



Jeremy Gregory

Vox Populi

What do you think of the foodservice now as compared with last year?

"The food quality is better, but because of the expanded organic options it's harder to get adequate produce in. From a worker perspective, scheduling has not been very dependable."
-Kristina Prescott

"I want a company that is nicer to the little guy. I appreciate the expanded organic options."
-Noel Lieseke

"The food quality is better. They have a tofu & mushroom dish that is very flavorful. They use less pepper than Fine Host [the previous food-service contractor], but overall, they are just lovely."
-Lisa Strange

"I like it better."
-Aura Perricka

"I liked the food better last year. I miss that we could make our own salads; they only have the pre-made salads now. There don't seem to be as many vegan options. I miss the Evergreener [a specialty sandwich made last year]."
-Sarah Collins



The barren Seminar II site. If construction is delayed for a long time, the college might re-seed the land with native grasses. photo: Corey Pein

Seminar II Construction on Hold While State Takes Second Look at Budget

by Kevan Moore and Corey Pein
Evergreen's ready to build Seminar II, the state's just not ready to pay for it.

The state budget office recently halted construction on all capital projects funded by bonds, including Seminar II.

The decision to hold funds follows bleak September forecasts by the state's Office of Financial Management (OFM) showing at least a \$100 million decrease in revenue.

The legislature allocated \$41 million for the building in a special session last summer, almost half of the money set aside for college building projects— including UW's and WSU's.

Construction on the 158,000 square foot building was set to start on the first of this month.

"Right now it's not just an Evergreen problem, it's throughout the state," says OFM Director Marty Brown. "We've put all the projects on hold to be sure we can pay all the bonds on them."

Brown says the state's next best guess at how much money will be available in coming years, due in November, could bring more reductions ranging from \$200 to 900 million. According to Brown, the fate of Seminar II won't be certain until then—or until the next legislative session in January.

Dana Middleton, a spokesperson for Governor Gary Locke, says the state is putting a stop to capital projects now rather than later to make sure money is available to actually complete construction.

Both she and Brown cite the September 11 terrorist attacks and layoffs at Boeing as contributing to economic uncertainties that affect state budgets.

"This project is part of the governor's budget," Middleton says. "He loves it and wants to see it happen. This is not a cost saving move, it's a response to some really tremendous events."

Just months ago, Evergreen administrators lobbied hard to secure Seminar II funds in what was widely described as a tight budget year. Now they find themselves in a repeat performance

but on an even shakier economic stage. In securing the money, administrators made it clear that in order to make room for 1,000 new students by 2010 — which the legislature has called for — the building would need to be up and running by 2003.

Steve Hunter, director of enrollment services, said that the college will have enough space for new students for the next couple of years. He's quick to point out, though, that "space is getting tighter."

Evergreen President Les Purce says he's optimistic about the building and according to the legislators he's talked to, Seminar II is a "top priority."

"This hold is just a bump in the road," Purce says. "It just means it might cost more."

Purce says that schools are likely to see more students in an economic slowdown, and points to Seminar II as a possible relief for the sliding economy because of the labor it will bring to Thurston County.

Purce points to one more advantage for the college. "We're the only institution with a signed contract in hand and the land ready to go," he says.

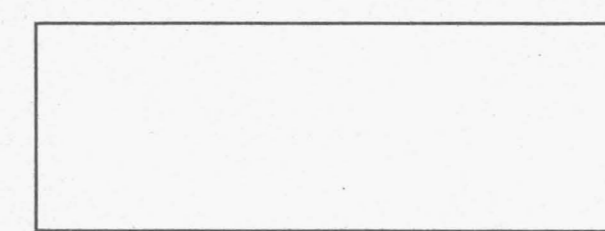
OFM director Marty Brown isn't promising anything, and says everyone's in the same boat, but others in Evergreen's administration share Purce's optimism.

Eddie Harding, the legislative liaison for the college, says, "The symbolism of that building is extremely important," she says. "In 30 years, Evergreen has come of age and proved it's here to stay and provide excellent education. We've put our case as directly as we can to [OFM] and I think they understand our picture. We just wanna make sure that we understand what they're doing and we're involved."

The project will cost roughly \$150,000 more each month it is delayed because of inflation and other factors.

please see SEM II page 12

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CPJ

The CPJ is hiring for paid positions of responsibility. Applications due Oct. 8 for News side and Oct. 15 for Business side.

General meeting
5 p.m. Monday

Help decide such things as the Vox Populi question and what the cover photo should be

Paper critique
4 p.m. Thursday

Comment on that day's paper. Air comments, concerns, questions, etc.

Forum
2 p.m. Friday

Join a discussion about Journalism and ethics facilitated by CPJ advisor Dianne Conrad

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Asst. business manager: Monica Festa
Advertising representative: Kate Stewart
Interim Circulation and archivist: Nicholas Stanislowski
Distribution manager: Nathan Smith
Ad Designer: Lauren Storm

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The Cooper Point Journal is published 29 Thursdays each academic year, when class is in session: the 1st through the 10th Thursday of Fall Quarter and the 2nd through the 10th Thursday of Winter and Spring Quarters.

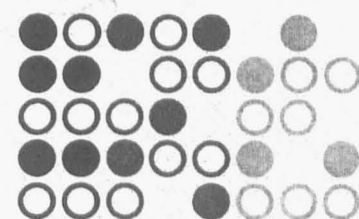
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The CPJ is written, edited, and distributed by students enrolled at The Evergreen State College, who are solely responsible for its production and content.

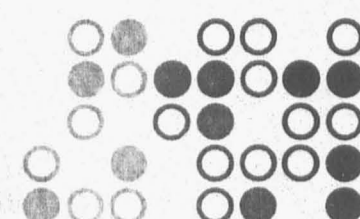
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A year's worth of CPJs is mailed First Class to subscribers for \$35, or Third Class for \$23. For information about



BRIEFS



Time Encapsulated

I am from Washington, D.C., and I moved out to Seattle a year and a half ago. The past two weeks have been some of the toughest and most exciting weeks of my life.

I want to do a project with Evergreen students and faculty. I have an idea to do a time capsule. Those of you that attended the forum/ teach-in on Friday of orientation week may have heard my idea.

I am proposing that people contribute anything relating to the event of Sept. 11. Contributed items could include art, newspaper articles, pictures of loved ones, essays, poetry, prayers, or music that you have written in response to the WTC attack.

I hope this project will be well received. This tragedy directly affected the Evergreen community as some alumni were killed, and a student's aunt is missing. This could be a great way to heal from the horrifying tragedy of 9/11. I think that this project is important because it acknowledges the event and will be a great memory for the future. We hope to have the capsule open for an extended period. When completed, the capsule will be on display.

Anyone who is interested should e-mail me at musicguy8@mac.com. If you know someone who may be interested in contributing, please spread the word.

-Nathan C. Hadden

Musician's Club

Jim Lee, seeing the hordes of musicians present at Evergreen, intends to start a club for musicians. The purpose of his club would be to link up musicians with similar interests, organize entertainment, and create a positive musical atmosphere. Jim Lee claims to have many ideas, and anyone interested should contact him at (360) 867-1345, or JimLee@hotm.com

COPRED: Globalizing Justice and Peace

The Conference of the Consortium on Peace Research, Education and Development (COPRED) & the Peace Studies Association (PSA) will be holding a four day conference here at Evergreen. The conference will address a broad range of topics associated with the title, with a focus on recent events. Since the September 11th incident, planned attendance has jumped, and the conference schedule has been altered to address the recent events. Pre-conference workshops begin this Thursday the 4th, with the conference concluding Sunday. For more information see www.evergreen.edu/user/copred/TEESC2001.html.

First Annual Sustainable Living Conference

With the new school year just up and running, the S.E.E.D group (Students at Evergreen for Ecological Design) is harvesting its hard work as the upcoming Sustainable Living Conference gets under-

way. Headlining for the annual Harvest Festival, the Sustainable Living Conference will highlight workshops, presentations and panels aimed at linking methods, visions and realities of living. Topics included are: composting, permaculture, natural building, flower power, reclaiming public space, intentional communities, personal empowerment, and much more. Linking relationships is a strong focus of this year's conference as many panels focus on the relationship between Evergreen and Olympia (and let's not forget the overlying principle of sustainability: linking people with the earth). With world peace or war at everyone's conscious tongue, the possibility of overlooking important and relevant questions is at hand. Yet S.E.E.D. reminds us to ask, "what is sustainability?"

The first annual Sustainable Living Conference begins next Wednesday with an opening ceremony on Red Square at 6 p.m. and keynote speaker Mark Lakeman of the city repair project in Portland at 7 p.m. The Sustainable Living Conference continues Thursday and Friday. For more information about events, call S.E.E.D at 867-6493 or x6493.

Sustainable Living Conference begins
Wednesday, Oct. 10
Opening Ceremonies start
6 p.m. on Red Square
Followed by keynote speaker
Mark Lakeman

BLOTTER

By Jen Blackford

Just a definition note for everyone new to the land of Police Blotter. When blotter, with a lowercase b, is referred to within the descriptions, it means the police log that is provided to the CPJ. Blotter, with a capital B, refers to this column. As in, "I got the blotter today, and there is nothing strange to write about for Blotter."

Monday, Sept. 24

Minor mischief in Housing goes on today as a bike is stolen from the MODs and a coin machine is damaged in the HCC.

Tuesday, Sept. 25

Today, in the blotter, a vehicle prowls/theft occurs at 9 a.m. There would be more to say if this report were not open.

Wednesday, Sept. 26

A fire alarm in S-Dorm and an unknown suspicious circumstance somewhere comprises the police blotter today.

Thursday, Sept. 27

Within the space of an hour, seven people in five separate cases are told that they have violated the no-habitation policy at Evergreen.

At 12:59 a.m., an officer finds a student sleeping in the "Free Box" at the HCC. He ends up staying in Housing with a friend for the night.

Less than half an hour later, at 1:22 p.m., another student is found sleeping in his car. He says that he is looking for a place to stay, but is unable to find one. He is given directions to the nearest rest area.

During the next ten minutes, three more people are told to leave F-Lot. Two students are told their case will be forwarded to grievance to look at and the other person says he'll find somewhere else to sleep.

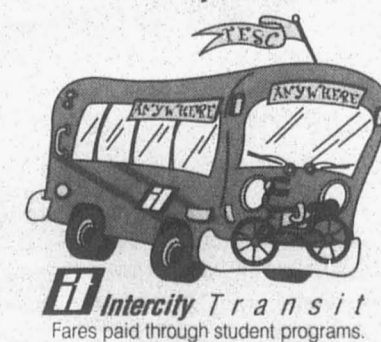
The final case happened at 1:48 a.m., when two more students, parked this time in C-Lot, are told to leave and like the others above, given verbal warnings for habitation violation.

Friday, Sept. 28

12:57 a.m. Drinking in front of Housing is not always wise, as two students discover when police catch them doing this. One ends up with an open-container warning. The other one, who is 19, gets an MIP and is told to empty out his beer. Both are also told that the report will go

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October Fourth
Cooper Point Journal

to grievance.

Saturday, Sept. 29

1 a.m. A suspicious circumstance happens somewhere around Q-Dorm. Or possibly in Q-Dorm. The blotter doesn't really say.

1:18 a.m.

Police patrol the Housing area and see "in plain view" a glass pipe on a coffee table. After the police knock on the window and ask who it belongs to, one student reportedly attempts to hide it, and one person ends up claiming it as hers, along with some pot. Her case is sent to grievance since "she cooperated and was honest."

3:29 a.m.

A car that fails to use its turn signal and crosses the shoulder of the Parkway is pulled over. The cop detects alcohol on the driver's breath and asks him if he has been drinking. He admits that he has.

After field sobriety tests, he is arrested for DUI and police search his car. They find two cans of beer under the passenger seat and ask the only passenger in the car if he knew about the beer. He says yes, and that he bought the beer.

The driver is charged with Minor in Possession/Consumption. As for the passenger, he is cited for supplying alcohol to a minor.

2:09 p.m.

Another suspicious circumstance. Again, no clue.

9:21 p.m.

What is termed as suspicious? In today's report, it is an empty car in a loading zone near the wood shop. Once inside, police find a man inside, who says he uses the building as a place to wash his hands and that he has



been doing this for about six years. But he is not currently a student and so he must leave.

9:37 p.m.

Negligent driving case that is referred to grievance. 10:35 p.m. Someone is arrested for felony narcotics.

Sunday, Sept. 30

1:54 a.m.

A driver sitting in a fire lane in the housing area is approached by the police. A cop smells alcohol in the car and asks the passenger if she has been drinking. She admits to having had six beers and being 20 years old. She is not criminally cited, but a report is sent to grievance.

2:26 a.m.

Some people, walking from Housing to Cooper's Glen to pick up their van, encounter six Evergreen students on a fire lane. The two groups get into an argument and at some point, one of the students was pushed. Then, for unexplained reasons, everyone walked away and the group picked up their van.

At the corner of Overhulse and Driftwood, the driver heard a "crashing sound like breaking glass." It turns out to be a broken right window. A passenger says he saw a man throw a rock and break it, then run away. It is implied he is one of the students, although there are no clear descriptions.

When police talk to the owner of the car, who is also the witness to the rock-throwing, they notice a "strong odor of intoxicants" coming from him. He is cited for Minor in Possession/Consumption after a breath test. He is released with a promise to appear in court.

Meanwhile, damage to the window of the car is estimated to be about \$1000.

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Vinie Burrows

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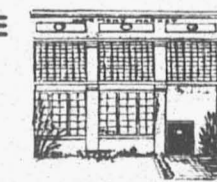


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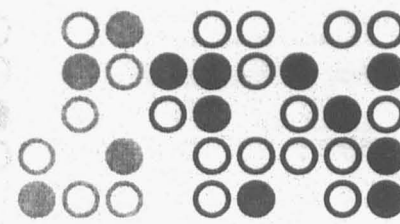
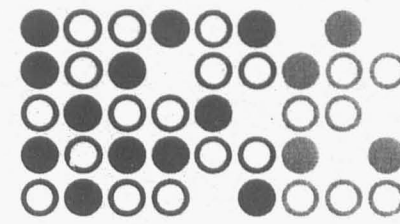
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At Evergreen We Share the Air: Evergreen's Indoor Air Policy

by Chelsea Chase

Welcome new students, and welcome back to those who have been here before. As we begin this new year, I want to share with you an important piece of information. This piece of information is to inform, as information implies, and educate you fine folks on a policy at Evergreen that protects your health as well as all your fellow Greens. It may come as a surprise because many may not know this. Are you ready? Pay close attention. It is of the utmost importance.

Evergreen has an indoor air policy that was implemented in 1996 and approved by the previous president, Jane Jarvis, vice-president for student affairs, Art Costantino, provost and vice-president for academic affairs, Barbara Smith, and acting vice-president for finance and administration, Nancy McKinney.

The indoor air quality policy is one of such importance and greatness; I do not know how to thank Evergreen for putting it into use. The problem is that it is not always followed. This is what I am about to address.

The point of having an indoor air policy is to have a set rule about the quality of air. We all share the air here at Evergreen, just as we all share the air of the world. There are lots of people here at Evergreen who are concerned about pollution and put lots of time and energy into the cause. What about right here? When people come to school with perfume, cologne, hairspray, gel, scented lotion, solvents, and other fragrances, even essential oils, it causes health problems and makes learning hard for everyone. I stress everyone, because you may not notice any symptoms or be aware of what these toxic, synthetic, chemical fragrances do to you, but they affect



everyone and they affect people's performance. Chemical fragrances usually do more damage, but the "all-natural essential oils" also have an

effect on some.

What are the effects I speak of? Well, first of all, most of the effects are associated with Multiple Chemical Sensitivity, or MCS. Many people are sensitive or have even a mild to moderate case of MCS. People with MCS get sinus infections and headaches which are sometimes exploding with pain; they cannot concentrate, may have difficulty breathing, feel nauseous, get "foggy," meaning their brain has trouble functioning normally, and they become very disoriented and slow. With consistent exposure to solvents and fragrances, there is almost always damage done to the central nervous system. Chemicals such as those named above cause brain cells to die, cloud the brain, and slow the functioning of the central nervous system. Bad news, folks.

I cannot stress enough that everyone is harmed by fragrances and chemicals. Dry erase markers are toxic; those smelly Christmas tree things for cars are toxic; rubber cement is toxic; nail polish, book tape, perfume, most hair products - even some of the hair gel from the Co-op is scented in such a way that it makes me and my family sick. Many of these products contain formaldehyde. Formaldehyde is carcinogenic, which means "cancer causing." Formaldehyde isn't the only carcinogen found in these toxic products.

See Evergreen Air, page 12

Trustee's Corner

by Jaime Rossman

The Board of Trustees held its first meeting of the new school year on Tuesday of Orientation Week. We spent the morning session hearing presentations from the President's office and outlined goals for the upcoming year from the four vice-presidents.

Enrique Riveros-Schafer, recently hired as Provost, spoke about implementing the college's General Education recommendations. He plans to charge a Disappearing Task Force (DTF) to work on Gen. Ed. implementation and assessment. He also discussed developing a College Technology Plan to make Evergreen more competitive with other Washington schools.

Frank McGovern, Vice-President of College Advancement, described the increases in gifts to the College over the last year. His goals include continuing to promote Evergreen's visibility in the surrounding community and media, and establishing an on-campus "First Amendment Forum" to be an annual series of discussions. He also talked about strengthening the administration of his department, and described expanding the fund raising budget by assessing a fee on new gifts.

Ann Daley, Vice-President for Finance and Administration, said that one of her department's primary goals this year is to ensure that the construction of Seminar II does not disrupt campus life too much. She

plans to provide information to the campus throughout the construction process. She also plans to work within the college to make administrative functions more efficient and productive.

Art Costantino, Vice-President for Student Affairs, described the ongoing work to increase student recruitment and retention including the redesign of Evergreen's web site. He also spoke about using the year to begin conversations about the role of Police Services in the community and addressing violence on campus. He described the new Police Services Community Review Board and the DTF for Prevention of Campus Violence.

After lunch, the board reconvened and took action on several issues: completing President Les Purce's one-year evaluation and extending his contract, expanding Evergreen's Reservation-Based Program to include the Nisqually Reservation, and approving a contract with DPR Construction, Inc for approximately thirty-three million dollars to build Seminar II.

If you are interested in serving on any of the mentioned committees, have any questions, or want to know more about governance opportunities on campus, please contact me. <jaimrossman@hotmail.com> 867-9036, or just come and see me during my Office Hours, Fridays from noon-2pm in CAB 320.

Email: New, Awkward

by Jim Scherpiich

There is an e-mail service for students through the campus web page that many students are hesitant to use. "I feel like it's too awkward to get logged into," said Patrick Phillips, a transfer student.

Hooking up to the campus e-mail service simply requires you to access the site www.evergreen.edu/newemail and follow instructions from there to access your username and password. Although there was a bug in the system during orientation week, making all of the new passwords ineffective, David Metzger, supervisor of Network Services, has already fixed the problem and encourages students to make use of the new e-mail system.

According to Metzger, all of the bugs should be out of the system by the time classes start. This is Metzger's primary goal, so that

students can use the campus e-mail service as a resource to contact teachers and make connections.

This e-mail service is aimed at all students, but it is also made available for those who can't get connected to the Internet to use an ISP. This e-mail system is based on Microsoft Exchange and offers a few new tricks that your ISP e-mail service might not have. New services that this system offers are the ability to forward e-mail from your Evergreen address to a different account, a built-in calendar, and a directory of faculty e-mail addresses.

According to a survey done last year by Registration, only 18% of students actually use the e-mail system. "We're trying to find out how to make it useful," said Metzger.

Jim Scherpiich is a first year student, right now involved in the Tragic Relief program, and also taking Greek as a language. Jim works part-time, as well as saving the world on a day-to-day basis.

Friday forum

Discuss journalism, ethical, and legal issues involved in the production of a newspaper.

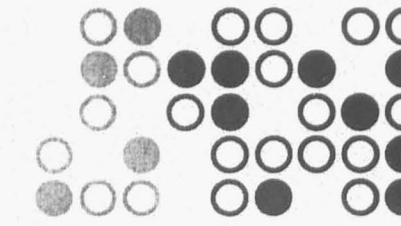
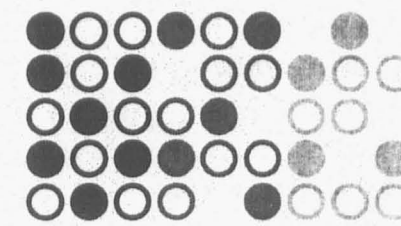
All Students welcome.

Friday forum is held in the CPJ office (third floor of the CAB, rm 316), begins at 4:00 p.m. every Friday and lasts approximately an hour.

October Fourth Cooper Point Journal



Two-Thousand One Cooper Point Journal



Revelations at the gridiron

So I was at this football game in Federal Way, an all-star game for a semi-pro league that operates on the West Coast. As far as all-star games go, this one was fairly typical; the players were good, but they were not accustomed to playing together. The play was sloppy, team execution was poor, and the entire thing took place on an artificial surface that looked like it had been painted with nuclear waste. It just screamed at your eyes. Everything at the event had a somewhat surreal feel.

Then a wide receiver caught the ball on a throw to the sidelines. He almost went out of bounds, but he recovered and ran twenty yards straight up the side of the field. He then ran out of bounds and rammed solidly into a referee at full speed. The ref's hat fell off his white-haired head, and he toppled to the ground like a stack of bricks. He had no semblance of consciousness whatsoever.

For fifteen to twenty minutes he lay there, motionless, with people checking his pulse and trying to get some response. The football players eventually began tossing the ball around, trying to stay loose, while the sparse crowd sat apprehensively, waiting for some definite sign to break the tension. A friend of mine on the team yelled up from the field: "He's out cold." One man separated from the group around the referee and jogged off to a pay phone to get some real help. In a few minutes the Federal Way Fire Department ambulance had arrived, followed shortly by American Medical Response, which were both leading up to the most official looking of them all, the red Fire Medic ambulance. By this time, the referee had regained consciousness, but he did not know his name or where he was.

It is amazing to me how, with everything else going on in this world, the fragility of life was brought home to me on one Sunday afternoon at a football game in Federal Way. I thought that referee was dead. I was already envisioning his family in the years to come, telling people that their husband/father/brother was killed in a freak accident at a football game--what a way to lose a loved one.

I've been thinking a lot about life lately, and what I should do with mine. These are very volatile times, and it seems to me that the entire world is poised on the brink of chaos. The quantum bifurcations have come to the point where events become entirely unpredictable. The world has been going crazy the past few years, decades, centuries. We've been warned for years about the environmental destruction, about the human exploitation; we knew that they were supposed to lead to some terrible effects, but they all seemed so distant and speculative. Well, guess what: the future is now.

I don't know what's going to happen; that's the scary part. But while the tremendous uncertainties of the future do worry me, I don't let it drag me down. After all, this is my life. Think about it: isn't it just a little bit exciting? My life is happening to me as I speak, and the remainder of its course could be determined by what I do right now. So to all of you out there, take this opportunity and live your life to the fullest. You may not get another chance.

Don't despair though. Or rather, despair for a different reason. Our president has pledged to the American people that even if the Afghans roll over easily, we still have a long "War on

See Strategies, page 13

terrorism. We are a minority. We have a great mountain of public opinion to climb, and it is going to take some creative thinking and remarkable strategy if we are to get anywhere.

First things first: if the armed forces are planning to attack Afghanistan, and I feel fairly confident that they are, then there is nothing we citizens can do about it. This attack will take place very soon, if it hasn't started already. We will drop some bombs, shoot some missiles, and perhaps send in a few Special Forces units. Maybe we will get Osama bin Laden, maybe we won't. Whatever happens, it seems highly unlikely that any kind of peace movement could have much effect on it.

Don't despair though. Or rather, despair for a different reason. Our president has pledged to the American people that even if the Afghans roll over easily, we still have a long "War on

See Strategies, page 13

So here's the story, Morning Glory:

We've gotten quite a stack of Letters & Opinions submissions here at the CPJ recently. And we appreciate it immensely. The CPJ is here to serve and facilitate student voice; L&O is your pipeline to the Evergreen campus and the greater community.

However, in addition to regular submissions and columns, we've received a huge influx of letters which concern, in one way or another, the events of September 11 and subsequent actions and activities. While we want to print everything that is submitted to the CPJ, we're sometimes pressed for space and can't print everyone's work.

To better serve L&O and hopefully allow for more voices to be heard, CPJ is reinstating some ground-rules from previous years.

- 1.) Submissions should be 700 words or less.
2.) Submissions should attempt to be clear, concise, and to the point.
3.) Submission priority is given to students first, TESC faculty and staff second, and everyone else third.

Strategies for Peace

It has now been over three weeks since my hometown was attacked by a group of insane, brilliant, evil men in a perfectly executed but morally twisted strategic assault. It was truly an amazing feat of death and devastation, and the Big Apple is still picking up the pieces of its buildings and its psyche.

Like nearly everyone else, I have spent the last 23 days desperately trying to get my head straight, to figure out how I can react to terrorism, racism, patriotism, and the drum beats of war. And, needless to say, I am very confused. One thing I do know is that I am surrounded by people at Evergreen who oppose military action in response to the wickedness of a few individuals, and who want desperately to resist the hawkishness that has taken over our media, our nation, and our government.

We are a minority. We have a great mountain of public opinion to climb, and it is going to take some creative thinking and remarkable strategy if we are to get anywhere.

First things first: if the armed forces are planning to attack Afghanistan, and I feel fairly confident that they are, then there is nothing we citizens can do about it. This attack will take place very soon, if it hasn't started already. We will drop some bombs, shoot some missiles, and perhaps send in a few Special Forces units. Maybe we will get Osama bin Laden, maybe we won't. Whatever happens, it seems highly unlikely that any kind of peace movement could have much effect on it.

Don't despair though. Or rather, despair for a different reason. Our president has pledged to the American people that even if the Afghans roll over easily, we still have a long "War on

See Strategies, page 13

October Fourth Cooper Point Journal



by Zena Hartung

The local election dramas that I spoke of in my last column continue. The Olympian has clearly and predictably backed the conservative element. But rather than highlight this bias, let's look at what it takes to win an election: votes. It is important to remember that some candidates will win or lose an election by only a handful of votes. This fact was dramatized at our last presidential election, when Florida, the deciding state, came down to essentially a few votes. Not to dwell on that debacle, but it pays to remember that every vote counts.

That means you. On September 11th, our nation experienced an extreme and tragic loss. The response from Washington is retribution. If your response has been to donate blood and to attend vigils or just to keep abreast of late breaking news, you too are participating. But you will participate

What I Can't Tell You

I can't tell you not to enlist in the military to carry out Bush's glorious "crusade" against terrorism and evil in the world. I can't tell you to evade the draft and save yourself, if it comes to that. I can't display the flag of Afghanistan in solidarity with its people. I can't write about, speak, publish or distribute such ideas. Neither can you. Forget the First Amendment. The Espionage and Smith Acts outlaw such seemingly clear freedoms of speech. Both acts were created well before the 1st and 2nd World Wars broke out.

Restrictions on civil rights are par for the course during wartime. Now, on the eve of a threatened WW3, we should come to expect new violations of our civil liberties. What will they be? Possibly an end to trial-by-jury, as granted in Amendment VI of the Constitution. Will it be replaced by CIA assassinations? If so, then in the war on terrorism, no one is safe. At least we will finally stop the ignored, underreported, covert terrorism that we have been agents of and come out of the closet as the proud terrorists we are.

The United States military carries out the United States' foreign policy of continuous small-scale war. We bombed Afghanistan's capital, Kabul in 1998. Bush said that the terrorist attacks on the WTC and Pentagon were acts of war. Conversely, our direct military attack on Kabul was an act of war. The latest attacks were in retaliation against a U.S. declaration of war (delivered with bombs), and an expected response to war! It's time for Americans to stop asking the ignorant question: why would someone attack us?

In light of our aggressive history toward Afghanistan, it is not surprising that our key military and financial centers were targets of war. Maybe it is time to reconsider our foreign policy. For instance, why do we train, finance, and arm foreign armies and then abandon them? Is it just oversight that we neglect to consider a blowback against the United States? As we fuel another war in the Middle East, we should consider why we are there. The Cold War is over,

October Fourth Cooper Point Journal

much more if you are a voter. Your vote, and those of your friends, your neighbors, your lovers, your enemies, put the people in office who make the decisions that affect your life.

So let's look at the local election once more. The conservative choices made the best showing at the primary. Of 67,855 registered voters in Thurston County (or relevant jurisdictions in Thurston County) 12,790 voters decided who would be on the November ballot. That is about 19% of the registered voters, or if you estimate that there are 200,000 people in the county, that is .06% of the population. Less than 1% of the population will make a huge impact on local government.

If every registered Thurston county voter at Evergreen cast their ballots on November 6 for TJ Johnson, Steve Hughes and Mathew Green in the city of Olympia, Karen Valenzuela in Tumwater, and Jim Weber in Lacey, these voters would make a huge difference locally.

Remember, the slogan from the early enviro-movement still applies: Think globally, act locally. Acting means voting. Get active, get registered, and vote.

Register to vote by Oct. 5 online at www.washingtonvoter.org - it's free!

the Russians are our allies, and our Afghani pawns are turned into the new evil enemy of freedom and democracy. Why did we support them back in the 1980s? They were convenient. In American foreign policy, the ends justify the means.

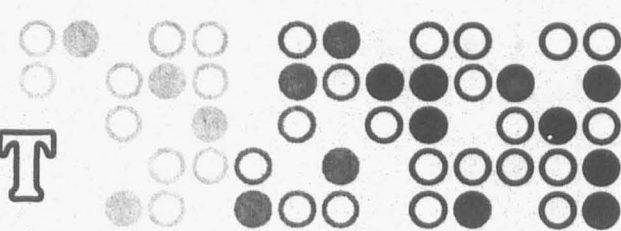
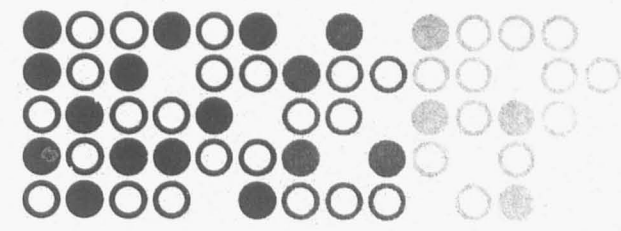
This applies to the new war on terrorism. So what if our bombs murder 10,000 or even 1 million destitute Afghani civilians and refugees. As long as we get the terrorists. No starving children will stand in our way. Collateral damage is the name of the game. God help us win!

But what exactly are we winning? The assumption is that bringing an end to rogue terrorist organizations will leave citizens of industrialized nations feeling more secure, and thus possessing a greater sense of freedom. Yet our military is already omnipresent. The United States has troops all over the world, actively engaged in warfare and "peacekeeping missions." We drop bombs on other countries regularly, and interfere with internal affairs, including democratic elections. State monopoly on force is the greatest source of terrorism. Fear the rogue state. It poses a far greater threat to our freedoms, and to lives all over the world, than do a few quasi-religious zealots.

Back to the question - what do we win? What the people of this world (including us) win is nothing. What government and corporations win is the holy grail of capitalism - free markets. Open markets lead the way to vast profits for the already wealthy, and poverty for the growing poor. Expanding markets is the goal of U.S. foreign policy, and war is the fastest route to them. However, as mentioned earlier, the law doesn't permit us to openly oppose this war or the government's foreign policy at this time. Historian Howard Zinn noted, "Against a lawless system, defiance [is] the only answer."

For information on U.S. foreign intervention check out William Blum's work online at: http://www.thirdworldtraveler.com/Blum/US_Interventions_WBlum.Z.html

October Fourth Cooper Point Journal



Local Kine Grindz

by Celva Boon

List in hand, I set out to the grocery store. I was going to get all the essential items to stock up my kitchen. I'd brought a cookbook from Hawaii filled with my favorite local dishes, including shoyu chicken. As I pushed my squeaky cart up and down the aisles, I was dumbstruck at how cheap everything was. "What, only \$2.19 for a gallon of milk?" I had become accustomed to paying \$5, but I wasn't finding all of my ingredients.

I approached a boxboy and asked, "Excuse me, where is the shoyu?" He turned to me and said, "The what?" I said the soy sauce. "Oh." I followed the boy down a middle aisle, and he told me that the ethnic foods were in this area. What I found were small bottles of water, black liquid with brand names I'd never heard of. Upset, I called home that night and begged that my parents send me an emergency care package that included a gallon of Aloha Shoyu, li hing mui lake mochi (rice crackers covered in dried plum powder), and rock salt.

Now that I've been here for two years, I found where I can get some of my "local kine grindz," but there are still certain things that I have to get from home, but you know what? I'm fine with that. Otherwise it would lack that little pinch of Aloha.

Shoyu Chicken

Ingredients

- 5 lbs. Chicken breasts or thighs
- Equal amounts of water and Aloha Shoyu*
- Green onions
- 1/2 cup brown sugar
- 1 T minced garlic
- 1 t ginger

Directions:

Thaw chicken and place in a deep pot. Add green onions, sugar, garlic, ginger, water, and Shoyu. Liquid should cover chicken. Place pot on medium heat and allow to boil for 20 minutes or until chicken is all the way cooked. Serve over "sticky" rice and enjoy.

*Aloha Shoyu can be purchased at Uwajimaya's in Seattle. Uwajimaya Village is a few blocks away from Safeco Field at 600 5th Ave. South. For directions, go to their website: www.uwajimaya.com

Recipe Nectarine Dream

by Deneb Bates

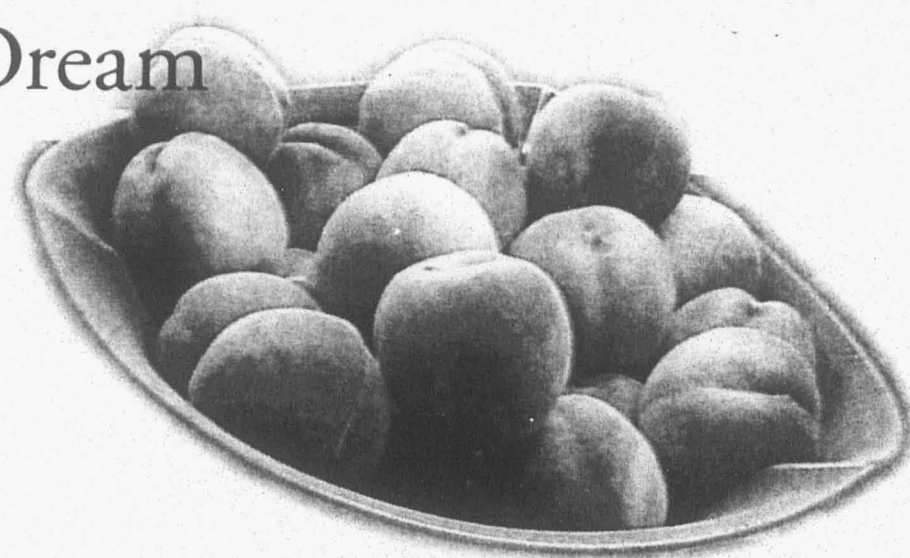
As October has come stamping upon us, and I face the inevitable gloomy months of winter, I am intensely aware that any blue-skied day could be the last that I see for a long time.

So as not to let these last warm days slip by without appreciation, I seek out celebration and community at Olympia's Farmer's Market. The market is a thriving community resource and gathering place, as well as a functioning alternative to corporate America, on which we are often forced to rely. It offers us an opportunity to buy from local farmers and to value the way they enrich our community.

The market is a collection of restaurant booths, craft stands, and live entertainment. Local farmers set up booths abundant with piles of produce. There are heirloom beans and tomatoes, baskets full of foraged wild mushrooms, bright ruby chard, baby beets and carrots with the greens still attached, and tree ripened fruit, rosy from the Eastern Washington sun.

As I walk past one particular stand, distracted by the brightness of a huge variety of peppers, a man offers me a taste of a nectarine. I exclaim my pleasure out loud for the intensely sweet, deep summer taste of the perfectly ripe fruit. Anything this wonderful and ephemeral will sell itself.

I don't know if it was because of the taste of the fruit, or because this was my one solid way of possessing the goodness of summer, but I bought more nectarines than I could possibly eat. Here's a recipe to handle some of my nectarines. You can transplant any other fruit for the nectarines if you want.



End Of Summer Nectarine and Port Clafouti

Traditionally a clafouti is a French cake made with dark cherries, but the cherries can be substituted for by many kinds of fruit. The result is somewhere between a pancake and a custard. (It's good for breakfast or as a desert.)

Ingredients:

- 4 eggs
- 1 T port
- 3/4 cup sugar
- 1 cup milk
- 2 t vanilla
- 3/4 cup flour
- a pinch of salt
- 3-4 ripe nectarines, sliced

Directions:

Preheat oven to 375 degrees. Butter a 10-inch deep-dish pie pan. Lay the nectarine slices in the pan, layering as necessary. In a large bowl, beat together the eggs and the sugar for about two minutes. Beat in the milk, port and vanilla. Stir in the flour and salt. Pour the batter over the nectarines and bake for 15 minutes at 375 degrees. Turn the oven down to 350 degrees and bake until a toothpick comes out clean but the center is still soft, 45-60 minutes more. Let it cool and dust it with powdered sugar.

Enjoy.



no killing and it's still filling!
VEGAN RECIPE O' THE WEEK
-----brought to you by e.a.r.n. [867-6555]
the evergreen animal rights network [earn@tao.ca]

LENTIL VEGETABLE SOUP

INGREDIENTS:

- 1-2 STALKS CELERY
- 3 CARROTS
- 1 LARGE ONION
- 3 RED POTATOES
- 1 1/2-2 C GREEN LENTILS
- 3-4 CLOVES GARLIC
- 3 BAY LEAVES
- 1 TBSP OLIVE OIL
- 1/2 TSP EACH: ROSEMARY, SAGE, OREGANO, BASIL, MARJORAM, THYME
- 1 TSP SEA SALT
- 7-8 C WATER
- 3 TBSP RED WINE VINEGAR

CHOP CARROTS, CELERY, ONION, AND GARLIC. HEAT OIL IN A LARGE SOUP POT. ADD VEGGIES & BAY LEAVES. COOK ON MEDIUM HEAT UNTIL VEGGIES ARE SOFT. ADD WATER, HERBS, & LENTILS. COOK ON MEDIUM HIGH HEAT FOR 45 MINUTES, ADDING WATER WHEN NEEDED. (2 OR MORE CUPS WILL EVAPORATE DURING COOKING.)

CHOP POTATOES INTO SMALL CUBES. ADD TO THE SOUP & COOK UNTIL POTATOES ARE SOFT, ABOUT 10-15 MINUTES. REMOVE FROM HEAT. STIR IN RED WINE VINEGAR. SERVE.

NOTE: THIS SOUP IMPROVES WITH TIME. LETTING IT SIT FOR 2 HOURS WILL MAKE IT BETTER. IF YOU CAN WAIT THAT LONG...

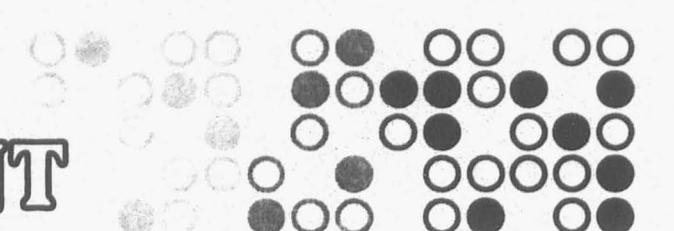
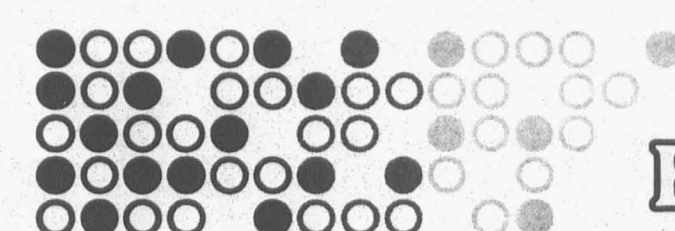
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October Fourth
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Two-Thousand One
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Olympia's Arts Walk Wears Big Shoes

This Friday, October 5, the Arts Walk steps its feet into 96 businesses and 4 main streets in downtown Olympia. It may be foolish to avoid this event. This is the Art Walk's 23rd birthday, and it has at least something your eyes or ears will like.

What is Arts Walk?

Overall, the Arts Walk celebrates Olympia's artistic community. Inside downtown businesses you will find a variety of 2-D, 3-D and literary art; outside you can see dance, theatre, music, and various performance pieces. It is an opportunity to see Olympia at its best, and to get to know the streets in which you live and the artists with whom you may not know you live.

How about roots?

It originated 11 years ago with 23 businesses, and has since shown itself biannually. It was born from a vision of incorporating vacant business wall space with the art work of local artists.

What time do you go on Friday?

It officially starts at 5 p.m. right downtown. Many people are talking about the film "Imagine: John Lennon," which starts at 5:00 at the Historic Capital Theatre. If you don't know where to find the stuff you might be interested in, don't worry. If you can make it downtown, you can find a map which includes listings of businesses, their featured artists and events happening both indoors and on the streets.

What else?

By the way, the Arts Walk has arms that can hold you if you're an artist and you want to show your work in the future. If you want to submit any art or performance to the next Olympia Arts Walk, please call Stephanie Johnson in the City of Olympia Arts Program Office at (360) 709-2678.

Review Fools Hung By Their Toes

by Chris Mulally

"Life is a bowl of cherries, but we have to know what to do with the pits." The pits? In acting, the "pits" are the spaces between words - the opportunity to trip on your face by forgetting the next line, or by inflecting poorly or ruining the charge of the piece. In acting, as in our days, there are thousands of opportunities to screw everything up.

How do you deal with the moment you forget your lines and you're forced to turn your body into a hammer to beat something good out of the spot? It's tough unless you're drunk - but then it sounds bad. Fools Play, one of two improvisational comedy troupes in the Olympia area, has confronted that question every week for nine years now.

Saturday, September 29, the FOOLS PLAY actors Edward Gibbs - Red Fool; Geoff Gibbs - Yellow Fool; Chris Harris - Purple Fool; Michael Harris - Blue Fool; and Michael Tanner - Green Fool (they all have different colored shirts) performed at Studio 321 on the fringe of downtown Olympia. Overall, their performance was better than mediocre, but they have had better shows before. Three guys were very funny; one guy might have been tired. One of their five members was missing, and as an audience member commented, "they perform best when they're all together."

Fools Play started their performance each playing an instrument: bass, electric ukulele, piano, or vocals. The lights were dim. Thirty seats were almost full. One couch waited with a reserved sign on it. There were also pieces of paper all over the place that one of the actors placed upon the wall before they began acting out scenes.

Coming into the studio, my friend Heather and I were offered mad lib style sentences on printer paper that we were asked to fill in and set on the stage. These were used periodically in the performances - to spurn directions in the stories. My sentence was "_____ tastes terrible if cooked with butter." I filled in "car tire." On the back of all the papers were pictures such as stars, wings, ice cubes, umbrellas - all drawn out of crayon. They sat on the wall and the audience referred to them to create the next direction in the story.

There were awkward spaces, and Heather said one part was a little long, but we were not watching a play, concert or scripted television show. It was more precarious, so we didn't care if 10 minutes of the 90 were not funny. In fact, the pauses, "um's" and empty spaces were thrilling. Ed Gibbs says, "we're more concerned in getting good improv than gimmicky games." He says his group deviates from most modern improv by stretching out of games and into technique. They purposely break rules like cutting each other off, letting words slip, or exclaiming their mistakes.

"We trust our audience to be smart, and you won't find that in many shows," Gibbs remarks.

Fools Play has different formats each week. Last week it was

"story format." They also do "Fools Play Trial," "Theme Nights," "Entertainment Historically," and "Solo shows" - where a single actor handles all five parts and the audience participates amidst four paper plates with faces painted on them to represent the missing actors. In "Fools Play Audience Party," audience members are handed out cards to act from, to fulfill a particular character. Overall, the shows display great variety - ranging from no audience participation to complete participation.

Last week, the audience ranged from high school students to middle-aged women and men; some laughing, some with gray hair, some sarcastic. Three cameras lined the back of the audience.

When I asked two audience members to give a description of Fools Play, they argued: "Revolutionary. Best clean fun you can have." "It's not always clean." "They try very hard." "They don't try so hard anymore to be clean." "It's a good way to spend a boring Saturday night."

Fools Play IMPROV

www.fools-play.com

Saturdays at 9:00

call 360.867.1229

Studio 321, 321 Jefferson Ave.

ARTSWALK INFORMATION

location	Downtown Olympia	date	October 5
address	206 5th Ave. SE	info?	call 360.753.8380

for future submissions contact Stephanie Johnson in the City of Olympia Arts Program Office at (360) 709-2678.

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Green Health

A CPJ Guide to Yoga, Reiki, and Free Condoms

Student Health Center: On-Campus Site Offers Quality Care at a Nominal Cost

by Rachel Thome

Feeling sick? Get well! Evergreen has a family-practice clinic right on campus - the Student Health Center. "A lot of people are really surprised to hear that we have it," says Natalie Johnson, a Student Medical Assistant in the Center.

Routine physical exams, women's yearly exams, STD testing, birth control, immunizations, and help with management of chronic problems such as asthma, depression, and diabetes are among the services at the Health Center. Free HIV tests are offered Wednesday afternoons from 1pm - 4pm, and free condoms are always available. You can even schedule an appointment to talk about ways to stay healthy using diet, nutrition and herbal medicines. There is a pharmacy at the Student Health Center, but only medicine prescribed by clinic staff can be filled there. Complete confidentiality is emphasized - nothing that happens during a visit can be released without a patient's consent.

Also offered are many non-traditional practices, such as therapeutic touch. Hour-long therapeutic touch sessions are conducted by a certified practitioner for \$15/hr. Incense is burned, lights are dimmed, and according to Johnson, "it is relaxing and invigorating at the same time." Also offered are acupuncture treatments, which are by referral only, and "herbal consults," where patients can discuss natural remedies with a Physician Assistant certified in herbal medicine. There are special appointment times and extra fees for certain treatments and medicines, so call ahead.

The best thing about the Student Health Center? You don't need insurance to be seen. If you have paid your \$37.50 Quarterly Health Services fee, all your office visits are covered. Part-time students can either pay the quarterly fee or opt for a standard office visit fee every time they are seen. Special treatments, x-rays, laboratory tests, and medications may cost more, but the charges can be put on your student account and paid off later.

There are some services the Health Center doesn't offer. After hours and emergency room care, massage therapy, specialists, dental care, eye exams, and hearing exams are not available on campus. The Travel Clinic has also been discontinued. For these services, staff members would be happy to suggest community resources in Olympia and beyond.

Staff includes a doctor, two family practice physician assistants, three women's health care nurse practitioners, and several medical assistants and students in training. To learn more about them, grab a "Practitioner Profiles" handout before your visit. It has more information about each clinician at the Center.

The Student Health Center is located in the Seminar building, room 2110. To contact them or make an appointment, call 360-867-6200. Appointments are available Monday, Thursday and Friday 8am - noon, Tuesday 8am - noon and 5pm - 7pm, Wednesday 8am - 7pm. Walk-in hours are Monday, Tuesday and Thursday 1pm - 4pm (must be in the clinic by 3:30pm to be seen.)

The Healing Touch of the Health Center

by Turtle

Healing touch is one of the many forms of energy healing, keeping company with other modes like polarity therapy, Reiki, and therapeutic touch. It is a mode of physical and psychic healing that deals with the energy that circulates through one's body. This healing is based on the concept that a magnetic force or magnetic fluid surrounds all living creatures. This concept was originally promoted by Anton Mesmer in the 18th century and has been incorporated into Theosophy and embraced by the new age movement. This magnetic force can sometimes become altered through disease or through an unstable mental condition, and it is this instability that healing touch hopes to correct.

It is a form of therapy that does not necessarily involve the laying on of hands. Knowing that energy surrounds people and extends beyond the physical body, healing touch practitioners may never actually come in physical contact with those requesting assistance. Rather, the practitioner attempts to manipulate the patient's energy fields in hopes of bringing them into the natural state of harmony, thereby promoting a better physical, emotional, and mental condition.

Dolores Krieger, Ph.D., R.N., and her mentor, Dora Kunz, developed the current method of healing touch in the early 1970's. Since its development, more than 100,000 people have been trained in its methods, including 43,000 health care professionals. It is practiced in over 80 hospitals in North America, and taught in at least as many universities and hospitals. Healing touch has been incorporated into the curriculum of the College of Nurses of Ontario in 1990.

Healing touch involves a few steps to prepare both the practitioner and the client to receive this therapy. The first step is "centering," where the healer attempts to align both theirs and the patient's energy level. Next is "assessment," where the healer tries to detect the trouble spots in the patient's energy field. After these trouble spots are discovered, the healer goes through a process of "unruffling the field," to move stagnant energy to a point in the patient's energy field or body. This leads to the final step where the practitioner releases, or "grounds," energy.

This is a form of therapy that has been dismissed by many health care professionals. They have cited many cases where the effects of healing touch cannot be directly documented. There have been several studies conducted in the recent past that offer no conclusive evidence to support the positive effects of healing touch.

In 1996, Linda Rosa, a registered nurse, published a critique of the studies up to that point in which she stated that "the more rigorous the research design, the more detailed the statistical analysis, the less evidence that there is any observed- or observable-phenomenon."

Emily Rosa, Linda Rosa's nine-year-old daughter, conducted one of the most famous studies that hoped to debunk healing touch. The study called for 21 therapeutic touch healers to sit behind a screen in which they could not see Emily, who was the person on the other side. The healers put their hands under the screen and Emily passed her hands over theirs, and the healers were to determine when Emily's hands, and therefore her energy field, passed over the healer's hands. The results showed that the healers were correct 122 out of 280 times (44%). Statistically, a score of 50% should be achieved by guessing alone.

This hesitancy to believe in healing touch might just be the problem with patients receiving healing from it. Healing touch and the other similar forms require a collaborative relationship between healer and patient. It is a psychological and a physiological healing. It is believed that discomfort, either mental or physical, manifests itself in order to teach the patient a lesson. During this healing, it is important for the patient to pay attention to what they are thinking, because any repressed feelings might be the root of the discomfort. Healing touch hopes to bring those problems to the forefront and help the patient work through those problems. Western medicine focuses on the curing the symptoms of a disease while this form of therapy is holistic and hopes to cure the whole person rather than alleviate the symptoms.

Healing touch is available through Evergreen's student health center. There is a slight charge for this service (only \$15.00, and a \$25.00 charge for those that make an appointment and fail to show up), and they request that you make an appointment at least one week in advance, two weeks ahead later in the quarter when they get busier. Currently, there are three trained practitioners of healing touch that are available by appointment only. Until the student workers are trained, only Melissa Layer will be practicing the therapy. Molly Jarchow and Kris Burkett are the other two people trained in healing touch that might be available in the future if there is a demand.

Stop by the Student Health Center for further questions, they are open Mondays and Thursdays 8:00-5:00, Tuesdays and Wednesdays 8:00 to 7:00, and Fridays 8:00 to 12:00. Each day they are closed between noon and 1:00 for lunch. They are located at Seminar 2100, and their extension is 6200.

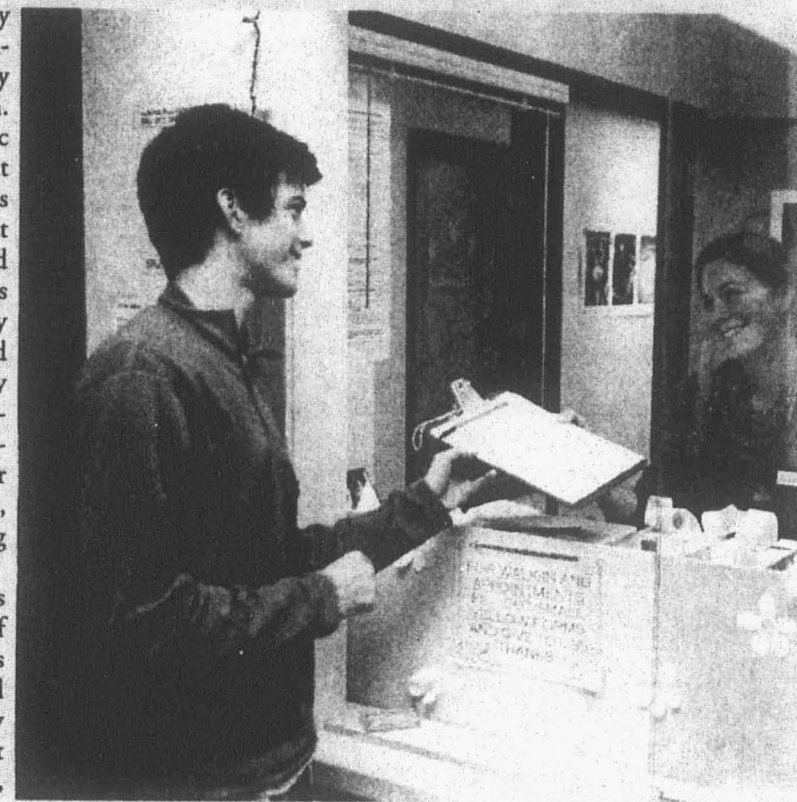


photo: Turtle

Luke Bradford, an Evergreen student, gets healthy at the Student Health Center, thanks to Molly Jarchow's assistance

Alternatives to Western Medicine Address the Whole Person

by Tyler Vega

As is so likely to happen in this day and age, the term "alternative medicine" has actually become largely obsolete. Preferred by most practitioners now are the more modern terms "complementary" and/or "integrative medicine." This is to promote a sense of working together rather than opposition. The White House has a certain scope of healing modalities that it includes within what it calls "complementary alternative medicine," including primarily naturopathic doctors, acupuncturists, massage therapists, and chiropractors. The definition by the standards of the people who practice it often range much farther, from Laser Reiki to Brags, Apple Cider Vinegar to Shamanism. Below the surface, integrative medicine is really the simple act of communication applied to differing yet complementary points of view. The mostly singular Allopathic health option of the West is beginning to lose, or perhaps release, its monopoly on the common human, so the alternatives have begun to flourish.

Western medicine has spent a long, long time taking the study of human physiology to the limit. Based on the body-as-a-machine mode of thinking, it has been remarkably successful within its own realm. A major criticism of Western medicine, however, is that it only addresses the symptom of the problem without addressing the underlying issue. This is based on the very accurate, but outdated, precept that the body can heal itself on its own, and that we ought to just make the patient comfortable while that happens. We are now discovering that the mind and the spirit underlie some, most or all problems in the physical, and that problems left unaddressed often get far worse. This makes for the need for breath in the scope of our collective healing abilities and fuels the drive behind the alternative medicine movement. It is an internal movement as well.

In our continuing mission to explore strange new aspects of ourselves and our relations, we learn that there are certain things that are integral to the healing and growing process. To date, at least within my own searches, these things are personal authority, communication, attention and intention. We also learned the immense innate healing powers of the human being: laughter, tears, listening, yawning and stretching, dancing, singing, or doing laps. We now find books documenting the healing power of prayer, or the wonder cure found somewhere in apple cider vinegar, and we hear



photo: Turtle

Danielle Dupree, a healing touch practitioner in training, practices her technique on Molly Jarchow

of miracles. So much remains unexplained here in a world of medicine that is supposed to have a whole lot figured out. There is much for each of us to learn, and this is where integrative medicine comes from.

At an integrative medicine clinic, an MD will encounter a tough problem and consult the nearest ND, LAc, or DC about optional approaches, and through this communication, broaden their scope and allow the patient options. Patient choice is a new phenomenon and is also an integral part of integrated medicine. This is because the place where all points of view are acknowledged, including the patient's. Indeed, it is the rise of personal authority within the patient that allows the crossing of human limitations around perception and healing.

Each of the plethora of healing modalities uses a particular route to find a way to wholeness. For a Reiki practitioner, this may be allowing divine energy to flow to parts of the body and spirit that are starved for it from old patterns of fear. For the Naturopath, this could be perfecting the ingestion of nutrients to keep the body perfectly balanced. For the Yogi, this may be maintaining perfect flexibility of the body. Western medicine uses the drug and scalpel to understand and manipulate the physical body down to and even deeper than the cellular level, and it may someday perfect the art. An old (and I mean like 3,000 years old) school Traditional Chinese Medicine practitioner would tell you that your ill health is a result of being "off the path," and if you just follow your heart, you'll find wholeness along with happiness. I myself would tell you simply to listen to your body, or just listen myself and perhaps facilitate the process.

It is the rise of the other half - the internal, the patient's point of view - that is the deeper complementary medicine. It is the taking of responsibility for one's own health. As people begin to do things like fitness, yoga, meditation, singing their songs and dancing their dances, health, happiness and wholeness are addressed from both the inside and the outside, and progress is made. In the communication between healer and patient, healer and healer, body and mind, mind and spirit, etc., growth and wholeness become more and more attainable, and more and more real.

Yoga Means Union: an interview with Judith Dahn

by Chris Mulally

Judith Dahn has been practicing Yoga for 25 years. She has been teaching an eclectic style of hatha yoga for the past 5 years. In 1997, she was certified by White Lotus Foundation in Santa Barbara, CA. In 1999, she was certified to teach yoga for cancer/heart disease patients. She graduated in 2000 from TESC with emphasis in eastern philosophy, classical yoga, energy medicine, and health and well-being. She currently teaches for accreditation at TESC and SPSCC. She owns Cedar Yoga Studio in downtown Olympia.

Chris: Yoga is very popular today. Can you share a few words describing it?

Judith: People today tend to think of yoga as the physical posturing that we learn in classes. It's actually much greater than that. Yoga in its specific definition means union, of which "Hatha Yoga" [physical postures] is a small piece. All of Yoga is about union - a coming together. Specifically to attain that which was previously unattainable. So people come to yoga because there's something that they're wanting. It's easy to start with Hatha Yoga and the physical postures because the body is very tangible. We can see it, we can touch it, we can move it. And in that exploration we can touch something greater in ourselves. We end up refining what to reach for and the ways of coming together, in union as our practice continues.

Chris: What is the greatest effect of yoga?

Judith: I think the greatest effect is a sense of well-being, which tends to be marked with peace, and an ability to stay centered in chaotic situations; an ability to become aware of yourself and your actions; and the ability to make choices which are to the benefit of yourself and others.

Chris: Today we face a precarious moment in the history of the world. Can yoga have an effect on our world as a whole?

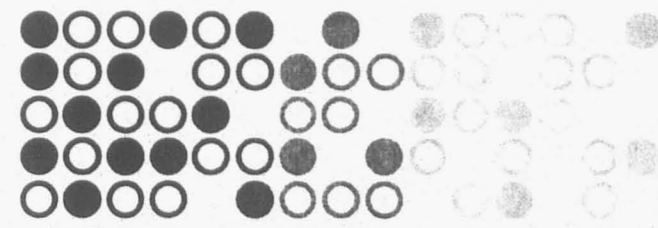
Judith: I believe that it can and that is why I teach. I sincerely hope that we can evolve our consciousness as a human race. Yoga's main moral ethic, main code of life is *Ahimsa* - which is non-harming. It is said that if you can practice *Ahimsa* and nothing else then you'll have it all. For any yogi that is the highest goal. In today's world, if we can find alternative ways to face the troubles that we face by finding our own center, in the midst of all these problems, to choose a way of nonviolence, then we'll change the world.

Chris: Where can people start if they want to begin a yoga practice on their own?

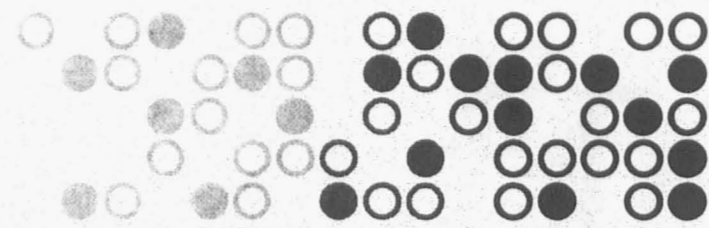
Judith: Yoga traditionally is an oral teaching. It has been handed down orally for thousands of years. The best place to start a yoga practice is to find a good teacher. I know a few people that have learned yoga through a book, but at some point they end up finding a teacher. There is something transferred from teacher to student that you cannot get out of books. So that is the place. To find a teacher. Now the best way to find a teacher is to follow one's heart. Go to several classes with several different teachers. Every teacher is going to emphasize something different in yoga. So when you go to a class, if that teacher is speaking to your heart, than stay and study there.

FOR MORE INFORMATION call 791-YOGA or email Judith at jdahn@home.com. Also, check out TESC'S Yoga Club: Monday 1-3, Wednesday 4-6, Fri 10-12 in CRC room 116. It's a cooperative time/place to practice yoga in a supportive environment.





SPORTS



Team Evergreen Kung Fu Starts Season in Winning Style

by Kevin Barret

Team Evergreen Bak Shaolin Eagle Claw Kung Fu kicked off their season in top form on Saturday, September 15th at the Emerald International Open Martial Arts Championship in Tacoma. The team, led by new captain Owen O'Keefe, claimed over twenty top three finishes with only eight competitors. The tournament was sanctioned by the World League of Martial Arts and hosted by Master Chuang Lieu.

Team captain Owen O'Keefe started the day by taking second place in the highly competitive black belt traditional soft style forms division. After just barely missing a third place finish in the open forms division, O'Keefe moved on to the continuous sparring rings. In this fast moving, crowd pleasing division, he took second place, losing only to founding Team Evergreen member and national team member Sam Haskin. O'Keefe looked his sharpest in the black belt point sparring rings where his power and quick attacks earned him first place in his first competition as the new Team Evergreen captain.

Sam Haskin, a founding member and original captain of Team Evergreen, showed his veteran poise taking third in both the black belt traditional soft style forms and the open forms divisions. Haskin then dominated the continuous sparring ring until he met O'Keefe in the championship. Haskin defeated

the new Team Evergreen captain by a slim margin to take first place in a hard-hitting division. His next division was the black belt point sparring. Again, the hits were landing quick and hard. Haskin finished third in the division.

Evergreen alumni and national team member Jessie Smith dominated every division she contended. Smith was flawless in the black belt traditional soft style forms division earning the highest marks of the day and taking first place over O'Keefe and Haskin. In the open forms division Smith did more of the same, earning another first place finish. The former Team Evergreen women's captain then moved on to the continuous sparring division where she earned yet another first place finish. Smith, who teaches aerobic kickboxing and self-defense seminars in the Olympia area, then fought through the black belt point sparring division. After one competitor forfeited midway through her match, Smith found herself in a familiar position: the championship round. She sparred fellow national team member Katherine McLain winning her fourth and final first place finish of the day.

McLain of Colorado, also an Evergreen alumni, took third in the black belt traditional soft style forms division completing the Eagle Claw Kung Fu sweep of the division. Behind Smith, McLain also finished

second place in both the continuous and black belt point sparring divisions. For third place, previous Texas team member Steve Burris tied with Haskin in the Open forms division.

In the intermediate competition Kevin Barret took second place in the traditional soft style forms division. Barret then took third in the intermediate open forms division. In the point sparring division Barret once again took third place.

After being bumped up from the beginner division, newcomer Animito Pollina in his first martial arts tournament took first place in the intermediate traditional soft style forms division over Barret. In the beginner open forms division he took second place. Then, in his first point sparring competition, the well-trained Pollina dominated the beginner division and took first place.

During the Emerald International tournament intermission Master Chuang Lieu took time to award National Eagle Claw Coach Sifu Dana G. Daniels, along with masters from all over the world, certificates of recognition and appreciation from the World League of Martial Arts for their efforts in promoting the betterment of the martial arts.

The Evergreen Kung Fu team would like to thank Grandmaster Fu Leung and Sifu Dana G. Daniels for their countless hours of instruction and dedication. For more

information about Team Evergreen Bak Shaolin Eagle Claw Kung Fu Club and Competition visit www.bakshaolineagleclaw.com or contact Owen O'Keefe at 357-9137.



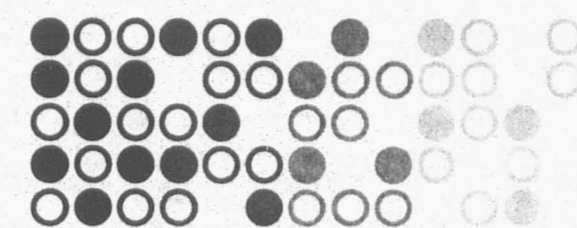
Sifu Dana G. Daniels

From top-left, clockwise: Kevin Barret, Jessie Smith, Owen O'Keefe, Sam Haskin & O'Keefe, Katherine McLain and Animito Pollina

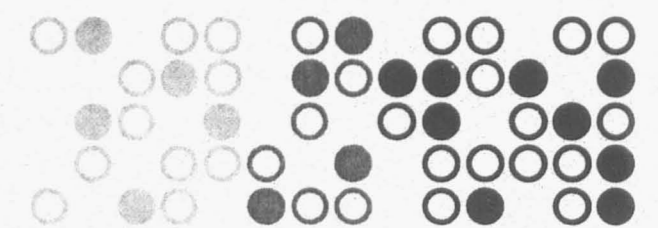


8 competitors, 20+ medals

Next week on this very page.... Mudwrestling!



CALENDAR



october 4

WORLD PEACE! Globalizing Justice and Peace: Visions and Strategies. The 30th annual conference of the Consortium on Peace Research, Education and Development (COPRED) to be held jointly with the 12th annual conference of Peace Studies Association (PSA) will focus on visions and strategies for justice and peace in the context of globalization. October 4-7 @ TESC. For info, call Simona Sharoni at (360) 867-6196 or (360) 867-6553. Website: www.evergreen.edu/user/copred/TESC2001.html.

FREE CONCERT! @ Le Voyer. *The Contrail, Delta Darr, and Tim McBride* will be performing @ 10 P.M. 21+

EXPLORE WASHINGTON ARCHAEOLOGY @ Lacey Community Center, 6729 Pacific Avenue. Featuring a Slide Presentation on Alpine Meadows, Rock Shelters, and Logging Camps: prehistoric and historic archaeology in the Mount Baker-Snoqualmie National Forest. This event is free and open to the public. For information call (360) 438-0209.

october 5

23rd Annual Olympia Arts Walk! A celebration of the local arts community by artists, businesses, and The City of Olympia Arts Commission. 5-10 p.m. For information call (360) 753-8380.

Movies @ Capitol Theater! *Mystery of Picasso & Hedwig and the Angry Inch* will have their last showings @ 6:30 p.m. and 9 p.m. For information on upcoming movies and events call (360) 754-6670.

Globalizing Justice and Peace Continued

october 7

FOOLS PLAY IMPROV. Improvised sketch comedy every Saturday night @ 9 p.m. at Studio 321 (321 Jefferson St., downtown). \$6 general, \$5 students. For info call 867-1229.

Globalizing Justice and Peace Continued

october 6

Globalizing Justice and Peace Continued

october 8

LIVE REGGAE! @ THEKLA featuring *Po'okella & One Love*. All ages. 6-10 p.m. Tickets are available at Thekla. \$6 PRE and \$7 at door.

october 9

Today would be a good day to make a pie. Or if you're vegan, just the yummy filling and a spoon.

october 10

SEED (Students at Evergreen for Ecological Design) presents the **SUSTAINABLE LIVING CONFERENCE**, a collaboration of Inspiration and Integration. This conference will focus on the Cascadia Bioregion. Key Notes @ 7 p.m. and all day 11th-12th. There will be a \$5 suggested donation.

For info call (360) 867-6493 or greeneggs@hotmail.com. Website: www.angelfire.com/wa3/seed/seed.html.

Puget Sound Blood Center will be on campus from 10:00 a.m. to 12:00 p.m. and 12:45 p.m. to 4:00 p.m. They will be located in the Library Lobby, 2nd floor. If you have questions, call ext. 6804 or (360) 867-6804.

october 11

SEED Conference continued

october 12

SEED Conference continued

october 13

21st Annual Harvest Festival @ TESC Organic Farm. The festival will begin with workshops on sustainable living and agricultural crafts. Registration will be from 8:30-9 A.M. Live entertainment featuring six bands will run from 1-9 p.m. The festival is free to all. For more info call 867-6145.

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KEY Students:
DISCOVER the inner secrets of TESC LIBRARY
 Wed. October 10th
 1:20-2:30

with librarian Sarah Pedersen

- Learn about the collection and interlibrary loans to locate the books and materials you will need
- Meet the reference librarians and explore how to locate academic articles for research papers
- Check out the multimedia stations and discover the listening & viewing rooms (plus TESC's vinyl, CD, and video collections)

ACCIDENTS HAPPEN

If you had unprotected sex, you have 72 hours to reduce your risk of getting pregnant.

It's called emergency contraception.

Got questions?

Planned Parenthood
 1-800-230-PLAN
www.ppww.org

Evergreen Air from page 4

Breathing these toxins in class is like huffing in class. Folks with severe MCS can die because of someone's little dab of perfume behind the car. Please, for the sake of everyone in school and everyone who shares the air with you, go easy on it, or better yet, do not use any fragrance at all! Students are not allowed to smoke in class because it would harm and disturb others. Hmimm. That concept could be applied elsewhere.

For your convenience, I have provided v all with a summary of the indoor air policy. Please read this, re-read it, get familiar with it and put it into effect. We want Evergreen to be a healthy, welcoming place where people can feel safe. There is a complaint process part to the policy that I am leaving out to save on space. If you need to complain about an air quality issue and do not know how to go about doing so, you can find the complaint process on TESC's website under Governance and Planning in the Health and Safety section, or you can find someone that deals with health and policies. Read on.

SEM II from page 1

Ann Daley, college vice president for finance and administration, is handling the building contract with San Francisco-based DPR Construction. She acknowledged that the rising costs might cause DPR to reconsider, but expects them to stay if Evergreen gets the go-ahead soon.

Pascher Construction of Shelton has already cleared the Seminar II site and took one cedar tree by mistake. Daley says the college decided to clear the trees before they had signed a building contract because they "wanted to get as much work in as possible," adding that concern about noise and student safety also played a role. Some at Evergreen think that concern over students' reaction in the form of protests was a contributing factor in the decision.

With construction on hold, the mud-covered site will be around longer than initially thought by planners. Campus Facilities Director Michel George says the college may reopen the walkways around the site and put up hay-bale barricades to prevent mudslides.

CPJ editor and Evergreen senior Whitney Kusager contributed reporting to this article.

Kevin Moore is a senior studying journalism, and is the CPJ's interim news editor. Corey Pein is a junior studying journalism and is the CPJ's managing editor.

Ever wanna work for the paper?



•HEY!•

The CPJ is hiring students for paid positions of responsibility!

News-side applications due Oct. 8

Business-side applications due Oct. 15

Applications at CAB 316 General Meeting Mondays, 5 p.m.

I. The Evergreen State College Indoor Air Policy

The Evergreen State College understands and recognizes that the air here is shared by students, faculty and community members. Suitable air quality is important for creating a healthy and creative environment in which all people can learn, work, and perform to the best of their ability. "Maintaining suitable air quality requires continual attentiveness to mitigate or to eliminate unfavorable conditions."

Community members are expected to follow this policy as well as inform, educate and speak to other folks about this policy to make it known and used.

All products used on campus should be selected and purchased in accordance to this policy.

"TESC supports the concept of a fragrance- and pollutant-free environment on its properties and in its programs. The college seeks to maintain the best possible air quality attainable within fiscal, legal and regulatory constraints. In pursuit of that goal, these procedures will be implemented."

II. Procedures

1. Air Supply. Community members are expected to exercise care when undertaking projects which may affect building air quality by mitigating or eliminating pollutants from, for example, idling vehicles, construction projects, sign-making.

2. Approval/Adequate Notice. When harmful chemicals are going to be used, proper notice should be taken. This means talking with appropriate staff, making notices, making sure our community knows that harmful chemicals will be used and where those chemicals will be used.

3. Training. The Director of Human Resource Services will give the proper training to staff, students, and anyone else in the use of alternative products such as safe, nontoxic cleaning products and non-scented markers or paints.

4. Information Posting. The Coordinator of Environmental Health and Safety will post air quality guidelines on safety bulletin boards in every building except the housing units.

5. Inspection and Updating. Air and

venting systems will regularly be checked by maintenance.

6. Use of Scented Products. Community members are asked to refrain from using or wearing scented products.

7. Policy Dissemination. On a continuing basis, the Purchasing Office and those with purchasing authority will notify vendors and contractors about this policy. Annually, the office of the Vice President for Finance and Administration will inform students, staff and faculty about this policy. Human Resource Services will provide all new employees with a copy of this policy.

8. Facilities' Use. Non-college groups using any TESC facilities will be notified and given a written copy of this policy.

9. Complaint Process. A complaint process is available for addressing air quality concerns.

10. Records Maintenance. The Coordinator of Environmental Health and Safety will keep record of all complaints and resolutions made in regards to this policy.

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Cooper Point Journal Cooper Point Journal

Strategies for Peace

from, page 5

Terrorism" to look forward to. It will take years, and we must all be ready for the sacrifices that will go along with the war, such as restrictions on civil liberties, increased threat of terrorism at home, and the deaths of American troops and civilians abroad. It is this larger war that we must all be preparing

to oppose right now.

President Bush has said that the new war won't involve large battles, and that more often than not the public will not know that it is going on. All this makes the War that much more difficult to resist.

Yet it must be resisted. It is very

evident to me that the War on Terrorism will be used as a convenient and powerful excuse for American military and economic bullying throughout the world. Terrorism is a very broad term. Practically every nation, including our own, could be said to have committed acts of terrorism in the recent past. Will

the United States be sending troops to Northern Ireland? Of course not. Are we planning to investigate the atrocities committed against Kurdish civilians by the Turkish government? Don't be silly — the Turks are in NATO.

What nations will be targeted? Perhaps we will shoot more missiles at Iraq, a country that has been devastated by 10 years of bombings and sanctions, and that has no demonstrated link to the recent terrorism. Cuba is also on the State Department's list of terrorist nations, despite the fact that one would be very hard pressed to recall any instance of Cuban terrorism against the USA in the past thirty years.

My point is that we cannot trust the American government to decide objectively who are terrorists and who are not. It is much more likely that their selections will be based on the desire to maintain and extend economic and political dominance throughout the world. This is not a new concept. During the Cold War, America supported many ruthless dictatorships in order to fight the War on Communism. Salvador Allende was elected president of Chile in 1970 and began to nationalize corporations, increase wages, and improve working conditions. President Nixon and the CIA had him deposed and replaced with a military despot. This experience was repeated many times in Latin America. The United States used the Cold War as an excuse to depress labor prices and maintain U.S. corporate authority. The Drug War has been used to the same end. Based on an expressed desire to fight cocaine, America funds, trains, and supplies the Colombian army. Our money is actually used to defend the government against leftist guerrillas.

I fear that the War on Terrorism will be used in the same way as these other wars. It would be very easy for our leaders to define any Arab state that does not submit to American economic willpower as terrorist, and to take measures against them.

What can be done about this? That is a question that we all must be pondering in the coming weeks and months. One course of action is to break down stereotypes that allow many Americans to group all Muslims together as one and define them as anti-Western, violent, and irrational. These misconceptions make it very easy to target Islamic nations as terrorist.

Another step is to demand that actual evidence of wrongdoing be shown to the American people before any military action is taken. This does not just apply to the current situation in Afghanistan, but to all upcoming offenses in the War on Terrorism.

There is talk in the news today of a battle of wills in the defense department, between those who want limited strikes on Afghanistan aimed at military targets and bin Laden's camps, and those who would like to see attacks on several nations that harbor terrorists, including Iraq, Syria, and Lebanon. It is heartening to know that this debate exists within the corridors of power. We must make sure that this debate also exists in our houses and on our sidewalks, so that the future can be one of peace and international understanding, not suicide bombs and crusader kingdoms.

— Harald Fuller-Bennett

Bio: Third year student of Middle Eastern and American history and culture.

The Washington Center for the Performing Arts presents **Inti-Illimani** Sunday, October 7 • 7:30 PM

In 1973, Chilean President Salvador Allende was deposed while Inti-Illimani was on tour in Europe. The young musicians found themselves without patria or passport. Italy became their home for 14 years. In 1988, they were warmly welcomed back to Chile. Inti-Illimani became, and remains, South America's ambassadors of human expression. They have appeared on Amnesty International stages with Peter Gabriel, Mercedes Sosa, Bruce Springsteen, Sting, and Wynton Marsalis and at benefit concerts for the Victor Jara Foundation.

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COMICS

Out To Lunch



by Sam Tsohanis



by Benjamin Parrish



MOPE COMIX

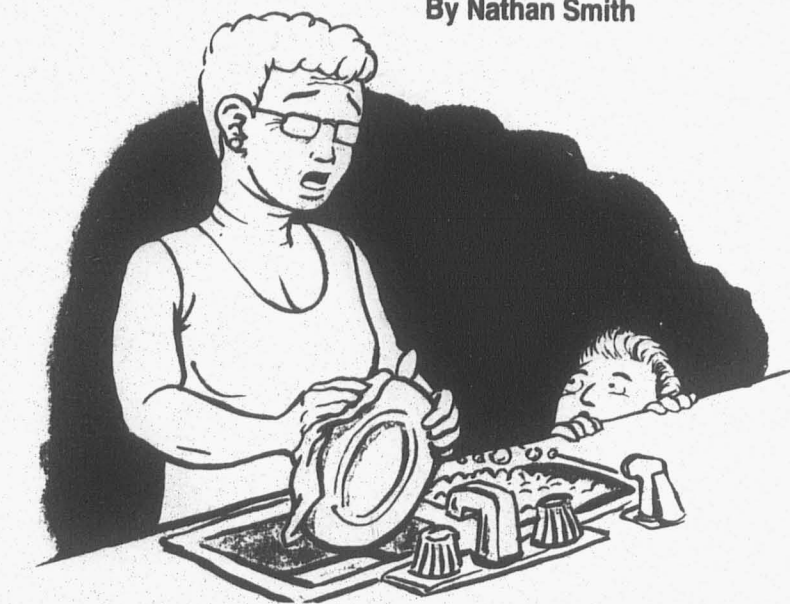
by Paul Hawhurst



Mother... what is my name? My... name?

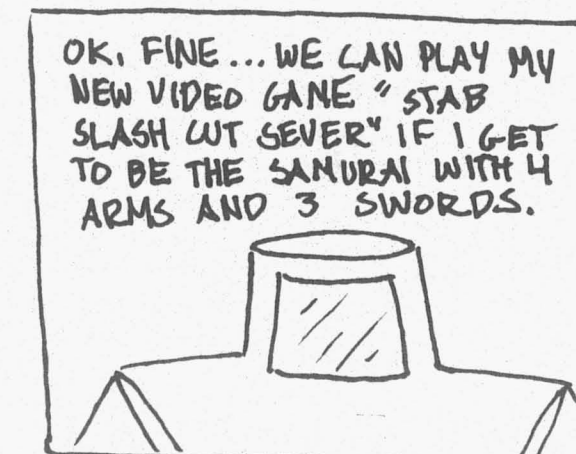
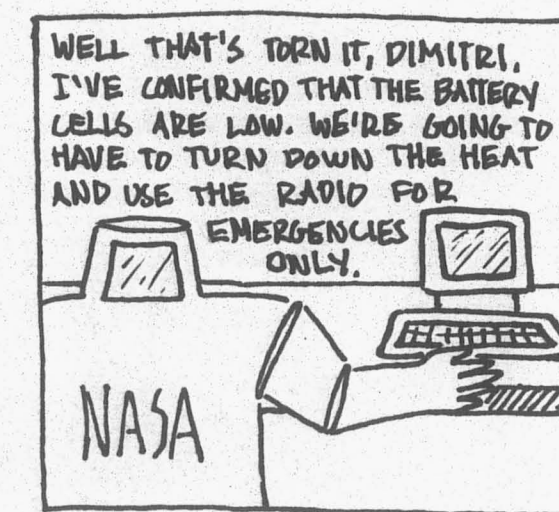
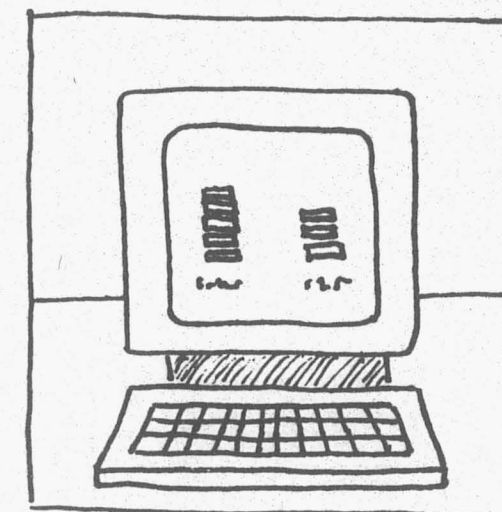


SAD, BUT TRUE.
By Nathan Smith



"Two heads are better than one, except when they're on the same body. Now go pray for the poor beast's soul, Timmy."

THE ADVENTURES OF MITCH AND DIMITRI



Dalio McKeever 9-27-01

