



# *the* Cooper Point Journal

Issue No. 6 | Dec. 12, 2013 *Evergreen State College Student Newspaper*



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# UP / COMING

Olympia & The Evergreen State College



Womens Basketball 12/14



Transfix - record release 12/15



Teach-in at Media Island 12/15

**THURSDAY 12/12**

**TRACK HOUSE** - no body, Ohligans, The Mighty Mighty Chitons

**THE BROTHERHOOD** - Christian Mistress, Vexx, Trepanation

**LE VOYEUR** - Tractor Junior, Elbow Coulee, Fruit Juice

**STUDENT GALLERY** - Open Mic

**Media Island** - Cascadia Freedom Caravan Community Report Back and Potluck 6 - 8pm

**FRIDAY 12/13**

**NORTHERN** - Carolyn Mark & the New Best Friends, Judson Claiborne, Benny Sidelinger

**LE VOYEUR** - Full Moon Radio, Bangaldres, Captain Algebra, Hot Hoodoo (all ages show)

**LE VOYEUR** - Dubais, Mattress, Morgan and the Organ Donors (21+ show)

**SATURDAY 12/14**

**STATE CAPITAL MUSEUM** - Historical Holiday Celebration

**MIDNIGHT SUN** - M00SHKA, FutureGideon/Tactikz, Shuckykeys, Dove Voy, Thalos

**MAD HOUSE** - Bird Surgeon, Ohligans, Dunzo

**LE VOYEUR** - Dana Jewell (all ages)

**Media Island** - Purr Gato (21+)

**SUNDAY 12/15**

**NORTHERN** - Craft & Rummage Sale

**THE BROTHERHOOD** - Pixies (tribute band), Resident Kings

**LE VOYEUR** - Transfix (record release)

**Media Island** - Teach-in on Border Militarization 2 - 4 pm

**TUESDAY 12/17**

**LE VOYEUR** - Hotel Books (all ages)

**LE VOYEUR** - Some Kind of Nightmare (21+)

**FRIDAY 12/20**

**OLYMPIA BALLROOM** - Darol Anger Holiday Show

**LE VOYEUR** - I Like Science, Fruit Juice

**METCALF MANOR** - Full Moon Radio, no body

**SATURDAY 12/21**

**LE VOYEUR** - Shmuskin

**FRIENDS MEETING HOUSE** - Oly-improv Presents Maestro

**WEDNESDAY 12/25**

**CAPITOL THEATER** - Hava Nagila: The Movie, Presented by Temple Beth Hatfiloh

**FRIDAY 12/27**

**LE VOYEUR** - DIONVOX, Elbow Coulee, The Spider Ferns

**SATURDAY 12/28**

**STATE CAPITAL MUSEUM** - Folk Art New Year

**TUESDAY 12/31**

**LE VOYEUR** - Nudity, Mona Reels

**THE BROTHERHOOD** - New Year's Eve Dance Party to Benefit Safeplace

**OLYMPIA EAGLE'S HALL** - Eagle's New Year's Eve Extravaganza with music from the Hinges and High Ceiling

**Cover Art**



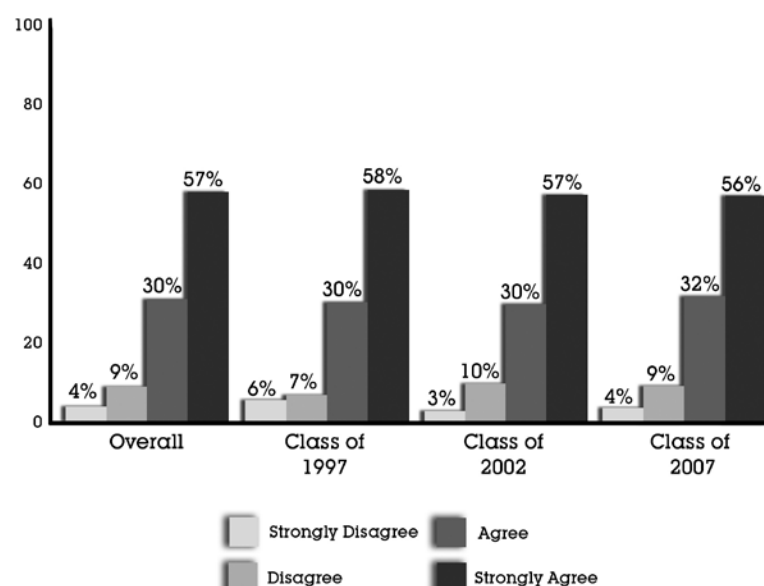
BY JAMIE NADEL

**Letter from the Editor:**

Last week, the article "Weed Crosses Border" incorrectly referred to Old School Pizzaria as Old School Pizza. Sorry guys!

Additionally, the graph data from the article "Alumni Survey" had the information key cut off. I've included the graph and the restored key below.

**If I could start over at a college I would choose to attend Evergreen**





TUSH! Burlesque celebrates the repeal of prohibition and the legalization of marijuana. RAY STILL

## Capitol Theater Celebrates Repeal Day

BY PATRICK STEWART

**A**s we all know, this holiday season is nigh upon us. And as such, I'd like to take a moment of your time to talk to you about the most important holiday that exists in this fine country of ours. It is not Thanksgiving. It is not Christmas, Hanukkah, Kwanzaa or New Year's Eve. It is not Boxing Day (blasphemy)! No, no. The holiday of which I speak has its roots in what is most American about America. If you do not celebrate this holiday, you dear reader, are frankly not a patriot. The day of which I speak is, of course, Dec. 5. For it was on that cold, wintry day in 1933 that the 21st Amendment was ratified and Prohibition was repealed.

I can see the lights going on in your eyes now, dear reader. You are - to a man, woman and child - saying "But of course. This is THE holiday. I must celebrate it with supreme dedication until the day I drunkenly fall asleep in a snow bank and go to that great kegger in the sky!" But how do you celebrate? Sure you could sit at home and crack open a beer. Maybe go to your local pub, see all the usual people, drink all the usual drinks. But nay! Repent! Follow me and I will show you the light-- and that light is the brightly glowing sign of Olympia's own Capitol Theater.

Every Dec. 5, the Capitol Theater throws an extravagant anniversary bash of drink, music, food, drink and dance. The dress code is formal 1930s. The music is jazz. The dancers lose clothes at a fantastic rate. And so I, intrepid reporter that I am, shirked my many, many other responsibilities on that frigid winter night, and entered the lion's den. I donned a three-piece pinstriped suit, complete with matching fedora and suspenders, baby-blue tux shirt and tie, and topped it off with a

fur cloak.

I drank "bathtub gin," Old Fashioneds, Scofflaws and whiskey-definitely-not-from-a-flask-I-snuck-in. I visited with friends old and new. I ate finger food while enjoying the lovely sounds of the Greta Jane Quartet. Everyone

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I drank "bathtub gin," Old Fashioneds, Scofflaws and whiskey-definitely-not-from-a-flask-I-snuck-in.

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drank more, ate more, talked more, laughed more. People were dancing; overcoats and top hats were strewn about in disarray.

Suddenly the lights dimmed. A hush fell on the crowd. People were ushered to seats by, well, ushers. As I tipped gracefully into a heap on my seat, TUSH! Burlesque Troupe came on stage. Over a whirlwind skit that was based around the repeal of prohi-

bition (educational!), and around the removing of many clothes (educational!), the group delighted and enthralled the audience to a blend of classic and modern music.

When that was done, the music began again, and the drinking began in earnest. The pleasures had been taken care of, the entertainment portion of the evening was over, and everyone remembered exactly why they were there-- to drink. I know now that this was no mere Repeal Day celebration. No, we were transformed, both in spirit and in body, to 1933 to celebrate this most glorious of days. I know this to be true, because when I awoke the next morning I found I had all of the usual symptoms that accompany time travel. The memory loss, the pounding headache, and the waking up on a stranger's floor wearing nothing but a fur cape.

So next December, make your way to Olympia's Capitol Theater for a night you'll never remember, and celebrate the day this country became great again.



Andrea Gibson performs at Evergreen. BLAINE EWIG

## Spoken Word, Silent Audience

BY BLAINE EWIG

**O**n Wednesday Dec. 4, spoken word poet Andrea Gibson performed at the Longhouse. The show was put on by the Womyn's Resource Center (WRC) and the Transgender Resources and Education Xtravaganza (T-REX). The Women's World Poetry Slam winner delivered her lines with confidence and moxy while the audience listened intently.

With topics ranging from rape culture, sexuality, privilege, and her dog Squash, Gibson's performance teetered between brutal truth and playful humor. Her body of work errs on the side of politics, but Gibson noted that for her, political poems and love poems are one in the same. With vivid imagery and spot on delivery, the poet succinctly verbalizes the feelings of confusion, exclusion, and belonging that so many struggle to articulate. The silent audience hung onto every last syllable Gibson spoke, cherishing every word.

As Gibson began her final poem, *The Nutritionist*, excited whispers surfaced in the audience. The poem's tender and honest content about what it's like to struggle with mental illness clearly resonated with the audience. Gibson wrote the poem as a response to the *It Gets Better* Project, an organization started by Dan Savage that aims to give hope to LGBT youth. The poem repeated the phrase

"stay here with me" several times. "Stay Here With Me" is also the name of a website

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With topics ranging from rape culture, sexuality, privilege, and her dog Squash, Gibson's performance teetered between brutal truth and playful humor.

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started by Gibson and friend Kelsey Gibb. Gibson and Gibb briefly spoke about the online community, which serves as a forum for participants to share their stories of trauma, mental illness, and the things that keep them alive in an accepting environment that is free of judgment.



## Sports | CPJ



Evergreen Women's Basketball vs. Eastern Oregon

DANI WINDER

## The 'Battling Bivalves' Fall in Cascade Conference Openers

BY JAMES GUTSCH

**E**vergreen may have finally figured out how to entice Greeners to come to a college Basketball doubleheader on a frigid Friday night in Olympia: Drive the Taco Truck to the CRC front entrance. The highest turnout of the season treated fans to both burritos and basketball as both the women's and men's teams played their season openers in the Cascade Collegiate Conference (CCC) against the visiting Eastern Oregon Mountaineers. The women fell 76 – 92 and the men lost 54 – 73. On Saturday night, both teams resumed inter-conference play against the College of Idaho. The women lost 59 – 62 and the men were blown out 73 – 115.

### Evergreen Women v. Eastern Oregon

Kicking off the night, the Lady Geoducks (4-4) hoped to continue a four game winning streak, their longest in over five seasons. They were also playing their first game since forward Brittany Gray was named the Red Lion's Women's Basketball Player of the Week. Both teams overcame an early shooting slump and the Mountaineers led 36 – 27 at the half. Evergreen managed to cut the deficit to six with eight minutes left, but the Geoducks got no closer. A defining moment came with 4:30 left in the contest when, up by nine, Eastern Oregon hit back-to-back three pointers within

30 seconds (the first an off-balance heave from the right corner that left Greener fans in dismay) for an 81 – 66 lead. The Geoducks could not muster the offensive firepower or get the defensive stops after that and did not threaten again.

Evergreen was once again led by Gray, who compiled 18 points and grabbed a game-high 15 rebounds, complemented by five steals. Sammi Clark chipped in 17 points including three from beyond the arc.

### Evergreen Men v. Eastern Oregon

In the second part of the doubleheader, the men's team (1-6) was looking to

ducks had it going early, and came crashing out of the gate for a 10-1 lead five minutes in. After that, it all went East. Eastern Oregon found their shooting touch and closed the half on a 20 – 8 run which saw them entering the locker rooms with a 34 – 25 lead.

After watching the deficit expand in the second half, a three pointer by Kyle Calhoun and a free throw by Cody Peters cut the lead to nine with six minutes left. Evergreen went cold turkey after that, making just three subsequent baskets; two of which came in garbage time.

The Geoducks were led by Calhoun, who had a game high 22 points. The Seattle Guard had the touch from deep as well, finishing 6-9 from downtown. An overall poor shooting night, patchy defense and having more turnovers than assists ultimately doomed the Geoducks.

### Evergreen Women v. College of Idaho

In the second night of consecutive games the Evergreen Women fell to the College of Idaho in a consistently close game that featured eight lead

changes. Evergreen's last lead came with 10:30 left in the game, on a jumper by Randi Boseman. The Geoducks pulled within one with 5:30 remaining but couldn't run with the Yotes down the stretch. Brittany Gray, who leads the team in points, rebounds, and field goal percentage, had a quiet night with just eight points. Jessica Denmon stepped up and finished with 22 points on 8-10 shooting.

### Evergreen Men v. College of Idaho

The Evergreen men produced a rather lackluster performance losing by 42 points to the College of Idaho men's squad. The Yotes never trailed in the victory and shot 57% from the field. Evergreen was led by Marc Taylor and Cameron Faison, who each contributed 14 points in defeat. The Geoducks failed to protect the basketball and had more turnovers than assists for the second time in as many nights. Idaho made them pay, and outscored Evergreen 40 – 8 in points off of turnovers.



Kyle Calhoun 20. Evergreen Men's Basketball vs. Eastern Oregon

DANI WINDER



# Make It Work

## An Easy Guide to Fashion Accessories

BY SARA FABIAN

**A**ccessories may play a supporting role in the grand scheme of an outfit, but they play an important role in fashion and they are often used to express one's individuality. Accessories further emphasize

personal style, taste, and preferences. They also present endless opportunities for outfits, helping you make the best of each and every item you own. Clothing may take up more physical space in your closet and outfit, but accessories are the important details needed to complete each look. An accessory can be a bag, a pair of funky earrings, a hula hoop (you know what I'm talking about, Greeners), or a cozy beanie...the list goes on.

Your imagination is the limit, and it is these endless possibilities

that make us so obsessed with accessories. Most of us would have those times when we don't feel like putting too much thought

### Feel free to test new territories of your fashion psyche

into our attire for the day, but don't want to appear sloppy or plain jane-ish. This is when accessories come to our rescue. We

can choose to layer on necklaces or bring along a statement bag (eg. bright colors/patterns or a bag decked out in pins) for that panache to your ensemble. There are no hard and fast rules as to what you can do with your accessories so feel free to test new territories of your fashion psyche.

Fashion accessories are divided into two categories; those we wear and those we carry. If you decide to allocate part of your fashion budget towards accessories, heed this advice: diversify. Sometimes, small pieces make

BIG statements. While some may love wearing bling (like me) - we often find comfort in the small, chic, staple pieces that we can wear almost daily. Generally, it is best to have some staples that will complement the statement piece when you need layering. You can also consider getting accessories that highly contrast your outfit for an interesting look, e.g. studs, gold and harsh tones with an outfit that is color-neutral, funky bracelets, beaded hair, or necklaces with something more demure.

If you are not yet up to being adventurous with your outfit, playing around with your accessories is the best way to go. For example, let's take a really basic outfit: a white button up shirt and a pair of fitted, straight legged jeans in a dark denim wash. Using accessories and only accessories, you can take this standard outfit through three different occasions:

daytime, work related, and evening.

The beauty of accessories is that they're relatively inexpensive. In addition, the cheap vintage finds are not only rare, but a locket for example, can tell a story and give your look some nostalgic value. For those on a tight budget, you can buy several pieces for the great local stores and vendors in Olympia, and not break the bank! We have such great treasures, like Psychic Sister, Dumpster Values, Goodwill, Charlotte Russe, Forever 21, and many more. The only trick is just finding the right pieces and not cluttering your closet. You have to be smart about your choices, because let's face it, we have all had a case of buyer's remorse at least once in our lifetime. The trick is to pick the classic pieces that will withstand time and fit your uniqueness, not the trends that come and go.

## Accessories at Evergreen's Arts and Crafts Fair

BY SARA FABIAN

Who knew that Evergreen's very own CAB building could be transformed into a grand bazaar. On Dec. 4, local and student vendors encircled the rooms on the second and third floor. Through the successful crowds of merchants and buyers, I was able to ask some of the vendors a few questions in between sales.



Accessories at the Evergreen Arts and Crafts fair | BLAINE EWIG

### Rainy Smalls (1)

Etsy Store: Purple Hooks

1. Why scarves?

About five years ago, Rainey saw her aunt making crocheted blankets, was immediately entranced and took up crochet

2. Favorite Accessory?

The infinity scarf because you can wrap it around your neck or over your head

### Olivia Martinez

Etsy Shop: East O The Sun

1. How she got started?

In her free time, Olivia picked up the hobby of making

necklaces. At Evergreen, Olivia took a class on soldering which inspired her line of jewelry.

2. Must-have accessory?

Earrings; they're both pretty and don't get in the way of daily activities

### T-REX student Group (2)

1. Reasoning behind the pins?

Everybody loves Pins! They also explained to me that pins were a little way to send out a big message.

### Jeni Parreno (3)

Jeni crafted gorgeous hula hoops along with bracelets, necklaces and earrings.

1. How she got started?

At only eight years old, Jeni started using her creativity and making custom-made jewelry.

2. Favorite Accessory?

Earrings because they are so fun and versatile

### Rachel & Alison (4)

Their screenprinted shirts can be found at Don't Stop Printing in Downtown Olympia

1. Their inspiration?

They both loved food and developed a line based on the "7 Virtues of Pizza"





Kathi Wilcox performs with The Julie Ruin | BLAINE EWIG

## Revolution Girl Style Still

BY BLAINE EWIG

**E**vergreen alumni Kathi Wilcox graciously agreed to do an interview with the Cooper Point Journal. While she was a student, Wilcox played in the band Bikini Kill. The group made waves in the world of punk music with their feminist messages and confrontational presence. Last month, Wilcox's new project The Julie Ruin played a show at the Capitol Theater. In the following interview, Wilcox reflects on her time at Evergreen, Bikini Kill's impact and lasting influence, and gives some insight into The Julie Ruin.

**Blaine Ewig: How do you feel about coming back to Olympia?**

Kathi Wilcox: I'm excited to come back to Olympia! I lived here for so many years that it's always going to be a special place for me. I was visiting last year and noticed that some things had changed, particularly downtown. It seems to have more going on than when I lived there: more restaurants and shops, more people walking around. I'm excited to play a show in Olympia again. I haven't played here for probably 15 years.

**BE: What was your experience at The Evergreen State College like?**

KW: I really loved going to school at Evergreen. I always knew that's where I wanted to go to college, from my very first visit to the campus when I was 16. My first year I did the Great Books core program because I really just wanted to read books for a whole year. It was the best. The faculty were great that year, too. Richard Alexander would give these amazing rambling lectures. From my second year on I took film, music, and media

studies programs. It was kind of idyllic. I feel like I was totally spoiled at the school, there were so many resources and great teachers. A few days after graduation, I left on tour with Bikini Kill and didn't come back to Olympia for over a year. It was an abrupt

goodbye.

**BE: What does riot grrrl mean to you?**

KW: It's the name the media put on a feminist punk rock movement that Bikini Kill was a part of in the '90s. Kathleen started the riot grrrl meetings as a way for women to meet up and talk about doing art, music, and other projects. It was

“I feel like I was totally spoiled at [Evergreen] there were so many resources and great teachers. A few days after graduation, I left on tour with Bikini Kill and didn't come back to Olympia for over a year. It was an abrupt goodbye.”

- Kathi Wilcox

also the name of a fanzine, and then it became a catch-all name for a whole feminist punk rock scene. To me, it was something that was going on at the same time as Bikini Kill and kind of parallel to our band, though we weren't all directly involved in it.

**BE: I've read that the riot grrrl movement “ended” around '94, the same time that many of today's students were born. What do you think riot grrrl's effects on music, society, or pop culture might have been, and how are we experiencing that today?**

KW: I'm not sure when they stopped having meetings, it might have been around 1994. But I think the ideas of that movement continue to inspire people, at least judging from the emails we continue to get. The Julie Ruin just did a short tour of the east and west coasts and after every show people came up to me and Kathleen to tell us how much Bikini Kill meant to them, how much the riot grrrl movement meant to them. And these were young people who weren't even around when we were a band. The feelings and attitude behind all that still resonates with people.

**BE: How is The Julie Ruin different from projects you've been involved with in the past? What are your goals?**

KW: For me personally, the main difference in this band from other projects is that I'm singing a lot more backup vocals. I've always been in bands with friends, so this is a continuation of that. We all get along in this band and enjoy each other's company. Mostly, I'm just appreciating that.

**BE: Is The Julie Ruin a punk band?**

KW: Absolutely! Stylistically, our songs are pretty diverse. But we put out this record on our own with no help from a record label -- we created our own label to do it. This band is actually more DIY than any band I've been in before. We don't even have a roadie!

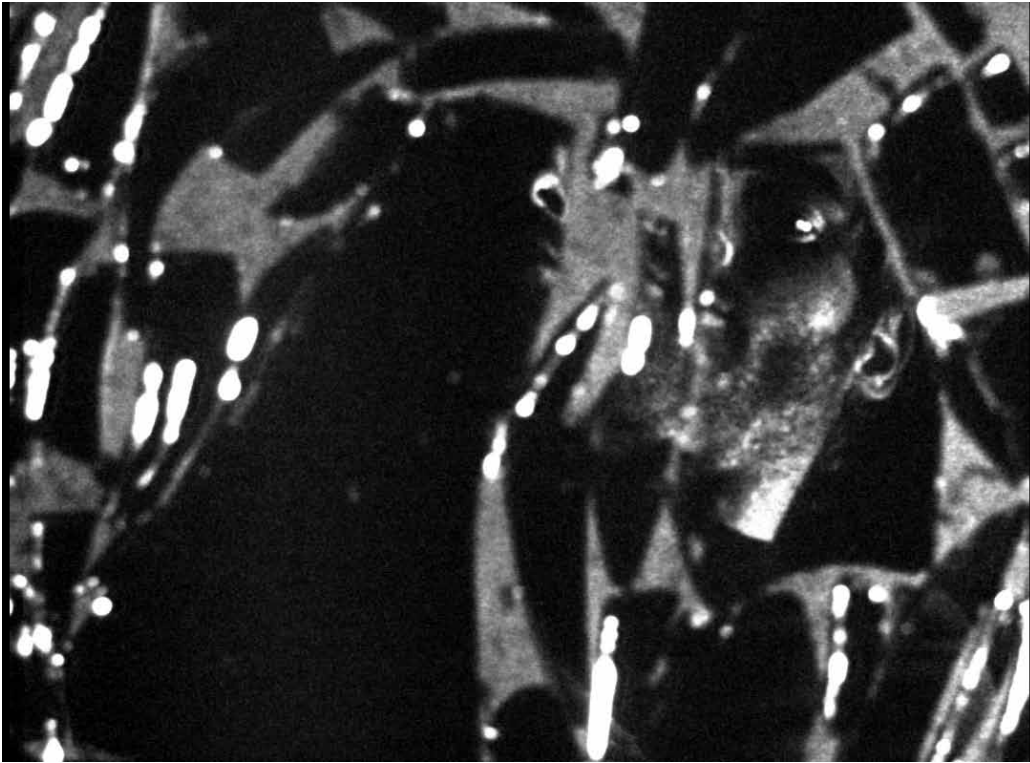
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still from an upcoming TRANSFIX film | courtesy of the artist

# Death is so relaxing when I'm high

an interview with  
**Chris McDonnell** of  
**TRANSFIX**

BY JOSH WOLF

**W**alking around Olympia's Eastside, I spoke with Chris McDonnell of self-described "death rock" band Transfix about Kurt Cobain, sexual nihilism, and Olympia. Chris graduated from Evergreen in 2009, and is releasing his debut album on Dutch Tilt Records, a new local label started by Evergreen student Chapin Long.

## Josh Wolf: What was your first Olympia band?

Chris McDonnell: My first Olympia band was Church of Skull Fuck in 2005 with Will Baxter of HPP. He played drums, and I played guitar. We had one show, in the dorms, and it was a total disaster. The police broke it up, even though you could have parties on-campus, cuz the people who lived there hadn't registered it. My amp broke, I had to play a different guitar, all my beer got stolen, and Will almost got arrested. We never played again, but I loved it.

## JW: What do you think about censorship?

CM: I think you should censor yourself. I do believe in that. I think a certain sense of decency is called for. There are some pretty

negative things out there. I've seen many things that I would like to un-watch, that add to the sewage of the psyche, you know, the internet world. I was exposed to porn pretty early on, and I definitely think that shaped my reality, and the way I feel about mass culture.

## JW: What are your thoughts on sexuality?

CM: I feel tortured by sexuality at times, and I want to 'other' myself from that and use it for my self betterment. I find that using negative aspects of yourself, the hard-line issues within yourself, that's where I feel inspired. It's a therapeutic inspiration, to get through something, and to have something come of it. I get inspired by things that are really personal to myself, especially with negativity and sadness. For some reason, I've always gravitated

towards that, even though I wanna make poppy, happy catchy music, there are matters of the soul that I want to expel through myself.

A term that I've been throwing around a lot lately is: sexual nihilism. For me, it's where you don't give a fuck at all, and there's probably alcohol involved, and you just fuck anybody. The consequences of that, the intoxication of it all: desire. Feeling like a used up cumrag, like you've lost something: sex death, with moments of tenderness at the same time. It can be a dangerous place to be in. Your soul's a delicate thing, and there's a lot of shame involved, but it's a very real desire that's inspiring to me. I want to explore that, and other myself from it. The notion of wanting to cut your dick off, probably going to be some eunuch stuff in there. For me, it's the fear of being so disgusted with yourself over some sexual activity, from a burdening member, that you just wanna get rid of it. Losing control and destroying it. It's tough, because I want to be sex positive, but that's easier said than done.

## JW: What are some of your influences?

CM: You know, I moved out here mostly because of Kurt Cobain's legacy. I felt really akin to that. The spirit of his music, I feel is very colloquial here. I don't know if that's the right term, but it's definitely of the land, of the culture. I really felt what he was saying, at a really young age. He's been my greatest influence growing up. I thought his identity was very expressive. Everything he made was a perfect encapsulation of his celebrity. He kills himself. I don't think he died for his art necessarily, but it definitely put

a big exclamation point on his art. To me it feels heavier than just human perversion, to be into morbid things. I'm into morbid things, sure, but I think he transcends the perversion, almost in a christ-like way. A burden of a generation. He seemingly cared too much. I don't know, there's this whole cult around his music.

## JW: How would you categorize Transfix?

CM: I want to consider it death rock. It's death centered, and I'm coming from a rock world. Rock can be very boring and sterile to me cus it has already happened a million times, but you can have your own take on it. With Transfix, we

are trying to go super poppy, super catchy. In my other band, The Family Stoned, I was really getting into guitar, trying to take it and go crazy, but in Transfix, the guitar is more of a rhythm instrument. The intrigue of the music comes from the synth melodies and the vocal melodies. That's where your head and your ears go.

"A term that I've been throwing around a lot lately is: sexual nihilism. For me, it's where you don't give a fuck at all, and there's probably alcohol involved, and you just fuck anybody. The consequences of that, the intoxication of it all: desire. Feeling like a used up cumrag, like you've lost something: sex death, with moments of tenderness at the same time. It can be a dangerous place to be in. Your soul's a delicate thing, and there's a lot of shame involved, but it's a very real desire that's inspiring to me. I want to explore that, and other myself from it."

- Chris McDonnell

## JW: Any last words?

CM: Death is so relaxing... When I'm high.

TRANSFIX release  
show happens at  
**LE VOYEUR**  
on **SUNDAY**  
**DECEMBER 16**



## Art and Entertainment | CPJ

### AH: What was your favorite place that you filmed clips for Born Slippy at?

Alex Cooper: The San Francisco hills because it was so much fun. There is a unique aesthetic associated with the vibe of the city. The combination of the architecture and the hectic spontaneity of the skating there, it's always changing. You're going fast and new things are always coming up. I also am really inspired by San Francisco videos such as Stereo's Tin-Can Folklore and Magenta's Hill Street Blues.

"You could say we relate to east coast or European skateboarding more than the traditional Southern California scene. Everything in California is perfect, the weather's always nice, and there's lots of sitting in a car driving to spots. This is all a generalization of course but it's basically the opposite here." - Alex Cooper

### AH: How do you choose the music that you put in your films?

AC: With Born Slippy, I aimed for having a non-traditional soundtrack. Some of it is music I listen to, and some of it just had a sound that fit the particular theme of the video. Also, my friend Carlmelo Ibanez made a couple great songs for it. His one-man band is called Weather, WhenThe.

**AH: Something noticeable about your video/s is that you not only film tricks but you also portray yours and your friends' personalities in it as well.**



screenshots from "Born Slippy" | courtesy of the artist

## Born Slippy Premier, Interview with Film Maker

BY ALEXANDRA HILLYER

**S**kateboarders from all over Olympia, Seattle, Oregon, and even England gathered at the Olympia Film Society to see Alex Cooper's latest film, "Born Slippy" on Friday, Nov. 22. The film is 40 minutes of intricately-edited footage he collected with like-minded skaters from all over to produce one fluid coherent piece of art. On his board, and with a Panasonic DVX-100b in hand, Alex often shoots from lower angles, giving the viewers a bit of perspective on how it feels to be on a board bombing down a hill or ollieing a bump to bar.

"Born Slippy" has a lot of diverse scenery and skate spots - while much of it was filmed around Olympia, there is also a large part of the film that was shot in San Francisco. A couple friends from Japan even filmed some clips around Kobe and Osaka that made it into the film.

Approximately 200 people attended the film. "Born Slippy was the most fun video we've ever made. There was no pressure," said Evergreen student and skater in the film, Carlmelo Ibanez. "We filmed whenever we felt like it, it was very spontaneous. That's something we've never done with any of the past films."

Another Evergreen student, David Jaques said after the film, "It was really tight, I loved everything about it." Other viewers commented, "I cried the whole time!", and, "It made me want to go out and ride my skateboard more than anything has in months."

AC: My videos capture what it's like to skate with my friends and me. It conveys our approach to skating, why it's important to us, and how much fun we have together.

### AH: What is it about skating that inspires you to capture it through this medium?

AC: I just love skateboarding. There's something very special about taking something that really matters to you and showing it to people in the same way that you see it. That's my favorite thing about filmmaking.

### AH: What are some of the best spots around Olympia to skate at?

AC: The streets in general. Part of it is just cruising around a lot and when we find something that looks interesting we'll skate it for a bit. If you're not too picky about spots, then Olympia is a pretty cool place to skate. We can have fun skating just about anything, which is shown in Born Slippy when we skate in the forest and on the beach. [laughs] You could say we relate to east coast or European skateboarding more than the traditional Southern California scene. Everything in California is perfect, the weather's always nice, and there's lots of sitting in a car driving to spots. This is all a generalization of course but it's basically the opposite here.

### AH: Tell me about your creative process.

AC: Aight so first I make a big bowl of tomato soup, with lots of fresh herbs from my garden. And then I spoon-feed my friend, Carlmelo, just enough to keep him alive. Then we go to the aquarium and watch the sea urchins swim around. Their slow movement helps compensate for the anticipation of slappies and powerslides that await us.

DVDs of "Born Slippy" are available at [www.bornslippyvideo.bigcartel.com](http://www.bornslippyvideo.bigcartel.com)



# ARTIST PROFILE

## Jamie Nadel

**I** started taking pictures when I was sixteen during my Junior year of high school in San Diego. That was the year I failed all my classes except for Photography. Shortly after, my music teacher gave me a Pentax K1000 and I was making bi-weekly trips to my local pharmacy to drop off rolls of film.

This series of photographs is a documentary of my travels this past summer in Washington, Southern California, and New York City. I decided to wait until I returned to school to have them developed; I'm glad I gave myself three months to let the images marinate my imagination. Looking back on them, I'm especially aware of this gap in time: it's like I had memories in the making. I mean memories in the most literal way possible, because when I took them, I was truly designing my own memories.

Looking at each photo, I can remember exactly what I was thinking: when and where. The photos are all double exposures, meaning that each image is a combination of two. This lets me combine two different views in one visual experience.

The pictures here are a response to my environment. Either something I see just looks appealing, or I have a specific relationship that I want to capture. I only do multiple exposures in color, because I feel it's best for depicting reality. Color is such a powerful stimulant to the senses: it emphasizes lighting, composition, and becomes more immersive during shoot-

ing. Most photographs are recreations of things that exist to people as real, and I like to re-contextualize my experiences through double exposures. This is a way of me looking at something, closing my eyes and opening them, seeing something different, then the camera combines them. The resulting photo in print or on the screen is reality unseen.

The photo on the cover is of my brother, combined with a photo of clouds. Laying on my back in the sand of Cardiff State Beach, I snapped him quickly and rolled over, then snapped the sky on the same frame intentionally, instinctually knowing that whatever the resulting image looked like, it would be what I wanted to remember of the day. I don't think I fully understand what it means: to sculpt how I see the past through photography, but the intentionality of the whole process really turns me on.

I don't know what inspired me to document my life so deliberately. I'd like to think that when I take pictures, I'm walking precariously through the world I live in, you know, the feeling of adventure, you can feel it, where it only happens once, and I'll only be here once.



Photos courtesy of the artist





A view inside the caravan | INOCHI FUKUI

## Catalyst for Change: The Cascadia Freedom Caravan

BY NORA MAHTO KNUTSON and INOCHI FUKUI

**T**he **Cascadia Freedom Caravan** brought people from Olympia, Portland, and Las Vegas to the Tear Down the Walls National Activist Gathering in Tucson, Arizona, where over 400 people came together to strategize on building a more unified, powerful movement for transformational change in the U.S.

It was a sunny Tuesday afternoon in Olympia when 20 people packed up their bags, boarded a ramshackle old bus and hit the road, headed south to Tucson. There were students, community organizers and activists of varying degrees and levels of experience, some traveling folks, quite a few talented artists and musicians, one county official on vacation, one sweet dog named Yuma, one baby named Shalom and a whole lot of excitement in the air as this motley crew of trail blazers took off in the Cascadia Freedom Caravan.

The caravan was organized by Bruce Wilkinson, a local community organizer, with the help of Rick Fellows, director at Media Island International, who fulfilled the role of bus mechanic, driver and general caravan extraordinaire.

“[The bus] had been driven five miles in the past 10 years, and Rick and I hadn’t the time to really take it on a test run,” said Wilkinson. Nevertheless, with a group effort and some last minute magic, the bus was equipped with tables, beds and a food counter, as well as symbolically painted the colors of the Cascadian flag.

For those who are unfamiliar with the term, Cascadia is the idea that revolutionaries will dismantle the arbitrary

political walls of state and national borderlines, uniting a bioregion of people within the framework of the land. However, the designation currently functions more as a regional identity than as a political movement.

As the blue, white and green-striped bus journeyed through space and time, riders shared in what seemed like a trip back to “the good old days,” when a spirit of peace and love intertwined with passionate political activism. Monica Peabody, director of Parents Organizing for Welfare and Economic Rights (POWER), played banjo on the grass at a truck stop and joked, “I’m not really helping to dispel the myth that this is a hippie bus, am I?”

The urgency for a new coalition of activists to take the lead in the U.S. is clear, and both the caravan and the gathering reflected the

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“The history of single-issue activism is coming to an end, as groups realize the interconnectedness of their struggles, and that conference... represented the action part of that realization.”

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- Matt Hurt

fervent energy of people who are rising to meet that need. Matt Hurt, organizer for Committee In Solidarity With the People of El Salvador (CISPES) and current Evergreen student, articulated, “The history of single-issue activism is coming to an end as groups realize the interconnectedness of their struggles, and that conference in a lot of ways represented the action part of that realization.”

Tear Down the Walls, organized by the Alliance for Global Justice (AFGJ), was named so to bring attention to the walls, both literal and symbolic, that we must confront in the struggle for justice and peace. Some of the walls brought into focus were Wall Street, the U.S./Mexico border, Israeli apartheid walls, prison walls, Pentagon militarism walls, the walls of capitalism, the walls of oppression and, perhaps the

most crucial, the walls that weaken our collective efforts-- the walls between our separate movements.

“It is easy to focus on the issue you or your organization fights, and easy to zone in on that issue and tune out the others,” said Sierra Telluric Brown, who participated in the caravan. “The conference challenged us to see the connections of all of these issues and to work together in [addressing] the causes.” Philosophies were diverse, as always, yet the obvious need for solidarity among people working for justice and peace on Earth caused such differences to fall to the wayside.

As Bruce Wilkinson, coordinator for AFGJ, said, “There is a common need in struggle to be an ally and to have allies when confronting the power elite who control the core levers of government and economics and who use oppression to keep the rest of us from organizing around human rights.”

The gathering consisted of 85 workshops led by an array of participating groups on topics ranging from global climate change, to the current state of Syria, to artful activism. In addition to the workshops, there were six People’s Assemblies, which focused on overarching key topics. Each assembly began with a panel



This year there will be actions held across the country to raise public awareness about border militarization and immigrant rights, U.S. imperialism and anti-militarism, the relationship between ecology and empire, the Drug War, and the fight for economic justice. Locally, the first day of action is bringing people together in solidarity for immigrant rights at a rally in Tacoma on International Migrants Day (Dec. 18).

A group of five Evergreen students and Media Island interns formed the caravan's very own media team, stepping up to the plate as photographers, filmmakers and reporters. In Tucson, they live-streamed audio on the KOWA website, and even set up a local radio station, broadcasting the event to people in the community. KOWA, 106.5 FM Olympia, is a low-power community radio station run out of the Media Island activist center, and is one of many organizations across the country working to distribute under-published information on critical issues.

Footage from Tear Down the Walls will soon be posted online at afgj.org, and the Olympia caravan crew will be sharing their reflections, showing photos from the trip, and opening up discussion in a community potluck and debrief on Thursday, Dec. 12 at Media Island.

Tear Down the Walls was a convergence of inspirational energy by people who are unafraid to stand by their ideals and who are doing groundbreaking work in their communities right now. Even so, for most of the people on the bus, the destination was but a part of the overall journey; the caravan itself was a transformational experience, as riders bonded over common passions and visions.

"We left as individual activists and came back unified," said Brooke Bolding, one of the student interns on the trip. Aside from all of the networking and new projects that are coming out of connections made on the bus, perhaps the most exciting part is that this was only the first trip.



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**WASTED ADVICE**

**I have two jobs and one recently informed me I have to work more hours in order to stay on with them. It puts me over an amount of hours I'm comfortable working while going to school, which is going to result in me quitting one job. How do I choose which job to keep and which one to quit? I don't prefer one over the other, each has its perks and the pay is the same.**  
- Workless

The tie-breaker is always the attractiveness of your boss.

**I'm having trouble getting over my ex that cheated on me. Is it true that "Once a Cheat, Always a Cheater?" Should I just give up and move on and cut him out of my life?**  
- Only the Lonely

Yep.

**When I run or workout my face turns bright red and everyone stares. Help!**  
- Redrun


There are many, many ways that this could be fixed. Just off the top of my head: You could run wearing some kind of full body animal suit. Though hard to find, I suggest the Pink Fairy Armadillo. You could apply KISS makeup as part of your pre-workout ritual (Ace Frehley or Peter Dinklage only, please). You could run dress and run backwards. You could stop working out, and chase that world weight record. Part of the qualification for that one is the reddest of red faces. All of this sounds like a lot of work though. My go to in embarrassing situations such as this one, is to simply scream at the top of my lungs the length of the affected activity. I promise, no one will notice how red your face is.

**I love to wear baggy clothes but when I do everyone calls me "sir." How do I let them know I'm a girl without wearing a huge pink bow in my hair?**  
- The Bag(gy) Lady

The easiest thing to do here is, in fact, to wear a giant pink bow in your hair.

**When I go to class the boy behind me takes off his shoes and puts them on the back of my chair. SOS!**  
- Footloose and Funky Feet

While you haven't technically asked a question here, I'll still attempt to help. What you need to do is to make him uncomfortable, make it not something worth doing. If you're anything like me, the only liquid you have on you in class is water. Obviously, I'm lying, water is foul stuff. So pull out that flask and dump the contents all over his feet. Now they are wet and most likely sticky. If he's a real asshole, and it sounds like he is, he'll do it again anyway, wriggling his



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Whiskey-soaked gym-socked toes in your face. Your step two, then, is reach down into your bag, pull out those matches, and light him up. \*Holiday Bonus\* A foot-fire brings Christmas time cheer to the entire class.

**I like my job, but there are other jobs out there. Some pay much better, but I'm pretty happy. Also jumping jobs is stressful. Is contentment worth less money? Am I just being lazy? How do I know when to make a move?**  
- Leary to Leap

Three questions in one? That's cheating. I like your style. Is contentment worth less

money? Yes. There are many miserable rich men out there. They fret themselves to an early grave, and leave all their money to dysfunctional 40-year-old children. Now, if you can find a job that gives you contentment and a larger paycheck? That's well worth the stress of finding a new job. Am I just being lazy? Probably. But don't knock laziness; I'm quickly building a career out of it. How do I know when to make the move? Well, maybe when the current job ceases to be fulfilling. Or when the things you decide you want to have start outpacing your salary. Or when your company goes under. It's like falling in love; eventually she'll leave you for your best friend you'll just know.



THROWBACK THURSDAY

## Natty Rebel, Not Quite

BY ADRIAN SCOTT

May 29, 1997

Editors Note: This opinion article, contributed to the CPJ by a former Greener, was chosen from a group of old articles through popular vote. While some of the punctuation has been changed to conform to Associated Press Style, the rest of the article has been preserved in its entirety. The opinions expressed in this article do not reflect on the views of the Cooper Point Journal as an organization, its staff, or its contributors.

Antennae... they be energy absorbers, seen  
Woolly like lamb, lacks 'pon ya head again  
True brethren be offended when those with  
pale skin  
Take it upon themselves to be mimickin'  
Now you can praise Jah and the I'n'I within  
But'cha no gwon be Rastafari, seen  
I talk about dread, the main of the Lion,  
You can keep tryin' but it'll take more to reach  
Zion  
Overstand that dread means Black power  
Not flower power and watchin' the Bugs  
Bunny hour  
Overstand that God is Blackness and dwells  
within  
Derivin' from traditions that's African...  
revolution against men...

- Adrain Scott

Jesus was a Nazarite: a vow of Nazarites was to never cut his hair but "let the locks of the hair of his grow." (Nm. 6:2, 5, Lv. 19:27;21:5) The word Nazarite is from nazar, meaning unshorn. Woolly, nappy hair if simply washed and dried, but never combed or brushed, will naturally entwine into long locks as it grows.

- The 5% Nation of Gods and Earths, *Blacked Out Through Whitewash*

What I would like to address today is White folks' tendency to mimic that which we can't have. Some examples are dark skin, slang, style, rhythm... dreadlocks. I know that writing this will only ensure my ostracization from much of the Evergreen community. I suppose that truth can hurt in both directions.

Many people on this campus have taken it upon themselves to mimic an African hairstyle, pretending to be "Dreads," without understanding exactly what that hairstyle means. Having lived in Brooklyn and Seattle I have numerous friends who live a life of "dread" and have "true" locks in their hair, and these friends and acquaintances of mine take offense when White folks mimic or mock dreadlocks. Two phases have been coined regarding these mockeries; one comes from a true "dread" here on campus who came up with "matlocks", and the other is "mocklocks". Allow me to explain why. First of all White people's hair doesn't lock naturally (as described in the opening quote), it requires chemicals, salt water, beeswax, etc. Many people will argue that putting dirt and salt water in your hair is natural... but it is far from natural to not bathe and wash your hair. Every animal in the natural world cleans themselves one way or another, so this explanation does not hold. This is where "matlock" comes from; the fact that locked, straight hair is actually just matted and dirty. The kinky hair of African and American-African people does lock naturally, especially when clean, so the "natural locking ability of straight hair" is null and void.

The next reason why White folks should not mimic that which is not theirs is the fact that "Dread" is an experience; a lifestyle. More appropriately, a life of "dread", as in dreadful or full of dread. The hair "locks", the people experience "dread". "Dread" is the life experience of those who have been subjugated to the oppression and racism of the Western/White world. Without the European need to dominate the world's people of color, especially Africans, there would be no such thing as "dread". Are you following me so far? White folks can never completely know "dread" because we are the cause of it, or rather it is a response to our oppressive nature. It is possible for us to conceptualize "dread" but we shall never experience it.

I know that many will be offended by my words, but my words are true. I didn't make them up. My point in all of this is to simply get some people to check themselves and their behavior, or, more appropriately, for White folks to check themselves and their behavior. Without sounding too hostile, I encourage those with "matlocks" to work on overstanding "dread" as an experience that is rooted in the oppression of "Black Power." This is something I would strongly support, but not make a mockery of by pretending that it pertains to me.

# INKLIFE est. 1971



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# Inside Evergreen Confessions\*

BY ABRAHAM TADESSEE



RUBY THOMPSON

**W**ith over 2,150 comments already posted, the Evergreen Confessions Facebook page is taking the campus into a more honest place by the use of anonymous comments. Confessions range from No. 2135, “The hottest guys WORK in the greenery. Multiple.” to No. 2145: “shout out to my vibrator for doing things no penis has ever done, including, but not limited to, being pink and spinning around. I <3 you forever.”

Students at Evergreen are going a little crazy. And it’s creepy, beautiful, painful, sexy, trolling-lightly, sarcastic fun. After the reading the first 1,000 comments, I felt the secret-keeper of Evergreen needed to be interviewed. Arguably one of the nicest people I’ve met in a long time, I shot the shit with the Evergreen Confessions anonymous administrator via Facebook, and discussed how they keep people anonymous, handling confessors and what they feel about the time-space residency of dark matter.

**AT: Where did you get the idea to start a confessions page?**

Evergreen Confessions: A lot of my friends from high school go to Western and talked a lot about their confessions page, and I just thought to myself, “Why doesn’t Evergreen have one of those?” I got bored enough and made one.

**AT: Are you the only administrator/moderator, and does anyone help you out?**

EC: Yep yep yep. My partner reads them with me sometimes and helps me decide what to approve or deny, but I am the only mod. I get too selfish and want to read every single one that I could never have another mod.

**AT: Have you noticed any confessions about you that others have written? Do you censor those?**

EC: Yes, definitely. I get ones directly to the “admin,” although some of them clearly

think someone else is the admin and I just laugh. I always publish them regardless.

**AT: If possible, could you explain the step-by-step process of submitting a confession?**

EC: So, basically, I used to use Google Docs, or a forum or something where users could anonymously submit their posts, but then my friend pointed me to the site that I go through now, which is 100 percent

“Shit like, ‘Where are all the parties at?’, ‘Anyone know where to meet girls?’, or ‘Tits. Tits. Tits.’ isn’t going to get accepted.”  
- Evergreen Confessions

anonymous. I know who no one is (unless they just straight-up message the Facebook page, which does happen and then I get really embarrassed for them), but when it goes to the site, I log in as the admin, see “You have 37 new confessions,” then I can read through them all, and either click “accept” or “deny” or edit the text, but I have only started doing that recently to add a warning label to the more dark ones that could be triggers to people. 100 percent anonymous.

**AT: I feel it was super awesome and appropriate of you to post your**

**use now of starting to write “TW” (Trigger Warning) for triggering posts. What made you take that approach?**

EC: I actually got a suggestion submitted to the confessions, that I didn’t post because it wasn’t a “confession,” that suggested labeling the ones that could be possible triggers, and I was like, “Shit. Why didn’t I think of that?” So I decided to take their advice and start doing it. I love when people make suggestions.

**AT: Do you get any funding?**

EC: Nah.

**AT: Are all confessions left up at your discretion?**

EC: Yes indeed they are. I usually accept about 99 percent of them.

**AT: What’s the process of picking one confession over another?**

EC: I accept most. Confessions that directly call out another student, user or person in general in a way that is negative, I never post. I’m not about getting anyone’s feelings hurt, no matter how much you may dislike someone. I don’t post things that aren’t direct confessions or are just people looking for a club or a hookup. It’s a confession page, not Craigslist missed connections. So basically, “I am in love with cats,” or “I wish I had a dog,” “I love smoking weed” - as long as it’s in the form of a confession, gets accepted. Shit like, “Where are all the parties at?”, “Anyone know where to meet girls?”, or “Tits. Tits. Tits.” isn’t going to get accepted.

**AT: What’s the most common confessional archetype?**

EC: Sadly, things about people being lonely and wanting friends/affection. It makes me want to give out lots of hugs, but it’s definitely what I feel like I see the most of.

**AT: Student question No. 1: How do you manage oppressive/sexist/homophobic language on the Evergreen Confessions page? Doesn’t this anonymous form of communication excuse people rather than foster an open and inclusive dialogue where individuals can be held accountable?**

EC: It definitely has become an outlet for some individuals to express rather offensive beliefs. As much as I may dislike or disagree with a confession, if it is worded as such and doesn’t call out a specific person, I post it in an attempt to keep the page as far away from my own bias as possible. However, recently I have begun to deny the more blatantly offensive posts that were only submitted to cause fights in the comments, which honestly I have stopped reading because the fighting bothers me.

**AT: When it comes to serious posts that reference self-abuse and suicide, has there been an instance where you felt for the confessor’s safety you needed to contact the proper authorities?**

EC: I feel quite conflicted in these situations. On one hand, I have absolutely no way to know who this person is, or how to help them, and while the post breaks my heart, I also feel as though I have to accept it because they are choosing to confess such a personal thing. I post it and honestly hope that the comments on it help them through their times. I am going to also add some help numbers to the main confession page, as well as some general guidelines, so hopefully that helps.

**AT: Also, when it comes to these very graphic and triggering posts I’ve seen some of the best in humanity coming from non-anonymous Facebook users giving hope and advice and even email addresses/phone numbers for the individual to contact.**

EC: I love this more than anything. It gives me such feels for the great people at Evergreen and honestly is one of the things that gets me through the rather negative posts.

**AT: Student question No. 2: Did you have worries starting this confessional?**

EC: I honestly didn’t think it would get so big. Like, hot damn. I freaked out when I hit 100 likes and now it has over 1,000. Weirdness. I guess now my only worry is that someone somewhere will find out who I am and like, hate me, or something, because I wouldn’t want that.

**AT: How do you keep yourself anonymous? Meaning, has anyone found out your real identity?**

EC: I feel like a ton of people know who I am. All my friends know, anyways. We have a good laugh about it. Apparently one of my friends overheard some kids talking about it and just laughed and when they looked at her she said, “Oh it’s just funny because my best friend made that page,” and they were just like, “Psssh, yeah right.” Like, is it really that big of a deal? I did get a confession about someone apparently having sex with me, but I have no clue who that person even is, so I think a lot of people have a lot of different ideas about who I am.

**AT: What are some of your favorite confessions?**

EC: Oh god. The one about the guy eating out his girlfriend...the Jolly Rancher one. I cringed. So. Hard. Also the one about the fear of chameleons. Cracked me up. Oh, and the one about the person apparently sleeping with me that I don’t know. News to me.

**AT: You’re not a cop, right? (lol)**

EC: Most definitely not. I walk among you.

\*In the spirit of Evergreen Confessions, the identity of the moderator for Evergreen Confessions page has been kept anonymous.



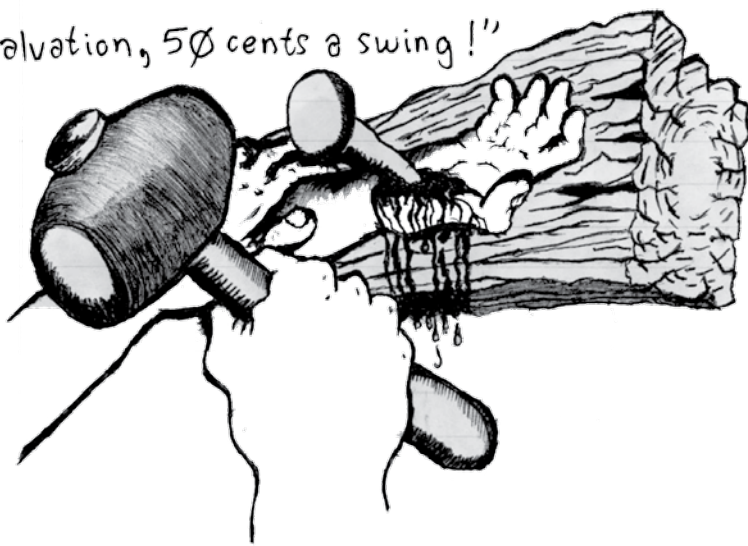
"Where is God gone? I mean to tell you! We have killed him, you and I! We are all his murderers!" - F. Nietzsche

"Burned out on Ethics..."

# BURNED OUT



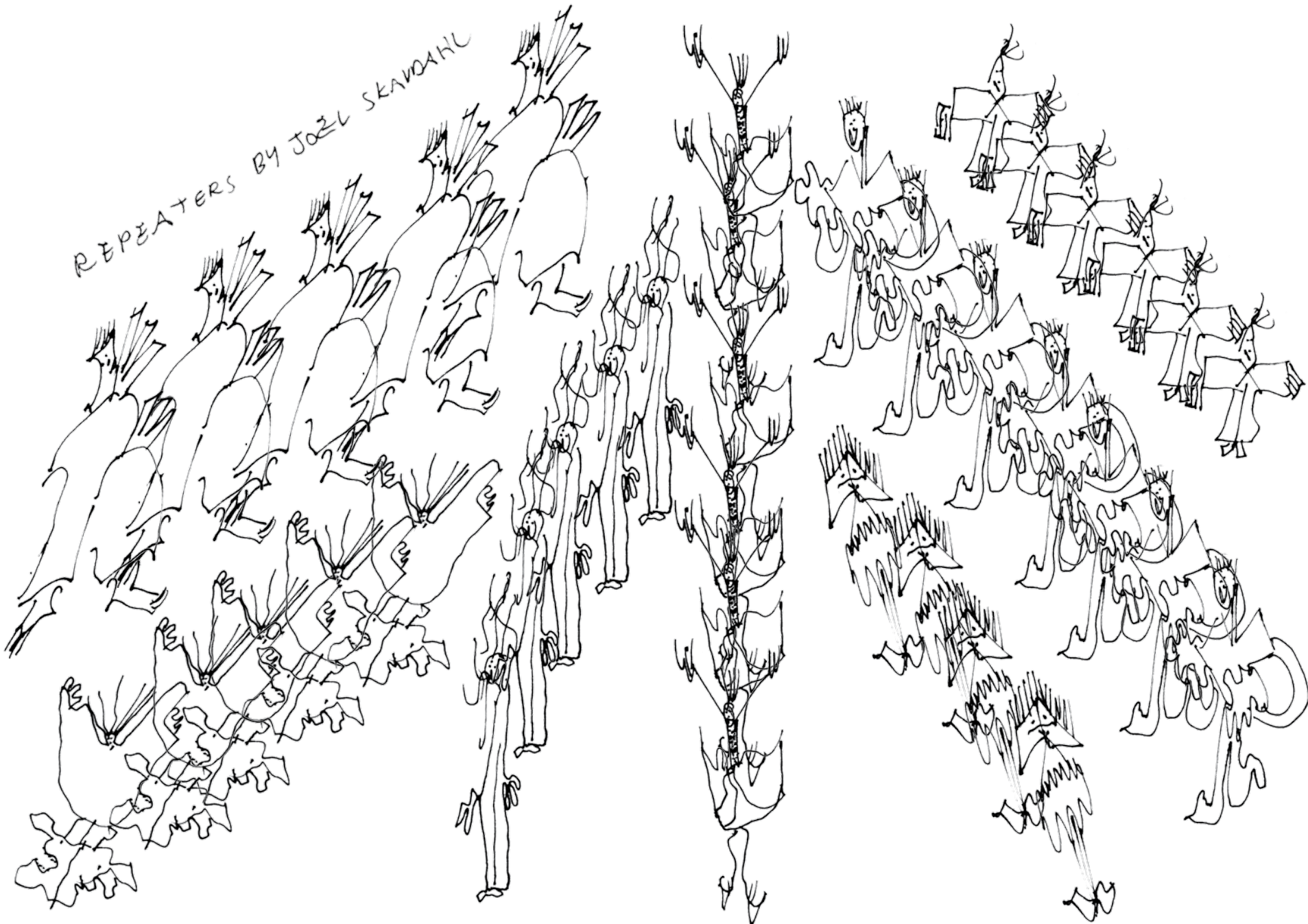
"Salvation, 5¢ cents a swing!"



# Keep on Sinnerin'

by: Brandon Ebert  
Inspired By R. Crumb

REPEATERS BY JOZEL SKANDALU







## HANGOVER "ADVICE"

BY PATRICK STEWART



**S**o we (I) here, at the CPJ (again pretty much just me), write quite a bit about drinking. And frankly, we (everyone else but me) have decided that this is simply irresponsible. So to counterbalance some of the ill effects that past articles may have had, here is an article on hangovers, and the best ways to both prevent and cure them. These cures and preventatives were discerned with much careful planning, are full of scientific research and backup, and are in general the most cutting

edge techniques to ensure that you, as Evergreen students and a citizen of Olympia, can do what you need to do, when you need to do it. In other words, the staff here kind of suggested some stuff that I should maybe try, that may actually work, or that they heard may work, or that they heard definitely *didn't* work, but have now mis-remembered as working.

So without further ado, I present to you this insanely helpful list of remedies, and a little soft (read: probably made-up) science behind them.

### Preventatives:

The first of these is taking a shot of olive oil before drinking. This is an old Greek tradition, and supposedly the oil coats your stomach. This keeps more toxins than normal from being absorbed by your stomach lining, which in turn prevents you from being too hungover. This sounds pretty legitimate to me. Of course, the last science class I had was physics in my junior year of high school, and I talked my way up to a D-. This is a good time to reiterate: I am not a scientist. In fact, consider me the exact opposite of a scientist.

Next we have sticking to one type of alcohol. The basic idea here, as half-heard by me on the radio a few years back, is that the more types of alcohol you drink, the more types of fermentation you are exposed to. This increases the likelihood that you take in more congeners, or alcoholic impurities. In other words, if you mix alcohols, but keep them lighter (fewer congeners) and of a higher price range, you can work around this. The secondary part of this is that, in my case, nights where I'm drinking this-and-that tend to be longer, more in-depth nights of drinking than the ones where I'm, say, at a wine tasting. Okay, maybe that's a bad example. "What? Why would I spit it out? I paid for this!" Give me back that &\*\$#@\*\$ bottle! I'll BURN THIS PLACE TO THE GROUND!!"

Of course, we must include drinking a glass of water for every drink you consume. If you can't understand this one, I can't help you.

Along with that, you can try drinking a reasonable amount. I don't think this one's right, but I was told to put it in.

### Cures:

You can eat eggs for breakfast. This was a new one to me. Apparently eggs contain cysteine, which helps break down acetaldehyde, which is the nasty stuff that causes you to feel hungover. Science!

Along with your eggs, you can have some coffee. Experts will tell you that coffee dehydrates you and is no help, except maybe for your headache (thanks to the magic of caffeine). Anyone who has ever been hung-over and had coffee will tell you that it is absolutely essential; once again proving that science is just a bunch of bunk.

Drink water. We've been over this.

With your water, pop some over-the-counter painkillers. These are a mixed bag. They help with pain, obviously. Some of them have caffeine, which again is particularly helpful for headaches. Long-term use can lead to stomach and liver damage. Also, caffeine is a diuretic, and so does not help the inevitable dehydration.

The Brazilian Carnival Hang-Over Cure - brought to you special by our Audio/Video Editor Gustavo Sampaio: "If this can cure a whole country's hangover after a week-long government-sanctioned drinking celebration; it can certainly help us Greeners after our sporadic so-called parties." Ingredients are

1 slice of papaya  
1 glass of nonfat milk  
4 ice cubes  
1 tablespoon of cinnamon powder

Use a blender to make a nice shake out of the above ingredients. Sip slowly every 15 minutes or so. 'Nuff said.

Hair of the Dog (or "drink more the next day). This adds more toxins to the toxins you

already have. It dehydrates you more. Obviously adding poison to your poison isn't going to help you recover.

Alright! Enough reading, let's get down to the drinking. So you want to go out and have a few, but you've got that paper to write tomorrow, and you don't want to be totally useless. I should mention yet again (due to legal obligations) that the best thing to do is drink in moderation. But as we all know, the road to hell is paved with good intentions/the best laid plans, etc.

So what on Earth are you going to do? Never fear, your resident drinking correspondent has done the hard work for you. Now that we've made this comprehensive list, I've put them all to the test at once, because really, the whole "needing a control for experiments" thing is just a myth (research pending). Let's see how it went, shall we?

### A shot of olive oil

It has been said that if this is done with high quality oil, it is quite enjoyable. You'll have to judge for yourselves if that's true, as this journalist's friends are cheap, and apparently don't appreciate me asking for the good stuff while I'm crashing on their couch, drinking their PBR at 11 a.m. on a weekday.

### Sticking to one type of alcohol

Previous personal research has shown that this is helpful. However, avoiding a hangover would make the "hangover cure" part of this particular article rather difficult, and as such this advice went unheeded. I'm sure some readers out there are asking: "But fearless guru of all things fermented and distilled, what's the worst chain of beverages to consume on any given night?" The answer, on this day, goes something like 'beer-



scotch-white wine-whiskey-rum daiquiris-beer-red wine-many loud and drunken Russian men challenging your drinking ability.'

### Drinking a glass of water for every drink you consume

Research has shown that this is kind of a bummer, and really hard to remember to do after a drink or four.

### Drinking a reasonable amount

Haha!

And that brings us to the morning after. Or so I'm told, the details are fuzzy.

### Eggs

This was ~~forgot~~ unknown information at the time that this particular correspondent consumed breakfast. Fortunately, that breakfast was, in fact, eggs. And bacon. It was delicious.

### Coffee

Also delicious. Cream. No sugar.

### Water

Water is good. I like it best when it's fizzy.

### Aspirin

It helps if you have it. I don't.

### Bananas

Wait, what? These weren't on the science list before! I hate bananas. They taste like a squishy tube of concentrated convalescent home and diesel fuel. Even the smell is enough to.... erp. Ugh. **UUMPH!!!**

.....And we're back, sorry folks.

### The Brazilian Carnival Hang-Over Cure

Finally! I've been waiting all morning to try this one. Okay, here we go... Wait, where's the blender? Why is it in the bathroom?! What the hell were we doing last night?? Okay, got it, now.... No lid. Of course. This plate should work. Wait, papaya? I don't have that. Maybe I can pick all the pineapple off the rest of this Hawaiian pizza. Now ice... ice.... No ice. Huh. Frozen peas, maybe? Wait, who bought these? Are these the ones that were in here when I moved in? I don't have milk either, just this pre-made White Russian mix. You know what? Nevermind. I'm going to need a reader to try this and tell me how it works. Only one thing for it now...

### Hair of the Dog

Again, all the so-called "experts" say that this only prolongs the inevitable. That sounds pretty perfect, and this bloody mary agrees. 10/10, even without ice.

So what have we learned? ~~Some of these may have helped;~~ some may not have. You're welcome. If you really can't afford the hangover, don't drink, or stick to a glass of wine or a single beer. Or do what college students the world over do, and sharpen those hungover writing skills. Not everything is learned in the classroom.



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