

Denver photographed by Tim Elliott

Tim Elliott is a freshman in Reenacting Conflict.

Graffiti on Seminar II

By Sam Jessup

In the time between the evening of Monday, May 1 and the morning of the following Tuesday, vandals struck the Seminar II building in what longtime facilities employee Mark Kormondy calls the largest single act of vandalism he has seen on campus in a decade.

"We get the occasional tagger," Kormondy said in a Wednesday interview, "they'll hit a door or a wall but it's usually isolated. We deal with that constantly...but something of this magnitude I haven't seen in ten years."

Anthony Sermonti, campus public relations officer, said that it appears the vandalism probably took a number of people "a while" to accomplish.

Most of the graffiti was concentrated on the fourth floor of Seminar II's E- and D-wing, but tags were also discovered near the Café on the first floor of B-wing.

The vandals used spray paint and wide black markers to scrawl tags and slogans ("adorning shirts with a human face only defaces the wearer") on windows, metal utility doors, and cement walls.

Evergreen Police Services was notified of the vandalism at 7:15 a.m. on Tuesday by the Seminar II building manager.

Officer Dana Brewster, who is assigned to the vandalism case, spent Tuesday taking pictures of the graffiti and dusting for fingerprints.

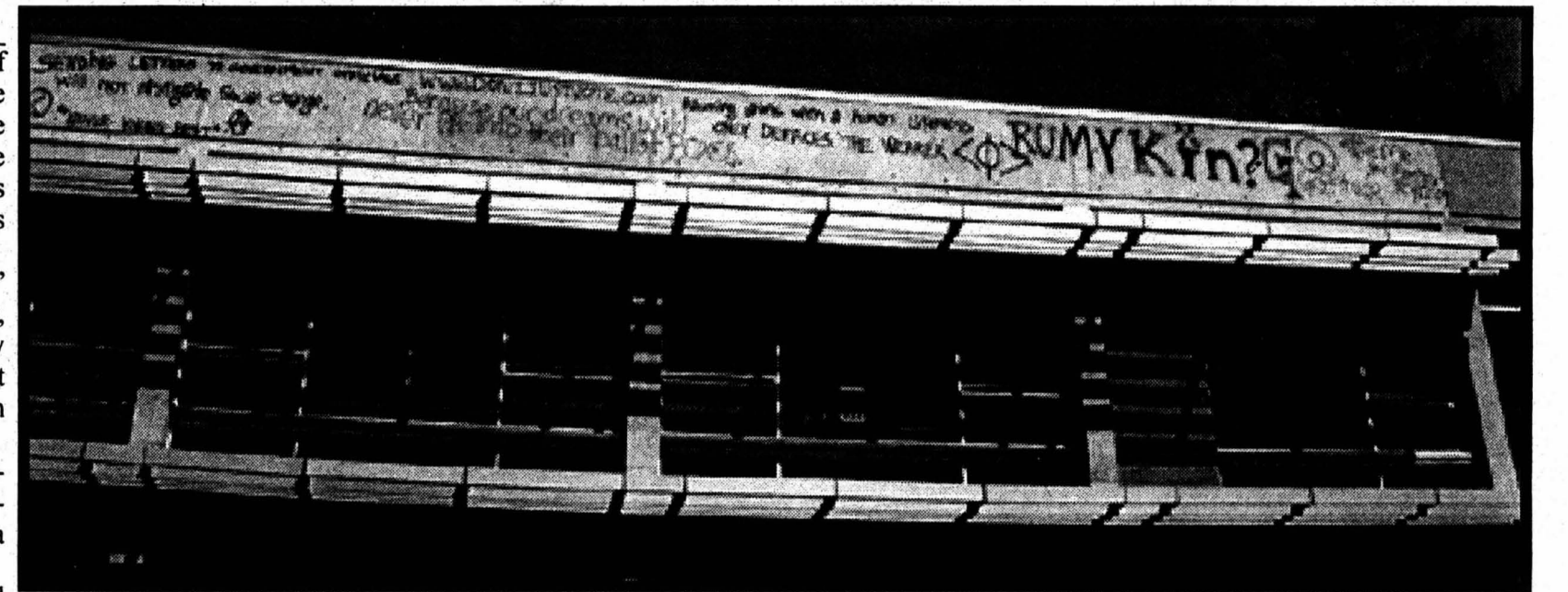


photo by Sam Jessup

In a Tuesday interview, Brewster said that she had lifted some promising prints.

On Wednesday, Sermonti said police services sent the prints to the Washington State Patrol crime lab for analysis.

Police services also sent photographs of the graffiti to local police departments in hopes that someone would recognize the work of the Evergreen vandals.

Richard Britz, a public service center employee, also took time out of his Tuesday to inspect the graffiti from the fourth floor of E-wing.

A day earlier at about 3 p.m., Britz was walking past E-wing on his way towards

F-lot when he noticed somebody sitting on the metal ledge below E-wing's fourth floor windows.

"I thought that was a strange place to be," Britz said, examining the fresh graffiti.

Britz said the person looked to be a male in his mid-twenties, of medium build, and dark medium-length hair.

Sermonti said he had not heard anything about the person Britz had seen.

Washington State's department of general administration (DGA) will remove graffiti from cement surfaces. Facilities staff will remove it from windows and utility doors.

DGA visited campus Wednesday afternoon to survey the damage and test out various chemical products to see which would remove graffiti most effectively.

Paul Smith, facilities director, says the cleanup work by DGA will probably cost between \$6,500 and \$7,000. The price tag includes both time and materials.

Cleanup will begin at 7 a.m., Thursday May 4. Smith says that by a conservative estimate, it will take a week to remove all the graffiti.

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News Commentary Graffiti Situation: Reactions on Campus

By Paul Osterlund

There has been quite a buzz circulating through the campus in the past few days, and it's not even the weekend yet. Terrible jokes aside, most students at Evergreen seem to have either actually witnessed or heard about the numerous tags that recently appeared in sporadic locations around the Seminar II buildings. I solicited numerous students for their reaction regarding the graffiti incident, and the responses were quite varied. First year student Jonathan Magen, who was seemingly unsettled by the event, said that "what was done to Seminar II was inappropriate, especially with the incoming freshmen," referring to the potential future Greeners visiting on campus. Jenny Reed, also a first year student, said she thinks, "it looks like shit, they could have done something better." Surely the tagging does nothing to increase the aesthetic appeal of the campus, especially considering the ambiguous content and random nature of the graffiti.

Individual examples included racial references like "Azn Pride," cryptic philosophical remarks such as, "Did you know? No one will ever love you more than you are capable of handling," and political statements like "sending letters to government officials will not instigate social change." There were also several circled capital A anarchy signs, a true cliché of half-assed

and talent-less tagging. The messages seemed to be written by more than one person, as evidenced by alternating handwriting styles. Also tagged was the line "everything you touch and everything you see is all your life will ever be," which was later modified by replacing "everything" with "all." This is a line from a Pink Floyd song. Some might think that to be a standard Evergreen-type occurrence, subversively referencing Pink Floyd, but not correctly.

The school is not taking the matter lightly, as gathered by a bulletin from the college that has been appearing on doors all over campus requesting information that might help lead to those responsible for the graffiti.

Clearly the school has its hands full as far as cleanup goes, but this incident recalls an entire societal response in recent years, mostly marked by extreme anti-graffiti sentiment. One could say that graffiti is the skateboarding of art, a legitimate activity that takes great skill and precision, but that also frequently occurs under the pretense of illegality. Freshman McKenzie Moton, who has been tagging for three years, is aware of the negative associations with graffiti. "Graffiti already has a bad name, and when people don't know what they are doing it makes

graffiti look worse." The good name of the art form as a whole is definitely not benefiting from these and other types of directionless vandalism. Media buzz as well as civic response has been the issue of much debate when it comes to effectiveness and resources. Junior Lee Routledge thinks that the aggressive citywide type campaigns engineered to stop graffiti are counter-productive. "People spend way too much money on graffiti (removal) that they could be putting to better use." Graffiti was first recognized as a term when referring to the carved inscriptions on the catacombs of ancient Rome. It has emerged today as a vibrant cultural art form that mostly is active in urban areas, although that has crossed over into many other areas.

Despite the diverse opinions of the students I spoke with, everyone agreed that graffiti is a legitimate medium of art that unfortunately can be used for negative purposes, like in this case, vandalism that demands a great amount of restoration work and a good deal of money. Truly a pointless statement, nothing particularly constructive has come as a result of the recent graffiti appearances on campus.

Paul Osterlund is a freshman enrolled in Animated Visions. He is also a CPJ reporter.

Outdoor Medicine

Staying safe while pursuing warm-weather activities

By David Errington

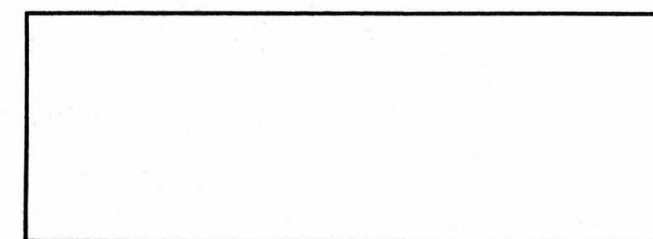
With summer right around the corner a lot of us are daydreaming about getting in some good outdoor adventures. Outdoor adventures bring a higher level of personal risk than our many day-to-day adventures. Although it does happen, it is hard to imagine spraining an ankle while crossing Red Square, whereas it is much easier to imagine spraining an ankle while scrambling across some scree on the side of a mountain or while diving for a Frisbee in the park.

There are some simple things you can do to prepare for the possibility of injuries while having your outdoor adventures this summer. The first thing is to bring a light first aid kit with you—you don't need to carry the entire contents of a medical ward. Just bring the things needed to stabilize the injury until one can receive medical treatment. The second thing is to be careful. Most of you just said "duh, that is not big news." The fact is that most injuries during physical activity are preventable if we don't overdo the activity.

Continued on page 6...

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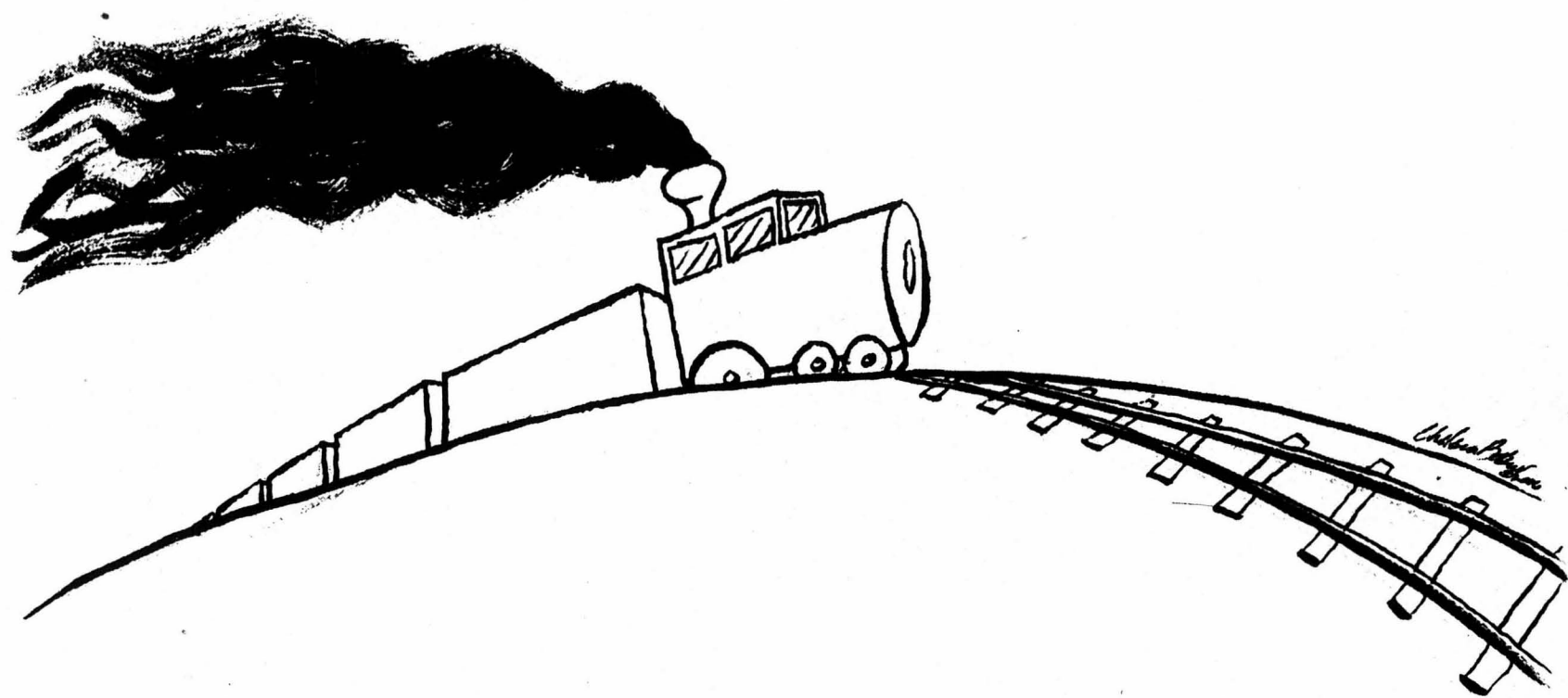
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A sustainable College Activities Building

By Dan Edleson-Stein

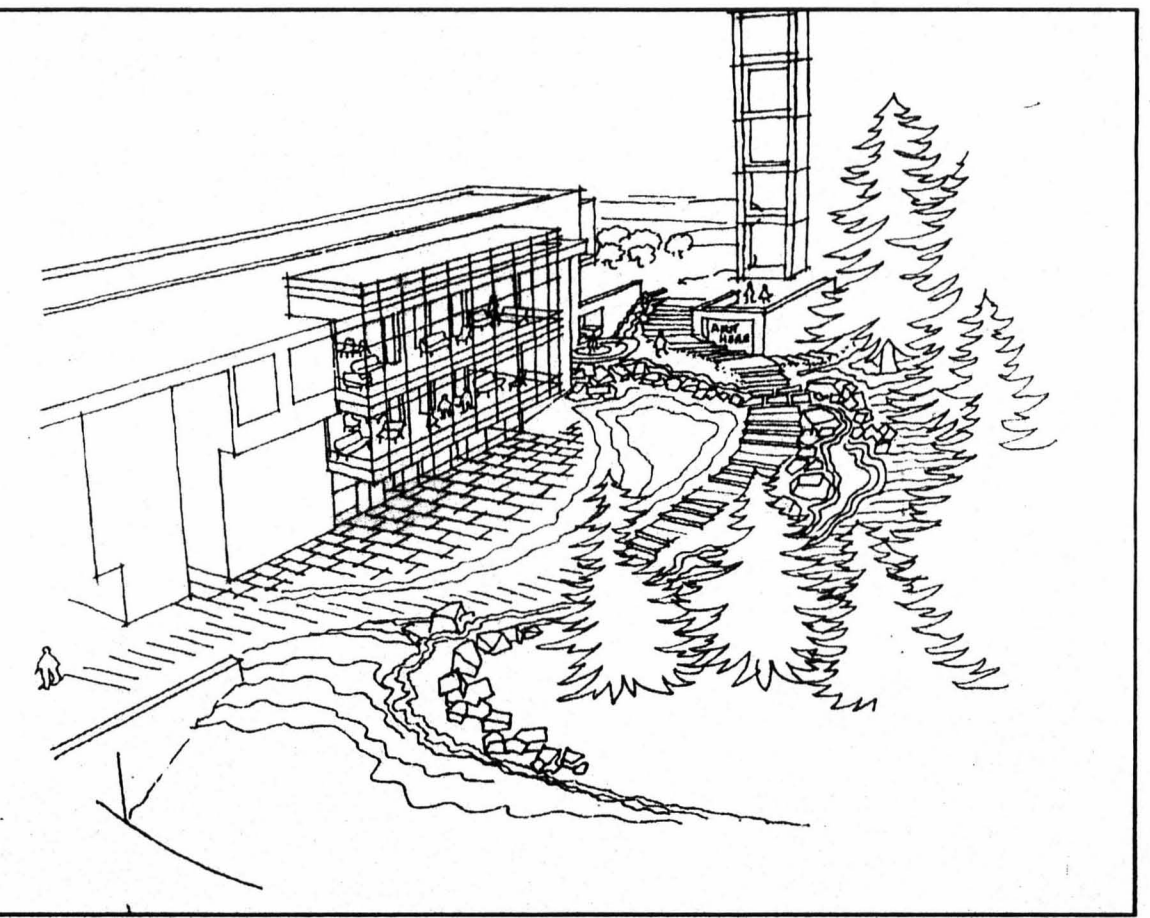
"What the hell is LEED?" is a question students have been asking a lot when the CAB renovation comes up. LEED (Leadership in Energy and Environmental Design) is a rating system created by the U.S. Green Building Council to rate buildings on environmental factors and sustainable design. The system rates buildings according to over thirty different factors that fall into the broader categories of sustainable building placement, energy performance, water efficiency, materials used and indoor environmental quality. Depending on how many points a building receives in the rating system, it can become LEED certified, silver, gold or platinum. In the state of Washington new buildings now must be at least LEED silver. While LEED is in some ways a corporate gimmick and certainly is not perfect, it actually is a relatively good gauge of how sustainable a building is. If a building scores high, it's probably doing something right.

Because the CAB is already built it doesn't need to meet the certification requirements of LEED. This doesn't mean however that the designs for the renovated CAB won't be more environmentally friendly, as well as meet LEED standards.

All three plans for the CAB renovation remodel make the CAB LEED certified, with the low-cost plan only going for certification, the mid-cost for silver and the high cost for gold. The low-cost scheme will integrate sustainable materials with

non-toxic finishes into the remodeling as well as upgrading the building to be more energy efficient. The building also may have a solar power demonstration project on the roof that uses photo-voltaics. In addition to the same upgrades as the low-cost plan, the mid-cost plan will create more natural lighting through roof windows and bring plants and trees indoors, as well as saving on energy costs through operable windows that can be opened and closed depending on the weather and people's preferences. The plan will also incorporate water reclamation to make use of run-off and wastewater, and may integrate solar heated hot water into the design as well. The high cost plan includes all the same green features as the smaller two plans as well as a closed loop water reclamation system that will incorporate rainwater runoff, greywater and composting toilets. A stream will be added onto the north side of the building as well. The plan will also incorporate green roofs and edible landscaping into the design.

There are several other things in the CAB designs that may not register on the



The High-Cost CAB renovation plan incorporates a stream and edible landscaping on the north side of the building. picture courtesy of Dan Edleson-Stein

LEED rating system, but are still important to mention when talking about sustainability. The large lounges that are proposed in all three plans allow natural lighting to become more prevalent in the building, giving students inside a better connection to the forest. This also helps to save money on lighting and heating costs by effectively maximizing passive solar heating and natural lighting. The proposed student-run café is another element of the re-designed CAB that would help make the building more sustainable by adding a space that would allow students to buy locally grown food, minimizing the distance food would have to travel while also giving students a healthy

eating alternative. Whether it's the organic farm, the Synergy conference, or the fact that our school is located on 1000 acres of forest, Evergreen is a place that celebrates sustainability and a connection to nature. It seems fitting that the built environment of the campus celebrate this as well. On May 22 the voting begins on the plans for the CAB renovation. Go onto Gateway and cast your vote on whether or not you want to pay for a re-designed CAB. The choice is yours, make your voice heard!

Dan Edleson-Stein is a senior in Foundations Of Visual Arts.

Community Action: Habitat Greeners

By Jacob Berkey

Interested in eliminating sub-standard housing in Thurston County? Get in touch with the Habitat Greeners. The Habitat Greeners are a group of Evergreen students who are starting their own club in coordination with Habitat For Humanity and Evergreen's Center for Community-Based Learning and Action. Their first building project is May 20.

Habitat Greeners' mission is simple: To eliminate sub-standard housing in Thurston County by increasing awareness of low-income and sustainable housing issues through coordination with Habitat for Humanity, the community, and Evergreen students. Through this action Habitat Greeners will promote friendships and

Habitat for Humanity needs 20 volunteers to help make a difference! Construction work will be going on SATURDAY, MAY 20 from 11-5
~lunch will be provided~

R.S.V.P. with name and email at habitat.greeners@gmail.com

Questions?
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fellowship amongst those lending a hand. Lunch will be provided at the May 20 building event. The group's aim is to get 15-20 volunteers out once a month to a building

site. There they will be building houses that are "green" and "low-impact"—meaning more sustainable than traditional constructions. Those interested only need to bring

their enthusiasm, a positive attitude, a willingness to work together, and some patience. Everything else can be taught on site and the tools will all be provided. May 20th is Habitat Greeners' kick-off building event. The day starts at 11 a.m. and continues until five. Lunch is provided. To RSVP contact habitat.greeners@gmail.com. This is a great opportunity to learn more about issues surrounding homelessness in the South Sound and how eco-design and construction can meet this critical need. Not to mention the chance to build/physically create something.

Jacob Berkey is in his first year in the MPA program.

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Be prepared: Outdoor First Aid

article continued from cover

- Minimal supplies to bring:
- Gauze wrap—this can be used to either wrap a sprain or to cover a wound.
- Bandages—a small assortment of band-aids is always helpful for easing the pain of blisters or covering a small cut to

prevent infection.

- Medical tape—medical tape can be used to secure gauze to a wound or to tape up a sprain or strained appendage.
- Antibiotic ointment or cream—use this to deter infection in a fresh wound. Many products also have pain relievers in them to help ease discomfort.
- ACE bandage—this is a very versatile item. You can use it as a wrap for a strain or sprain or place gauze between the ACE wrap and any open wound injury.

For sprains and bruising remember to

“R.I.C.E.” it:

- Rest—rest the injured area; remember that if you continue with an activity your body will have to compensate for the injury by using the good working parts of your body.
- Ice—use a cold compress to help reduce the effects of swelling. The general rule is to apply a cold compress for 15 minutes at a time, taking 15 minutes between to allow the blood flow to return to normal in the injured area.
- Compression—use an ACE bandage or gauze to wrap the area. This will provide support to injured muscles and/or tendons. You can also use strategically placed medical tape to support the injury. This is a little more advanced, but you can find tips on the web at <http://gorp.away.com/gorp/publishers/lyonspress/medout2.htm>.
- Elevation—while resting you should raise the injured area so that it is above the heart. For example, if it is your ankle that is injured, lie down and prop your leg up so that the ankle is higher than your chest.

For cuts and scrapes:

- Clean the wounded area with a little of your drinking water. Using creek or stream water can introduce bacteria or other

infectious agents into the wound.

- Apply an antibacterial ointment or cream to burns, scrapes and shallow wounds. Manufacturers normally warn against using these products on deep or puncture wounds.
- Wrap or cover the area securely with a clean bandage.

After stabilizing any wound we recommend having it checked out by a medical professional. It is especially important if the wound that doesn't seem to be healing within a day or two. If you are interested in learning more about emergency medicine you may want to check out a Wilderness First Responder Course or a Wilderness Emergency Medical Technician.

Here are a few good links to more information about training in wilderness medicine: Wilderness Medical Associates: www.wildmed.com. National Outdoor Leadership School: www.nols.edu.

We sell an outdoor first aid kit at the Student Health Center for \$25, it has a sturdy plastic case and almost all of the supplies you would need out in the backcountry. This kit includes “Backcountry First Aid and Extended Care” reference book by Buck Tilton, Director of the Wilderness Medical Institute of NOLS.

David Errington is a senior doing undergraduate research with bacteriophages, and is in the Student Medical Assistant Program.



photo by Aaron Bietz

Vandalism at Evergreen

article continued from cover

The campus facilities department will clean up graffiti on windows and metal doors.

To get the graffiti cleaned up quickly, facilities will have to move staff away from other campus projects like the brickwork that has been going on in Red Square.

On the E-wing wall where Britz spotted the mysterious person, vandals spray-painted two website URLs.

One URL, donjustvote.com, appears to be a bogus link.

But when web browsers open the other link left by vandals, givemethemasterkey.com, the web page plays a flash movie that declares “gratitude” is “the master key.”

The movie then presents the viewer with a symbol that is supposed to represent the “gratitude” concept.

After the flash movie finishes, web browsers are forwarded to gogratitude.com.

“Chances are,” the author of www.gogratitude.com states, “you’ll begin to see the Gratitude symbol everywhere.”

And, indeed, the “Gratitude symbol” was spray painted on the wall of E-wing.

At gogratitude.com, readers are encouraged to subscribe to an email list.

The website promises that subscribers will learn to “to feel better instantly,” “increase [their] prosperity and abundance,” and “make a profound difference in the lives of many people,” among other things.



photo by Eva Wong

Seattle's These Arms Are Snakes kicked off The Second Annual “Red Square Presents” concert series with a manic set of ROCK! The free series, hosted by The Musicians' Club and KAOS will be going on for three more weeks and will continue next Wednesday with Rocky Votolato.

Sam Jessup is a junior enrolled in a contract titled Spreading the News. He is the news coordinator of the CPJ.

Labor Day protest in Santiago

By Margaret Flickinger

A first-hand account

On May 1, 2006, the streets of Santiago were bursting with demonstrators. A myriad collection of people had congregated in the center of the city—teenagers, families and the elderly had gathered to celebrate Labor Day. Some were socialists. Others were communists. A few were anarchists. Ultimately, the agenda of the individuals was insignificant. With peace in mind, the purpose of their protest was to remind the nation of the importance of the working class.

Eleven Evergreen students were also present at the protest. For nearly a month, these students from the program *Transforming Consciousness* have been studying abroad in Chile. Their goal was to gain an understanding of a foreign culture. Oblivious to the cultural significance

For the people of Santiago, their demonstration did take the form of a joyous celebration. While the protest was marked by the presence of armored guards, the people still gathered with a festive attitude.

of the protest, those students traveled to the center of Santiago to experience the Labor Day celebration. Upon their arrival, the students immediately recognized that the event was more than a mere festival. People with banners marched down barricaded avenues. Political flyers littered the streets. Music and words of revolution blared from a tower of speakers. The eleven Evergreen students quickly realized that, in Chile, celebrations and demonstrations are nearly indistinguishable. They had stumbled upon a social movement.

For the people of Santiago, their demonstration did take the form of a joyous celebration. While the protest was marked by the presence of armored guards, the people still gathered with a



rein in the crowd. Thousands rushed to the sole avenue of escape.

The horses were so agitated by the frenzy that they nearly trampled the crowd. Some of the armored guards blasted people with streams of water. Soaked with tear gas, the air was unbearable. Children cried as young people rushed the streets to avoid incarceration. The metro was closed to contain the crowd. There was no escape. Inevitably, the eleven Evergreen students were separated. For that half an hour, the streets of Santiago were bursting with utter misery.

Once the air had cleared of tear gas, the crowd that remained had almost retained their joyous attitude. Not to be defeated by the presence of armored guards, they continued to dance in the streets and wave their flags of revolution. A few even

Once the air had cleared of tear gas, the crowd that remained had almost retained their joyous attitude. Not to be defeated by the presence of armored guards, they continued to dance in the streets and wave their flags of revolution.

smiled for pictures in front of the destruction. Immediately, the people began to wonder what provoked the attack. Some blamed the anarchists. Others cried that the police are too eager to initiate confrontation. What truly provoked the violence will never be known. All that remained was broken glass, beeping alarms, and the tear gas that lingered in the lungs of those who had gathered to celebrate.

The eleven Evergreen students have since reunited. They've shared photographs, swapped stories, and wondered how they managed to stumble upon a protest. While they may never truly understand the significance of what happened to them on Labor Day, they do have a better understanding of how people celebrate in Chile.

Margaret Flickinger is a sophomore in *Transforming Consciousness*.

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festive attitude. Street vendors sold beer and lollipops while young people danced in the street. What began as joy, however, soon turned to terror. A shift in the wind brought a cloud of tear gas toward the crowd. The teenagers, the families, and the elderly were forced to cover their noses with the arms of their sweatshirts. Still oblivious to their environment, the eleven Evergreen students moved deeper into the crowd. They wanted to take pic-

tures. They wanted to be with the people. Unfortunately, their interest in cultural understanding quickly diminished when the celebration and the crowd dissolved into total chaos.

For about half an hour, the streets of downtown Santiago resembled a war zone. A heavy cloud of tear gas signaled the crowd to evacuate the area. Armored guards hopped into their armored cars while policemen on horseback tried to

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Re-inspired by kids

As part of my class work in *Arts, Environment and The Child* I volunteer one half day a week at Madison Elementary school. I therefore basically hang out with first graders (six year olds, that is) for three hours every Thursday. My task, ongoing since the beginning of November, has been to work with them in small groups, drawing, in little books we've put together, objects I bring in from nature.



By Victoria Larkin

Last Thursday I had to tear myself away from a coffee shop and some writing I was doing to get to the school. I was frustrated, but, as always, I was more than rewarded by the company of these little people. I love them. They have truly brightened more than one day for me, though supposedly I go there for them. I remember one Thursday morning feeling particularly miserable, wondering how teachers go to school every day and face a room full of children, be present, and "teach," no matter what kind of mood they are in. I don't know how many times that day I was asked for a hug, and giving hugs meant that I was getting hugged. By the end of my three hours there I'd entirely forgotten about my bad mood.

This last bright breezy springtime day, the kids were absolutely hilarious. Everyone was bubbling over, like newly blossomed flowers. One boy chanted: "Somebody get me a doctor: I've got Spriiiiing fever!" (quoting Sponge Bob). I found out who's got a crush on whom, who in fact LOVES whom, who's pretty, who's "hot," and that I'm "handsome" (that from a six year old boy who has two "girlfriends," one of whom is his best friend's mother—no such thing as age discrimination when you're six!). Yes, they fight over stuff, they grab and throw, but overall they help each other, say incredibly creative and funny things, and generally crack me up.

But what I've realized I love the most is the way they run when they're told to walk, the way they squirm when they're told to sit still, the way they let you know when they don't want to do something. I asked one boy, who was just fidgeting with the shells and sticks: "Don't you like to come out here and draw?" and he said: "Sometimes I do, and sometimes I don't." I love that. He's not busy being diplomatic yet. I know just where he stands, just how he feels. Six-year-olds don't ever really fake it. If they are unhappy, you know it. And if they like you, or don't like you, you know that, too.

And there's "The System," training them, expecting them to do things they don't want to do. It's bad enough that it might happen sometime or another when you're "grown," but when you're six? They're being trained to sit still, to hold their tongues, to read books that they don't want to read, to stand straight

in line, to do as they're told, and to deny their own truths.

I'm still not very good at faking my moods. Somehow I've made it to this age without managing to put a lid on it. When I don't like something, I'm quick to speak out, and I'm equally as quick to share my delight. In first grade these kinds of exclamations are considered "blurt-outs," for which one can lose their recess. The punishment I get is watching other "grown-ups" get really uncomfortable around me.

I think of all these "grown-ups," who repress their anger, their joy, their sorrow, their displeasure, and eventually their wonderment, and perhaps, in the long run, their knowledge of themselves: who they are, how they feel, what they want and don't want. Then I see them imposing these strictures on the six year olds. The six year olds rebel; they get told to go sit outside or put their heads down on their desks. They do it, but it doesn't keep them from blurring out again later. That takes years of training. At this stage, they are still insistent on being who they are and feeling how they feel. They still act as if they have the right and freedom to express themselves.

I've come to feel that these are the people I am most comfortable around. This is not to say that they are perfect: They can be mean, and manipulative, they can lie, and they have often experienced difficulties they do not understand in their home lives, and therefore at times behave inappropriately with others. But their honesty of expression inspires me to maintain my own. I left the school the other day feeling energized, light-hearted, validated and free, re-committed to being who I am, and continuing to speak my mind. Of course, I've been told I'm just colluding with them, and I can't help thinking it's true, especially when I'm running down the hallway with the stragglers on our way to PE. But if it is collusion, then count me in on the side of honest emoting.

In The Gospel of Thomas, found in the Nag Hammadi, (a collection of ancient Gnostic/Coptic texts found in Egypt in 1945), Jesus is reported to have said: "Do not tell lies, and do not do that which you abhor, for all things are known before heaven." Imagine how different our world would be if we all told the truth, to ourselves and to each other. And imagine further how different it would be if we never did anything we hated doing. Wow... there goes working at Wal-mart, and just about most of the things that make our economy run.

As it is, we sit still, we feign interest, we don't ask too many questions, we don't rock the boat, we do as we're told, and we repress our true selves. I say we could learn how to Be from many of the children around us who still scream when they want to go outside, because they have not yet unlearned how to live.

Victoria Larkin is a senior enrolled in Arts, Environment, and the Child, and Orissi. She is also a tutor in the Writing Center.

When I read the letter from President Les Purce in the April 13 CPJ, I wondered how I would respond. As a proud Greener, his announcement that the college is struggling to attract new students is disappointing. Purce tells us the college has a problem:

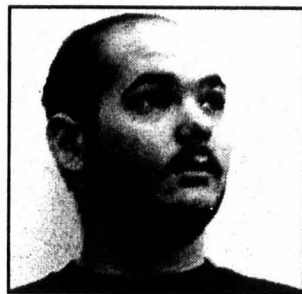
Ten percent fewer applications means less people want to come to Evergreen at a time when the college is banking on the opposite. Not only is legislative funding tied to enrollment, but enhancing campus buildings, expanding the curriculum, and the hiring more faculty are all deliberate preparations for a calculated plan to increase the school's population.

While my feelings about Evergreen's enrollment woes gestated, I found an article in the April 26 New York Times called "At Decision Time, Colleges Lay On Charm." The article discusses the lengths at which America's most prestigious schools go to seal the deal with newly admitted students. It seems they have a similar problem with an

entirely different cause. Top tier schools are receiving so many applications that they have to compete with each other to entice young perspectives to pick one school over the others.

For example, Brown University "reserves three or four cars on an Amtrak train to take students from Washington [DC], Baltimore and other cities to visit" the campus. At Swarthmore College, admitted students "can play indoor soccer with the dean" or "try henna tattooing." "Confetti comes flying out" of acceptance letters from Reed College, and Oberlin College "sends admitted students a T-shirt."

Side by side, these articles say a lot about contemporary American culture. They show how we value status more than education—that the packaging is more important than the product. In order to be a person of merit, you have to wear



By Sam Goldsmith

Sam Goldsmith is a senior at Evergreen. He is the Letters and Opinions coordinator of the CPJ.

Arts crutch



By Erin Rashbaum

The sun is shining, accordion music swirls through the crowd, teens and golden-agers alike walk arm in arm, while I try to avoid large groups where I may trip over people's feet. Yes, it's Arts Walk and I'm on crutches. The dancing, tree climbing and running about that I remember so fondly from last year have given way to dogs barking at me in fear as I make my staccato procession down 5th Ave. You never hear anyone say, "Hey—look at that hottie on crutches." Kids stare, while parents repeat, "Keep your chin up, it's only a matter of time, I remember when I was young..." Doors need to be opened and friends must slow their pace for ol' crutchie. Skateboards become public enemy number one. And happy hour, a thing of the past. Tippy on crutches is dangerous business. While my cronies go to sip cheap rum, I head home to elevate my tootsie and watch yet another episode of "The L Word." It's pretty hard to enjoy the art without the walk.

Erin Rashbaum is a sophomore enrolled in an independent learning contract.

Keeping it growing: beyond vegan

I have a lot of respect for vegans. I have a lot of respect for anyone who thinks about how their lifestyle and diet impact the landscapes of the earth and the people, plants and animals that live there. I think it's great to make an effort to have a diet that causes no harm to the planet. But, at the risk of becoming the least popular CPJ columnist, I have to say that I also think that a vegan diet isn't always the best means towards this end.

In my class we've been reading the cookbook *Nourishing Traditions* by Sally Fallon, which makes the case that quality animal products are an essential part of the human diet. After years in which saturated fats were considered unhealthy by most Americans, Fallon's book is part of a new paradigm in nutrition which has gained a lot of following. She cites vegetable fats, including hydrogenated oils and sugar, as some of the causes of America's major health problems. In my opinion she goes



By Jesse Dutton Miller

a little far out in the effort to make her point and certainly her discussion of the environmental side of animal food leaves something to be desired. But her basic message is worth listening to.

I agree with vegan propaganda in that the treatment of animals in commercial meat and dairy facilities is shameful. I try to avoid eating anything that comes from factory farms, especially animals. Certainly cattle grazing, at least in the arid west, is an arrogant and inefficient practice that is destroying fragile shrub-steppe ecosystems. But then, eating some wild venison (deer are overpopulated here), or some chickens raised on a local farm that have been fed vegetable scraps and grain, is a slightly different story. It's important to discriminate among meat products just as we discriminate among the various vegetables and grains that are available to us.

One problem with a vegan diet is that it is often very reliant on soy, which has some rather dubious nutritional and environmental qualities. Soy contains high amounts of phytates, acids that bind with nutrients and keep your body from absorbing them. The only way to completely get rid of the phytates in your soy is to ferment it into tempeh, natto, or miso. Soy is one of the world's

three biggest crops; it is often grown as a monoculture that is destructive to the land, and it is commonly genetically modified. Although you're not directly killing animals by eating soy, it's important to consider that animals die from habitat loss to agriculture.

If you want to increase animal foods in your life, a good way to do it is keep chickens in your backyard or buy meat from a local organic farmer. It's certainly a lot easier to keep chickens as a source of protein through eggs and meat than it is to grow enough soybeans to provide a similar amount of food in the same space! Being vegan as a foremost nutritional policy can also distract from the importance of local food. Tofu and tahini are rarely produced around here, while local eggs, meat, and dairy products are abundant.

There are a lot of people out there with a lot of different ideas about what we should eat. It's easy to get caught up in someone's perfect diet and forget to listen to your body as your number one guide. If vegan food makes you feel super, more power to you, as long as you can eat in an ecological way.

Vegans are on the right track in thinking about where their food comes from and how its production affects the world. But too often this creative contemplation is

Dear Reader:

My name is Sam Jessup. I will serve as the *Cooper Point Journal's* 2006-07 editor-in-chief. Allow me to introduce my ambitions for next year's *CPJ*.



Evergreen students should be able to depend on the *Cooper Point Journal* to provide them with information that is useful, stories that are interesting, and commentaries that reflect the sentiments of their community.

What will it take to make this paper more useful, more interesting and more representative of the Evergreen student body?

For a start, I think it is essential for the *Cooper Point Journal* to be accessible to all Evergreen students.

Next year, I want to see the *Cooper Point Journal* strengthen its connection to students at the Tacoma campus and in the Reservation Based/Community Determined program.

When all Evergreen students can easily read and contribute to the *Cooper Point Journal*, then we can truly say that this newspaper represents our student body.

On the Olympia campus, I want to make sure the *Cooper Point Journal* continues to strengthen its connection with students.

Heads up, I'll be going around the dorms this weekend introducing myself.

If you ever see me around campus, on the bus or downtown, please don't hesitate to strike up a conversation.

I look forward to meeting you,

Sam Jessup

Sam Jessup is a junior enrolled in a contract titled Spreading the News. He is the news coordinator of the CPJ.

reduced to a dogmatic diet composed of a very few, particular foods (especially soy) which are not necessarily produced more ecologically than any other food.

Here at the Evergreen farm, our animals serve purposes beyond just growing food; they fit into the dynamic relationships on the farm that keep our local economy and ecology rich. In our orchard, free-range ducks eat insects and fertilize the soil. They help keep slugs out of our crops.

Some *Practice of Sustainable Agriculture* students have chosen to study ecological methods of animal food production this quarter. Our farm will be acquiring meat chickens (in addition to our large laying flocks of chickens and ducks) as well as turkeys this quarter. We will also have goats for mohair production. One student is learning about methods of animal slaughtering with a local slaughterer. We are also raising more baby chicks for increasing our laying flock! Of course we'll keep growing lots of vegetables so even you vegans will be included.

Jesse Emerson Sequoia Sempervirons Dutton Miller is a senior enrolled in the Practice of Sustainable Agriculture. He works at the TESC Children's Center. Please send feedback to zapatilla@riseup.net.

WHY DON'T YOU RUN FOR STUDENT GOVERNMENT?

The Geoduck Union's constitution was ratified by student vote at the beginning of this quarter with 91% 'Yes' votes and 33% of students voting. The Geoduck Union has no president, secretary, or treasurer. It consists of 21 equal student representatives who make decisions by consensus, representing the students of The Evergreen State College.

YOU can run for one of these student representative positions by picking up a declaration of candidacy form in CAB 320 or emailing elections@evergreen.edu!

Candidacy forms must be turned in by Monday, May 8th. Voting begins on May 22nd.

STUDENTS! MEET ALL OF THE CANDIDATES AT THE CANDIDATE FAIRS!

Take a few minutes to get to know the people who want to represent you.

Red Square Candidate Fair
Wed. May 10th
3-5 in Red Square

Evening Studies Candidate Fair
Thurs. May 18th
4:30- 6:30 Sem II Plaza
(outside the cafe)

Look for candidate speeches on TESC TV or playing in CAB during lunch! Candidate info will also appear at <http://greenergov.brightercolors.com>. For more information, contact Evergreen's Student Election Commissioner at elections@evergreen.edu or Greeners for Student Government at greenergov@evergreen.edu.

DON'T FORGET TO VOTE DURING WEEK 8!

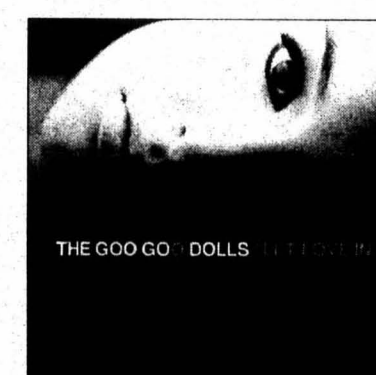
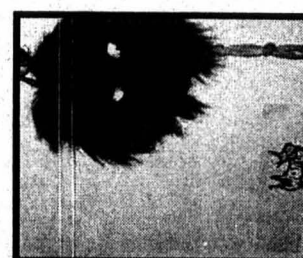
Minimalist Noise

And other music reviews

By Matthew Allison

World - s/t Marriage 2006

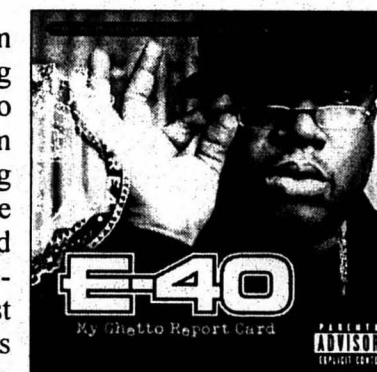
I don't really know what to make of this, really. A lot of it sounds kinda like stuff I used to record before I realized I didn't have any talent. Really sparse minimalist noise, it sounds more like a band setting up to perform than an actual performance. I think someone's tuning a banjo and there's an anxious percussionist or something shuffling about, bumping chimes and nudging things. This goes on for about 20 minutes. Oh, there are three more of the same following. The second track is not as bad, it has a better drone to it, making it more like an ambient band than an I-don't-know-what-kind-of-band. It probably sounds great really blazed. The third song is not so bad, very drone-y. The fourth track is only 4 minutes, hurrah! Oh, god, what the fuck is this? Ok, I'm done. By the way, this is Adam Forkner of Yume Bitsu and Honey Owens of Jackie-O Motherfucker. I think they played with the Dirty Projectors last year at the Art House. Interesting.



Goo Goo Dolls - Let Love In Warner Bros. 2006
The Goo Goo Dolls? What the fuck?

E-40 - My Ghetto Report Card Reprise 2006

Whew, I need to catch my breath. I'm feeling claustrophobic. I heard this thing on MTV about a British rapper who decided that people weren't taking him seriously enough, so he started making designer ring tones. This means that he stopped writing real music and started solely making ring tones. On an unrelated note: E-40 is supposed to be East Bay or, more specifically, California's response to the budding syzrp-slurping Houston scene. He's supposed to be a coiner of phrases, slang-speak, if so, it's certainly lacking on this album. Produced in part by Lil Jon and it... shows? Is "Yay Area" a coke reference? One listen reveals all, this guy is hella coked out, it's obvious he's so high he thinks his shit is good. Definitely would prefer some codeine cough syrup. I would have to be hella fucked up to dig this, although the mix is kinda fucking with me. I can't tell if it's because there is a genius, cracked out producer masterminding the mix, or if it's just terrible. Interestingly enough, this album still hasn't reached gold status yet, unlike his contemporaries, but we can wait.

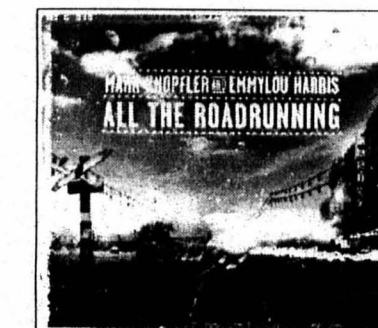


Matthew Allison is a sophomore enrolled in Inventing Systems.

Mark Knopfler & Emmylou Harris - All the Roadrunning Warner Bros. 2006

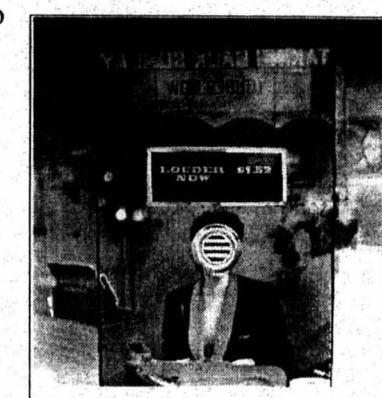
Seven years in the making, this is a selection of duets obviously featuring the aforementioned artists. Emmylou Harris you may remember from the last Bright Eyes album if not from her years and years of being one of the best Americana singers in a pre-Dixie Chicks/Faith Hill country world. Mark Knopfler was the lead singer from Dire Straits, so fuck him. Actually, all prejudices aside, he is the weak point on this album.

All in all, this album is rather cornily adult contemporary and therefore not so good, although that may be a plus for you. It is worth it, in a small way, to hear her sing.



Taking Back Sunday - Louder Now Warner Bros. 2006

Like their album says, it's louder now. They rock it out now, perhaps taking cue from !!!'s Louden Up Now! The opening riff to "What's It Feel Like to be a Ghost?" is good, although they fuck it up within the first 15 seconds. What happened to all the emo, did Taking Back Sunday sell out? I don't know what to feel about this. So the band has gotten a little older, wiser and more musically mature, branching out into areas they had not previously. The question now is, why the fuck do they still suck? Oh right, they're Taking Back Sunday.



By Arland Hurd

photo by Aaron Bietz

Did you support our local DJs?

At "The Conflict," a venue held Friday night put together by "The People," DJs came together and showed off their skills. Artist from California, Washington D.C., Texas, Thailand, and Holland were performing at the HCC. Among the DJs were DC Dave, DJ Wendell, DJ Danny Prime. DJs such as DJ Comrade Shuffle and DJ Vip gave the crowd what they wanted with a blend of house and jazz. Wanting to keep the listeners drawn in is a venue that requires the right crowd and the ability to read them. DJ Shuffle says, "DJing is about controlling yourself to control the crowd by mixing up different articulate energies."

In many incidences the DJs are in charge of moving the crowd by playing what they feel the room needs to hear so they can dance more. By putting various records on two record players, a DJ blends beats and patterns of music together. Knowing what records have what music and being able to mix the right records together is a daunting task, that requires an artist knowing his wax (record) as well as a pitcher knows how to hold the ball for a particular pitch. The battle of DJs has been going on for years, in the basic form it is about one person showing off his or her technique of combining music so people will enjoy their music and dance. DJs create a rough concrete sound, or a dynamic retro or techno sound and at times it can be a blend of both that can only be called "Turntablism."

While waiting for his time to perform, DJ Iron Will, a DJ that spins rap and R/B and loves to spin Mac Mall, talked about what his favorite aspect about being a DJ was. Iron Will said "the love and energy that the crowd shows you whether they like your music or not." This is certainly true for any artist, in addition to the support given by the crowd, that all DJs love the crowd to get hype (staying excited) while they perform, bringing the people together and showing the mastery of combining old records to create new sounds. Many different styles of music can be used by turntablists to create their art, but originally the practice started by mixing together hip hop record. Many DJs still stick to the roots of this skill and continue to mix rap, hip hop, and R&B.

"Studying the art of spinning for a year has allowed me to throw some good parties," stated DJ Vip. This rings true for DJ Essel, who studied the roots of DJing also, and looked at people such as Africa Bamba and Zulu nation. These artists were from the Bronx and were putting forth the energy needed to make a new sound for their music and get the music out to as many people as possible. The beauty of DJing is that a person can go out and produce a sound that is positive. DJ Essel clearly gained an understanding of how to gather the crowd's vibe so that he can put back that which is positive. "He talked about the negative to the positive, if you don't know." The "he" that Essel was referring to is the late Notorious B.I.G. The time that has been spent by all DJs through the year to get the crowd moving has clearly been a part of that mentality to keep the party progressing and new music germinating.

Arland Hurd is a junior enrolled in Health and Human Development.

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Disappointment Beyond Proportions

By Kip Arney

I've experienced many disappointments involving sports in my young life. I mean, I am a diehard Washington State University football fan so I know what it's like to have my heart ripped out and stepped on repeatedly. But those disappointments were all from a fan's point of view. I don't know if I've ever been a part of something so disappointing as what went on up in Seattle while playing baseball. After three games against equal if not inferior opponents, Evergreen baseball came up on the short end of the stick all three times and pretty much locked up another winless season.



photo by Aaron Bletz

Saturday's game was played in the freezing rain under the lights but since the field was entirely field turf, the game was on. Evergreen had a prime opportunity to jump all over Seattle's number one starting pitcher in the first inning as he couldn't seem to find the strike zone but anxious, ill-advised swings resulted in little damage and that was the story of the night. Evergreen, despite scoring a season high eight runs on just two hits, still dropped the opener 16-8.

The next day, the weather was much better and so was the quality of play. Evergreen senior Justin Porter pitched a complete game but the offense didn't carry over from the night before, giving him only three runs of support before losing a tight ballgame, 5-3. Evergreen has a trend of staying close throughout the games until there's that one fateful inning where one bad bounce of the ball or one wrong pitch will send the team spiraling downward to a deficit they just can't overcome. This game was different though, as Seattle was able to scatter a few hits here and there. But just as foolish as Porter made the Seattle batters look, the same could be said for the Seattle

pitcher. Inning after inning, Evergreen left runners on base when the third out was recorded as they just couldn't find that key hit that would turn their fortunes around.

After the brief break following the first game, Evergreen sent Will Rockwell to the mound and another solid pitching outing ensued. Evergreen's offense finally showed up to back up Rockwell's performance until that one fateful inning I mentioned before came back to bite them in the ass. Going into the bottom of the fifth of another seven-inning game, Evergreen held a 6-3 lead and I believe we just didn't know how to handle it. I can't remember ever playing

on this team with a lead as late as the fifth inning of a seven-inning ballgame against any opponent. And for anyone who plays sports, they know that the mental side of sports is huge. Trying to hold a lead and get the first ever win in program history, the pressure was weighing heavy and that day it was just too heavy. Seattle came back to score four runs in the bottom of the fifth to take a one run lead. After Evergreen in the next half inning tied it at seven apiece, all hell broke loose in the bottom of the sixth as Seattle scored eight times and running away with the game 15-7.

It's hard to find silver lining in what for me was a disappointing, underachieving weekend, but we are improving in all aspects and in sports you're taught to forget about the past and move on. Move on we shall, as this weekend Evergreen will host Western Washington University with a game on Saturday and two on Sunday, most likely at Olympia High School. Games start at high noon both days.

Kip Arney is a senior enrolled in Fiction Laboratories.

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Thursday, May 4

The Rough Riders
Exhorting you to "raise the rent," these drag kings will be performing as a benefit for the Gender Variant Healthcare Project with "dancing and revelry" to follow. (At Jakes, 311 4th Ave E, Olympia, WA from 8 to 10 p.m., \$5 to \$25 sliding scale)

Clampitt, Gaddis & Buck
With Red Brown and the Tune Stranglers and Might Ghosts of Heaven.
(At Le Voyeur, 404 4th Ave. E, Olympia, WA, 10pm, 21+)

Friday, May 5

Smoking Is Cool
Starting tonight, storyteller Elizabeth Lord will be performing her work *Smoking Is Cool* for three nights. (May 5, 6, and 7 at The Midnight Sun, 113 N. Columbia Street, Olympia, WA, \$5 to \$15 at the door, starting at 8 p.m.)

Saturday, May 6

"Playing Shakespeare" Workshop
Offered by Theater Artists Olympia, Dennis Rolly will be giving this free workshop. For information visit www.olytheater.com or call (360) 357-3471. (At The Midnight Sun, 113 N. Columbia Street, Olympia, WA, from 12 to 4 p.m.)

Tour of Teaching Gardens
For those interested in learning more about the new arboretum at the Evergreen State College campus, there is a Washington Native Plant Society tour from 1:30 to 3 p.m. The tour will be meeting in front of the library building. For more information visit www.evergreen.edu/teachinggardens or www.wnps.org (click on South Sound Chapter and field trips).

Monday, May 8

Kimya Dawson Record Release Party
Celebrating the release of "Remember that I Love You" with guests Only Son and Angelo Spencer. (At K Temple, 802 Jefferson Street, Olympia, WA, free admission, beginning at 7 p.m.)

The Merchant of Venice Auditions
The Roles of Shylock and Antonio are already cast but roles for five women and nine men still need to be filled in these two days of auditions. Appointments are not necessary. Director: Dennis Rolly. For information visit www.olytheater.com or call (360) 357-3471. (May 8 and 9 at The Midnight Sun, 113 N. Columbia Street, Olympia, WA, starting at 7 p.m.)

Wednesday, May 10

Rocky Votolato
Playing acoustic songs from his new album "Makers" on Red Square at 1 p.m.

Transit is your ticket to life off campus!

Your current Evergreen student ID is your Intercity Transit bus pass. Just show it to the driver when you board and you're on your way to lots of great destinations. (Fare required for service to Tacoma.) For more information, just check our website or give us a call.

Route 41
Dorms, Library, Downtown Olympia
Travels to downtown Olympia via Division and Harrison, serving destinations such as:
Alpine Experience
Bayview Thriftway
Capitol Theatre
Danger Room Comics
Falcone Schwinn
Grocery Outlet
Hollywood Video
Iron Rabbit
Mekong
OlyBikes
Olympia Community Center
Olympia Art & Frame
Rainy Day Records
Santosh
and more!

Route 48
Library, Downtown Olympia
Travels to downtown Olympia via Cooper Point Road, serving destinations such as:
Bagel Brothers
Bayview Thriftway
Blockbuster Video
Brewery City Pizza
Capital Mall
Danger Room Comics
Earth Magic
Falcone Schwinn
Goodwill
Grocery Outlet
Heritage Park
Hollywood Video
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The Skateboard Park
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You're invited to a very unique **COMICS NIGHT!** Friday May 5th is Cartoonist Appreciation Day! Join several CPJ cartoonists this Friday from 7-midnight in U-307 **FREE FOOD! Curry!**

Questions? Email chelsea.the.baker@gmail.com

Kibitz by Curtis Randolph

Okay, Gimp. If you're going to be my henchman, you need to learn a few things.

Now see this bag? It's full of poo.

We sneak up to the Prime Minister of Oregon's house, drop the bag, ring the doorbell, and run.

The name of the game is stealth. Stealth is when they haven't put you in jail yet.

Now get out there!

Gaa!

Knock knock

Hello?

What the... Poo... Grr...

Damn you punk kids!

Trigger*

ULTRA-DUDE versus KING TURD by Blake Nelson

Your time is up, King Turd!

POW!!!

It is I, KEWL GRRL, here to help!

Ohmygod Ultra-Dude! You totally shit all over yourself!

ULTRA-DUDE, ULTRA-PUNK!!!

You're too late I already beat King T--

No! No! You have it all wrong, I beat King T--

Hello? Super Lady! It's me Kewl Gril. I'm standing here with ULTRA-DUDE and he SHIT ALL OVER HIM-SELF!

Nyoooooooooooo!

THE END?

THE GREAT LIFE by ZR Gore

She said I'd need to pull some strings to get what I wanted...

...but all I got was a bare back and an unstitched shirt.

W.A.Y.D.M.Y. **CHIRLSEA BAKER** BY CHIRLSEA BAKER

She'll never notice me.

Perhaps I should just give up entirely.

Perhaps I'll take up stamp collecting.

Whiteout By Peter Gudmunson

Objective #1: Recover stolen data discs from hackers. Done!

Objective #2: Destroy missiles en route to London. Piece of cake!

Objective #3: Find a movie that's actually WORTH \$8.75. Aw...

Episode XXVIII: Mission Impossible

BATICAN CHARLIE DAUGHERTY

KAIN! LEON! THANK GOODNESS YOU'RE HERE, COULD YOU HELP ME REPLACE A FLAT TIRE?

SURE!

IT'S INTERESTING, YEAH BUT WHAT ARE THE ODDS WE'D RUN INTO JANE.

YEAH BUT WHAT ABOUT THE SYMBOLS IN THE FLAT TIRE.

YOU MEAN THE FRAGILITY OF MODERN INVENTION?

YEAH, THE MORE HIGH-TECH IT BECOMES THE MORE DELICATE AND CONSUMABLE IT GETS.

PERSONALLY I FEEL I KNOW! THE JACK SYMBOLIZES OUR SHEER POWER OVER MILLION POUNDS OF FORCE.

A CAR HAS TO WEIGH LIKE FIVE MILLION POUNDS TO WEIGH LIKE FIVE MILLION POUNDS.

SURPRISINGLY PHILOSOPHY CAN'T FIX A TIRE.

Drunks on a Bus by Sam Jessup

LOOK WHAT I CAN DO!