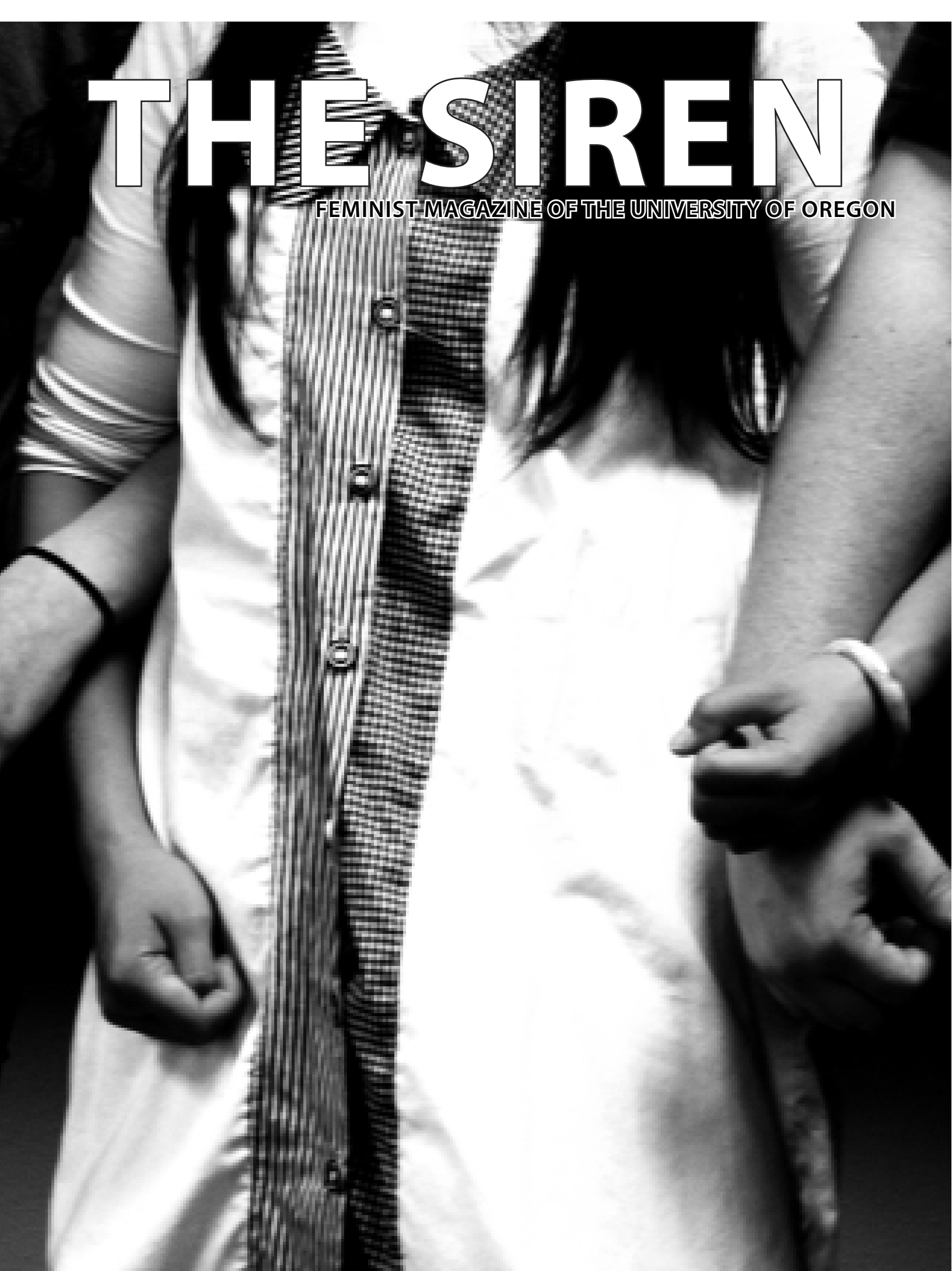


# THE SIREN

FEMINIST MAGAZINE OF THE UNIVERSITY OF OREGON





# THE SIREN

WINTER 2012

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## OFFICIAL BUSINESS

The Siren is published and produced by the ASUO Women's Center. We are the only student-led feminist publication on campus. It is our mission to cover contemporary feminist issues and act as an outlet for the creative and intellectual development of women. Our staff consists of an editorial board of Women's Center staff who solicit contributions from volunteer writers and artists.

COVER AND TABLE OF CONTENTS PHOTOS BY  
KRISTIN TAYLOR

INSIDE COVER ART BY SOPHIE SPIES

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Student Rina Sundahl is part of the UO Truth Coalition that has been actively working to communicate to administrators students feelings toward the changes in the former Office of Multicultural Academic Success.

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# CONTRIBUTORS



## STEPHANIE GONZALEZ

Passionate about building community, Stephanie has dedicated much of her time to connecting people with resources. In doing so, she has provided individuals and families with food-boxes, clothes, housing, legal aid, counseling, and access to a higher education. She holds an Associate of Arts degree from Portland Community College and is majoring in Public Policy Planning and Management and minoring in Writing, Critical Reasoning and Speech. In June of 2009, she was one of twenty-two women nationwide that was selected to participate in the National Hispana Leadership Institute in Washington, D.C. NHLI's "Latinas Learning to Lead" program provided training in effective communication and presentation skills, as well as other professional and leadership development relating to public policy issues. Her volunteer experience with over twenty organizations has uniquely prepared her to engage people who vary in age, profession, cultural backgrounds, as well as mental and physical ability. She has coached, trained, and advised numerous athletes, students, business professionals, and non-profit organizations.



## SOPHIE SPIES

Sophie is currently a junior at the UO with an art major. She came to the UO as a declared Psychology major however towards the end of her freshman year she made the decision to become a Pre-Family and Human Services major. It was not until her sophomore year that Sophie decided that she wanted to pursue an Art major. Sophie enjoys drawing, sewing, stitching, working in ceramics and working with hot and cold glass whether it is making pendants and marbles over the torch or blowing glass in the hot shop at the Craft Center. Sophie is very involved with the Craft Center as a student glass technician in the glass shop as well as a lover and supporter of the crafts. Her hopes for whatever the future may be is to continue crafting and making art.



## JULIA RILEY

Julia Riley is a twenty-year-old English majoring sophomore. Originally from New Mexico she came to the University of Oregon, strangely enough, for the weather. Although she has been writing in just about all her spare time for years now, Julia has only recently gotten involved with the Siren. Julia has been a long time self professed feminist but didn't fully understand what that meant until taking Women's and Gender Studies 101 at the UO last Spring. Her future plans include, writing for the Siren, consuming much coffee, and perfecting the art of lasagna.

ALIVE was formed as a necessary resource for students on campus after the 8th annual Lyllye B. Parker Conference (formerly known as the Women of Color Conference). The purpose of ALIVE is to create a welcoming environment for women (including those in transition) whose voices and experiences have historically been marginalized in order to develop and advance social justice work in the Eugene community. This includes women in communities of color, LGBTQ, alter-abled, first generation, and other underrepresented groups . ALIVE accomplishes this through healing and educating in deeper conversations, workshops, guided facilitations, lectures, and film screenings.

### SOME OF THE ISSUES WE ADDRESS ARE:

- SOCIAL JUSTICE**
- GENDER AND IDENTITY**
- SEXUAL VIOLENCE**
- ENVIRONMENTAL JUSTICE**
- GLOBAL FEMINISM**

### WE ADDRESS THESE ISSUES THROUGH:

- EDUCATION**
- SMALL GROUP DISCUSSIONS**
- ACTIVE LEADERSHIP:**
  - COMMUNITY SERVICE**
  - COALITION BUILDING**

If you are interested in getting involved or want to learn more, please contact us at [alivewc@gmail.com](mailto:alivewc@gmail.com)

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# EXPERIENCING THE FIRST WAVE OF MOVEMENT IN A FEMINIST JOURNEY

*New Editor-in-Chief Kylie Wray reflects on a term full of student outrage and efforts to set things right.*

**B**efore last fall, when I started really delving deep into feminism and practically living in the EMU basement, I had no idea what was going on with the University, aside from the minimal emails the UO system and the School of Journalism and Communication would send out.

I'm ashamed to say that I lived in my own little bubbled routine of studying, frequent visits home, and quite a lot of Netflix available reruns of *Buffy the Vampire Slayer*. I knew nothing of ASUO student elections, or senate meetings, or demonstrations to voice student opinion.

With that background, I don't have much experience to draw from in saying that this year has presented a multitude of issues that have caused uproar within the student body. It was for this reason your Siren team came up with the theme: Movement.

As students, we are constantly on the move, whether it is physically or mentally – I don't know about you but my college experience has awarded me many near sleepless nights spent staring at the ceiling thinking of the many things that need to be accomplished the next day. It is for this reason and others that Jessica Rojas offers us her warm, helpful tips on how to keep our body's circulation busy as we work away over our notebooks or keyboards.

There are also some helpful hints in ways to destress and keep yourself healthy. Our Neat//Hurl section offers some pearls on how to escape the stress of life: African Dance and Comic Books. Naduah Wheeler offers some insight into the growing popularity of yoga, and Christen Magaret shows us the upsides of acupuncture and shares her success story.

As I finish the first term of my third year at this University, I've become very aware of how much I have grown in my relationships, my ideals, and myself. But I'm also very aware of how much more of this growth I would like to accomplish before my time here is done, just as many of us will continue growing throughout these years. In this issue we take some time to honor some of those journeys.

Many of us have heard of, but never gotten to experience, the marches, protests and demonstrations of the 60's and 70's we think fondly on when we want examples of movements. But this year we've been allotted the causes to get us up and fighting for what we believe in.

We've witnessed the expansion of the Occupy movement to reach all corners of the country, and seen some of the



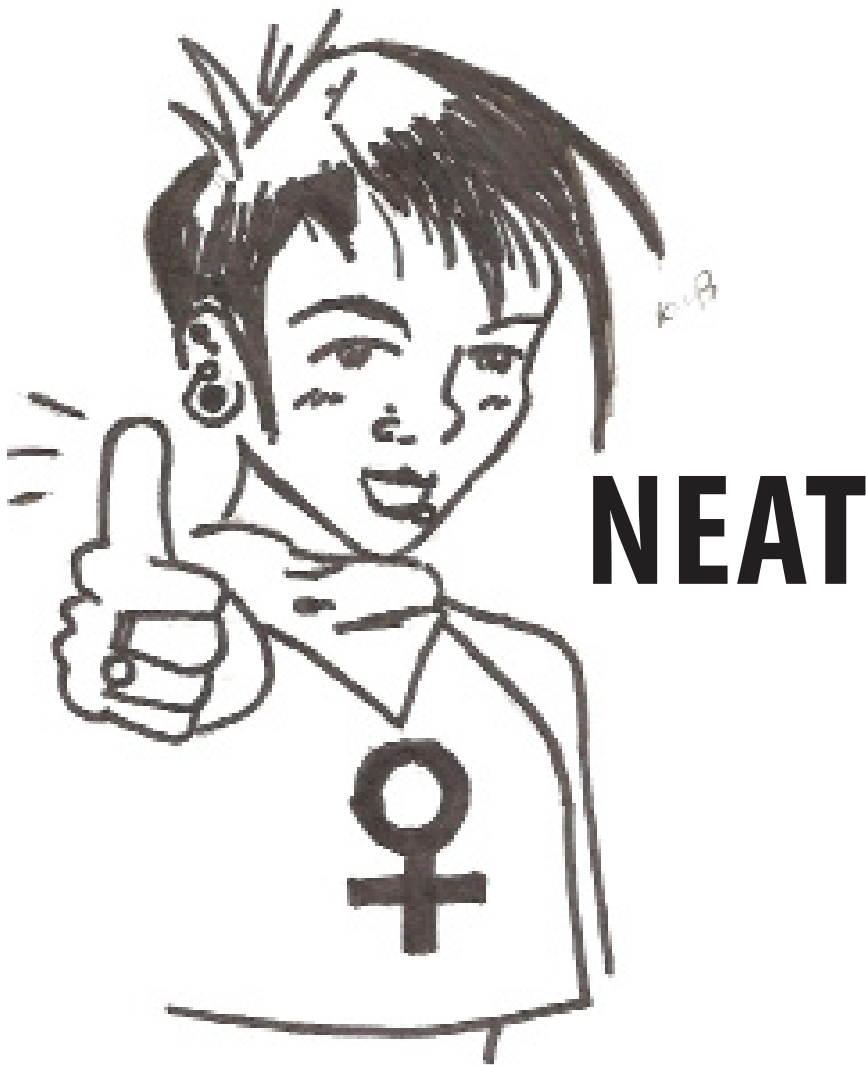
downsides to such a movement. We've been introduced to the fact that we as students can change the mind of the University, and have a right too. We've seen the start of an official request for change in a student led senate resolution to change certain expansions in the University's Sexual Assault Policy. And we've fought for our right to be heard in regards to OMAS, a center that so many of us hold dear to our hearts; a place that has done continuous consistent good for students of color on campus for years.

In my seemingly short yet productive time leading The Siren team, I've realized the importance of our small magazine. We're committed to being an outlet for female students who have ever felt silenced. We will publish their voices. It is our responsibility to provide to women on campus the things been denied them by the mainstream media hierarchy.

I hope this issue moves you to change what's important to you

*- Kylie Wray*

**KYLIE WRAY, EDITOR-IN-CHIEF**



## NEAT: African Dance

WORDS BY KYLIE WRAY

Going to African Dance class every Tuesday and Thursday at 11 (my first class of the day) is the highlight of my week. It's when I get to let go, not think about all the stresses of life and just move.

Along with learning about the cultures that created the dances – every couple weeks we learn about a new tribal dance, where it comes from, the reason for the dance, and the people who dance or danced it – the class is all about dancing how you feel and connecting those feelings with the earth and how we move through life.

In my experience there's never been any worry of feeling dumb that you don't get a new move on the first try. You laugh it off and work it through with the person next to you.

We also learn from some amazing people, including my regular teacher Leona who is a joy to watch and a joy to learn from. The dance department also offers frequent classes taught by guest master teachers. One of which was said to be Habib C. Iddrisu, who directed an African dance performance fundraiser, *Flame of Wa*, that I attended last spring. I cannot wait to get the chance to see him perform again, and possibly learn from him.

Although I do realize that the Dance Africa program is potentially problematic in it's lack of people of color, I think in being totally aware of this fact, it is still great to honor such an influential culture.

If you're thinking of a way to stay active, have tons of fun, and just lose yourself in some live African drumming, I highly recommend you take this course. (If dancing isn't your thing, they also offer an African Drumming class.)



ART BY MAGGIE SCHROEDER

## NEAT: Comic Books

WORDS BY KRISTIN TAYLOR

This past September DC Comics re-launched 52 of their books. The titles included Superman, Batman, Action Comics, The Flash and more. With the re-launch, DC said they wanted to diversify their books and characters to appeal to a wider audience. Guess what they didn't do.

In DC Comic's new 52 line-up, women are the minority (as are People of Color, people with disabilities, etc.). When present, they are overly-sexualized and tokenized (see *Red Hood and the Outlaws*). However, not every hero on the printed page is Chuck Norris in the second dimension; strong and more importantly real (despite their superhuman abilities) women are found in titles like *Wonder Woman* (Azzarello), *Batwoman* (Williams) and *Batgirl* (Simone).

The new incarnation of Wonder Woman, for example, grounds itself in Greek mythology, emphasizing her identity as a warrior as well as a woman. A woman "not born of the seed of man" (Issue 2). Artist Cliff Chiang boldly represents her

with his thick and swift lines.

Likewise, J.H. Williams' portrayal of Kate Kane—Batwoman—is a fearless look at a lipstick lesbian. With the loss of the Bat-Universe's Renee Montoya—the former lover of Kane and resident Gotham hero The Question—Williams takes it upon himself to construct a meaningful image of Batwoman, whereas in another creator's hands she would likely be made into a one-note character, capitalizing on her sexuality.

Female creators may be rarer than their superhero counterparts, but author Gail Simone (*Wonder Woman*, *Birds of Prey*, *Secret Six*) disproves the notion that they are less valuable. In the new 52, Simone re-introduces Barbara Gordon as Batgirl. This is a Batgirl with flaws; she has made mistakes and continues to make them, but her flaws make her real. Despite the jump from the page to reality, this girl is flesh and blood.

Check the local comic shop for new issues.



## HURL: Whitewashing

WORDS BY NADUAH WHEELER

It is extraordinarily rare for a woman of color to grace the esteemed pages of American fashion magazines, even more rare for an international woman of color to do so, which is why the whitewashing of Aishwarya Rai by Elle magazine is even more infuriating. Taking an Indian model, actress, activist, and ambassador and then removing any trace of Indian heritage is both culturally insensitive and offensive. Unfortunately, Rai is only the most recent example of our culture's inexplicable obsession with removing the color from people of color.

The Last Samurai starring Tom Cruise, Prince of Persia featuring Jake Gyllenhaal, nearly the entire cast of Avatar: The Last Airbender, the imminent whitewashing of the heroine in the Hunger Games, and Angelina Jolie to star as Cleopatra are but a few examples of recent movies in which a main character of color is then swapped for a clearly Caucasian actor (this is not including the innumerable magazine covers guilty of the same photoshopped whitening Elle did to Rai).

Stop promoting your culturally insensitive bullshit Hollywood (not to mention magazines and the rest of the media) and let people of color BE people of color. Your movie would not make you any less money if you took the small risk of hiring an actress who is the actual ethnicity of the character they are portraying.

## HURL: Commentator

WORDS BY CARLI BARNUM

Last year The Oregon Commentator verbally attacked Amelie Rousseau. They made more of a mockery of themselves than they did her in their "hate issue".

"I don't usually make a habit of objectifying women, but in this case it's warranted; even for girls devoid of any common sense there is still the option of contributing to society by being good to look at, and yet Amelie even screws that up," stated the anonymous writer.

This is a direct attack upon womyn everywhere. It doubts their common sense, value to society, and is a declaration that it is okay to objectify them. Comments like these are reinforcements to keep the patriarchy alive.

[For hating AMELIE Rousseau, they sure seem to like Jean-Jacques Rousseau, projecting his degrading philosophical

opinions upon womyn. The stress in their mission statement to provide "rational" thinking is anything but original. (Distinguishing between rational and irrational, then placing them in a hierarchy was the birth of the patriarchy in our society among these early thinkers decades ago.)]

They proceed to hint that a womyn's best assets are her breasts and they are a way to become more "likeable". Isn't it funny for heterosexual, anonymous men to attempt to define what makes a womyn? The fact that this was ever published is the biggest indication that The Oregon Commentator is a waste of student's incidental fees and time. Until the day The Oregon Commentator gets journalistic quality, it will be safe to say they have never done anything good for the University of Oregon.

# HURL





# A STUDENT'S VOICE ON OMAS

*The Women's Center's Diversity Coordinator weighs in on issues surrounding the dissolving Office of Multicultural Academic Success, its change into the Center for Multicultural Academic Excellence, and student's lack of authority in the eyes of administrators.*

**ABOVE:** Students representing the UO Truth Coalition marched out of the EMU following a meeting about OMAS' transformation into the CMAE on November 3, where they made an impression by standing silently along the back wall with ducktaped mouths and signs that shouted their feelings.

WORDS BY STEPHANIE GONZALEZ

PHOTO BY KRISTIN TAYLOR

Students of color at the University of Oregon are outraged. The Office of Multicultural Academic Success (whose main purpose was to provide resources specifically geared toward the retention and success of students of color and non-traditional students) has undergone structural changes with NO student or community input and limited input from various OMAS staff. In October, the University of Oregon administration changed the name of the Office of Multicultural Academic Success (OMAS) to the Center for Multicultural Academic

Excellence (CMAE). With this change came a shift in the job descriptions of Chicora Martin, Audrey Cramer, and Jane Irungu, and other staff in the OMAS office. This includes an academic advisor, Lyllye B. Parker, out of the OMAS office into another office because of "internal issues."

Dr. Robin Holmes, the Vice President for Student Affairs and Interim Vice President for Institutional Equity and Diversity, along with students and community members, agree that OMAS was effective. Current students of color (including myself) and alumni report it as the top reason they came

and/or stayed at the University of Oregon. OMAS offered a lounge area where students would often hang out, benefit from academic advising and scholarships, and partake in tutoring. Brenda Tuomi, Reagan Le, and Lyllye Parker, the advisers within the OMAS office, are well known among students for their extensive efforts in creating a welcoming environment and advocating for students of color. Lyllye B. Parker, in particular, was honored by the Women's Center last year with the renaming of the Women of Color Conference to the Lyllye B. Parker Conference. The University



## **ADMINISTRATION THEN FURTHER MARGINALIZED STUDENTS OF COLOR BY SIMPLY NOT INCLUDING THEM IN THEIR DECISION TO ELIMINATE AN OFFICE THAT WAS PIVOTAL TO THEIR RETENTION AND SUCCESS.**

of Oregon community has been left with the question of why the current changes have been made when many agree OMAS was working.

As the Women's Center Diversity Coordinator and a Latina who is well aware of the racial tensions on campus, I am deeply distraught by the decisions being made without the support of the people who utilize the office the most: students. These decisions, which have been allowed by Dr. Robin Holmes, have disrupted a safe space for students of color (OMAS) and introduced a model that would replace the current director with a Multicultural Inclusion & Support director (CMAE model). Students never had the chance to ask why such changes were being made, what would happen to their space, their scholarships, and their advisors; furthermore, students had no way of knowing whether the new proposed director has experience working with people of color and meeting their needs. There was no consideration for the current and past discrimination that students of color have faced. Administrators then further marginalized students of color by simply not including them in their decision to eliminate an office that was pivotal to their retention and success. This makes me question the cultural competency of an administration that would allow such changes.

Before further development happens, I am requesting that Dr. Robin Holmes put a stop to any changes in job descriptions, job reclassifications, and hiring of directors or advisors for OMAS/CMAE. Students need time to gain clarity from administrators about the new proposed model and to consult one another, faculty, community members, and other universities on whether it meets students of colors' and other underrepresented groups' needs. Students of color at this time need to be a priority, considering they have been the only group that has been displaced by the recent changes. All other groups proposed under the new CMAE model (LGBTQ, nontraditional, veterans, students with disabilities, and international students) are keeping their names, staff, location, and job responsibilities. In the end, I want a model

that increases support (monetary, academic, administrative, etc.) for all underrepresented communities. Let's consider keeping OMAS intact and expanding services in general. I will not support a model that leaves low-income and underrepresented students fighting over bread crumbs.

According to the UO Truth website, Karen Sprague publicly stated that she, Dr. Robin Holmes, and Charles Martinez started talking about changes to OMAS in December of 2010 and more detailed planning began February of 2011. Almost a year later, students were only notified of changes through leaked documents and flyers at ASUO's Weaving New Beginnings on October 20, 2011. Students then notified community members of color with longstanding connections to campus in order to organize a response. Administrators gave themselves close to a year to develop a plan of action when dismantling a critical office that supports the retention and success of students of color. I ask administrators to keep this in mind as students organize to also come up with a comprehensive plan in response to a model that was introduced with lack of inclusion and transparency.

Dr. Robin Holmes has publicly stated in various meetings with students that in early October she had decided to wait on announcing the plan because it was not fully developed. After the documents were leaked, Dr. Holmes met with students to further discuss the topic. She disclosed the plan as a two-year pilot program (was this the original intent?) that transitions the Office of Multicultural Academic Success (OMAS) into a Center for Multicultural Academic Excellence (CMAE). Dr. Holmes will not admit to the rumored changes in reporting structures, reclassification of employees, and changes in income. If this were the case, human resources would need to be contacted so that the positions can be posted and an appropriate candidate search made. Dr. Holmes has also not disclosed the details of the "internal issues" that were a catalyst for the current changes to the OMAS office.

Unfortunately, the University of Oregon has had more than its share of haunting history in regards to racial and ethnic

inequity. In the 1920's, the Ku Klux Klan members included the head of the Latin department and the football coach. To date, there still exists Deady Hall, named after Judge Mathew Deady who fathered the Oregon Exclusion Act that specifically banned "negroes and mulattoes" from the state of Oregon. With the current racial tensions on campus, this is an opportunity to pause, reflect, and to continue making changes in order to support people of color and not allow for history to repeat itself.

As a student of color on campus, I care about the relationship we hold with administration. Students are a rich source of information and have valuable insight into the needs of our generation. Administration needs to see students as vital to the everyday stages of university processes. I'm hopeful that we can create change in the current campus climate of students feeling unseen and unheard.

I also understand that, as we ask administration to include us in the conversation, we too need to engage in it. I'm willing to be held accountable to the Strategic Diversity Action Plan of developing a culturally responsive community, improving campus climate, building a critical mass of people from underrepresented groups, expanding and filling the pipeline for K-12 to apply and succeed in higher education, developing and strengthening community ties, and developing and reinforcing diversity infrastructure. I would hope that an administration that has admitted to having much work to do in reaching their diversity goals will recommit themselves to this work like never before. And I do believe that Dr. Robin Holmes and Chicora Martin are willing to do the same. I have been impressed with their interactions with students and ability to admit when they did something wrong. They have offered that things could have been done differently. My hope is that, using this situation as a lesson in accountability and communication, our administration can move forward to work with students and community members towards building a more equitable university for the future.

# UO SEXUAL ASSAULT POLICY EXPANDS

WORDS BY KYLIE WRAY

PHOTO BY CHRISTEN MAGARET

Outrage, confusion, and worry – these are some of the emotions that have spread through students on campus after the announcement of the expansions on the University of Oregon’s Sexual Assault Policy.

After VP Joe Biden authored the Dear Colleague Letter in April of 2010, reiterating the problems of harassment many school campuses face and reminding school administrators to be aware of their responsibilities under Title IX to erase discrimination against women, University Administrators nationwide felt obligated to refine their current sexual assault policy.

“Any kind of sexual harassment is very disempowering, but the fact of the matter is it’s a crime,” said Paul Shang, UO Assistant Vice President and Dean of Students. “And as a crime, it has to be addressed as if it were a crime.”

At the beginning of term, many staff members were told of their duties as University representation to report instances of Sexual Assault to University Officials, including the Housing Department’s student Resident Assistants (RAs), and were required to attend trainings.

Some RA’s walked out of these trainings in outrage because many of them disagree with the existence of a mandatory reporting policy.

“RA’s, their job descriptions...haven’t really changed much,” said Director of Housing Michael Griffel. “Some of the protocols have changed, but it really has changed largely after the RA’s involvement...RAs have always been responsible...in the instances of sexual assault of taking that information and passing the information on to their supervisor.”

“The root [of the problem] is that it takes power and choice away from the survivor,” explained Maneesh Arora, a student who put together a resolution opposing the policy that was presented to ASUO Senate on Wednesday November 9.

The Resolution passed almost unanimously at the meeting. Arora is currently getting supporters of the resolution together to discuss what should

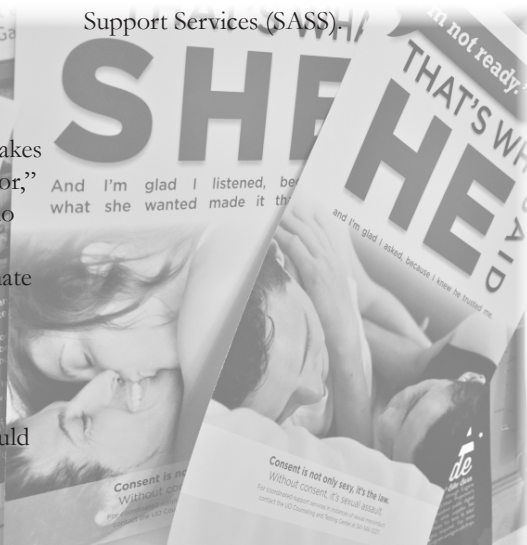
be the next step. He met with those interested in the conversation on Friday November 18.

Arora also explained that students are angry about the situation because the decision to change the existing policy was made without consulting certain organizations that are active in battling sexual assault. Also, that it is a policy that will most likely deter survivors from reporting if UO admin is thought to take action against the survivor’s wishes should the perpetrator be seen as a liability to the greater campus community.

“This is a topic that all of us feel strongly about, just as much as students,” said Sheryl Eyster, Associate Dean of Students. “Until we have a better understanding of what we’re doing, and sometime soon we do need to involve students, and we will involve students in these conversations in any way that we can.”

University Administrators explained that at times it is their responsibility to investigate a situation of sexual assault despite a survivor’s wishes, and that that they are required to not allow a situation like that to occur. They are trying to protect the whole community.

They also explained that they are trying to make students aware of their confidential options as well as those resources that will lead to an investigation. The popular “That’s what she said/That’s what he said” posters are meant to refer students who need help to the counseling center, one of the University’s confidential resources, along with the Health Center and Sexual Assault Support Services (SASS).



## ACCESSIBLE EDUCATION CENTER EVOLVES ITS WAY ONTO CAMPUS

WORDS BY ANNA BIRD

Such a small difference as a program’s name change can be monumental for many students. That’s what the former Disability Services has recently expanded anyway. After changing their name to Accessible Education Center this last fall, they have had nothing but positive feedback from students involved or interested in the program.

The program itself has changed little, as far as its advocacy and service, but according to Hilary Gerdes, Senior Director for AEC, they are working towards a more proactive direction—starting with a name change. Their goal is to shift emphasis to a more positive and inclusive, welcoming space for all students.

Gerdes says that they are not afraid of using the word “disability,” because there are folks who are comfortable identifying as disabled. However, “Disability Services” as the name often carried a negative connotation for some. It spoke more to those who identified as disabled, and not as much to those who could use the program, but did not identify themselves as having a disability. The folks at the AEC are looking to broaden the program in means of accessibility for all students, advancing technology access and usability, and creating a universally inclusive design. In other words, their ultimate goal behind the program and the new name is, “Disability advancing accessibility for all.” Gerdes believes that differences made in classrooms and around campus for students with disabilities can benefit all students.

Some faculty have been changing the way they administer tests, giving students the option of a test form that works best for them. Some have given their students more time on assignments if necessary as well. It is this open mindedness to creating a more open and flexible learning environment that could prove to make many more students academically successful whether they have a disability or not.

# ACTIVELY CHANGING VIEWS OF FEMALE SEXUALITY

*Jaclyn Friedman visits the University of Oregon to speak on rape culture and enthusiastic consent.*

WORDS BY CHELSEA PFEIFER

PHOTO BY ADELINE CHAK

**M**aking a name for herself in nation-wide media, this woman is a force to be reckoned with. Writer, editor, and activist Jaclyn Friedman tours the nation to discuss the importance of sexual justice and how gender ideologies influence our reactions to sexual violence. Her arrival to our campus back in early November forced us to think more critically about our attitudes of female sexuality. According to Friedman, the emphasis on girls' "purity" perpetuates notions of conquering and in turn encourages aggressors and devalues consent. Taken to a larger scale, these notions shape how courts handle rape cases. When courts stop harboring negative feelings and presumptions about victims, they can justly convict for rape more often. She presses that women hold the power to our own sexuality, without basing our impressions on mainstream media that hold different standards for men and women.

To make her case, Friedman first pulls out statistics of sexual assault in America today. We learned that 1 in 4 to 1 in 8 women will be raped at least once in their lifetime, and that these shocking statistics have not declined in the past 20 years. Reflecting on this statistic, it's easy to see acts of sexual violence as a public health concern that needs to be addressed in a more effective way. This lays the foundation for her emphasis on shifting our paradigm of gender roles when it comes to sex. A common attitude society impresses on us is that women shouldn't put themselves in situations that leave them in any way vulnerable or open to non-consensual sex. Although she insists that safety is incredibly important, Friedman challenges this thought pattern by suggesting that women should be free to behave as promiscuously as they desire. When it becomes okay for women to attend parties, or wear that short skirt that makes them feel gorgeous, we can finally address the real problem of stopping the violators rather than censoring women. More often than not, we lay blame and obligation on women to protect themselves without pointing out the abusers. This victim-blaming is reflected in anti-rape policies on campuses, and even in large media cases. Friedman references the Julian Assange allegations that made headlines one year ago, in which she debated with Naomi Wolf on Democracy Now! Women came forward to accuse Assange of rape, which caused controversy when the women claimed they consented to certain sexual engagements but refused others. Many devalued these accusations to invalidity due to the victims sending ambiguous messages. Again, this suggests that the victims are at fault when the perpetrator ignores their protestations.

This led Friedman to her next point: Consent is not a light switch, and should be given throughout sexual endeavors. The sooner everyone is clear about what it means to enthusiastically consent (saying "yes" rather than merely not saying "no"), the easier



**Friedman spoke charismatically on campus trying to change views on rape.**

it becomes to end this idea of sending mixed messages. Friedman advocates that consent is the responsibility of all people involved, and it's crucial for partners to remain on the same page. Also, she adds, it's just more fun that way. She admits that it can be difficult to bring up consent when things get heated, but she suggests being playful about it or even "telling on yourself" (telling your partner you have something to discuss, and confess to feeling shy about it). No matter how the conversation happens, it needs to happen consistently in order for everyone to respect everyone's boundaries.

Respect is the key word. Going back to the boxed-in idea of the female sexual experience, Friedman gives emphasis to our need to reject this Virgin/Whore Double Bind that influences our perceptions of others and ourselves. When we are misled to believe that women who present themselves in a sexual way are demonized as "whores", we don't only blame the victim but create a profile for who is credible. Any victim who aligns with the image of the white, wealthy, submissive, effeminate virgin is sympathized with much more than someone who isn't one or any of those things. This problematic, often subconscious method we've developed for deciding who receives the most help and attention excludes the experiences of many victims (such as women of color) and perpetuates racism as well as allowing rapes to continue without confrontation. Similarly, Friedman reminds us that there's a difference between sexual women and sexualized women. When women are sexualized in the media, they are exploited and fed into the "whore" model, used for their sex and not respected. When women express their sexuality freely and on their own accord, they are confused for the sexualized products and treated as such. Regardless of sexual presentation or any other factors that are considered when determining whether someone's a "real" victim, all people should be treated with equal dignity and humility in order to unite and address sexual violence for what it is: the fault of the attacker.

Shame, blame and fear are the three most common approaches to deal with sexual violence in mainstream society. As Jaclyn Friedman shared with us, these are problematic ways to face the issue. She concludes that creative, playful, consensual sexual encounters are essential to reducing the horrific amount of rape in this country. Through facilitating these conversations, Friedman educates and motivates us to think twice before calling out a peer for "asking for it" and to have as much safe and exciting sex as we want.

# SUSTAINABLE CYCLES

WORDS BY CARLI BARNUM

**T**his August two passionate feminists named Toni Craigie and Sarah Konner embarked on an adventurous mission. They bicycled from Seattle, Washington to Los Angeles, California solely to spread advocacy for menstrual cups. They reached a variety of demographics along the West Coast while only living on \$4 a day. This took a lot of preparation and dedication, but after sixty days they completed their journey. They contacted the major menstrual cup companies in the United States and received donations from all three! This gave them the ability to hand out cups to those who seemed enthusiastic about the idea. Cups can be expensive, and gifting cups was a great way to take the burden of buying one off of the womyn's shoulders. They also planted the idea that one day those who received a free cup would buy one for a person in their life to relieve the same money burden and perpetuate the movement.

Sarah and Toni created an environment where the topic of menstruation was open and perceptively in the air for everyone around. Often times in our society, menstruation is perceived as gross or dirty and seems to be a hushed topic around those who identify as male. An open safe space where periods weren't a strange, revolting, foreign, negative phenomenon, but simply something that happens monthly was very rewarding. By sparking the conversation of the cup they instilled curiosity to all people. They showed diverse communities that even those who do not menstruate can be a major part of this movement by in turn spreading the word and the idea to those they know. Although using a menstrual cup is not possible for everyone, educating the world about the benefits of using cups is an inclusive task. Networking is imperative in order to get menstrual cups to catch on and in the dominant culture. It will take everyone to become conscious of the option before it becomes popular.

Menstrual cups are made of surgery grade, quality silicone. The cup is used only during menstruation, and catches the blood from your uterus in a similar fashion as tampons. They are healthier

for you than traditional pads and tampons because they do not contain dioxins, pulp or bleach. They can be worn during athletic activities, and the best part about menstrual cups is their sustainability. Each year pads and tampons are dumped into landfills, producing so much waste and polluting the Earth. Womyn who use menstrual cups drastically reduce their carbon footprint. The cups may not be for everyone and the companies even advocate for personal comfort, but they are worth trying! If each womyn has twelve periods a year and uses approximately three tampons each day they are menstruating, they have created 252 tampons sitting in a landfill somewhere. Menstrual cups can be the eco-friendly, responsible way to have a period. Cups can last up to ten years inherently conserving your money. You can save up to \$2,000 by purchasing one because of how long they last. Cups are better for your health, better for the Earth, and better for your wallet. Switching to a menstrual cup is revolutionary, and can have a huge positive impact for the world.

In my opinion, when you participate in this cause, you are more interactive in what you consume and being more conscious as to what goes into your body. An immense amount of power is at the individual level to step up, and take control of your impact on the world. Those who do not menstruate have an impact in a different way. While partaking in the transformation of menstruation you can also save money, help the environment, and yourself. Support the effort to transform the world. Menstrual cups are a huge step forward in our efforts for a sustainable society. This is very pertinent to humans alike, and the knowledge of sustainable cycles is on the rise. Join the revolution; Jump on the cycle train!

Menstrual Cups are cheaper when you buy them in bulk, so there is a plan to do just that! If you are interested in purchasing one, have questions regarding cups or want more information on cups contact Carli Barnum at [carli@uoregon.edu](mailto:carli@uoregon.edu). To explore the complete workings of Toni and Sarah's blogged documentation of their trip visit [sustainablecycles.org](http://sustainablecycles.org).



**LEFT: And they're off! Sarah and Toni mount their bikes to begin their trip. They bicycled along the West Coast.**



**RIGHT: Toni and Sarah joke with the cups donated to their cause.**

# YOGA: MORE THAN FLEXIBILITY

WORDS BY NADUAH WHEELER

ART BY MAGGIE SCHROEDER

Over the past 10 years or so, yoga has gained immeasurable popularity within the mainstream of the United States. Unfortunately, in pop culture, yoga is often mentioned either as a ploy for men to meet and get women or as a form of exercise women do to become more flexible, and therefore more desirable, to men. The truth is that yoga, while making one more flexible, has many other health benefits.

Yoga is one of the oldest forms of exercise and has been practiced for over 5,000 years throughout the world. Within the umbrella term of yoga, there is a huge range of types of yoga that each emphasizes particular things. These focuses can range from muscle tone (as in ashtanga), to precision (such as hatha), or breathing (as in kundalini). Regardless of the emphasis of the particular class or form of yoga, all yoga improves endurance, strength, balance, and flexibility. Yoga increases these areas through slow, low-resistance, repetitive motions, which many fitness experts believe is the best way to gain muscle. Improving muscle tone and strength slowly and with lower resistance causes less muscle tearing and damage, which means much fewer injuries and stronger overall muscles.

Due to the improvement in both strength and flexibility, yoga also improves posture. By increasing your awareness of your body and increasing muscle strength itself, posture becomes more straightened and much healthier. Improved posture has been linked to better concentration and thinking ability, higher self-confidence, less future health complications, and proper breathing. Yoga also improves breathing through body awareness and deep breathing, which improves lung capacity and in turn, endurance in more aerobic activities. The deep breathing encouraged in yoga also

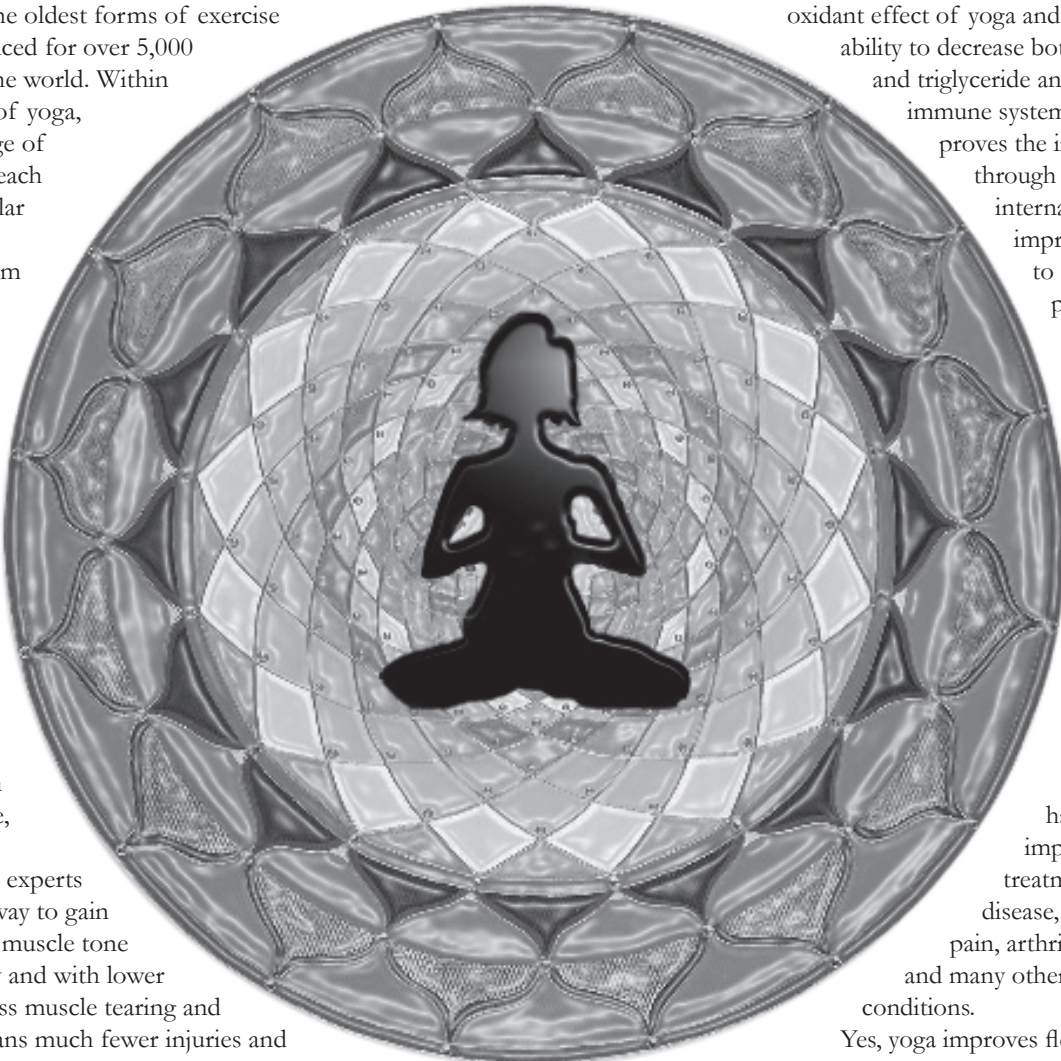
increases the relaxation response (the opposite of the fight-or-flight response). In addition to increasing the relaxation response, yoga lowers various hormones that cause stress and increases oxytocin, which helps one feel more relaxed in general.

By increasing breathing and lowering stress, yoga also decreases blood pressure and slows heart rate (which means a healthier, more efficient heart). Various studies have demonstrated a possible anti-

oxidant effect of yoga and have shown its ability to decrease both cholesterol and triglyceride and improve the immune system. Yoga improves the immune system through “massaging” internal organs, which improves their ability to function and prevent disease as a whole.

In addition, increased body awareness allows one to notice earlier signs of illness and disease, which prevents larger future problems. Because of its documented effects, yoga has begun to be implemented as a treatment for heart disease, asthma, back pain, arthritis, depression, and many other chronic health conditions.

Yes, yoga improves flexibility, and perhaps that is the main reason why some people practice it. However, there is a reason yoga has been practiced for over 5,000 years and flexibility is definitely not why. In addition to the obvious increase in flexibility, it improves nearly every aspect of one’s health all the way from cognitive abilities to the immune system. As the scientific community continues to prove and discover new health benefits of yoga, its popularity will continue to grow past those who simply want to be able to do a backbend, to those who are aware of the many ways in which yoga improves one’s health.





# EQUALITY AND SAFETY FOR THOSE OF **THE 99%**

*A Feminist student's perspective on the Eugene's chapter of America's newest movement, the 1% it's fighting against and the problems that the movement is facing.*

WORDS AND PHOTO BY ANNA BIRD

I walked into downtown Eugene that Saturday morning with a sense of urgency and curiosity. At first my eager eyes only saw the hustle and bustle of the weekly Saturday Market and frankly I was a little disappointed. But then I saw it—the Occupation. I could feel the energy of the people and the solidarity that reverberated from their chants. As soon as I stepped into the space I was handed a cardboard sign along with an incredible sense of hope and excitement. The feelings and emotions I experienced during the first rally of Occupy Eugene were unlike anything I have felt before, and something I simply can't describe. It was a mixture of joy, anticipation and a new-found expectation for what could possibly be a turning point for the structure of our society.

I never thought that I would have the opportunity to rally with people in my own country in the same inspirational ways as those in Egypt, Libya, and countless other countries fighting for their civil rights. I have always been discontent with our oppressive, greedy and self-righteous government and the society it has shaped. I had lost hope in our country—in every direction

we were going. One percent of the population has been controlling our government, and therefore every other aspect of our country. That one percent, of course, represents a group that is generally white, upper class, and male, consistently controlling the iron fist of our government—those who are at the heart of the war against women, people of color, and LGBTQ communities. They are the one percent at the peak of the patriarchy.

While Occupy Wall Street is a movement set out to instigate change in our democratic processes, bring social justice to those cheated out of basic human rights, and voice the opinions of 99 percent of our population, upsetting problems have begun to arise. Of late there have been many reports of violence towards people, mainly women and LGBTQ folks, staying in the camps. Many of the tent cities, created solely for the peaceful occupations, have been infiltrated by sex offenders, and have therefore created a dangerous environment for women and LGBTQ individuals. Some camps have begun to create their own security teams to prevent such instances, and some have set aside a group of tents solely

for women with female members keeping watch at all hours. This is an unfortunate issue plaguing these peaceful demonstrations of discontent, but with proper measures can be combated so that these spaces are safe for all who wish to occupy.

Occupy Eugene has now shrunk in general numbers, but they are nevertheless earnest in their dedication to the dream. In consideration of the masses of media negativity surrounding the movement, and the crimes committed within the camps themselves, police brutalities, and overall bad seeds ruining the image of the whole garden, the Occupy movement may be fraying. Cities are attempting to shut down their respective Occupy camps, which will continue to cause uproar until organizers and city officials can reach agreements. If OWS can continue on in a proactive and positive direction, instigating policy changes and structural changes within our government, and continuing to give a voice to the major population, there will certainly be a positive outcome. The key for positive change is a positive environment within the movement, and a positive environment is one which prioritizes inclusivity and safety for all.

# ALWAYS CHANGING, MOVING AND CONSISTENTLY CHALLENGING

WORDS BY ANNA BIRD

PHOTOS COURTESY OF SUZANNE HANLON

For more than twenty years now, Suzanne Hanlon has had careers that allowed her to explore her passions, her strengths, and to defy odds put against her. She is the epitome of an activist—active in her community, active in her career, and active with her students. Hanlon has proved her zeal for movement and the outdoors as she is now going on her 12<sup>th</sup> year as the Assistant Director of the UO Outdoor Program.

**SIREN:** What do you enjoy most about your job?

**SUZANNE HANLON:** The students ... When I came to work at the OP, I had never worked with college-age people before and I was so excited to be around people who think anything is possible again. It's inspiring, and this is the way I'd like to live my life - constantly learning, growing and challenging myself to meet new people, think in different ways, and remain open to change. It's a totally energizing job ... To be able to combine all that with the outdoors is amazing.

**S:** What do you think the most important aspect of the outdoors is, and it's importance in people's lives?

**SH:** This year I'm working closely with our Outreach Coordinator, Rafael Arroyo, to let as many students as possible know about the health benefits, stress relief, easy access

**Hanlon stays active by running frequently - outside of course.**



and low cost of traveling outdoors with the OP. Almost every single person can benefit from the outdoors. We're directing a lot of effort to get the word to those who aren't aware of the outdoors and how much better you can feel while you're there. Also we often forget to relax and be playful and the outdoors is really about re-experiencing a child-like play.

**S:** You served on the Diversity Action Committee for Student Affairs, what do you find important about promoting diversity?

**SH:** As long as I have been here I have worked on diversity issues in one form or another. I've always included social justice in all my professional positions and personal life - it is key to how I define myself as a human. I grew up in an Irish Catholic American family and a culture that had not forgotten the oppression of the Irish by the British - we carry that in our history, our stories, sayings, and in our blood. I was born in the Civil Rights Era and was influenced by the riots and the violence around us all- my parents were active in the Civil Rights Movement and all that helped form my view of social justice ... It is important for all of us to know our own personal story- our cultural history: what our parents gave us, what our people did- if they were involved in social justice or oppression, we need to know it and process it, take what is productive and form our unique cultural definition. We have to accept the good and bad in our histories and move forward in honesty.

**S:** Do you find that promoting diversity is a vital part of your job?

**SH:** I would say that for me, it is one of the most important things I do. Outdoor recreation in some ways has become increasingly exclusive, high-tech and expensive. Most of our trips are for beginners, anyone can hop on these trips and enjoy themselves; they don't need special skills or gear ... They can begin to explore the outdoors with the OP. The Outdoor Program has always kept costs low because it is a cooperative. We tend to get students who already know the benefits of going to the woods, rivers, oceans, rocks, and mountains; these students grew up with a parent, or auntie, family friend, or teacher



**Assistant Director for the Outdoor Program**  
Suzanne Hanlon keeps moving through her love of the outdoors.

who got them outdoors. The OP wants everyone who hasn't had that advantage of getting outdoors to discover it with us and take it wherever they please.

**S:** What do you think your feminist presence is on campus?

**SH:** Although I have benefited greatly from the work of feminists, I would never have attached the word "feminist" to myself because I find the term too narrow. Also, I grew up with sisters who were discovering Feminism - they defined it very narrowly and it felt oppressive at times. At the same time, I did draw many positive messages from feminism; I have often followed their lead and challenged the limited roles set out for women. I have consistently chosen male - dominated professions: fire-fighting, timber, and recreation; without the work of feminists I may never have had the chance to work in those fields.

**S:** So you wouldn't attach the word 'feminist' to yourself, but you identify with a feminist philosophy?

**SH:** Yes. I think that feminism has grown and expanded its definition of what it is to be a feminist and as I said - I benefited greatly from the work of feminists. I just got beat around for things like shaving my legs, wearing make-up, liking fashion etc... so I felt uncomfortable in that very narrow definition of what I could be and I didn't like that any more than being told I couldn't run a chainsaw. So my main thing was and is: 'do not define me or put me in a category.' I'm not comfortable being called a feminist or being called prissy or any other single category - like everyone else I am many things.

# WHATEVER EUGENE THROWS AT YOU, BE READY TO RIDE

*From maintenance, to group rides, to a camp trip preparation checklist, here are some helpful hints to keep your bike, and yourself, moving.*

WORDS BY KIM KURIN

I know riding in the rain is a pain in the ass, and since a massive number of us have to do it every day I've compiled a list of easy things to check on your metal steed so it (and you) won't get completely destroyed this winter. There are even some great rides to check out if you're into that and if you're going full-on wilderness with the camping and the sleeping outside, don't forget to check these handy random supplies off your list.

## CHECK YOURSELF

Make sure you know the air pressure in your tires and keeping it at that level. It seems pretty obvious, it's like playing with a flat basketball, but keeping up the PSI (pounds per square inch) is definitely one of the most helpful easy things you can do. It makes pedaling easier, it protects your rims from damage, it prolongs the life of your tires and it makes it much less likely to get flats on the road. You can find your tire's PSI printed on the sidewall of the tire.

Keeping your seat post at the correct height helps to maximize your pedaling power as well as limits fatigue and soreness from riding. You should be able to extend your leg almost completely while pedaling. A common misconception is that you should have both feet planted on the ground while on your seat, but in order to tap into that full range of exertion you should only just slightly be able to touch the ground with your toes. Choose one foot to be planted onto the pedal of your bike and move it to be at 9 o'clock on the chain ring. Your shin should be perpendicular to the ground and your thigh should be parallel to the ground; if this is not the case your bike frame may also be too small.

Clean and lubricate your chain and the other moving parts of your bike (e.g. your derailleur and brakes). This will get rid of those clunky, chunky noises that make babies cry and dogs run away etc. A bottle of tri-flow will (literally) get you far.

I know this is obvious but seriously folks, CHECK YOUR BRAKES. Make sure that the pressure you apply will actually stop your bike. Double check that your cables aren't stretched or frayed and that the brakes are on the rim instead of the tire. Otherwise it will damage the sidewalls of your tires. (And how will you check the PSI then?)

## RIDE

GEARS (Greater Eugene Area Riders) has weekly scheduled bike rides that vary in difficulty and length and is open and free to anyone who wants to join. You can find this on their website at [eugenegears.org](http://eugenegears.org).

If want you to go at it alone, I'd recommend the ride to Mt. Pisgah. It only takes about 2 hours, it is mostly flat, and besides the short ride on Franklin Blvd. car traffic is minimal. You can check out this and other bike routes on [google.com/maps](http://google.com/maps) by clicking the bike icon.

## CAMP

After you've experienced the overwhelming elation it is to ride a bike just for the hell of it, I'd say go a step further and try out camping with it. While packing your bags full of bike tools, camping gear, wooly socks, zip ties and about 4 lbs. of those little Carob Cocoa Pemmican

Energy bars, don't forget bringing the magical tool that are tampons, even if you aren't on (or even have) a period.

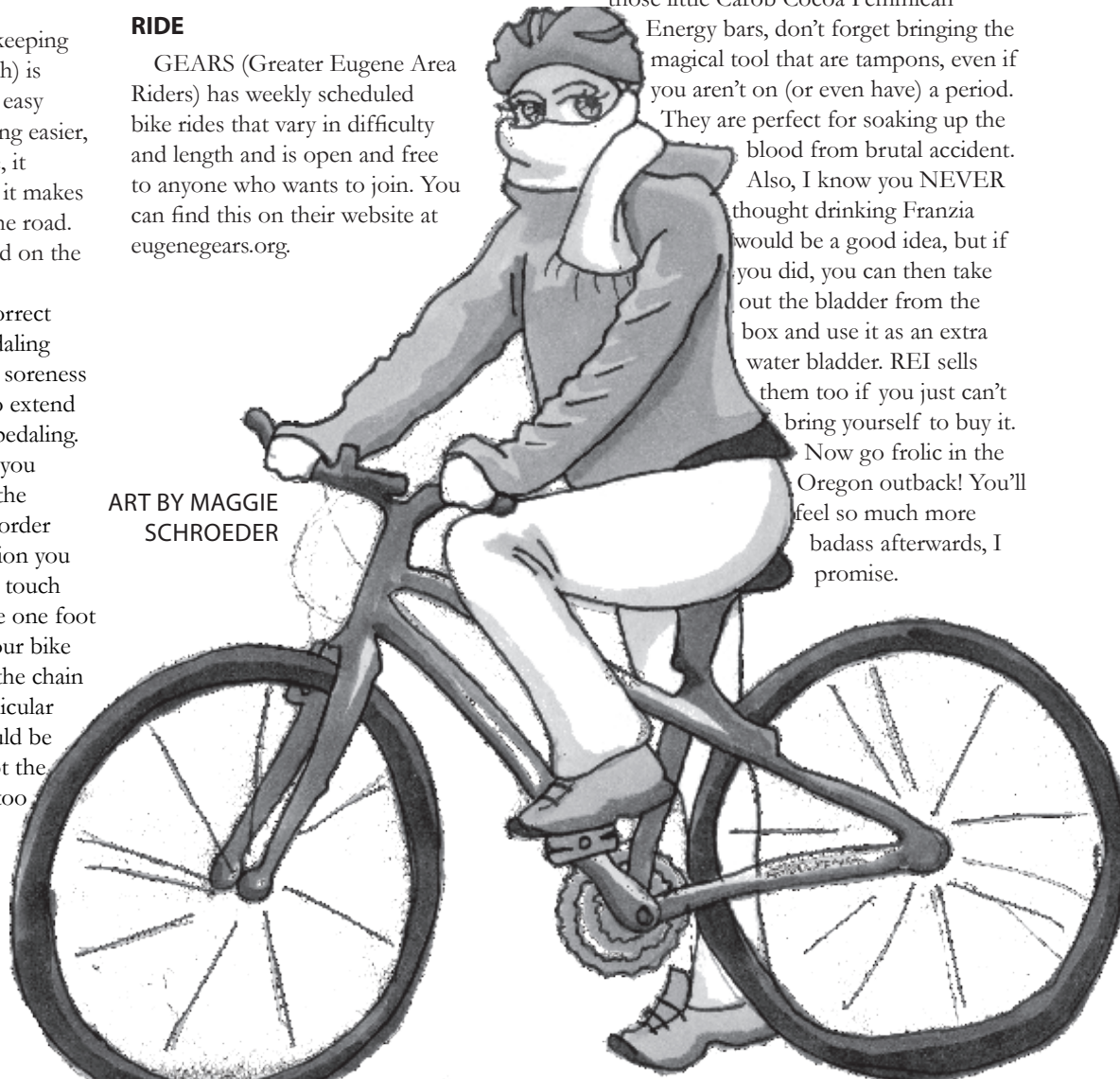
They are perfect for soaking up the blood from brutal accident.

Also, I know you NEVER thought drinking Franzia would be a good idea, but if you did, you can then take out the bladder from the box and use it as an extra water bladder. REI sells

them too if you just can't bring yourself to buy it.

Now go frolic in the Oregon outback! You'll feel so much more badass afterwards, I promise.

ART BY MAGGIE SCHROEDER





# EXPERIENCE YOUR OWN PERSONAL HOT SPRINGS

*ASUO Women's Center Nontraditional Student Advocate offers her pearls of wisdom on staying rejuvenated during the cold and busy winter months.*

WORDS BY JESSICA ROJAS

In the colder months of the year when I am indoors and sitting down for long portions of the day, I do what I can to keep my circulation going, from exercise to drinking hot Ginger root tea. Soaking in some hot springs in the winter months is also one of my all-time favorite things to do. But if you can't make it to the hot springs, here is a way to bring a version of the hot springs to you:

From the book "How to Make Your Own Herbal Cosmetics" by Liz Anderson:

"Boil clean young pine needles and cones with five their volume of water. Simmer for 40 minutes then press out all the liquid into a saucepan. Reduce this by boiling, until it thickens. Add 150 g. extract to one bath. This makes a very stimulating bath which invigorates the circulation. Do not use more than the recommended dose as this closes the pores."

Other recommended herbs for a bath are rose petals or lavender. They can be added in a sock or old nylon, just add the herbs and tie into a knot. This will keep all the plant matter from clogging your drain. With the rose petals and lavender it isn't necessary to boil the water first. This herbal soak is good for relaxing sore, cold muscles and also good for what I consider to be an "overworked mind". One last tip, if you don't have a bath tub: make an herbal foot bath in a plastic tub. This will help stimulate circulation in the feet and is best when accompanied with a good cup of tea and your favorite music.

## A Well-Traveled Tradition

*A flavorful snack that's quick and easy to make.*

WORDS BY CHRISTEN MAGARET

Longtime family friends Dick and Jo Jackson introduced my clan to the fabulousness that is this recipe. It has safely traveled from the Amarillo Panhandle to the great state of Oregon. It has been passed down from great friends to kids and now to you all. I hope you enjoy it as much as I do.



**CRUNCHY, DELICIOUS  
SITTING IN MY BAG TO EAT.  
GREAT FOR ON THE GO.**

ART BY MAGGIE SCHROEDER

## D&J Breakfast Granola

Ingredients:

- 8 cups old-fashioned oats (regular oatmeal)
- 1/2 cup plus 1 tbsp olive oil
- 1 tbsp vanilla extract
- 1/2 cup plus 1 tbsp honey or Agave Nectar
- 1/2 cup EACH chopped walnuts, pecans and slivered almonds
- 1/2 cup EACH raisins, dried cranberries and one other dried fruit (apricots, more raisins/cran, dates, etc.)

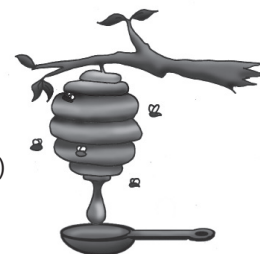
Optional: 1 tbsp cinnamon, 1 tsp cardamom

Instructions:

Preheat oven to 325°  
Combine oats, oil, vanilla and sweetener. Spread in a single layer on two cookie or jelly roll pans. Bake about 30 minutes, turning and stirring every 10 minutes.

Add nuts after first 10 minutes.

Remove from oven, cool completely. Stir in dried fruit. Store in airtight container. Serve with vanilla soy milk or cover a ripe banana with peanut butter and roll in granola. Enjoy!





# WHEN FED UP FEMALES LEARNED TO BE LOUD: TELLING SEXIST IDEOLOGIES TO 'SHOVE IT'

GIRLS  
TO THE  
FRONT

SARA MARCUS

The True Story of the

RIOT GRRRL

Revolution

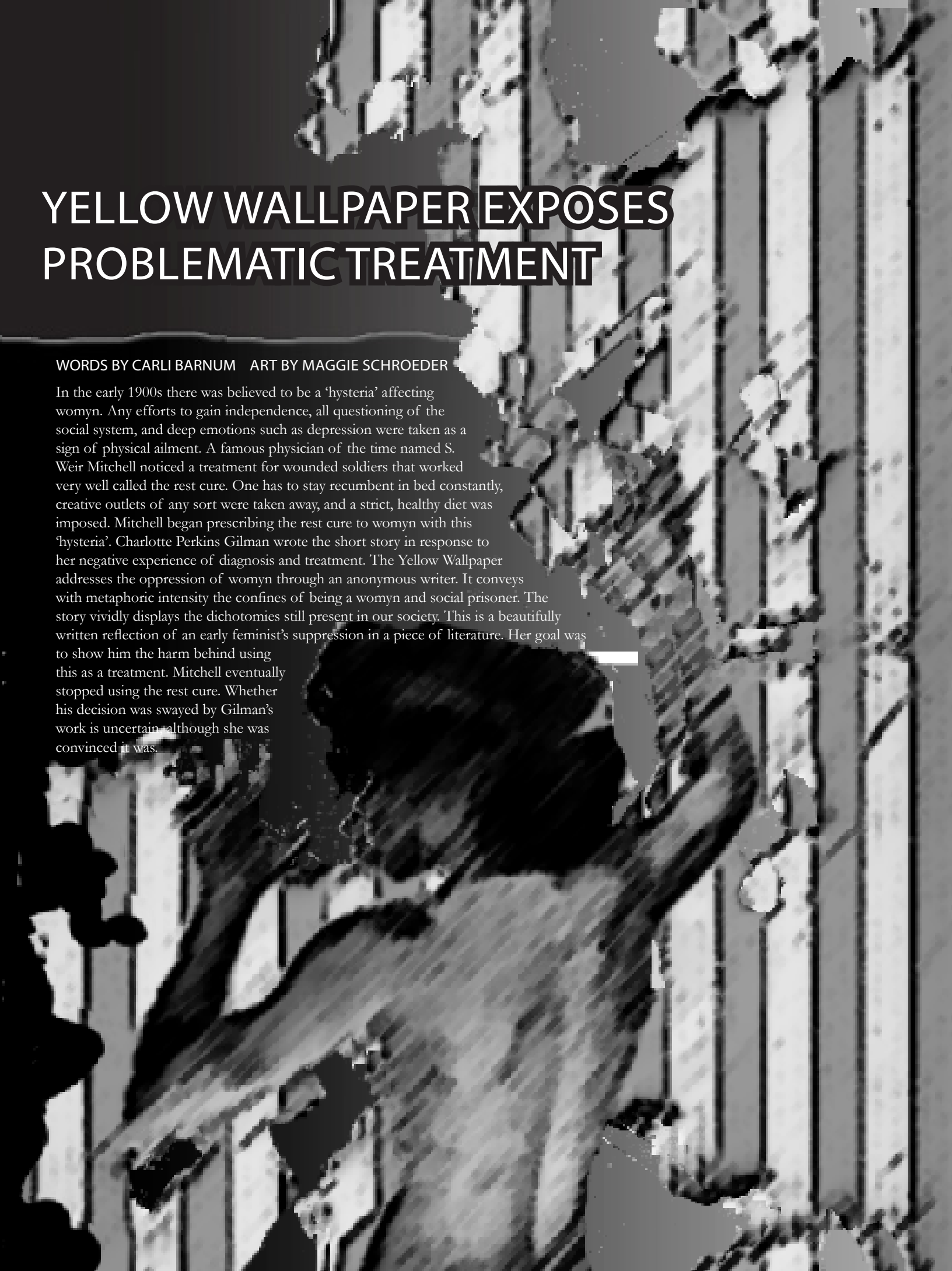
WORDS BY CHELSEA PFEIFER  
ART BY MAGGIE SCHROEDER

In the early 90s, girls learned that they didn't have to put up with anyone who made them feel less than powerful. They learned they could be loud, opinionated, angry, demanding, and strong all at one time. They had a right to feel and to make those feelings known to all. In Sara Marcus' book "Girls to the Front", she takes us back to the Riot Grrrl musical explosion that started with just a few young women who were done with playing the sidelines. The music scene thrived off the testosterone-ridden, moshing boys without giving a second glance at any girl who wanted to play. When artists like Kathleen Hannah, Tobi Vain, Allison Wolfe and Molly Neuman started talking about their experiences as females, they realized they all had something important in common: They were fed up. Sexism seeped through magazines, concert venues, school hallways and more, causing a build-up of tension that could only be released through the blasting she-punk that rocked the nation for a decade. Marcus chronicles this movement in detail through the perspectives of the influential musicians who showed young girls that it's okay to feel frustrated, and it's okay to show it. This personal lens brings the reader on a journey through the intense collaboration that ricocheted across the country, staging tours and holding meetings from Olympia, WA to Washington DC. This book presents an era that encouraged teens to speak up for themselves, whether it's through zines, music, poetry, ad-busting, or conversation. Written with a close-up on the lives of who made Riot Grrrl what it was, she tries not to put anyone on a pedestal but rather allows the reader to get to know the grassroots beginnings of such a massive scene. She pinpoints weaknesses of the movement (little attention to race and class variance), while accentuating the fierce refusal of misogyny that it accomplished. Marcus reminds us of the importance of these years in forming our ideas of feminism today. The rage of girls' voices echo in this well-written thanks to the rebels who first told sexist ideologies to "shove it".

# YELLOW WALLPAPER EXPOSES PROBLEMATIC TREATMENT

WORDS BY CARLI BARNUM ART BY MAGGIE SCHROEDER

In the early 1900s there was believed to be a 'hysteria' affecting womyn. Any efforts to gain independence, all questioning of the social system, and deep emotions such as depression were taken as a sign of physical ailment. A famous physician of the time named S. Weir Mitchell noticed a treatment for wounded soldiers that worked very well called the rest cure. One has to stay recumbent in bed constantly, creative outlets of any sort were taken away, and a strict, healthy diet was imposed. Mitchell began prescribing the rest cure to womyn with this 'hysteria'. Charlotte Perkins Gilman wrote the short story in response to her negative experience of diagnosis and treatment. The Yellow Wallpaper addresses the oppression of womyn through an anonymous writer. It conveys with metaphoric intensity the confines of being a womyn and social prisoner. The story vividly displays the dichotomies still present in our society. This is a beautifully written reflection of an early feminist's suppression in a piece of literature. Her goal was to show him the harm behind using this as a treatment. Mitchell eventually stopped using the rest cure. Whether his decision was swayed by Gilman's work is uncertain although she was convinced it was.



# FEMINIST MAD-LIB

SONG BY HUGO (99 PROBLEMS)

ADJUSTED BY MAGGIE SCHROEDER

If you're havin' \_\_\_1\_\_\_ problems I feel \_\_\_2\_\_\_ for you  
son

I got 99 problems and a \_\_\_1\_\_\_ ain't one

\_\_\_3\_\_\_ my \_\_\_4\_\_\_ to the sun in the \_\_\_5\_\_\_

Feel the \_\_\_6\_\_\_ right in my chest

At the \_\_\_7\_\_\_ a \_\_\_8\_\_\_ time

Make the \_\_\_9\_\_\_ change \_\_\_10\_\_\_ mind.

Its a pound of \_\_\_11\_\_\_ but its really a ton

99 problems and a \_\_\_1\_\_\_ ain't one

Chorus

If you're havin' \_\_\_1\_\_\_ problems I feel \_\_\_2\_\_\_ for you  
son

I got 99 problems and a \_\_\_1\_\_\_ ain't one

*Fill in the blanks with something more awesome!*

1. Item/thing:

2. Feeling:

3. Action:

4. Object:

5. Direction:

6. Thing:

7. Place:

8. Number:

9. Occupation:

10. Hir, her, or his:

11. Thing:

*Sprout*

Feminism grows within  
It evolves and revolves in me  
constantly

Long dawned the title  
Short known it's meaning  
Yet somewhere along the way,  
the seed was planted  
Was it:

In the womb?  
Eight months developed  
Rotating slowly  
in the body of one leaving abuse behind  
Naught but the child on her hip  
And me  
kicking her kidneys

On the land?  
Quarter acre  
living in a tent  
While my bearer built a house of mud and straw

Age seven?  
Waking, making my own lunch  
A dusty fourth mile  
Dodging marauding dogs,  
to catch a bus

In the wilderness?

Seventh grade class  
two boys, ten girls  
Trekking through vanilla pines,  
packs as big as we were

Living alone?  
Seventeen years old  
she left me  
To make amends  
To a first daughter  
with kids of her own

Where in time is unclear.  
But it's there  
it moves in me,  
moves me forward  
moves me to tears  
sharpens my mind

I'm a  
Survivor of the old days  
Reviver of wise ways  
See injustice through the mainstream media's mind haze

Planted,  
growing stronger  
Looking to the day  
when the world has room  
To let this germinating feminism Bloom

—Julia Riley

# HEALING THROUGH TRADITIONAL CHINESE MEDICINE

WORDS BY CHRISTEN MAGARET

*Skip the drugs and crazy side effects; experience a more natural, alternative choice through acupuncture.*

**M**y first acupuncture appointment came several months after an initial invitation. I even avoided taking advantage of a free appointment coupon sitting on my table until right before it was set to expire. I had no idea what to expect. All I knew about this treatment was from the movie *Kiss of the Dragon* in which an acupuncture needle is stabbed into the back of a person's neck causing all of the blood to travel to the brain resulting in a painful aneurysm-like death. This may have been the cause of my hesitation, or perhaps a lack of education. Whatever it was, I did not think acupuncture was something I would ever be interested in until I tried it.

Although an unfamiliar treatment to most, instances of acupuncture date back to around 2,000 years B.C. It is a form of ancient healing that strives to correct a problem rather than working to control or reduce the symptoms and is used by nearly 12 million Americans.

According to Central Oregon Acupuncture's website, energy flows through channels in your body called meridians. When the meridians are blocked, energy is unable to flow through and problems arise. What acupuncturists do is find these blockages and correct them by inserting needles into specific points on the body, which stems from the belief that everything in the universe is interconnected. This interconnectivity is in terms of the human body as acupuncture relies on the idea that what happens to one part of the body has an affect on the rest of the body.

Acupuncture can be used to treat a variety of conditions including but not limited to allergies and infections, dermatological,

neurological, genitourinary and reproductive issues, the latter being the cause of my treatment.

As an athlete in high school, I was very thin—about 110 pounds my senior year—and worked out 15 to 20 hours a week. Because of the stress my body was under, I experienced what is called 'athletic' amenorrhea, which is the absence of a menstrual period. It would last for up to six months at a time, sometimes longer, and when I experienced menstruation, it lasted a couple of days max. As all of my friends dealt with stresses of menstrual cramps, I sat idly by and celebrated my lack of period. But after I graduated and decreased my athletic activities, my amenorrhea persisted and rather than celebrating, concern took over.

After speaking with my mother who is a nurse and my father, a physician, I decided to see a gynecologist. A complete blood count and sonogram resulted in a clean bill of health and a confused gynecologist who suggested I take birth control. After a couple of months of attempting to remember to take it at the same time every day, I gave up. A couple of years passed and I still lacked a regular cycle.

At this time, I was living in a place where Oriental Medicine is uncommon. When my family moved to Oregon, I was ultimately introduced to a wonderful woman named Cyndee Overland, a licensed acupuncturist and massage therapist who works for Central Oregon Acupuncture.

After months of encouragement, I made an appointment to see Cyndee and when my *Kiss of the Dragon* notion of acupuncture was overturned, I decided to continue with

the sessions. As a patient with a specific yet challenging issue, I received treatment once a week. These treatments consisted of a brief chat on my progress as well as a mini therapy session where I was able to talk with Cyndee about pretty much anything, and of course the acupuncture treatment.

After the needles were placed into specific points related to my issue, usually in places such as my wrists, ankles, abdomen and sometimes my ears, I would lay there trying not to move for about 30 minutes in a relaxed state. After the needles were removed and my next appointment was scheduled, I was sent on my way feeling completely refreshed.

After a couple of months of sessions, the treatments proved to be a success. Slowly but surely my body was starting to balance itself and improvements were happening. For the first time in my life I was experiencing a cycle without the use of pills.

It is important to know acupuncture and those who provide treatment are concerned not only with the major issues you have, but also different aspects of your everyday life. Because of this, I experienced vast improvements in my emotions, relationships, and overall health.

If you are experiencing any sort of pains, emotional or physical, I encourage you to try acupuncture as an alternative to the norm, as there are many benefits. Most insurance companies, although some have yet to see the value, cover the costs of acupuncture, I almost always received a mini massage every treatment, and the only side effects other than healing is complete relaxation.

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# Feminist Memoirs

Students express their journeys into feminism through writing.

**THERE I STOOD, TWO GIRLS SUPPORTING MY ENTIRE WEIGHT THROWING ME THROUGH THE AIR AND CATCHING ME AS I FELL. IT'S TRUE, I WAS A CHEERLEADER. FOR THE LIFE OF ME I COULD NOT UNDERSTAND WHY I WAS THE ONE THEY WERE THROWING AROUND LIKE A RAG DOLL. THERE WERE SKINNIER GIRLS ON MY SQUAD BUT APPARENTLY I HAD SOME GIFT THEY DIDN'T. IT WASN'T UNTIL A MONTH LATER THAT I BEGAN TO REALIZE I HAD A SERIOUS PROBLEM ON HAND; I WAS THE SKINNIEST ON THE SQUAD AND NEVER SAW IT. WHATEVER THIS IMAGE WAS I WAS SEEING IN THE MIRROR WAS NOT AN ACCURATE DEPICTION OF REALITY.**

*A Distorted Mind*

**I WAS SO WRAPPED UP IN HOW I COULD EXPERIENCE MY BODY THROUGH SOMEONE ELSE THAT I COULD NOT EVEN EXPERIENCE MY BODY BY MYSELF. WHY AREN'T WE TAUGHT ABOUT EXPLORING OUR SEXUALITY BY EXPLORING OUR OWN BODIES? ABSTINENCE ONLY SEX EDUCATORS SAY THE SAFEST SEX IS NO SEX, BUT WHERE IS THE FUN IN THAT? HOW ABOUT THE SAFEST SEX BEING SEX WITH YOURSELF? WE CAN LEARN TO OPEN UP TO OURSELVES BEFORE WE GET CAUGHT UP IN EXPLORING SEXUALITY WITH OTHERS... WHILE I WAS ON MY ROAD TO FEMINISM I HAD TO REALIZE THAT WHILE WE STRIVE FOR PERFECTION IT IS A RACE ALWAYS LOST. PERFECTION IS A MYTH AND IMPERFECT PEOPLE MAKE FOR IMPERFECT FEMINISTS.**

*Imperfect People Make Imperfect Feminists*

**FUTURE HUSBANDS WERE THE GUIDING LIGHT FOR MANY YOUNG WOMEN IN THE CHURCH (ONLY SLIGHTLY LOWER THAN CHRIST AND GOD). SO I STRUGGLED BETWEEN CHURCH AND A STRONG SEX DRIVE AT AN EARLY AGE...**

**CHOOSING TO STAY IN THE CHURCH WOULD HAVE MEANT CHOOSING TO BE OPPRESSED... A WOMAN IN THE CHURCH IS PRESSED ON ALL SIDES. SHE CANNOT MOVE, EXCEPT IN THE WAY IN WHICH SHE IS ALLOWED TO. IF SHE TRIES TO MOVE- TO CHOOSE- SHE IS GUILTY AND SHE IS SHAMED.**

*From Mormon Girl to Feminist*

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# **THE MOVEMENT ISSUE**