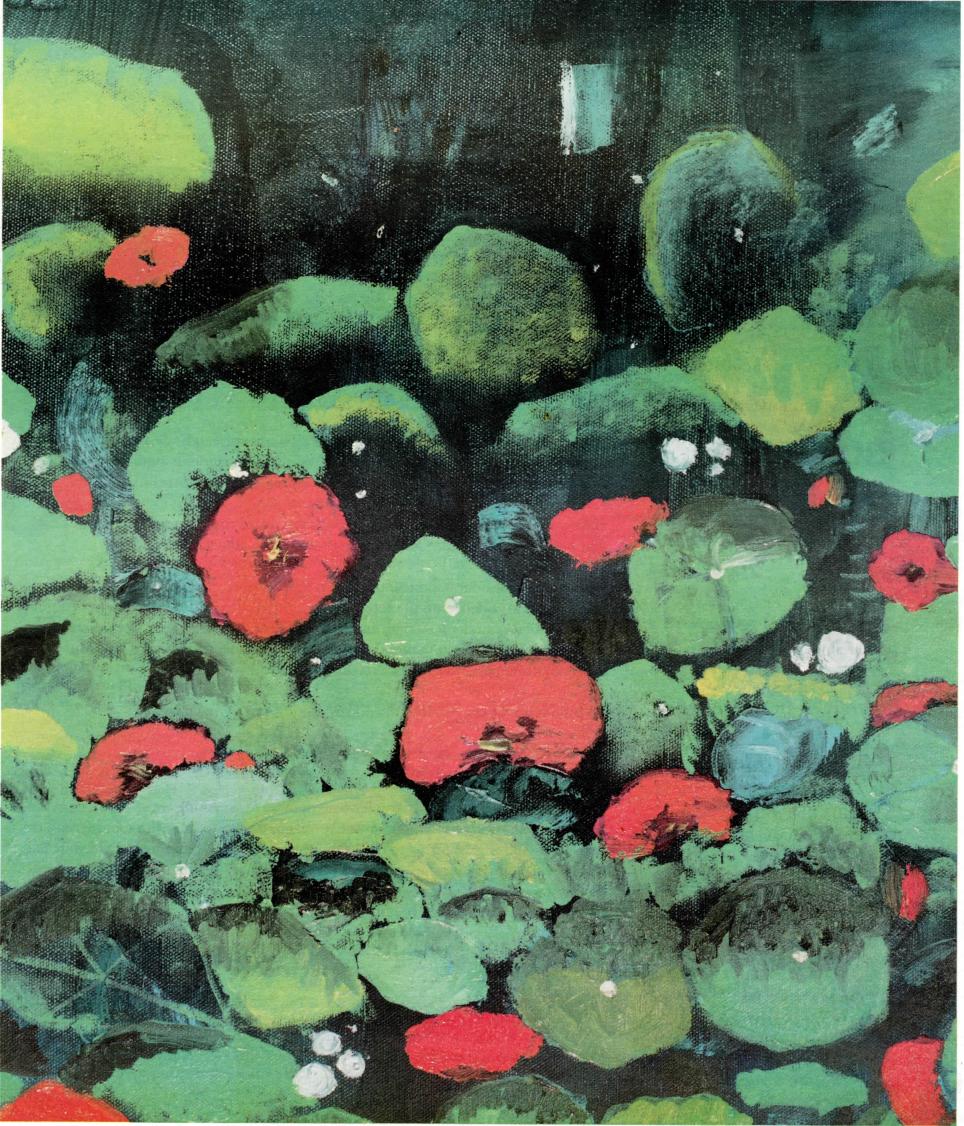
the Evergreen State College Student Newspaper | Oct 7 - Oct 21, 2015 J O U R N A L



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> Cover Art By Patrick Semple

HOW WE WORK

The Cooper Point Journal is produced by students at The Evergreen State College, with funding from student fees and advertising from local businesses. The Journal is published for free every other Thursday during the school year and distributed throughout the Olympia area. Our content is also available online at *www.cooperpoint-journal.com*.

Our mission is to provide an outlet for student voices, and to inform and entertain the Evergreen community and the Olympia-area more broadly, as well as to provide a platform for students to learn about operating a news publication.

Our office is located on the third floor of the Campus Activities Building (CAB) at The Evergreen State College in room 332 and we have open student meetings from 5 to 6 p.m every Monday and Thursday.

WRITE FOR US

We accept submissions from any student at The Evergreen State College, and also from former students, faculty, and staff. We also hire students onto our staff, who write articles for each issue and receive weekly learning allotments.

Have an exciting news topic? Know about some weird community happening? Enjoy that new hardcore band? Come talk to us and write about it.

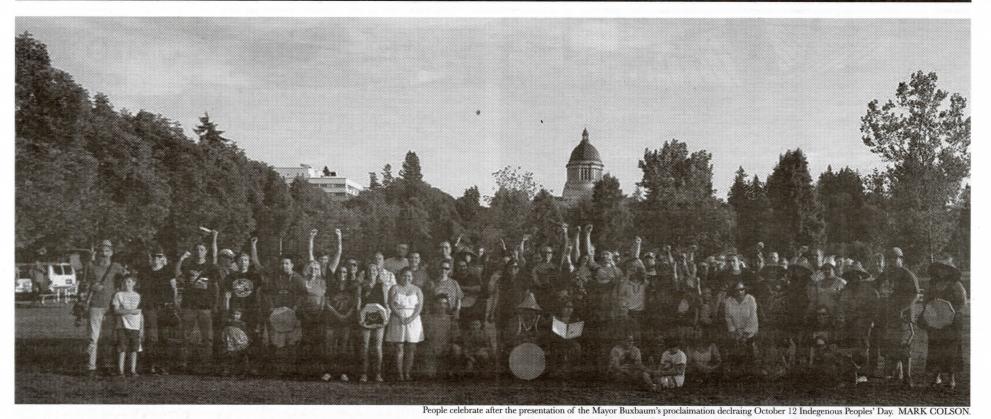
We will also consider submissions from non-Evergreen people, particularly if they have special knowledge on the topic. We prioritize current student content first, followed by former students, faculty and staff, and then general community submissions. Within that, we prioritize content related to Evergreen first, followed by Olympia, the state of Washington, the Pacific Northwest, etc.

To submit an article, reach us at cooperpointjournal@gmail.com.

LETTERS TO THE EDITOR

We want to hear from you! If you have an opinion on anything we've reported in the paper, or goings-on in Olympia or at Evergreen, drop us a line with a paragraph or two (100 - 300 words) for us to publish in the paper. Make sure to include your full name, and your relationship to the college—are you a student, staff, graduate, community member, etc. We reserve the right to edit anything submitted to us before publishing, but we'll do our best to consult with you about any major changes. Thank you!

News



Olympia Recognizes Indigenous Peoples' Day for the First Time

By Chloe Marina Manchester

lympia will celebrate Indigenous Peoples' Day for the first time on October 12. This change comes after a proclamation by Mayor Stephen H. Buxbaum was presented in early August.

An event commemorating the day will be held in Sylvester Park. Organizer Lala Love said that the community celebration will include a drum circle, a speech from Mayor Buxbaum, speakers from local indigenous tribes, and an open mic for others to share feelings on the day.

Whether or not Indigenous Peoples' Day is technically replacing Columbus Day is uncertain since Olympia does not officially celebrate or recognize Columbus Day, but closes government offices and does not charge for parking on that day.

"I think that the city provides free parking on the second day in October, which signifies they think it's a holiday," Said Lala Love, a community organizer for the upcoming Indigenous Peoples' Day celebration. "Not recognizing Columbus Day isn't enough. Recognizing Indigenous Peoples' Day is a step down a path of recovery." Olympia follows the Seattle City Council and the Portland School Boards, which both declared that they would observe Indigenous Peoples' Day in October 2014. As well as the city of Bellingham changed Columbus Day to Salish Day, in honor of a local indigenous tribe.

The day after the October 6th, 2014 ruling in Seattle, about forty people attended an Olympia City Council meeting to urge them to adopt the holiday as well. Several local tribes, including the Squaxin, Nisqually, Quileute, and Quinault nations were represented at the meeting. Around two dozen people participated in a blessing and sang traditional songs lead by tribal members outside City Hall. Now, a year later, Olympia has announced it will join the cities that observe Indigenous Peoples' Day.

The proclamation released by the Mayor's office outlines the purpose of Indigenous Peoples' Day, saying, "Indigenous Peoples' Day shall be used to reflect upon the ongoing struggles of Indigenous People, and to celebrate the thriving culture and value that Squaxin, Nisqually, Puyallup, Chehalis, Suquamish, Duwamish, and other Indigenous nations add to our city."

It goes on to to recognize that "Olympia is built upon the homelands and villages of the Indigenous Peoples of this region, without whom the building of the City would not have been possible," and later mention the responsibility Olympia has to work towards dismantling systemic racism against indigenous people.

"Indigenous Peoples Day reimagines Columbus Day, transforming a celebration of a known murder of our Indigenous Peoples into an opportunity to expose historical truths about the genocide and oppression of indigenous peoples in the Americas," said community organizer Brian Frisina. "It is time for us to recognize and celebrate indigenous resistance. It is time we stop the genocidal attack of Mama Earth and the Original Peoples of this world if we are going to survive. It is time for us all to start the healing."

"I do believe we will abolish Columbus Day. I would like to think within the next year or two," said community organizer Marles Blackbird. Other community membersspoken to who are organizing the event felt similarly.

"The city of Olympia does not own the day, but we are supporting and working closely with the community members who are organizing an

event in Sylvester park," said Kellie Purce Braseth, Strategic Communications Director for the City of Olympia.

Since the inception of Columbus Day in 1934, Native Americans and their allies have opposed it. Christopher Columbus never set foot in what we now call the United States but brutalized Native Americans from the caribbean islands. Following his discovery, the colonization that he made possible led to the genocide of the indigenous people in what we now call the U.S.

These actions have had lasting effects to this day. Indigenous People are still dealing with this legacy of racism. According to the US Department of Justice, nearly half of all Native American women have been raped, beaten, or stalked by an intimate partner; 34.1 percent will be raped in their lifetime, compared to 17.7 percent of all American women. Additionally, Native Americans are six times as likely to be killed by police than the average for all races. This is part

of the institutionalized racism in America to which many feel Columbus Day seems to offer a nod of acceptance, if not an outright celebration of

the same racism that affects people to this day.

As Love said, "We need to recognize indigenous people, we need to recognize that we are on occupied land, and we need to have some conversations that will provide lots of room for growth, and healing in our community. Recognizing Indigenous People's Day is a step down a path of recoverv."

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"It is time for us

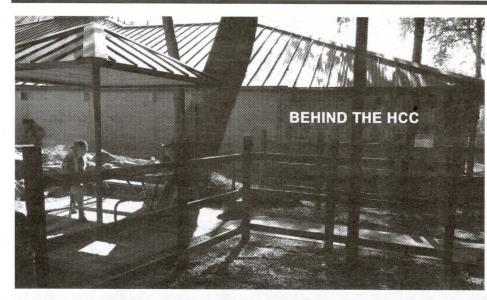
to recognize and

celebrate indigenous

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-Brian Frisina

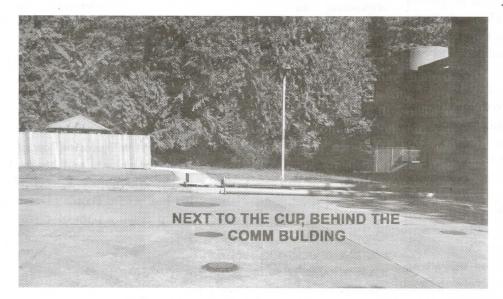
News







IN FRONT OF THE CARVING STUDIO



Where Can I Smoke? EVERGREEN REDUCES DESIGNATED SMOKING AREAS

By Nix Chace

eturning students may have noticed the lack of smoking areas this year on campus. Controversy sparked when administration decided to remove smoking pits from the core of Evergreen's campus during summer quarter.

Designated smoking areas on campus have been reduced from nine to five.

The "core" of Evergreens campus is defined by the school's website as "the area encompassing Lab I, Lab Annex, Lab II, Longhouse, Seminar I, Library, CAB, CRC, CUP, Child Care Center, Communication, Seminar II, Bus Loop, Red Square and sidewalks/ walkways between these buildings, inclusive."

The new smoking areas are in front of the carving studio, behind the library, behind the HCC, and behind the COMM building.

The Administration took action in making the core of Evergreen's campus smoke-free, a controversial decision that was debated by the students and administration. A survey sent out in december of 2014 with about 500 student responses made minimal impact on the administration's decision.

"If one were to follow the survey findings alone, they would point to keeping the campus smoking policy as it is now, or making slight modifications to some poorly placed designated smoking areas," says the official document framing the "smoking situation" at Evergreen, written by administrator John Hurley.

The document continues to address campus feedback on the decision, stating that "62% of students participating [in the survey] rejected the notion of an outright ban of tobacco use on campus." The votes are representative of about one-fifth of Evergreen students. Due to Evergreen's rural campus location, there cannot be an outright ban on smoking, however the vice president made a proposal last winter that 56% of students supported, which stated:

"The vice presidents propose the establishment of a smoke-free campus core, including the residence halls. This would include removal of the current designated smoking areas within that identified campus core. New designated smoking areas would be created outside the campus core and there would be fewer of them. While they need to remain reasonably close and accessible to function as intended, they would be located in areas of low traffic and placed so that those wishing to avoid second-hand smoke could easily do so."

The new approach to campus smoking reached a consensus last winter quarter, changes to smoking areas began this past June. The decision has garnered a variety of responses from students, while many students voted in the smoking debate, many greener's feel that student voices may have been deprioritized in the final decision.

"I think the decision is unnecessary and kind of ridiculous. A lot of people smoke at Evergreen and that's just how it is and moving smoke pits isn't going to discourage smoking at all. there was a big deal last year about there not being enough smoke pits open especially at night bc it's potentially putting people into a situation where they may feel unsafe bc they have to go far just to have a cigarette" said Sawyer Gaines, a returning student at Evergreen.

The main reason for the initiative is " to provide a safe, healthy and productive environment for the campus community." On the school's website, it goes on to say that "It has been medically documented that tobacco smoke can affect the health of smokers and nonsmokers, interferes with productivity and results in long term maintenance costs of facilities, including equipment."

News



OPD Clears Officer Ryan Donald ACTIVISTS LOOK AT WHAT'S NEXT

By Felix Chrome

n Wednesday, September 30, the Olympia Police Department (OPD) released a statement that exonerating Police Officer Ryan Donald in the shooting of two unarmed men, brothers Andre Thompson and Bryson Chaplin.

According to their report, "no policies had been violated by Officer Ryan Donald during this incident. Chief Roberts reviewed the Board's decision and concurred."

This came two weeks after the announcement that Ryan Donald would not face any criminal charges. This decision was released after of months of investigation by the Thurston County Critical Incident Team, who passed their findings along to the Thurston County Prosecutor Jon Tunheim.

Tunheim chose not to prosecute Officer Donald, but is charging Thompson and Chaplin with Assault. Donald reported that Chaplin threatened him with a skateboard and he feared for his life. In his report, Tunheim said the skateboard was being used as a deadly weapon under the definition in Washington Law.

The brothers had their first court date on September 22, where they both plead not guilty to all charges. Their trial is scheduled to take place the week of December 14.

The internal investigation into the incident began after the decision on criminal charges to determine if Donald would face any administrative discipline.

The review board consisted of OPD Deputy Chief Steve Nelson, OPD Lieutenant Aaron Jelcick, Deputy City Attorney Darren Nienaber, OPD Officer Jason Winner, and the Executive Director for the Commission of African American Affairs Edward Prince. The board was charged with answering: "Did the force used by Officer Donald adhere to the policies of the Olympia Police Department? Did the actions of Officer Donald precipitate the course of events that ultimately led to the use(s) of force? If so, were those actions reasonable and appropriate?"

The board unanimously decided that Officer 'Ryan Donald had not violated any policies or behaved incorrectly. Despite the many protesters and community members demanding Officer Donald be fired, he will be returning to work at the Olympia Police Department after being on leave for the duration of the investigation.

Olympia Police Chief Ronnie Roberts announced the decision and released a statement saying "Although the review process is complete, our conversations about this incident—our conversations about our police department and our community--are very important to us and will be on-going for some time to come."

Many are disappointed with this decision, and some have called for Washington State Governor Jay Inslee to become involved. At a press conference Thursday October 1, Inslee was asked if he was considering appointing a special prosecutor, or asking the attorney general's office to review the shooting incident, to which Gov. Inslee responded, "not at the moment, but I will be reviewing the law enforcement citizens commision that just reviewed the incident... as I understand it they concluded that the incident did not violate either the law or the police department's protocols, so we'll review that, see what their finding were before we make any further decisions."

Gov. Inslee went on to say "We should not wait until an incident likes this takes place. We want to get ahead of the curve to make sure police officers get a good a training as possible to help them have the tools to avoid the necessity of violence," shifting the topic to the recently increased budget for police training in Washington state.

The Governor's Communications Director David Postman said that they were not commenting on the decision not to fire Officer Donald at this time and, like Gov. Inslee, indicated that they were further reviewing the situation.

The question of whether there will be a further investigation into the shooting by either the Department of Justice (DOJ) or State Attorneys remains open, as organizers and politicians seem to contemplate where this case will go from here.

On Monday, September 21, a small group of protesters descended on the capitol to demand that Governor Inslee request a DOJ Review. During this event a protester in attendance was able to speak with David Postman, The Governor's Communication Director.

Lisa Hayes, a protester "closely connected with the organizers from several

of the groups that have been active" asked to speak to someone in the Governor's office, and Postman met her in the lobby to discuss her concerns. Postman later informed me that at this point he had been unaware of calls for a DOJ review, saying, "Nobody had made that request through our office, so she did."

The DOJ Office of Community Oriented Policing Services (COPS) is already reviewing a case in Pasco, Washington, where resident Antonio Zambrano-Montes was shot and killed by a police officer in February. This review came after a request from U.S. Attorney for the Easter District of Washington Michael C. Ormsby, not due to a request from the Governor's office.

Hayes told me that when she spoke to Postman he indicated it was possible the DOJ was already considering looking into the shooting Olympia in conjunction with the Pasco case. She summarized their conversation saying, "Postman said he would be happy to inquire to see what the status currently was, and if they weren't already looking at Oly, they would work with the Gov. Legal council to make connections with DOJ regarding Olympia specifically."

Postman said he was still unaware if the DOJ was investigating the situation. He told me "I hope to get back to Lisa [Hayes] next week." Continuing, "we had a good conversation, I appreciated hearing from her first hand about it. It was useful to me."

Later that week Hayes spoke with Senior Police Advisor Sandy Mullins, where they further discussed the possibility of DOJ involvement, as well as the involvement of the Attorney General's Office.

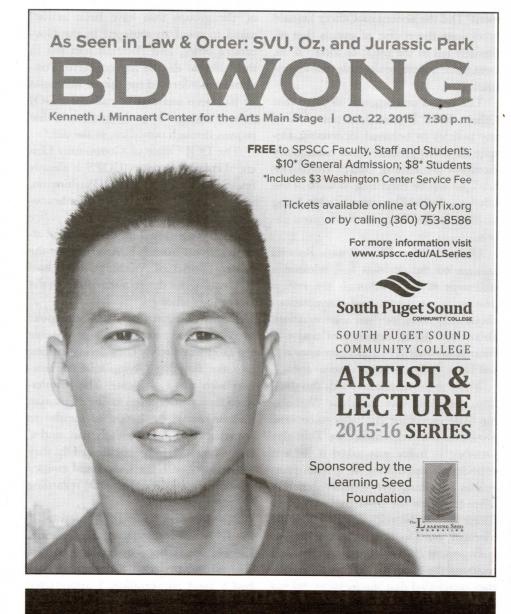
Hayes said the tone of the conversation seemed to her to imply that this was unlikely. "Coming out of the first meeting I felt confident we'd get some support. Hanging up from the phone call with Sandy, I did not have that feeling," said Hayes.

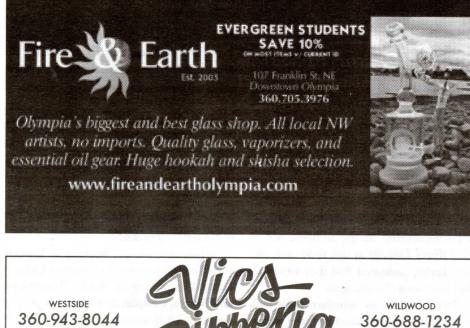
Sandy Mullins did not respond to our request for comment.

While activists are working to pursue these next steps, others who agree Officer Donald's shooting of Andre Thompson and Bryson Chaplin don't support the request for DOJ involvement.

A group of anarchists released a critique of this demanding, saying, "Implicit in the call for a DoJ investigation is the assumption that this integral part of the federal police apparatus, which includes such stalwart opponents of racism as the FBI, can in some way 'work for us.' That OPD has erred, and the feds can put it back on the right path. To be frank, this is dangerously naïve. The DoJ and OPD are two organs of the same fundamentally racist, fundamentally authoritarian state."

Community





233 Division St. NW

Olympia, WA 98502



2822 Capitol Blvd. S.

Olympia, WA 98501

Dandelion Seed Conference

By Sarah Bradley

he Dandelion Seed Conference is returning for it's fourth year with threedays of workshops, classes, and lectures. The event will take place Oct. 9th -11th here at The Evergreen State College.

The Dandelion Seed Conference aims to promote education and practice of herbalism, while focusing on accessibility, empowerment, dismantling oppression, supporting community health, and building herbal skills.

The three day event will offer a comprehensive introduction for those new to herbal practices, as well as build upon skills of more advanced students. This years conference offers over twenty different workshops and activities and will host dozens of presenters with various experiences and approaches to herbalism.

In addition workshops, the conference includes opening and closing ceremonies, keynote addresses, a pre-conference intensive entitled "The neurobiology of trauma & opression: Epigenetics and Botanical Intervention"

The conference is comprised of various classes, workshops, and seminars with titles of classes ranging from "Flower Essences for Trauma" to "The Adverse Effects of Cannabis." With over twenty classes being offered, The Dandelion Seed Conference is likely to provide new perspectives and information on topics not often approached in popular culture.

Through community garden projects, plant walks and other educational endeavors we help create a symbiotic partnership between people

and nature and cultivate a strong connection to

Many of the classes will cover basic to advanced tips on gardening, herbal medicine, and holistic first aid. These offerings will comprise information with experiential learning; they will take place in forests around campus, the longhouse and the garden.

Evergreen graduate Nicole Mariotte, who attended the conference in previous years, says "it was a great way to connect with other people in the community who are interested in herbs and I learned a lot from visiting herbalists. it was a great opportunity to have discussions and have some questions answered that I wouldn't be able to find in books."

Registration for this years event is open up until the start for the conference. The cost of registration varies depending on when you register. At this point, the reduced fare for early registration has already passed and it will cost you \$200 to get into this years event.

The conference offers work-trade entry for those who cannot afford the registration fee, but are willing to help out with the event. You can check out dandelionseedconference.weebly.com for more information.

WORKSHOP SCHEDULE

FRIDAY

5:30 p.m. Opening Ceremony 6 p.m. Keynote by Sarah Holmes

SATURDAY

9:30 a.m. - 11:15 a.m. Holistic Toolbox for a Better Back; Flower Essences for Trauma; Northwest Nervines

11:30pm - 1:15 p.m. How and Why to Keep a Medicine Garden; Holding Fire and Water: Some plant Essences; Local Herbs for Women's Health; Herbalism for the Long Haul

2:30 p.m. - 4:15 p.m. Cultivating Relationality: 20 Years at the Longhouse Garden; Herbal Medicine for Resilience: A Workshop for People of Color; Holistic First Aid; Putting the Gnosis back in Diagnosis 4:45-6:30 pm Keynote by Joyce Netishen

7:30-10 Gala Celebration

SUNDAY

9:30 a.m. - 11:15 a.m. Recognizing & Working with Anemia Naturally; Medicinal Forest Gardens: Alex Slakie; Accessibility in Herbal Care at the Olympia Free Herbal Clinic; Gender-Affirming Sexual Health: Sam Roberts

11:30pm - 1:15 p.m Plant Walk/Plant Sit; Herb-Drug Interactions; Unravelling Civilization, One Herbalist at a Time; Hands-On Medicine Making 2:30 p.m. - 4:15 p.m. Creating Healthy Landscapes: Chelsea Smith; Adverse

Effects of Cannabis; The Truth about Detox and Cleansing; Hope for the Future 4:45-5:15 Closing Ceremony with Sean Donahue

W ev my



Portrait of Patrick Semple by RUBY LOVE

ARTIST INTERVIEW: Patrick Semple

By Ruby Love

Patrick Semple is an artist working primarily with oils on canvas, pulling from the natural environments around him to create works that fuse memory, emotion, and place. While Patrick Semple's interest in art is not new, his interest in painting-specifically oil painting-is a fairly recent development. Inspired by a trip to Greece with his program Greece and Italy: an Artistic and Literary Odyssey, Semple began experimenting with painting.

He describes the incredible experience of exploring Greece:

"I got to see the treasures I've been studying in art history for the past four years. Especially iconographic artists of the 14th and 15th centuries like Giotto, whose teeth were found worn and altered from clenching a brush all his life. The colors in the landscapes were all so unbelievable, and they spoke to my soul. I was borderline antisocial the whole trip, just wanting to breathe in every passing moment, and record it in my little watercolor journal..."

While the inspiration was there,

Semple says the process of learning how to use oils was an intimidating one.

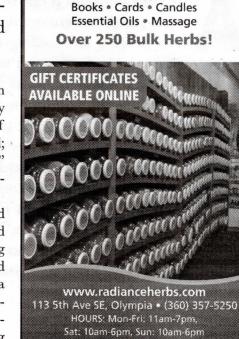
"This summer was the first time I've wanted to try oil painting.... It's so messy and permanent; not just an 'ok paint a little then cleanup time' type of thing, but an involved, committed process that may take days, and sometimes end up in tears."

However, his experiences in Greece and a collaborative project with local artist China FaithStar "lit his fire" and oils soon became his primary medium. The works by Semple featured on

this edition's covers are part of a series

of oil paintings entitled "Sister Cities in Bloom," which showcase "imaginary landscapes inspired by the transition of spring on the other side of the world; in our sister city of Olympia, Greece." Semple explains the origin of this series.

"While I was there I totally missed my sweetie, and was feeling sullen and withdrawn until one day I felt a calling to start going on long runs. This helped open up my senses to all of the flora and fauna unique to that place; eucalyptus, fields of chamomile, wild poppies, all buzzing and singing like a song



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in unison, untouched by development like it is all too often in America."

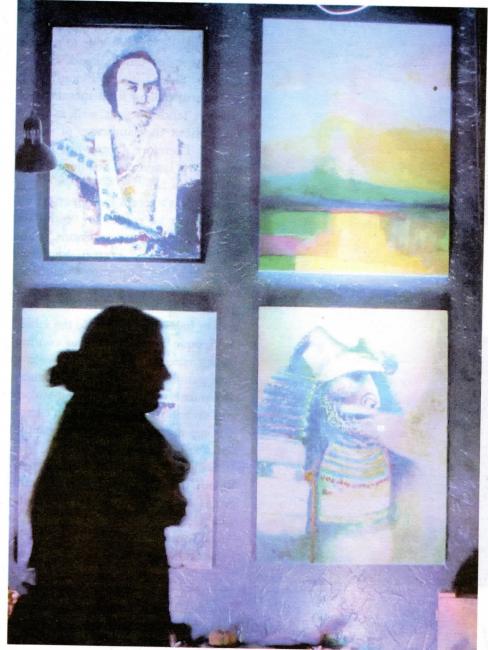
Because he was not able to paint in oils during his time abroad, Semple painted "Sister Cities in Bloom" upon his return, pulling from memories of Grecian landscapes as well as inspiration from the landscape of Washington. Therefore, "some are hybrid, imaginary landscapes conjured from both worlds..."

Semple is a recent Evergreen graduate, though he wishes he "could still sign up for 10 more programs," and says his time at Evergreen impressed upon him the importance of being comfortable asking questions and "getting down to the bottom of whatever issues or ideas are brought to the table." As Semple looks forward to continuing his career as an artist, he seeks to "use painting and color combinations to emulate that time between waking and dreaming—when you don't know if things are real, but they are beautiful and a little unworldly."

Semple's series "Sister Cities in Bloom" is currently showing at Traditions Café in downtown Olympia, and will be on display until mid-October, so "grab yourself some black bean enchiladas and take it all in!"

You can find more of Semple's work on Instagram @patricklorenzosemple

> Jewelry
>
> Natural Body Care Nutritional Supplements



FALL ARTS WALK Gallery Highlights

By Jules Prosser

rts Walk weekend is one of the few times Olympia feels like a real city. One ventures downtown to find the streets awash with people, men selling big sticks on the sidewalk, and musicians performing in what could be mistaken for Pearl Jam cover bands. The few blocks that make up our charming city center seem to stretch on and on, and businesses stay open late to cater to the throngs of hungry art-goers. What I love about Arts Walk (other than repetitive small talk with everybody I know and general sensory overload) is that the innards of downtown open themselves up to all. If you are a boring, repetitive college kid like me, you participate in the general circuit of coffee shops, thrift stores, and bars . It's easy to forget that there's much more than that. My focus this Arts Walk was to hunt around for hidden gems—establishments imbued with a mysterious aura that neither I nor any of my friends know anything about.

Salon Refu

Salon Refu is one of my favorite places in downtown Olympia. A cozy gallery with gorgeous natural light and hardwood floors, it is a haven for Olympian artists. Many Evergreen faculty and students alike have shown work there.

Michael Dickter's exhibit "Fear of Flying" debuted this weekend. "My work engages the natural world through this lens. Images of birds or flowers talk to me of connection, of beauty, of freedom, and of the precarious and profoundly precious nature of our world," Dickter proclaims on his website. His paintings and drawings of birds and flowers drip out of their realms and into each other, subtly blurring the boundary between humankind and nature.

Friday night also offered a wild sound installation by Jean Nagai, an Arts Walk veteran and past Cooper Point Journal featured artist, shown in tandem with the exhibit. Owner Susan Christian and one her her assistants were present, and were happy to indulge me in my gleeful ramblings on art and aesthetics. Exhibits in Salon Refu are worth following; it is undoubtedly a vital part of Olympia's art scene.

Dickter's exhibit will be on display through October 24. Salon Refu is located on 114 N. Capitol Way Open Thursday through Sunday, 2-6 p.m., and can be found on Facebook You can view Dickter and Nagai's work at www.michaeldickter. com & www.jeannagai.wordpress.com, respectively.

Thomas Studio Art Gallery

ANE RASMUSSEN

Thomas Studio Art Gallery was one of those spaces that I would consistently walk by and wonder about. I finally stepped in on Friday night to discover a small exhibit of work by M.W. Lindenmeyer, a Northwest-based artist. This sweet little exhibit consisted of a collection of oil pastel pieces called Theaters, illustrating scenes from classic movies in well-known theaters, and those well-known theaters in their respective cityscapes. On his website, Lindenmeyer comments on this theme: "Michael is fascinated by the built environment: old buildings, cityscape, railroads and industrial artifacts. He strongly believes in the power of art to document, investigate and perhaps reveal new truths about the way we live. There is a strong dose of humor and quite a bit of storytelling." In these scenes, Lindenmeyer plays with dimension and perspective, leading the eye down streets and alleyways in the cityscapes, and captive audiences watching lively moments in lush theater scenes. He has a strong control of color, evoking feelings of nostalgia and times past. The gallery itself is neat and large, with friendly staff who willingly engaged in a dialogue about Theaters. For all you history nerds out there: Thomas Studio Art Gallery has a small collection of photographs of old-school Olympia that is on permanent display.

Lindenmeyer's exhibit will be on display until October 29. Thomas Studio Art Gallery is located at 109 Capitol Way N. Open Monday through Friday, 8 a.m. to 5 p.m www.dogboneart.com

Washington Center for the Performing Arts

The Washington Center put together a large-scale exhibit entitled "Invitation to Color" which spans all three floors of this magnificently huge venue, giving it the feel of an established fine arts museum. The exhibit featured paintings and sculptures by the students of the accomplished artist Simon Kogan. Invitation to Color "is about the vulnerable, unprotected skin-off life, sensitive to all," says Kogan in the exhibition statement.

Landscapes was a main focus, and much of the work was inspired by Olympia; for example, Rose Nicholas and Heather Grob's paintings of West Bay. The other focus was on the human figure, with many pieces displayed on the second floor, and curated in such a way that evokes a curious, voyeuristic feeling. The exhibit was strongly interested in the movement and nature of color, and how color is a valid subject in and of itself. Invitation to Color was highly evocative of impressionism, a late 19th century art movement which focused on accurate portrayals of the transient nature of light.

Artists include Linda West, Roger Cummings, Jennifer Lauer, Sophie Stimson, Rose Nicholas, Cathy Wiggins, Heather Grob, and Betsey Nelson. Invitation to Color will be on display until November 10. The Washington Center for the Performing Arts is located on 512 Washington St SE Open Tuesday through Sunday, 12-5:30 p.m. www.washingtoncenter.com

Costume Atelier Masque & Pettycote

This venue, across the street from the transit center, was the most intriguing of all to me. Upon entering, I was warmly received by the proprietors, Mishka Navarre and Ricky German, both gifted professional costume designers. Many of Navarre's oil paintings were displayed, as well as pieces by Renee Dailey, David Hoge, Andre Tudor, and Dan Randall. The space was enormous and well-loved, and the dusky sun poured in through skylights. The real treat was on the second floor, where the costumes lived: here, one finds soft silks, loud geometric prints from the '60s, dresses for queens that go on for miles, and everything in between. They take walk-ins and appointments, so the costumes are accessible, and much of the art will be exhibited for the next month. Masque & Pettycote offers internships, a variety workshops, and a reference library. Halloween is on the way, and they offer inexpensive costume rentals for those overachievers out there. Masque and Pettycote is truly a community gem!

You can find more information at www.costumesolympia.com Masque & Pettycote is located on 209 Washington St SE Open Monday through Friday (except Wednesday) 3-8 p.m.; Saturday & Sunday 12-7 p.m.



Mary Lindberg Bag: Nordstroms Dress: Neiman Marcus Favorite part about fall: the crispness of the air

FALL ARTS WALK Street Style

By Sara Fabian

Fall Arts Walk is one of the biggest events in Olympia's social calendar. The two day event circulates at the epicenter of Thurston county: downtown Olympia. While the event may be overwhelming to some, I quite enjoy the large vibrant crowds of families, friends, and packs of high schoolers who roam in and out of stores, galleries and venues open to the public. Olympia becomes a living, walking piece of art and it's culture comes to life.

How does this relate to fashion? Well, as I mention in my articles, art, fashion and culture are one in the same: all interwoven to create a personal experience that expresses the autonomous individual in the realm of six billion.

As both a writer and someone who deeply appreciates self expression, I strive to represent Olympia style as accurately and honestly as possible. Unlike many bloggers and fashion writers in big named magazines, I don't care to take a superficial subject, and declare it "trendy" in hopes that you will one day buy the item and dress like person "x." I don't strategically craft my photos or product place articles of clothing. My hope in writing this fashion column is to have the people of Olympia



Kaitlin Griffith Sweater & Shoes: Goodwill Necklace: a friend's Etsy shop Favorite part about fall: identifying all the trees



Kaitiin Quinn Jeans: Thrift Store Sweater: H&M Bag: consignment shop Favorite part about fall: Feeling the crisp air

actively and knowingly participate in the city's unique culture. Arts walk is the perfect, experience to capture what Olympia is all about. Often seen as a prestigious state Capitol, Olympia truly is a close-knit community that values at its core a person's right to self expression.

Meandering and observing the joyous congregation of smiles and laughter, I sifted out some Olympia fashion inspiration. From couples to students and independent wanderers, each using colors, comfort and creativity to assemble something magical. The ways in which these amazing people crafted an outfit, whether aware of how fun or not, give their outfit life. The patterned tights, funky shoes, shades of black and fun touches of plaid are what makes my job as an observer so enjoyable.

The purpose of street style is to essen-



Arts & Culture

Kae Stir Dress: H&M Earrings: Compass Rose

Lauren Schneiber Dress: Dumpster Values



Jessica Merritt Scarf: old navy Jacket: the gap Boots: marshalls Favorite part about fall: all the colors

tially showcase the way in which people are able to literally wear their heart on their sleeves. The act, mixing second hand items with current or name brand pieces, on-looker learn to judge fashionability with personality and not just the curated look. Street style cannot be simplified into being just the mix and match of an individual's clothing. The significance of capturing photos during arts walk is at the core of what street style should truly represent: the documentation of style. This is essential in keeping the integrity of the way people dress and adorn themselves. It is an art in and of itself, a direct reflection of culture at a current point in time. It should not matter a person's social standing, economic status, or fashion knowledge. That is what style is about. This is what Olympia is about.



Photo courtsey of AEON FUX.

Aeon Fux INTERVIEW WITH LOCAL OLYMPIA MUSICIAN

By Amber Hare

recently got the chance to sit down with one of my favorite local musicians and talk about bugs, production processes and their new mixtape. They've recently been written about in Vice and The Stranger and their music has been reposted countless times on blogs throughout the internet.

Would you like to introduce yourself?

Sure! I am Aeon Fux, I was born and raised in the pacific northwest and I make percussive a capella beats and play the omnichord.. I've been making music for a few years now and I'm kind of experimenting in the genre doom soul, which is new it's kind of neo soul but it's got a bit of a darker edge to it.

Do you have a specific production process? Does it feel more methodical to you or more spur of the moment?

I guess it honestly depends on the song, sometimes I come up with the melody before I come up with the lyrics or vice versa and sometimes, I mean lately, I've been recording the beats in shorter segments and I loop them but in the beginning I was just making that sound over and over again particularly because I really liked the meditative state it put me in, to try and match each sound. It's a very drone like process and until recently it was just me making the same sound for a minute or two which was honestly really fun and good practice.

We've collaborated on music in the past, do you feel like

there's a distinct difference between your process for writing a song with someone instead of writing a song alone?

I think there is, particularly because when I am collaborating with someone and they produce a beat I think it's easier for me to form a distinct picture, like more of a movie quality when I hear it in my head. But when I'm building beats myself, I kind of have to decide what kind of tone I want to set or what it's going to be about, but when I hear other peoples beats it kind of comes a little more quickly.

Working with other people, for me at least, definitely feels less in a vacuum.

Yeah, absolutely. It allows me to open my mind to different methods and to see what kinds of music other people are making right now, which sometimes I feel a little disconnected from.

You've been getting written about a little more and getting a little more exposure. Do you feel like that's affected the way you make music at all?

I don't think so. I guess honestly since I moved to Olympia I don't really know if I've recorded anything. I had

been focused on moving back here and starting school and I'm really excited to start working on some more music, but I think the only thing that really affects how I write music is the way that I'm feeling in that particular moment. I think it's really cool that I'm getting some more exposure and what not but I think about the fact that I'm pretty sure my most popular song is the "I'm gonna beat the fuck out of Terry Richardson" song which is something I just made at like 4 a.m. and I didn't really know how it was gonna go over. Because of that experience I feel more open to experiment with things that I don't necessarily know if people are going to like or not.

Do you feel like this exposure has put expectations on what you're going to be making?

I definitely think that those expectations are there, and it's really hard to try and hold myself to them especially because I'm really self critical. But I do think that because I try to experiment with different styles I maybe don't necessarily have, like, one particular expectation of what I'm going to sound like. I mean, I know that most of the songs that I'm writing right now have kind of a biological, like a bug, theme but then I have little doo-wop songs, and songs about lived experiences and what not.

Do you feel like your process for this new mixtape you're creating, which you can also talk a little about if you want to, differs from work you've done previously?

With Aposematic, which is this mixtape I'm working on, it's like my "bug album." It's about the relationship between people and insects, not just insects but arthropods as a whole. The theme of Aposematic is aposematism which is a characteristic of insects and animals that display warning colors to prevent predation. t's not necessarily a concept album in the way that it doesn't really form a particular story but it definitely has a running theme. I've been doing a lot more, I do research for the music that I write now which is fun y'know, like I've been watching a lot of bug documentaries and youtube channels of entomology enthusiasts so I think that this really the most I've really gotten into subject matters that I'm singing about. Most of the time it's just little fantastical ideas but now I want some scientific accuracy in what I'm writing so that's been super fun because I love learning about bugs anyway.

Beyond just insects, which seem like the theme for this mixtape, do you have anything else you look to for inspiration in this process?

Some of the themes I'm working with outside of insects are really basic feelings. Like the comparison of fight or flight instincts or of longing and desire, and our tendencies to either be hunter or hunted. I suppose because there is definitely a big play on predator and prey on the album and I kind of wanted to think about that in terms of human relationships in which ways people feed on each other in the form of parasitism and how that compares. I like the idea that human feelings can be associated with very insectoid ones and there's definitely a bit of plant stuff going on, there's a song that I'm working on that's about the cobra lily so not just insects but insect predators as well.

Are there any musicians that you look to for inspiration?

I look for musicians that I feel are talented but also the visuals that they bring and the concepts that they have. I would say Janet Jackson, Poly Styrene from X-Ray Spex, Jun Togawa, Grace Jones, Left-Eye, and maybe like, Missy Elliot and some of her work with Hype Williams...such a hard question, I know I'm gonna remember a bunch of people when this is over.

If you have the chance to work with anybody who would it be? I mean there's a name that instantly comes to mind and it's just a flight of fantasy because she really doesn't work with anyone but Sade. I don't know if that's the answer that I would choose if it were not immediate. I would work with Kraftwerk as well I feel like that would be wild and I could be part of their 3-D show. I'd also really like to work with like King Diamond. I think that that would be really cool. I think there are definitely more artists that I would like to collaborate with vs. that I draw direct inspiration from.

Are there any other projects that you're working or that you're especially excited for that you wanna talk about?

There's a musician from Seattle called Nightspace that I've been working with and we play a lot of shows together and we have a little collaborative project called Dreamroot and we've maybe played like two or three times together live but it's super cool, we just got together and pumped out some songs, and that's been really fun. Nightspace does a lot of really cool electronic music and being able to work with him and collaborate has been great. I have some projects that I'm like, on the edge of starting, that haven't really come to fruition yet. I'm really determined to start a metal band. I'd love to do that while I'm in olympia but I don't know how likely that is. Also pretty high on the list is starting a bossa nova band I think that would be intensely cool.

Do you have any advice or anything you wanna say to anyone who's starting to make music or anything you wish you'd heard or known when you had started?

I guess that I would like to say, don't let that blank space scare you. You know when you're first starting to write music, if it's not coming to you immediately, it doesn't mean you're not a musician, it doesn't mean that you're not working hard to improve yourself or to try to get something down on paper. You just have to practice. You have to practice really hard and you know, it'll happen. You probably won't just wake up one day and be like "oh yeah I got it!", like maybe that'll happen but it's like a one in a million chance, just keep practicing and it'll come to you. Also there are gonna be naysayers even if you're the best musician in the world, there's gonna be someone out there who doesn't like what you're doing and it's not gonna kill you; it'll suck but you're still gonna be there and you're still gonna have the ability to make music and what's important is that you're persistent and you keep making music and you make something that you're proud of that you want to show other people.

You can find their music at soundcloud.com/aeonfuxxx

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Olympia People's Mic WEEKLY OPEN-MIC OFFERS A VOICE TO THE COMMUNITY

By Emily Kim

Arts & Culture

UP COMING

WED. OCT 7

Le Voyeur 404 4th Ave E, 11:00pm. 21+ Vomity-49 Hurls Before Swine Featuring Scott Loose

Obsidian 414 4th Ave E, 9:00pm. 21+ SOULYMPA II : Funk Night

THUR. OCT 8

Le Voyeur 404 4th Ave E, 8:00pm. 21+ The Fire This Time Tour w/ Billy Woods, Prem Rock, Henry

FRI. OCT 9

Olympia Armory 515 Eastside St SE, 9:00am All Ages LMNOP 2015 Fall & Winter Sale Event

Obsidian 414 4th Ave E. 9:00pm. 21+ Holy Komodo West Coast Tour Kickoff

SAT. OCT 10

★ Le Voyeur 404 4th Ave E. 10pm. \$3-5 21+ Books to Prisoners benefit show - Shadows, Aeon Fux, Half Hearted ★ Obsidion

★ Obsidian 414 4th Ave E. 10pm. 21+ D*** D**** - DJ Clit Bulge,

DJ.mp3, Anna phylaxis, DJ Loose

THUR. OCT 15

tobsidian 414 4th Ave E. 9:00pm. 21+ Friction: JOCK JAMS

FRI. OCT 16

Hands On 414 Jefferson St NE. 7:00pm. 21+ Adult Swim: GLOW

SAT. OCT 17

Sounds at the Secret -Thunderworld, Ripe Mangos/ Housings, Ruthie Jabloksky, Trust Fall

ast Thursday evening I ventured to the back room of Ben Moore's Restaurant in Downtown Olympia. Past the dining tables was a hidden stage, paintings framed against brick-red walls, and a playlist of classic songs providing a laidback atmosphere. In front of neat rows of chairs stood the spotlight.

I had a chance to briefly speak with that night's host, Kina Wolfenstein. A student at The Evergreen State College, Wolfenstein began writing at a young age in her hometown, Portland, OR. She attended her first poetry slam at age fifteen, and has gone on to represent Washington in the National Grand Slam Poetry Championships. I asked her what piece of advice she would give to upcoming writers. She responded, "write about the thing you're afraid of."

We are constantly facing fears, and it is important to find safe spaces where that courage is supported.

Pieces ranged from serious to humorous, from poetic realism to science-fiction prose; welcoming a diverse crowd of faces and voices. Each piece tells a different story, plunging listeners into rich memories and raw emotion.

The audience is encouraged to contribute by snapping, stomping or "mmm"ing when they hear lines that strike them. Capturing the essence of a poem is difficult, however it's easy to relate to these lines, performed by Alex Loret De Mola and Joanne Rikimaru:

"Right now, we are still youth in discovery," and "I want to be quenched with who I really am."

De Mola declared, "Tell me a story I can grow old in," which I believe is exactly what open mics like these are trying to accomplish.

In addition to welcoming anyone from the community, this weekly open mic features a guest performer. This week's

guest performer was Rebecca Shay from Seattle, WA. An incredible writer and spoken word poet, she has been involved in many poetry readings and performances, and has published her own chapbooks. Not only does she guide you into her world of words, but she also translates them through her body language. Her performance left me speechless, with cathartic goosebumps rising on my arms. In one of her poems, she shared.

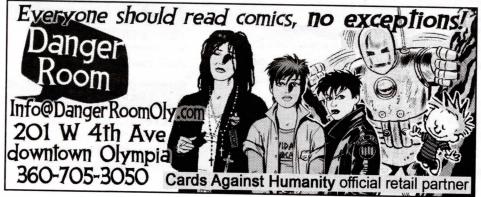
"Anxiety cuts into my imperfections, and blames me for bleeding."

Although writing is often captured on the page, or confined between quotation marks, the full experience of performance poetry cannot be synthesized in a short article. These stories come from people's cores; the ability to share them honestly on stage is both mesmerizing and inspiring.

The organizers of Olympia People's Mic, Old Growth Poetry Collective, was founded in Olympia in 2011. Since then it has brought writing to many venues throughout Cascadia, hosting poetry slams and workshops dedicated towards helping people find their voice and onstage presence. Meeting at Ben Moore's Restaurant every Thursday at 6:30pm, the performance is open to all ages, performer or observer. It costs \$3-7 to get in-a contribution which goes to Old Growth Poetry Collective to help fund this event and others like it.









FALL ARTS WALK Media Island Show

By Bryel Fyfe

uring my first year in Olympia, I had the misfortune of living on campus. This, mixed with a newborn noesis of my current location, made getting my ass to a show an endeavor, sometimes a drunken misadventure.

However, as someone who now very conveniently lives downtown, I have to make a decision on most Friday nights. There are so many venues, the choice is yours!

Amongst the slew of shows sprawled out, in and around downtown Olympia last night, this was one: a benefit punk show hosted at Media Island. If you don't know where that is then you, my friend, are missing out. I have found a great appreciation for this community center and gathering space. It is, in my opinion, hands down one of the greatest resources in Olympia. They also appear to host their own 24/7 radio show on 106.5 KOWA

Upon walking up to the show I was greeted by a voice in a toy microphone, a trumpeter atop the roof of a van, accompanied by a manned washboard, trombonist, banjo, and guitar. After watching Pigeon Parade perform songs like "Foote Ox" and "Holding Hands with Strangers," and others, I realized how much I was enjoying myself during this animated performance. Bringing this energy outside was a good tactic, seemingly bringing everyone else to life as well. Performing after them were The Loud Potions. If you're new to Evergreen you will probably see them perform at least once, if not often, whether at a school-sanctioned function, house show, or in a local venue. On this night I noticed they constantly tweaked their style to adhere to the atmosphere of the night.

After their set I heard two people that looked like freshmen loudly boasting about the next band with an attitude that teetered on the line of a great idea and entirely annoying. Following The Loud Potions was Ashtray fronted by a singer with a skull painted face and a feral attitude. They channeled an old school style of punk that I feel has been lacking in a place with such a punk rock history. I enjoyed their music and energy, what they lacked in complexity, they made up for in crowdpleasing entertainment. They grabbed the audience's attention, even as the front person was on the belligerent side and falling all over themselves.

All and all, the show was great. Unfortunately the rest of the acts fell short of my memory, but in their defense, it was late and I was stoned.

Letters & Opinion

Drugs in Olympia

An Overview of a Scene In Transi-OH MY GOD MY FACE IS ON INSIDE OUT AND I'M PRET-TY SURE MY RA IS A CANNIBAL -tion

non

By Sam Miller

i, my name is Sam Miller. I am a transfer student from Grays Harbor College. I'm 32 and I have lived in Olympia for 20 years. I have been completely sober for 7 years. I went to school to be a State licensed Chemical Dependency Professional. I worked in the field for 2 years, 1 year with primarily alcoholics. My second year was spent working at a methadone clinic counseling folks with severe Opiate Use Disorders, primarily Intravenous (IV) heroin users.

I attended the presentation "Ways to Thrive as Members of the Evergreen Community" on the 2nd day of orientation and found the information on Drugs and alcohol insufficient. I think folks experimenting with substances in a safe supportive environment can be fine and if they wish to experiment, can do so safely. And I hope that Students that find themselves in trouble can find the help they seek. I figured who's better to speak on the drug scene in Olympia than an incoming student who has done all the drugs in the scene and lived (fucking barely) to talk about it.

WEED

Call it what you will, weed, trees, the chronic, Chicago hay, green lung lumber, whether you smoke it out of a pipe, a bong, Zig Zags, blunt wraps, or even a skull, marijuana is still the most used intoxicant/medicine at Evergreen State College. It's not very dangerous, it's not very expensive, and it's legal now which, in my eyes, makes it boring to boot. I'm a Drug addict and I smoke weed like it's a drug, to other folks it's not a drug, which seems weird. Yes it's natural, Yes it's a plant, but there a lot of things that are natural that we don't smoke. Cobras are natural. Ebola is natural. What's more natural than Lava, you wanna smoke some Lava? NO DON'T IT'S TOO FUCKING HOT IT WILL BURN YOU!

What I'm trying to say is that if you smoke pot you may not be doing something else. What's more interesting than pot? Almost fucking everything in the whole world. If you like to smoke pot sometimes to chill, rad, way to be chill. If you're stoked that it's such good medicine, great. But please shut the fuck up about it. Aspirin makes my back feel better but I don't have a black light aspirin poster on my wall.

ALCOHOL

Alcohol is a great social lubricant for a huge portion of the population.

It is socially accepted for the most part. Alcohol is like music, with lots of different types and styles that change through time. There's Straight Aged Bourbon that warms your throat like Free Jazz. There's a beautiful Merlot that floats up to your nose and brings up visions of piano recitals in amphitheaters under a waning crescent moon. Then there's the beer bong full of PBR that your best bro Zach (Ya, that Zach) is holding. Gravity jams the cheap dumb syrup down your throat like the worst manufactured punk rock you've ever heard. Think Green Day and Blink-182 playing the Pepsi Legends stage at Warped Tour, that's now sponsored by Crocs. Not too mention you'll get to experience this pleasure again as Zach's concoction exonerates itself from your once scholarly body.

By the way, there's a chance that your Buddy Zach might kill himself or somebody else. According to the CDC 88,000 deaths a year can be attributed to excessive alcohol use. Chill. No but seriously if you can hang, you can hang, if alcohol use is a problem it can be ok, because there is help. The school has an amazing health center with folks I know and trust that would love to help you find a solution that works for you if you are concerned with your drinking. They might even be able to help your friend Zach, they have special facilities just for solid bros.

PSYCHEDELICS

Don't be a dumbass. Shit gets weird. It might get rad, or sad, but shit gets weird.

MOLLY/ECSTASY

I never did that shit it looks dumb as fuck. Glow sticks are stupid and I'm too chill for robot music.

COCAINE

It's around. It makes you feel very interesting. Feeling interesting and being interesting are very different. Cocaine comes in waves over Olympia. Usually it is cut with all kinds of bullshit. 5 years ago a large shipment of cocaine showed up in the northwest that was cut with Cattle De-Wormer. That's fucked up, especially if you didn't have any worms in the first place. There are folks that do cocaine occasionally and keep their shit straight, but uhhhhhh it's really fucking rare. If you're doing that shit once a month lookout cause once a week is a quick jump away, and after that ...

Also when you buy cocaine you are supporting some real oppressive bullshit not just in our community, but in others too. There's nothing more hypocritical than looking down on someone for eating meat, or littering and then snorting powder manufactured by slaves with the profits going to what amounts to genocide. (Also for the record I know hella people still involved with serious drugs and even they can't find decent coke.)

METHAMPHETAMINE

It's a fucked up drug with a fucked up scene. It always has been and always will be a value high. I'm being honest, the methamphetamine that is around right now is crazy. It's strong and it's cheap. It's addictive as fuck, and it will destroy your life and probably some folks around you. However don't talk shit. I did meth a lot. So did a lot of other great folks. I lived in Spanaway until I was 12, Rural Pierce and Thurston County will never be the same. Methamphetamine destroys beautiful families. It got me locked up for 6 months in the Yakima Jail. Also, don't assume because someone is 'high strung' that they are high on Meth. Even if they are high on meth mind your own fucking business, if they aren't fucking with you, or if you ain't there to help, step the fuck off.

HEROIN/OPIOIDS

That slash is there for a reason. People really look down on IV drug users and that fucking sucks. Using IV heroin sucks. We are also in the midst of what can only be described as a heroin epidemic. Between 1999 and 2010, overdose deaths more than quadrupled nationally, rising from 4,030 to 16,651, according to the Center for Disease Control. It's fucking awful. If you don't believe me come downtown, I'll introduce you to some cats that are caught up in that shit. I've been sober 7 years and I've lost so many good friends to this shit. I will lose a lot more too.

If you're in it, there's help. The Student Health Center at the school can make referrals to get support. And the way insurance is now it might be cheap or free. Also Prescription pills are just as dangerous. Sorry this one ain't funny, I miss my friends.

If you want to help the Emma Goldman Youth Homeless Outreach Project (EGYHOP) is an amazing agency that helped me when I was homeless. If you are actively using right now they also provide a needle exchange and distribute Naloxone, a drug which when used correctly can reverse overdose, as well as information on how to use it.

Humor



Greetings. Welcome to Wasted Advice, wherein you ask for advice and I continue to get drunk and advise you. We both win. You can ask me the questions you can't ask your resident advisor.

I keep dating boys but like that blows how do I stop having crushes on them and also how do I stop being intimidated by cute queer girls also why am I so bad at being gay? boys are weird and gross but i guess also kind of alluring? idk i dont date boys and it rules and i bet you are great at being gay! just try it! ask someone out and take them on a cute date to look at plants or make them food or something, also girls are way easier to date then boys and way more fun. I have a crush on someone but I think they are enemies of one of my frnds but I can't remember who, should I not try to makeout or just like dgaf? you should probably try and listen 2 yr friends and not date their enemies that is really sketch imo. like, your friend probably doesn't like them for a reason! imo its really not chill to fuck w that shit u should put yr friends first. dating is weird anyways. but really, dont date your friends enemies. even tho your friends say they dont feel weird about it they probably do. I wanna have frnds but I hate the stupid socializing part can I skip the going to shows parties and just move on to the having sleep overs and eating each others food w.o asking? yeah just ask them and try and have one on one time w them. u just gotta be intentional about it and tell them how cool they are i bet they think you are cool too! same thing with dating people but sometimes its weird to like, ask someone out but in a friends way?

If I stare into the abyss, does the abyss stares back into me? no, the abyss was probably just looking at the person behind you.

How do I break it to my partner that I want to leave them? honestly you just gotta tell them. you aren't making anything easier by waiting. just tell them how you feel and be honest w/ yr feelings. otherwise that shit is gonna drag out and get messier everyday. u owe it to them to tell them because otherwise you are just towing them along. it's a fallacy to think that you're protecting their feelings by not telling them.

What is the best beer to have with whiskey? beer is mostly kind of gross

so just get a cheap beer because it mostly all tastes the same.

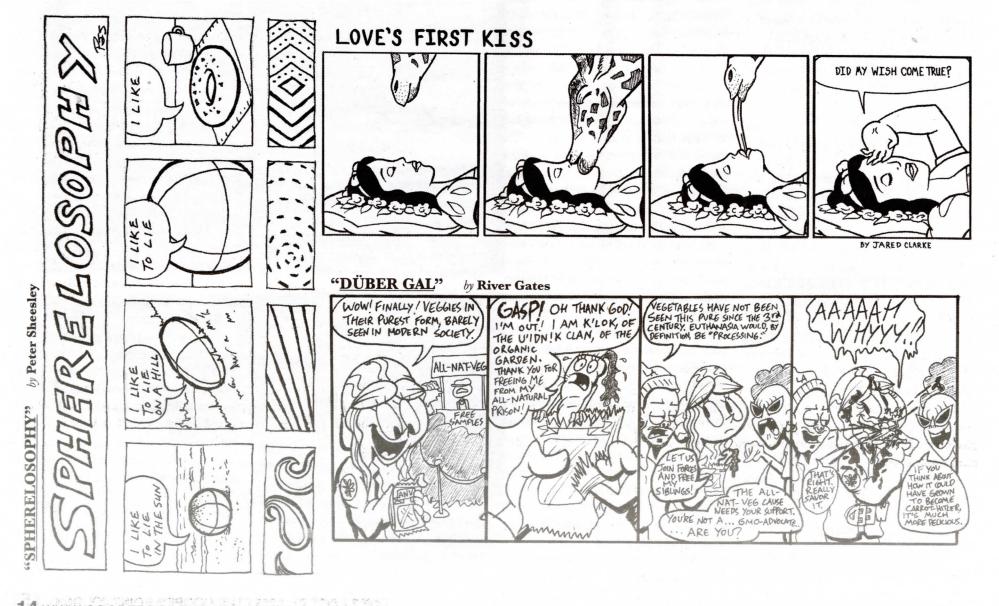
Why are there so many weirdos on dating sites and where have all the good men gone? there no good men you should date other people who aren't men. really tho.

What video game should I play next? journey or portal. they are the best games. most video games are bad though try a board game or just going on the internet. katamari is good too. mostly video games are really bad tho.

How can I talk to hot olympia famous punks? you probably shouldn't most of them are jerks. weirdos and nerds are the people you should hang out with. like, i bet that person who never talks in your class is way more interesting then all of those punk bros.

How do I break in new shoes? kick someone in the head.

Got problems? We have a new amazing way to annonymously submit questions for us to answer! Just go to www.ask.fm/wastedadvice and type it in.



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Astrology

RUBY THOMPSON



By Yasi Lowi

ARIES 3/21 - 4/19

Maybe it's the cool Autumn air, or all the interesting new people you've just met, but something about this week makes you want to party! Aries, it's time to have fun and shed your sad, old skin. This is the week to pull all of your closest friends tight around you, tell them you love them, and dance.

TAURUS 4/20 - 5/20

Get ready for a reality check! You've been skimming your readings or ignoring a friend, and you're about to face the consequences. Don't worry though, Taurus. This is all small stuff; you've dealt with far worse. Now is the perfect time to reflect on your corner cutting and start some new, more rewarding habits.

GEMINI 5/21 - 6/20

Gemini, what happened? You've been going strong into the start of the quarter, and now you're suddenly disappointed and overwhelmed, and it's only Week 2! Take time now to check in with yourself. Are you hungry? Tired? Do you need to spend all day watching movies in bed? Do the work it takes to make yourself feel like a human again—only then can you face the rest of the world.

CANCER 6/21 - 7/22

Have you been feeding hungry cats or writing your friends love letters? Whatever sweet things you've been doing, they haven't gone unnoticed. Expect a pastry on your doorstep, or great feedback on a paper, or the perfect sweater at the free store. You've been kind, Cancer, and the people in your life are very lucky to know you.

LEO 7/23 - 8/22

Leo, you may have found yourself challenged or triggered this week. Maybe you lost your wallet, or ran into the person you were most trying to avoid at the grocery store. Either way, remember: you're resilient and this is all temporary. Let your support systems be a haven for you until this storm passes.

VIRGO 8/23 - 9/22

What, is mercury still in retrograde? This is the week to be extra careful with your words. Someone might lash out at you for something you didn't think you said, or seem to dislike you for no apparent reason. Don't take it personally, Virgo, and give yourself the time you need to respond. Interacting with people can be really hard sometimes.

LIBRA 9/23 - 10/22

This week, it's critical that you give yourself a lot of space. Clear your calendar, clean your desk, and let yourself think, fully. Somewhere in the silence and meditation, you'll find the doors you've needed to move forward. Simply give yourself the time and space to do all the growing you're ready for.

SCORPIO 10/23 - 11/21

Dang dude, you're so angry! Someone hasn't listened to your side of the story, and you have to deal with the consequences! That sucks, a lot... but your anger may not be helping you move forward. Remember that impulsiveness and cruelty come with their own consequences, and try to be as patient and understanding as you can right now!

SAGITTARIUS 11/22 - 12/21

Summer is ending, and with it, other sweet things are too. Unfortunately, there is no going back, and it's important that you remember that this week. New beautiful thoughts and relationships are about to bloom for you, they just may be in different shapes and places than you expected.

CAPRICORN 12/22 - 1/19

Did you just buy a yacht or something? Whatever happened, it may be wise to take a couple hours right now and think about how to spend your money and what on. It's one of those things you have to take the time to figure out at some point, and it seems like now is your moment.

AQAURIUS 1/20 - 2/18

Be careful! This week you may find yourself with your defenses down lower than you meant them to be! Aquarius! Take some Vitamin C. Double check that you haven't left your stove on, or your essay at home! This is the time to be vigilant, and do your best to make sure you're not letting anything slip away forgotten.

PISCES 2/19 - 3/20

What a relief! Pisces, there's been a low, black cloud hanging over your head and this week it's finally going to dissipate! Your steps will feel lighter, and your burdens not so heavy. Don't slow your happiness with fears of regression. Where you're at is genuine and hard earned, let yourself feel it with all of your bruised and healing body.

