not the exception. Contention between the two parties has naturally existed since they became the dominant political forces, but for years that contention has been getting worse. The “us versus them” mentality reached a fever pitch with the 2016 election of the current president, Donald Trump, and has yet to abate.

Additionally, the pervasiveness both of fake news and of information outlets that serve their special interests over the truth (think Prager University) has created a firestorm of misinformation which has further widened the divide between Republicans and Democrats. Division in politics has become such a problem that we must ask ourselves if the two-party dominated system is still a viable option for the future of politics in this country. There are many minor “third-parties” with which voters may affiliate themselves, so one possibility is a switch to a three-party dominated system. But would a three-party system actually work?

While it might seem like the successful introduction of a third major party would be near impossible, there are several global examples of this very thing happening. Both the United Kingdom and Canada historically had two-party dominated political institutions, but both have seen a beneficial move away from two-party dominance and toward a multi-party system. Since such governments allow for a more accurate representation of a the varying political views of their respective nations, legislators are better encouraged to work across party lines. To put it simply, we know that three or more party systems can work. Additionally, the United States populace has many times shown a desire to move away from two-party politics, so the call for a third major political party is nothing new.

In 1912, then-presidential candidate Theodore Roosevelt established the Progressive Party (also called the Bull Moose Party) after becoming dissatisfied with the two-party system. Roosevelt’s Progressive Party ticket did manage to elect a few state representatives and governors, but ultimately disbanded after failing to have the unity and influence it had hoped for. Since then—and before then—several third-parties have sprung up in the hopes of making a difference in politics, but they have mostly all been relegated to the sidelines. In fact, third-parties have often been blamed by the two major parties as a hindrance in elections. Ralph Nader, running on the Green Party ticket in 2000, was blamed for taking away votes from Democrat nominee Al Gore, who ultimately lost the election to Republican candidate George W. Bush. Roosevelt’s Progressive Party was blamed for splitting the Republican vote in 1912, leading to the election of Democrat Woodrow Wilson. Whether such blame is correctly placed is secondary to the idea that third-parties are seen by many as a problem within the democratic process.

However, third-party upsets have resulted in the election of candidates
Examining the Two-Party System

by Daniel J. Nickolas

photo illustration by Sierra Clark

who, historically, are viewed as effective government leaders. The most well-known example of this is the 1860 election of Abraham Lincoln, who won the presidency despite being the candidate of the then-infant Republican Party. While it's true that Lincoln's initial platform was not to abolish slavery, his uniquely careful and exhaustive consideration of the issue of slavery during his two-term presidency, along with his willingness to actively consider the viewpoints of others, ultimately helped lead the United States in a direction nearly all would agree was the right direction. In fact, Lincoln was famous for his constant examination and consideration of ideas opposed to his own—historian Doris Kearns Goodwin's bestselling biography of Lincoln, *A Team of Rivals*, is based on this fact. And it's the progress Lincoln's presidency was ultimately able to make that should encourage serious thought about moving beyond the two-party system. Lincoln resisted as president during a time when siding with your political party just because that's how you were affiliated was becoming increasingly politically and morally irresponsible. I would argue that we too are again living in a time when political affiliation should take a backseat to active problem solving.

The ability to examine multiple sides of an issue, and to work alongside those who might fundamentally disagree with your beliefs, is a quality sorely lacking in our current political system, a time when it is most needed. This lack of communication and examination hinders the growth and true progress not only of our nation, but of finding real solutions to global climate change, the concerns over immigration in the U.S. and around the world, various global water crises, etc.—it also creates a world of distrust. Political ads, conversations on the street, and many of President Donald Trump's tweets would indicate that there is nothing more underhanded and nefarious than being a Democrat or a Republican (depending on whom you're speaking with). The 2018 Edelman Report states that trust in government leaders and in the media among U.S. citizens is "crashing." The report goes on to state, "trust decline in U.S. is the steepest ever measured." As unfortunate as this finding might be, I doubt it surprises anyone even partially aware of the state of politics in this country. These levels of trust, and the ability to make progress, which works in tandem with trust, could decline further if serious changes to our two-party-dominated system aren't implemented—and implemented fast.

This is, perhaps, the best reason for adopting a three-party system. While all serious issues will garner a range of viewpoints that extend well beyond three, incorporating a third perspective could help prevent one of believing the fallacy that issues are only two-sided. The two-party system too easily creates a "pick sides" mentality, which, over time, has shown to worsen the divisiveness and distrust we feel as a populace. However, a three-party system has the benefit of better challenging people to think seriously not only about what they actually believe, but about the best way forward for the nation as a whole. If politics were to become less red and blue, and allow for a shades of purple, people might be encouraged to better understand themselves and embrace the complexity inherent in most political issues. No more would we see calls to simply "vote Democrat!" or "vote Republican!" because political candidates would be allowed to better represent a spectrum of ideas and values—but they would better mirror the reality of human beliefs.
Thailand, Ghana, Mexico, China, Brazil, Australia, Japan, and The Netherlands are just some of the countries worldwide that eat bugs as a regular part of their diet. Here in the United States, we do not do that ...

But maybe we should. The United Nations predicts that the global population is going to reach 9.8 billion people by 2050; and modern agriculture and food production might not be able to keep up and feed all of the people in the world. So, maybe we should start eating bugs with our breakfast.

According to the Smithsonian Institute, there are an estimated ten quintillion* individual insects around the globe: the most populous and diverse group of species known! Worldwide, there are approximately 2,000 bug species that have already been used as food. The history of humans eating bugs goes back as far as the ancient times of the Greeks and the Romans. It is described that beetle larvae "grown" in flour and wine was relished among Roman Aristocrats and the Greek philosopher Aristotle mentioned his experience eating bugs in his writings. Currently, some of the most commonly eaten insects are grasshoppers, crickets, termites, and bees. Within the United States, there are approximately 91,000 species of insects; the largest populations are beetles and flies.

Female beetles can lay up to a couple hundred eggs at one time and on average a beetle's lifespan is approximately a year. With such a large variety of species and the quick reproduction rate that most insects have, it seems like eating insects could be a good replacement of the United States current agricultural system.

The current agricultural system in the United States, both the meat industry and massive mono-cropping, is undeniably unsustainable. Eventually, the entire system is going to come crashing down on itself. Current agricultural practices are sucking all of the nutrients out of the soil without allowing proper time for the soil to recover, and synthetic fertilizers are only going to solve this problem for so long. Concentrated Animal Feeding Operations are only to be tolerated for so much longer—with the pumping of antibiotics into the animals, and the inhumane conditions these animals are being forced to live under.

In 2007, there was an outbreak of various strains of influenza in the United States stemming from poultry and swine having to live in extremely close conditions. So it is possible that eating bugs is the solution to this industry's problematic practices and is going to be how the global human population survives moving forward. Insects use less water and less land, and they produce less greenhouse gases. Producing one pound of beef emits nearly 4,500 percent more greenhouse gases than one pound of edible insect matter.

Insects are not only beneficial to the environment in comparison to modern agriculture, but they also have quite a few health benefits for humans. Most species are actually an incredibly good source of protein. In terms of proteins, insects average approximately 50 percent protein, which is comparable to chicken. Additionally, they are full of amino acids, minerals, and vitamins; such as Zinc, Calcium, and Vitamin...
A. These resources are things that all humans are looking for in their diet in order to stay healthy. In Portland, there is one restaurant that has bugs on the menu: Sushi Mazi. It is listed as one of the top US restaurants currently serving bugs. They serve a grasshopper sushi with full grasshoppers on the top of the roll—their customers on Yelp don't seem to hate it, but in fact seem to have fairly positive reactions to eating these crunchy insect options. Also Salt and Straw has a seasonal Halloween flavor entitled Creepy Crawly Critters, that has dark chocolate covered crickets and coconut toffee-brittle meal worms in it. Perfect for Halloween, am I right?

There is one other place in Portland where one could for sure eat a bug if they so desired: OMSI. At various times throughout the year, OMSI will host events that allows for visitors to eat bugs. One of those events was last Saturday; a PSU student named Bay Cartier attended. Bay explained that he just ate the entire bug—legs and eyeballs included, and that it was nasty! He exclaimed that even hours after eating the bugs he found legs and other miscellaneous bug parts in this mouth, which just grossed him out all over again. He explained that the flavor was not much, nothing spectacular.

Now that is only one person's experience with eating bugs here in the United States. There are people worldwide who eat bugs every day and assumably enjoy it. For me personally, I think I agree with Bay. I do not want to eat bugs as my primary source of protein or even just as a supplement sometimes; and I do not want to find bug legs in my mouth hours after eating one. The thought itself activates my gag reflex. However, I realize that my distaste towards the idea of eating bugs most likely stems from the fact that I grew up in a society that does not eat bugs. It is similar to the idea that once a child decides that they think one vegetable is gross, they will not try any others. I find remnants of food particles in my mouth all the time and have no negative feeling towards it; but because it's a bug leg which is different from what I am used to, I am immediately grossed out.

The idea of trying to switch to a new food source is slightly scary and seems impossible. But if eating bugs is going to solve some of the problems that our planet is currently facing environmentally, and if it will help ensure that the global population does not go into a complete food shortage, I will start eating bugs tomorrow.
and then being like, 'alright, peace out!' We’re coming and showing up and continuing to organize in different ways.

I’ve dedicated my entire life to this, to She Shreds, but also to music, music community, and nurturing music community, and elevating women. Music editors from all over the world will contact me for my information, knowledge and research without doing any of the work. They ask me for lists of women engineers, and women pedal makers; I get really pissed about that, because it feels like, for them, it’s a story—it’s something in the moment, they want to be trendy, you know? For me, it’s my life. It doesn’t seem like they’re showing up in the wants right now. But it’s a process of gaining trust, and I think it’s really difficult for a lot of companies to do, because they don’t have the people on the inside to genuinely and authentically talk about it and show it on the outside.

MC: The panel talked about this new statistic: 50 percent of new guitarists are female. You said on the panel, "When we did our first research on that, we called the industry researchers, and none of them had anything—any research to do with women." Have you seen that statistic affect the industry in any kind of way?

FR: There’s an ad right now from one of the most progressive guitar companies, with a beginner woman player, like, 'Learn how to play the right way!' And that’s wrong! As soon as you create these expectations and borders, you tell people that can’t meet those expectations and borders that they can’t participate. We will get someone that just started playing guitar to do a gear review [for the magazine]. Because, those are perspectives, ways to feel validated and legitimized. And it could make someone else say, ‘oh I didn’t think about that.’ There’s nothing legitimate that says, ‘the way that you learn is OK.’ Even though people are modernizing the technique and learning.

“Shredding: Not only defined by technical knowledge of an instrument, but the degree to which one evokes emotion through music.” - She Shreds

ways of permanent change. They’re showing up in the ways of trend and marketing profit.

MC: If traditional PR research goes towards 'how do we tap into audiences to make more money,' what is the vessel behind your research?

FR: Some of our research is not something you can necessarily put into numbers, like, some of that research is straight up just about, like, what makes women, non-binary, LGBTQ, trust space? You know, what makes us invest in space? What makes us open up? You know? Which is essentially, like, what everyone

FR: Totally. I just think it’s so insane that when it comes to research, this research is saying 50 percent of new players and new guitar buyers are women, but you go to any company and they’ll say 5–7 percent of their consumers are women (laughs). It’s such a huge, crazy gap.

It used to be that when people were trying to cater to women, it was pink and glittery. Now, it’s beginner—that’s their marketing to women. It’s just so crazy, because all that it takes is to present women as equal. I don’t know why that is so difficult for people to do. It is, I guess.

MC: What’s your relationship with advertising been like?

FR: It’s still the same way: you learn scales, you sit down, you practice, you learn the chords. No one wants to do that! I want to create a curriculum that encourages intuitive technique: observation exercises, translation exercises from nature sounds—stuff that will help you evolve your mind to different ways of learning.

MC: At the She Shreds anniversary show at Revolution Hall, I noticed the staff walking around in those fly jackets—you could see so many faces to the operation. So, five years into creating a platform in your vision, from the inside, what’s been the impact on the magazine?

Sávila performing at Revolution Hall during She Shreds magazine’s 5th anniversary concert
FR: I’m thinking about how I found everyone and hired everyone. Something we all make fun of, is like, everyone on our staff knew nothing about their role until they came on. None of them had any experience doing anything that they do now. I think that I purposefully did that because I didn’t want any influence—any guitar and magazine influence—in order to totally create something new and something fresh. I wanted the skills, the passion and the drive from somebody. Those are the people that are staffed.

If I’m going to be speaking for and advocating for women, people of color, and LGBTQ, I need those people to be on the inside with me—creating, directing and leading that movement. If you go to any of our shows, if you have any conversations with us, that’s the She Shreds staff—we are our demographic. 100 percent. I think that’s really what makes such a difference between us and any other guitar magazine, or any other higher level magazine, because those people are still stuck in the, like, older white men realm.

MC: Do politics and current events ever influence She Shreds content?

FR: Yeah. This is something I constantly remind people—politics and culture permeate every single industry, like, every single aspect of everything. So, of course they influence She Shreds. Just the fact that we exist is like a political statement. Beyond that, women being active with their voice is a political statement. Women picking up instruments is a political statement—and, specifically, with guitar. In the end, She Shreds is much more than a guitar magazine, but I think that women playing guitar is such an impactful political and cultural image, and aspect to the evolution of music culture.

MC: Can you speak more on the content that you cover in the magazine? You’ve mentioned one of your favorite issues of She Shreds features the history of women in Mariachi—people whose contributions to music are overlooked or ignored. There are multiple identities that need the outlet and women are still a part of it.

FR: That’s another detail. I would spend 8–12 hours looking up women that haven’t been spoken about, or that have only one article, or something from the 1930’s, and I’m like, “What is this about?” Interviewing them or writing articles about them, that is such a part of history that is totally closed off. I think that’s changing now, a little bit. People are much more fascinated just with the image of history and women in positions of power. It’s still such a shock to see that. But, our role is to make sure it actually becomes part of history, and that it’s documented, and there’s a way to look back at it.

MC: Given growing awareness over pronouns, do you and your staff ever discuss the “she” in She Shreds?

FR: Yes. All of the time. It always gets brought up. We’ve featured trans artists in the magazine on the cover, and I make sure that’s represented in the staff, too. We talk about how the name could change one day. Sometimes, I feel like the “She” part of these spaces can be necessary in distributing the message of inclusivity for all, because, to address it in the way of gender and women can be the way it really clicks for people that aren’t comfortable having this conversation. If we were like “non-binary people, they’d be like, ‘that’s so PC.”

When it comes to She Shreds, we are so much more than just the name and the magazine. We are more of a lifestyle, we are more of a community that’s not only for women. The
audience is a real testament to the community that we create. It’s just people that want to feel involved and included.

It’s a real conversation to have, but for me, I create change from having conversations in which anyone—regardless of background, education, anything—can understand and relate to it, and can see ability of shifting their mentality.

MC: At the show, your band, Sávila, played. Everyone got out of their seats to dance—it was awesome. The whole anniversary event showcased how much She Shreds does, but also the things that you do. What is the relationship between running a platform and creating your own art?

FR: I didn’t play for four years when I started She Shreds. I don’t think that I would be up on stage, sharing my experience—or really understanding my experience as a Mexican woman guitarist—had I not had the space to really dive into it with She Shreds—with the support, influence and inspiration from all the people that I talk to on a daily basis. She Shreds wouldn’t have existed without feeling like I needed that space to do that.

So, I think that it’s extremely important for me to be able to be on stage, and to relate to our audience on that level—to let them know that I am speaking to them and advocating for them in a way that I experience with them, you know, as far as learning or struggling or evolving as an artist. It’s really important for them to know that I am on the front lines with them.

I think at this point in my life and She Shreds and my bands, I think that I see myself in my body and my brain as a purpose to elevate and build communities, to be a person for visibility. What I keep to myself are my emotions; and even that, I’m starting to feel like I should put out there. As a Mexican woman, you are told to hold onto them, and not express yourself at all. I think that there are so many things that in my position that I can do to be a role model to so many different people.

I just don’t know how to be by myself, or in my own head alone. I’ve been fighting for something my whole life. When I was a kid, I would see my mom fighting for us. For me, I don’t feel right just sitting. But at the same time, there is activism in self-healing and self-care. But I’m not quite there yet. I’m definitely figuring that part out. But, at the same time, part of my self-care is starting to play music again. That was a big thing, because it really has taken me out of She Shreds a lot and encouraged me to trust the team that I’ve built. I have to let some of the things go, like, social media—I did that up until two months ago, all on my own.

MC: Five years into She Shreds, you feel more capable of tapping into your endeavors?

FR: The things that we really set out to do, which was to totally redefine “shredding,” redefine the guitar industry, and essentially revolutionize guitar culture, happened. Those things happened and they’re happening. Now that that’s happening, I don’t need to be there to, like, call people out—that’s what I do, that’s just in me—and, it can just be a business now.

But, at the same time, there’s still so much more to do. There’s still the fear that this is not permanent; that we as She Shreds and women and our demographic are, again, going to be erased in the part that we took in changing things. So, I need to make sure to create enough, a big enough platform and enough visibility and enough movement around us to insure that that is loud enough to be documented.
Songs, Stories, and Death
A gloomy new Coen brothers anthology blazes a trail to Netflix

This review is intended for readers who have either seen The Ballad of Buster Scruggs or don't mind being spoiled. Caveat lector (that's Latin for "let the reader beware").

The best thing about the latest from Joel & Ethan Coen is that it is both a movie and a television series. In fact, The Ballad of Buster Scruggs isn't just on Netflix, it's also in theaters.

If you were so inclined, you could go on down to your nearest cineplex and chow down on butter-smitten buckets of popcorn while the monumental screen and sound system immerse you in the latest epic Gothic Western from the greatest of living filmmakers.

And there's something to be said doing just that with this particular movie: ever since 2007's glorious No Country for Old Men, the Coens have continued upping their cinematic game to heights which deliver on the early promise of such early masterpieces as Blood Simple, Raising Arizona, Miller's Crossing, Barton Fink, The Hudsucker Proxy, and Fargo (yes, I just listed their first six movies, a crew as motley as the six stories which make up The Ballad of Buster Scruggs). Heck, I'd go see it in the theater just for the fourth segment, a gorgeous, golden nature film which also has Tom Waits in it.

But this mini-anthology also represents a first for these guys; they haven't really done all that much short form work (aside from a few commercials and the Hollywood vignettes of Hail Caesar!). Sustaining a narrative arc in an episodic format is a task generally left to specialists, short story writers like Jorge Luis Borges and Dorothy Parker, or the showrunner-writer-director types who primarily work in television, guys like Star Trek and Battlestar Galactica's Ronald D. Moore and Mr. Robot's Sam Esmail. But there are a select few who can jump back and forth—Cary Joji Fukunaga, J.J. Abrams—and the Coens have now joined their ranks.

The Ballad of Buster Scruggs is a beautiful, grim, overwhelming movie. It was shot in New Mexico, Colorado, and Nebraska by Bruno Delbonnel, who worked with the Coens on Inside Llewyn Davis (another frosty picture). Delbonnel's magnificent cinematography gives each segment its own distinctive look and feel, which, taken together as a whole, map out a visual narrative experience, from the Technicolor opening to the eldritch, ghoulish, ghostly final chapter.

This deliberate stylistic hodge-podge is not unlike the color plates which illustrate each story in the phony book which serves as the film's framing device. The illustrations by Gregory Manchess—who did three-score covers for famed Western novelist Louis L'Amour—illuminate one chapter in each story, standing as a visual shorthand for the episodes themselves.

I think the Coens must have learned a vital lesson from seeing their Fargoverse expanded on FX for three seasons. Show creator Noah Hawley (a novelist, because of course he is) and his team started solid with that pitch-perfect, brutal, snowy first season, and they have since gone into overdrive with the weirdness. Remember the UFOs in Season Two? The existential cartoon robot in Season Three? Ray Wise in the fucking bowling alley? I'm pretty sure Joel & Ethan watched what Hawley did with their vocabulary and said, "oh yeah, we can definitely top that." The movie's audacity is another of its great virtues, and it's the kind of thing you can get away with a lot more easily in self-contained episodes.

by Matthew Neil Andrews
illustrations by Josh Gates
Consider the fifteen-odd minutes of Tim Blake Nelson's (Buster Scruggs) opening segment, in which he bounces Bugle Bunny-like from song-to-song, delivering witty one-liners and running commentary to the camera while engaging in Tarantino levels of over-the-top corny cartoon violence. It's maybe the funniest thing the Coens have ever done, and Nelson's wise, cheerful, earnest performance makes the whole thing all the more hysterical. But you couldn't make it through a whole movie of that shit. Fifteen minutes is exactly enough.

Same goes for all the rest, from Stephen Root's zany cameo in "Near Algodones" to the eerie, claustrophobic, five-way argument about death and morality which makes up most of "The Mortal Remains." More importantly, the short, episodic format allows the Coens to tell much more direct narratives than usual. Instead of taking an entire movie to tell a big, complicated, multi-faceted story about human nature and the meaning of life, they tell short, punchy parables about human nature and the meaning of life.

Take the conclusion of "Near Algodones," when James Franco is up on the gallows for the second time. After joshing a weeping fellow-condemned man with the instant classic, "first time?", Franco looks out in the crowd and sees a young woman looking up at him. He smiles, she smiles, and he says to himself, "pretty girl." Hood, darkness, drop, snap, death. If you don't know it, look up the Zen koan about the tiger and the strawberry.

The whole movie is like that. When it's funny, it's over-the-top hysterical and also profound. When it's sad, it's gut-crushingly, despair-of-all-hope depressing (I'll never forgive Liam Neeson)—and also profound. The Ballad of Buster Scruggs is about a lot of things, but it's primarily a movie about death and about stories, which means it's about one of the old American gods, Coyote.

On several occasions, stories have fatal consequences. Twice, men survive violent encounters by playing possum, a story to deceive your opponent and give you room for a sneak attack. The story Mr. Arthur (Grainger Hines) tells Alice (Zoe Kazan) when they come under attack out on the Andrew Wyeth prairie "rattles" her, literally to death. The legend of Buster Scruggs, the best in the west, brings gunslingers to challenge him, and one of them finally gets the better of him. The English bounty hunter (Jonjo O'Neill) tells his captive stagecoach audience that the power of the story of "The Midnight Caller"—which he uses to distract his target while his Irish partner (Brendan Gleeson) comes up and "thumps" him—lies precisely in its power to displace the listener's fears: "the midnight caller gets him, never me; I'll live forever." And then there's that morbid story-song about Curly Joe (pronounced "Surly Joe," a typically sly Coen pun)—an adaptation of the old cowboy song "Little Joe the Wrangler" that Buster re-composes on the spot, leading the bar in a sing-along about the man whose corpse lies bloody on the floor.

And that's the other best thing about this movie: the genre games. Tim Blake Nelson's performance is truly grand, and it's because he captures so eloquently what the Coens did with his character: they crossed the "singing cowboy" archetype with the "psychopathic gunslinger" archetype, and out came Buster. Gene Autry meets Clint Eastwood. In "Near Algodones," James Franco robs a bank, meets an eccentric frontier weirdo (Root), engages with two different posses, observes a battle with a Comanche war party (and gets pranked by their chief), meets a wrangler who's really a rustler, and ends up on the scaffold from True Grit. Lots of Western tropes in one short.

In "The Girl Who Got Rattled" we have a perfect wagon train novella, straight out of L'Amour (with a Deadwood twist at the end), all shot with a haunting hyperrealistic touch reminiscent of Terrence Mallick's Days of Heaven. In the moribund cynicism of "Meal Ticket" and "The Mortal Remains," it's hard not to think of American writers like Ambrose Bierce, M.R. James, Flannery O'Connor. And then there's Tom Waits, whose brazen singing and digging disrupt a peaceful valley while he goes prospecting for "Mr. Pocket," a vein of gold he's convinced (correctly, it turns out) is buried somewhere nearby. But he has to play possum to keep it.

The Tom Waits segment, as I said earlier, is the one I want to see in the theater, a bucket of popcorn by my side, and it's not just to hear that golden voice on THX. The little mountain valley he goes a-prospectin' in is like something from a dream, a paradise between forested peaks, gentle grassy hills flowing down to a perfect creek, sunlight streaking through the clouds, deer and owls in the woods. It's the sort of place you could give up prospecting, cut down a couple trees, build a little house, and retire.

The whole movie is suffused with this naturalistic cinematic grandeur. Buster Scruggs sings his opening song "Cool Water"—another hit from "Tumbling Tumbleweeds" songwriter Bob Nolan—while riding his horse through Monument Valley, strumming a guitar and sending echoey backup vocals off the canyon walls. As winter worsens all through "Meal Ticket," snow and ice and a freezing river batter Liam Neeson and his doomed partner (an unrecognizable and amazing Harry Melling, showing off his dramatic oratory chops on such poems as Shelley's "Ozymandias," Lincoln's "Gettysburg Address," and a wagon-load of Shakespeare). Throw in the rich, complex period costumes and a beautifully deceptive score (by, respectively, regular Coen collaborators Mary Zophres and Carter Burwell), and you've got a Netflix movie which seems deliberately designed to make viewers get up off the couch and mosey on down to the cineplex.

But, y'know, I watched this bleak-ass classic thrice in a row this week, sitting at home in my jammies, snuggled up with a blanket and a pot of coffee; and that's a pretty good setting for The Ballad of Buster Scruggs—which even in its jolliest moments is desperately gloomy, and I think that might be for the best.

THE PACIFIC SENTINEL 33
THE ART OF RISKING YOUR LIFE

Free Solo follows Alex Honnold's historic climb up El Capitan

by Sydney McBee
illustration by Jon Bordas

Living in the Pacific Northwest provides more access to certain outdoor activities such as rock climbing or bouldering. However, even if you've taken advantage of these adventurous opportunities, it doesn't mean you have the slightest clue of the danger in free solo climbing El Capitan in Yosemite National Park. Being the first and only person so far to climb the slick rock face that stands at a towering 3,000 feet above the valley without any ropes, gear, or stopping, Alex Honnold reached the top in three hours and fifty-six minutes.

Free Solo captures not only Honnold's record-breaking journey up El Capitan, but also the preparation and lifestyle he leads. It follows his day-to-day activities in his van where he sleeps, and the rare occasions when he sees his girlfriend and isn't climbing. The movie contains breathtaking shots of Honnold taken by his friends and by his sponsors at The North Face, all of which are extremely beautiful and very terrifying. It also does a wonderful job of explaining enough climbing lingo for people like me who may not have understood what Honnold and his friends were talking about before the film. This movie focuses on suspense and a sense of accomplishment, something that Honnold rarely feels. The suspense you may feel is not only the extreme shots of the monstrous cliff face but also builds through the music to set the audience on edge. Honnold had to be the man to solo climb this famous wall, because no other is fearless enough to even attempt it, and he wants to be the best, even if it means death.

Honnold's friends are compiled of famous climbers, all of which are shown in the movie and most of which are the ones filming. The cinematography of documentaries has always amazed me. This one in particular was very interesting because the audience knows the cameramen as they are also part of the story. However, out of all of the famous climbers in Honnold's circle, none of them are insane enough to want to attempt what he did, let alone want to film their friend when he has such a high chance of death. It becomes clear very quickly that filming a climb requiring so much concentration is far less important than the climber's life. If Honnold would have been uncomfortable with his friends climbing next to him and filming, he could have said so at any time. Obviously that didn't happen, otherwise we wouldn't have such breathtaking footage.

Instead, Honnold's friends chose to set up cameras in small increments along each of the pitches so as not to be in his way. The movie places a great deal of focus not purely on Honnold and his climb, but also on the way his climb will affect those around him. Showing his friends, family, and significant others struggle because of the decisions he's making was an interesting take on the story, because it made the story no longer about him. Honnold never felt fear, but his loved ones did, and so will the audience. As Honnold mentions multiple times, his climb has to achieve perfection, and if it doesn't, the consequence is death.

You may know that Honnold makes it to the top, but the climb is not the solo reason to see this film. It is scary. It is beautiful. It's a short drama about a strange and goofy human compelled to risk his life in the pursuit of mastery.
Chris Gethard may not seem like a loser, at least to the uninitiated. Within the last two years, the comedian premiered a filmed version of his one-man show on HBO, ended a three season cable run of a zany variety show named after himself, and saw his podcast featuring anonymous conversations with regular people find significant success. Far from a loser by most standards. But spend some time listening to his stand-up, or reading his new book, Lose Well, and he'll devote significant time to convince you otherwise.

Gethard's stand up, for example, devotes significant time to regaling stories of honeymoon embarrassment and his mother's Irish-Catholic Guild during his New Jersey childhood. Gethard is not only very funny, but an incredibly strong storyteller. The details he chooses are sharp and his stories flow together with grace, even as he weaves in bits of crowd work. His improv background is especially evident in his stand up, conforming his material to meet the crowd and city. During a recent stand-up show at Portland's Hawthorne Theater in October promoting his book, Gethard began with a particularly cutting bit in which he took shots at our city's image as a liberal haven, "Portland is the perfect city if you never ask 'What's that all about?" He responded creatively to two very different hecklers, seamlessly steering the material back into a big punchline about a heckler who told him not to be so hard on himself.

Lose Well dabbles in similarly self-deprecating autobiographical material. The book begins with an anecdote about a psychiatric breakdown and makes its way through middle school embarrassment, crappy service industry jobs, and projectile vomiting within its first 30 pages. Lose Well is, in a way, a self-help book. But it's more a mediation on how we set expectations, define success, and create meaningful habits.

"To the extent that I believe in you, I only believe in your right and responsibility to fail," Gethard writes to the reader in the introduction. "I don't think you can change the world, but I do think you can change your world, in subtle ways, small ways, ways that remain internal and known only to you."

Many of the chapters are quite short, succinctly framing a specific lesson around a humorously told story from Gethard's life. Some are geared more towards creatives, or those pursuing unconventional interests. Gethard frequently takes a stance of "productive realism," especially in discussing the creative process. "One of the fundamental rules of creating something," he writes, is that "it's not up to us to decide how the world reacts to the things we make."

Other advice is more universal. One particularly interesting idea that Gethard pitches early in the book is intentionally breaking inconsequential habits, to make breaking negative ones feel less daunting. As an author, Gethard has a penchant for brief explanations that are memorable while avoiding cliche. "By being the chaos, we create the most empowering habit of all - the habit of destroying our routines," he argues.

Lose Well isn't a book that promises to help you achieve all your dreams. This is a book written by a man seventeen years into a career in comedy who has just recently reached more conventional indicators of success. "Though I don't believe in your ability to succeed, I do believe in your right to try," he makes clear from the start.

While failure may be the last thing we want, Gethard posits it may be just what we need more than anything. "If you can stop fearing failure and learn to treat failure as a trusted friend, you might just wind up feeling a little more okay than you used to." And "a little more okay" goes a long way.

For many young adults today, struggling with high expectations, a world adverse to progress, widespread mental health issues, and crushing college debt, Lose Well may just provide some advice that is actually authentic and valuable to hear. Gethard speaks to the loser in all of us, and instead of telling us we aren't one, he shows us how to walk in the footsteps of the losers who have come before.

"We have this faint feeling that failure is like a fire that will burn everything down. It is. That's why you need to go for it," he writes. "When you're standing in the ashes, terrified and overwhelmed - that's when your life may actually begin."
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