

BEAVER'S DIGEST

SPRING 2023



**SH*T WE
WEREN'T TOLD**
THE ADULTING ISSUE

THE EDITORS

DEAR READERS,

My friends and I have always wished we could take classes to learn about issues that really impacted our day-to-day lives and plans for the future— I wish I had known, for instance, how overwhelming it can feel to be a person of color at a predominantly white institution, or which easy meals you can prep the day before class. What kinds of sex toys can you buy, and how do you use them safely? When should you talk to your friend about a substance use problem?

Most of us were never taught to navigate these tough questions, so this spring issue of Beaver's Digest is a collaborative, concerted effort to start figuring it all out. Our ever-growing staff of thoughtful writers and columnists worked hard alongside talented photographers and illustrators under Photo Lead Ashton Bisner to articulate some answers. Ashton has changed the photo workflow for the better, and it's been an honor to work alongside him on each BD magazine. I am grateful for Adriana and Emma, the most supportive and considerate assistant editors I could ask for — their passion is undeniably clear in their editing.

Watching Alan Nguyen, Creative Lead, evolve as a designer and leader over the last year has been a pleasure. He has an admirable eye for detail — no font, color, or object placement is by mistake; every design decision is deliberate. He never designs for awards — he designs for people, making sure each story is told as clearly as possible through visuals. It is this thoughtfulness (and sense of humor) that makes me grateful to work with him, and even more grateful to have him as one of my best friends.

This year, BD solidified its voice. Our social media presence is stronger than ever, our writing staff has never been larger, and our website has a revamped layout with an all-new section for columns. I remember realizing the power of magazine writing through former Editor-in-Chiefs, Alex Luther and Jaycee Kalama, years ago, who empowered me to join BD as Editor myself. I will always appreciate my journalism adviser, Jennifer Moody, cheering me on through all my moments of self doubt. Without these women, I would never have envisioned myself as a leader, as someone capable of shaping the stories we share — I will always be grateful for the impact they've had on my life, and thankful for BD itself. It's been magical to be a small part of its legacy, and I can't wait to see how much it continues to grow.

Read our editorial team's farewell letter on page 51.

With love,

Sukhjot Sal
EDITOR-IN-CHIEF

DEAR READERS,

I have a special place in my heart for BD, from my early days working as a marketing associate alongside former Editor-in-Chief Alex Luther, to designing my first ever magazine with last year's Editor Jaycee Kalama, to now finishing off my second and final year as Creative Lead with Sukhjot Sal. I truly can't thank these three enough for empowering me to take on all the big dreams and aspirations I had during my time at OMN and beyond. I wouldn't be an award-winning designer if it wasn't for them and BD as a whole.

Focusing specifically on this year, BD as a medium has truly changed so much, from the specific stories that have been told, to the incredible images and illustrations I've had the opportunity to shape and mold on each and every spread.

Ever since we first started conceptualizing issue themes, I knew I wanted to have my hands on every design aspect to make sure our vision was executed on each spread: adding side column briefs to the Finding Home issue, incorporating stats and visuals in the Cannabis edition, bringing food flat lays and student-wide polling in Best of Beaver Nation 2023 to full fruition, and including post-it tips in this issue.

I'm lucky to have so much support from all my amazing co-workers and especially our advisors, Jen, Steven, Velyn and Markie. You truly make it so easy for us as students and aspiring media creators to explore and experiment without the fear of failing.

I'd like to thank our Editor Sukhjot Sal, for all the hard work and long hours she puts into every aspect of this magazine, team and the stories you all get to read. Not only do I have the opportunity to work right across from her in the office every day, but I'm also fortunate to call her one of my best friends. Thank you for trusting me in making so many crazy decisions, implementing wacky ideas and dealing with my daily annoying requests.

As I close out my final time designing for Beaver's Digest, I'd like to thank you for joining me on this adventure and seeing me grow as a designer. I owe all of my success to this publication and the people that make it possible. P.S. — Check out my first-ever piece of published writing on pg. 11.

Best,

Alan Nguyen
CREATIVE LEAD

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"I DON'T BELONG HERE"



Students of color speak on overcoming imposter syndrome

WRITER: ELLA MASHROUTECHI	PHOTOGRAPHER: EL GUO
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PICTURED: Yajirrah Alvadrado (she/her), a freshmen majoring in bioengineering, with different facial expressions at the Student Experience Center at Oregon State University on March 15. Oftentimes people of color feel isolated, underqualified or unworthy.

I DON'T DESERVE to be here.
*I'm not good enough.
I will never be good enough.*

Imposter syndrome shows up in various shapes and forms, but the usual targets of this anxiety-inducing monster are people of color, women, LGBTQ or any person with a marginalized identity. It is both a societal obstacle and an internal struggle.

Imposter syndrome is not just another word for feeling insecure or self-conscious. It's a fear-driven sense of doubt in everything you have accomplished and attributing your achievements to luck instead of your own abilities, according to the American Psychological Association.

In other words, the APA states that imposter syndrome makes you feel

like you are unworthy of success, you are an imposter, and sooner or later everyone will know the truth: you are a phony.

This predominantly affects people of color who have historically been given fewer opportunities due to prejudice and bias.

Imposter syndrome is an "inevitable feeling that all people of color or (members of a) marginalized community get," Vanessa Valencia Lopez, third-year marketing major with a minor in public health at Oregon State University, said. Lopez works as marketing lead for Orange Media Network, which Beaver's Digest is a part of.

During her second year at OSU, Lopez got involved with the People of Color in Business club after seeing an Instagram post for it. At the time, Lopez stated that she was "feeling bleak" regarding the racial demographics in the College

of Business, and being a part of this club meant a great deal to her. Lopez is now the co-president of the POC in Business club.

"Despite my handful of qualifications for a lot of positions that I have been put in, I can't help but feel like I don't belong there," Lopez said.

This unique kind of fear can be exhaustive for anyone. A person of color in a predominantly white space can feel an extra layer of pressure and experience a great deal of anxiety.

Lopez remarked that she discovered imposter syndrome late in high school or early in college, which helped her feel able to identify those feelings until she found out what imposter syndrome was.

Lopez said her friends who are also people of color shared her feelings.







"I just thought that we were all just insecure," Lopez said, laughing. "I thought that we were all just underqualified or something."

Edgar Cazarez, a second-year business administration major, said he felt he didn't have much in common with his peers at OSU.

"(My classmates) would talk about stuff like skiing and I'm like 'I don't ski!'" Cazarez said. "It's the little things you know... (I felt) I didn't have (many) common things that I could talk about with my white classmates, for example."

After starting at OSU, in order to connect with his cultural heritage, Cazarez noticed "(he) started listening to more of the music that (his) parents listened to."

Lopez also said she started listening to more Hispanic music when she came to OSU, perhaps because was "longing for that space" where she felt like she truly belonged.

"White people are everywhere here!" Lopez said. "If you're not making an active effort to stay connected (with your cultural heritage) you're gonna lose so much of your identity."

Perhaps more connection with people who share your identity can help ease the impacts of imposter syndrome.

"It's hard to celebrate myself," Lopez said. "When I return back home to my parents who obviously did not have a college education and they're so proud of me." But when she returns to OSU, Lopez said she would start feeling like she's not "doing enough."

Lopez and Cazarez said imposter syndrome is caused by internal external factors.

"I think it's a little (of) both," said Cazarez. "I think it's me struggling to accept my own position of where I'm at."

On the other hand, Cazarez said pressure can come in from the person's community. Some of his friends did not attend university like he did.

"They see you doing these things that they weren't able to do and so you have the added pressure," Cazarez said.

It feels like "you're failing to live up to expectations, like you have to be perfect," Cazarez said.

People of color have been trapped and suffocating in the stereotypical boxes that society has made for them and it can be incredibly difficult to escape.

Lopez said imposter syndrome stems from society's racism and the abundance of prejudice and bias.

"After so many years of blatant racism, now it's manifested itself into our internal (feelings)," she said.

If the world keeps telling you that you can't do something or you are not qualified to be present in a certain space, you gradually start to believe it and it becomes embedded into your intrusive thoughts. I'm a failure. I can't do this.

"You have to come to terms with who you are as an individual," Cazarez said. "The main problem with imposter syndrome is you're not accepting of yourself."

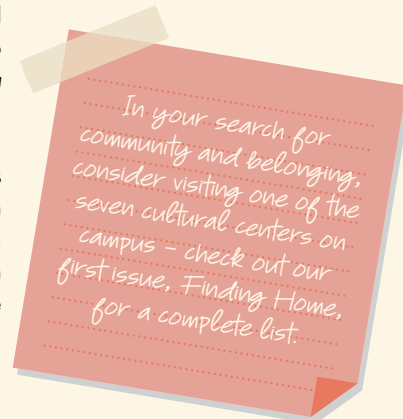
"(IT FEELS LIKE) YOU'RE FAILING TO LIVE UP TO EXPECTATIONS, LIKE YOU HAVE TO BE PERFECT."

- Edgar Cazarez, a second-year business administration major

Embracing what makes you stand out could also be a start to overcoming feelings of not belonging.

"I don't fit into the environment and I like that!" Cazarez added.

It's important for people of color to understand that what makes us different is also what makes us unique and qualified to bring new things to the table. Understand that you're not alone in feeling you are underqualified or just not good enough for a certain task. Embracing who you are can take some of the pressure off. It's not our responsibility to change the minds of the Karens of the world. You have nothing to prove to anyone.



One minute skill: College student's guide to sewing a button

WRITER:
KYLE SCHRIFT



PICTURE THIS: It's 7:50 a.m. and you only have a couple more minutes left before you'll be late to your big interview. Just as you were about to leave your room, something terrible happens and you hear the heart-sinking sound of that oh so important button on your ironed shirt falling to the floor. Now with not enough time to watch a YouTube video explaining how to reattach the button, you're forced to rely on the very important memories you have of reading this article.

There are multiple different types of buttons, fabrics and threads, all of which will matter depending on what you are sewing. The first step then is to have your button, fabric, string and needle all ready to be used. Thread the string through the needle and tie an anchor point so that the thread stays in the needle and so the knot doesn't pull through the fabric.

All buttons are different but if yours has a ridge in its side, then you can go ahead and treat that as the top. Starting from behind the fabric you will be sewing the button onto, push the needle through into one of the button holes. Take the needle and push it through the opposite hole from which you pulled the needle from and repeat this process about four times to make sure that button never escapes again.

If you have a standard button of four holes, repeat this process for the other two holes until you have created a cross, 'X.' The needle should now be on the back side of your fabric.

If you want to be fancy and have your clothes look real nice then you're going to want to make a 'shank.'

To create a shank you need to stick the needle back through the fabric but not past the button. Once the needle has been pulled through, wrap it around the thread attached to the back of the button four times to create a space between the fabric and the button; which will make it easier to fit the button through its hole.

Either way, finally you'll bring your needle back through the fabric and finish your beautiful button with a 'stitch,' to keep it from falling out. To actually 'stitch,' something, just stick the needle through the fabric and have it come back out the same side. Then with the loop you've made, pull the needle through and tie it off.

And you've done it! In the nick of time you've managed to finish the final stitch on your button and as you tie it off you already begin rushing out your door. In a matter of minutes you make it to your interview. When your boss sees just how secure that button on your clothes is, they give you your dream job instantly. (We hope!)

Three cheap date ideas for you & your honey this spring

WRITER:
ADRIANA GUTIERREZ

SPRING IS coming, and as the pollen spreads in the Corvallis air, so does romance. We at Beaver's Digest have three cost-effective ideas for springtime dates sure to make you and your partner bask in the sunshine.

1. DATE #1: A TRIP DOWN TO THE RIVER

When the weather finally reaches above 65 degrees (fingers crossed!) you and your partner should make your way down to Avery Park to find a small trail leading to a watering hole off of Marys River.

To find the trail, park in the small lot next to the Maple Grove Shelter, and follow the trail directly to the right of the building. This trail will lead out to a flat concrete platform, just steps away from the flowing river.

Take your shoes off, dip your feet in, and bring a deck of cards to finally see who's the true War champion.

2. DATE #2: HAMMOCKING AT McNARY FIELD

McNary Field on the east side of campus is a popular spot during the spring months in Corvallis. Of the many students you'll see slack lining, playing frisbee or even just soaking in the good weather; another popular attraction to McNary

Field is the sturdy trees lining the park — perfect for hammocking.

Hammocks can be as cheap as \$12 on Amazon and perfect for seating you and your partner, tucked away in the tree shade. Bring a book and a light blanket to snuggle in and enjoy the date.

3. DATE #3: PICNIC AT CENTRAL PARK

Corvallis is home to many great parks, including Central Park, right off of campus. A short walk from McNary Field up Monroe Ave., Central Park is the perfect place to have a midday picnic. Central Park has multiple picnic benches lining Monroe, so no need to bring a picnic blanket.

But what about food, you ask? Take a look at our SNAP story on page 18, which shows you how to apply for up to \$234 per month at grocery stores in Oregon. If you already have a card, go ahead to the closest grocery store in town and grab pre-made sandwiches, chips, fresh fruit and non-alcoholic drinks for you and your partner.

Good food, good company; all free of charge!



ESSENTIAL RENTERS' RIGHTS, ACCORDING TO OREGON LAWYERS



A GUIDE FOR FIRST-TIME RENTERS

<p>WRITER: NATALIE SHARP</p>	<p>ILLUSTRATOR: TERESA AGUILERA</p>
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Crawford explains that his firm most commonly deals with evictions and habitability cases.

“Your landlord is legally required to keep your rental ‘habitable,’ which is legal jargon for livable,” according to Oregon Law’s handbook on renters’ repairs. “That means that your landlord must make any repairs necessary to keep the unit within legal standards for rental housing.”

When it comes to repairs once you are living in the rental unit, the two lawyers give some important advice.

First, Chamberlain advises that no matter what the repair is, make the request as soon as possible and communicate everything in writing. When it comes to filling out a maintenance request through an online portal, keep a physical record of that request as well.

Crawford noted that texts are okay, but email is best. Everything you have should be time stamped in case the repair request is not completed, the time stamp is your only evidence that you have communicated these issues with your landlord.



BECOMING A new or first-time renter is a big deal and there is a lot you should be aware of before signing a lease and becoming a tenant. Before renting your first apartment, here are some of the main tips you can follow.

Noah Chamberlain, the executive director and attorney for Associated Students of Oregon State University student-funded legal service: Access the Law, said his biggest piece of advice is to:

1. READ THE ENTIRE LEASE AGREEMENT BEFORE YOU SIGN AND LOOK AT

- What amenities are included
- What happens if you need to terminate the tenancy early
- What are your tenancy obligations

2. UNDERSTAND THE PROVISIONS THAT DEAL WITH OTHER FEES SUCH AS SMOKE DETECTORS, UNAUTHORIZED PETS OR OCCUPANTS, HAVING A BARBEQUE ON THE DECK, ETC.

- Know the rules you agreed to and fees that might come with any violations

3. FIND OUT YOUR RESPONSIBILITIES AS A TENANT IN THE AGREEMENT

- Mowing the lawn, leaving trash out, keeping up the property
- Late rental fees

“Perfectly normal behavior from a landlord can feel like you are being taken advantage

of if you don’t fully understand the terms of the agreement,” Chamberlain said.

Steven Crawford, a staff attorney with Legal Aid, said his biggest tips before renting are to:

1. CHECK LANDLORD GOOGLE REVIEWS

- Be aware if they a lot of eviction cases

2. SEE THE UNIT BEFORE YOU PAY ANY MONEY

3. BEFORE MOVING IN, TAKE PICTURES OF ANY AND EVERYTHING IN THE UNIT

Both lawyers emphasize the importance of seeing the unit before you rent anything– “you should always do a walk-through before you sign the lease,” Crawford said. “If you see the house is a mess when you tour, try not to rent there unless you are desperate.”

“Don’t fall victim to high-pressure tactics, without reading the full lease it is probably not as good as it seems,” Chamberlain said. He emphasized that this is especially true when it comes to large apartment or student housing complexes that try to get you to rush into a lease.

Agreeing to sign a lease and move to a new apartment or house is a decision that will impact you for a long time, so be thorough before you sign anything and don’t rush through the process, Chamberlain emphasized.



In addition, Crawford explained that when it comes to signing your lease, if your landlord makes you sign something that gives the tenant responsibility for maintaining habitability, the habitability law overrides your signature and the landlord is still the responsible one.

When it comes to evictions, something all renters should know is that by law, only the courts can forcibly remove you from your rental unit. Landlords cannot change locks, or turn off the water, power or heat. Always reach out to a lawyer in the case of an unwarranted eviction notice.

It is also important to know that in some cases, evictions can be ordered for instances as small as leaving trash outside for a day, not mowing the lawn, or having frequent and long-term guests, including partners.

Crawford suggests renters always be upfront with their landlord about significant others and most of the time, landlords will be accommodating.

The main strategies new tenants can

ASOSU Student Legal Services provides free, confidential legal advice and representation to OSU students in disputes that do not involve university parties - this includes assisting students in landlord or tenant disputes.

practice to protect themselves from being taken advantage of by a landlord is to document everything including pictures before you move in, rent receipts, and any and all communication.

"Your landlord might not have your best interest in mind, so you have to look out for yourself," Chamberlain said.

Before signing a lease, all students can use the ASOSU legal services to look over a lease before they sign it, or get representation.

Renters can also lean on the Legal Aides Albany offices' services at (541) 926-8678 or visit Oregonlawhelp.com for a cheap consultation.

4 THINGS TO SPRUCE UP YOUR LIVING SPACE

WRITER:
ALAN NGUYEN

WHETHER YOU'RE moving into a new space or wanting to revamp your current living situation, you don't have to look too far for items that will make your space extra special. Here's a short list of things to start out your interior decorating adventure.

FLOOR MIRRORS

Mirrors are not only for checking yourself out in — they're also great for just about any space. For rooms that tend to be on the smaller side, a mirror creates an illusion of space, and for spaces that are too big, mirrors can easily fill up any blank voids. Floor mirrors are great statement pieces because they don't need much installation and can be moved around easily based on whatever mood you're in. Along with simple embellishments like gold trims or wooden framing, these mirrors can fit in just about any interior style.

Grab an elegant arched floor mirror with a stand on Amazon for only \$65.

ARTIFICIAL PLANTS

Plants of all kinds bring a splash of color into any space, especially ones that don't allow for massive home renovations like painting walls. While there are many proven benefits to having living plants, artificial plants look just as nice and don't require the commitment and time it takes to care for living plants. Artificial plants allow you to have practically any kind of plant you want in your living space all year long. And the great thing about it is that you can set it, leave it and forget about it.

| continued on **PAGE 46** |



WHAT IS CREDIT?



A Q&A WITH ASSOCIATE PROFESSOR OF FINANCE DAVID BERGER

WRITER:
JAMES KELLEY

ILLUSTRATOR:
ALEX KOETJE

D **DAVID BERGER** is an associate professor of finance with Oregon State's College of Business, who spoke with Beaver's Digest on how credit can be an asset being practical with credit spending. This interview has been edited for clarity.

Q: WHAT IS CREDIT?

A: I think the general idea is that credit, and kind of the financial system in general, allow you to separate when you consume – which could be medium consumption, but also includes housing and a car and things like that – from when you actually earn the money.

The typical life cycle is, a lot of times when you're a student, you're not making a lot of money. Later in your job, as you're growing your career, you make more and more money, and then you maybe think about retiring, you are drawing back your savings for these things when you spend credit.

For a lot of the folks that might read Beaver's Digest, credit might be a way to basically borrow against future earnings. It's about bringing some of the extra earnings that you are going to make later back to today.

Q: WHAT DO I NEED CREDIT FOR?

A: A lot of the big ones (purchases). Potentially buying a house, buying a car, those sorts of things where you don't necessarily have the money now. I couldn't necessarily walk into the car dealership and drop tens of thousands of dollars in cash to have the car today, but with credit, I can finance that purchase. So I

can have access to that transportation sooner rather than later.

Q: HOW ABOUT CREDIT SCORE? WHAT DO I NEED A CREDIT SCORE FOR?

A: Something that younger folks should know is your credit score can save you a lot of money.

There are tons of criticisms about it. But basically, the higher the credit score, the lower the interest rate that you're going to pay. So, if you're financing a house, financing a car – consumer debt – you're going to pay less interest if you have a higher credit score. If you are going to take on consumer debt, the savings from having a higher credit score are really, really, large.

Q: HOW DO I FIND OUT IF I HAVE GOOD CREDIT? AND DOES CHECKING YOUR CREDIT SCORE AFFECT IT?

A: My understanding is that the soft checks, short of specifically pulling credit because you're going to buy a car today, does not negatively impact your credit score.

Q: WHAT DO I NEED CREDIT FOR IF I AM NOT PLANNING TO TAKE ON ANY MAJOR PURCHASES?

A: I can't think of an example off the top of my head where if you don't have a credit card, if you're not going to have an auto loan, if you're not going to have a home loan, any day-to-day situations where you need a credit score.



Q: DO I HAVE TO HAVE A CREDIT CARD IF I WANT TO IMPROVE MY SCORE?

A: It depends. One thing they look at in your credit score is capacity and how much is used. For example, if I had access to \$10,000 of short-term consumer debt, and I was borrowing \$9,000, that's riskier than if I only had \$1,000.

One thing I know that can hurt people is closing lines. Let's say you had a credit card, and you close that credit card line, now your capacity goes down and that can hurt your credit score.

I think that you can build credit without necessarily taking out a credit card. There are different credit scores and different kinds of credit rating agencies, and they each use slightly different formulas, but I do think that access to credit is included in the credit score.

Q: SO, HOW LONG SHOULD I KEEP A CREDIT CARD OPEN FOR?

A: My wife and I talk about it like this: If we have ice cream at home, we're going to eat it. Borrowing too much can definitely hurt you financially. So, if you're someone that is going to borrow and spend because you have access to it, then closing a credit card can be a really good idea. Sort of the equivalent of not buying ice cream at the grocery store.

If you're not one of those people, someone who can have access to credit and know you're not going to splurge or make impulse purchases, and it's just there for somewhat of a rainy-day fund, there's no reason to close that credit card as long as you're not carrying a balance.

Q: SHOULD I EVER HAVE MORE THAN ONE CREDIT CARD?

A: You certainly can. I have a couple.

Basically, the short version is that credit card companies make most of their money on people who carry a balance. So, if I spent \$100 on my credit card this month, and if I pay it off this month, I'm not paying them any interest. But if I spend \$100, and I keep some of that balance going forward, that's going to accrue interest. Over time, the people that leave that balance open, those are the ones that are really, really profitable for the credit card company.

A lot of credit card companies offer incentives to get people to use their credit card. If you're responsible with paying off that balance, some of those perks are kind of nice. I'm not going to advocate for one card or another, but we have some different credit cards that offer some bonuses in terms of managing monthly expenses. And you know, then paying off the balance at the end of the month.

There's also something nice about a credit card, and that if I go out somewhere and pay with my credit card, I'm not linking back to my checking account. I like that separation.

Q: IF I WANTED TO IMPROVE MY CREDIT SCORE, HOW COULD I GO ABOUT DOING THAT?

A: The biggest thing is paying on time. Avoid delinquencies, don't miss payments, just pay everything off as it comes along.

Q: WHAT ABOUT IF YOU'RE IN A HOLE?

A: It's tough. The way I like to think about it is, credit is not necessarily a bad thing. Personally, I get paid over nine months, so I am not making a ton of money in the summer. If I borrow a little bit in the summer against what I am going to earn in the coming academic year, that's a nice way to spread out the consumption that I wouldn't have without credit.

But, the exact amount you can borrow and pay back is a little uncertain. For example, maybe I will borrow a little bit this month because I am expecting some overtime, but my overtime hours end up getting cut. The thing

to keep in mind is that if you overestimate your ability to pay back, and you're not able to meet those obligations, that is when things get bad. Penalties for late payments and interest rates go up, and there are a lot of ways that when you get in that delinquent area, you are penalized even further.

I definitely think credit should come with a lot of caution, in terms of making sure that you can pay it back because once you get into a hole, it gets tougher and tougher to dig out, with interest rates piling up.

Q: WHEN SHOULD SOMEONE START BUILDING CREDIT?

A: I think for a long time that the conventional wisdom was when you're 18, when you're starting college. I think now it's about the benefit of building a lengthy credit history and showing agencies that you can handle a balance and pay off monthly expenses.

On the other hand, I push that against the sort-of personal responsibility that we talked about earlier. When do you feel comfortable having that kind of responsibility? It is easy to make an impulse purchase if you have access to \$1,000 in credit at any time you want, versus if you have to actually pay with cash. The benefit is building your credit history. Maybe you aren't ready for that yet. Maybe you are.

Set up automatic payments for your credit card accounts to make sure you don't miss a payment - this can result in a late fee, as well as a decrease in your credit score. Schedule automatic payments for the first of each month.

Invest in a good rewards credit card so you can get cash back on certain purchases - groceries, dining, airline miles, etc. You can order a credit card through your bank.



SELF



CULTURE SHOCKED

UNDERSTANDING OREGON STATE AS A
PREDOMINANTLY WHITE INSTITUTION

B

ETWEEN THE vast contributions to STEM research and invigorating weekend PAC-12 games, Oregon State University is known for a variety of things, but for many students of color, the school is also seen as a predominantly white institution.

PWIs are everywhere throughout the United States and are widely recognized as the standard for college participation. Many people might not even recognize the acronym without context, but for most people of color, it is not only within their vocabulary but also a heavily considered factor when deciding where to go to school.

"I didn't know what a PWI was when I started college," Carina Buzo Tipton, OSU alum and current assistant director for Diversity, Equity and Inclusion Education, said. "As a first-generation college student, I was under the assumption that college would just be like going to the next grade level, like going from sixth grade to middle school, or middle school to high school, high school to college. And as a first-generation college student, I didn't know that you were supposed to visit the colleges that you were thinking about going to. Because the large majority of colleges and universities are predominantly white institutions, it also meant that the college that I chose to go to was a predominantly white institution."

Diverse in its opportunities but not so much in its people, many students are blissfully unaware of the shock they might experience finally stepping foot on OSU's Corvallis campus.

Culture shock, according to the Oxford Dictionary, is defined as "the feeling of disorientation experienced by someone who is suddenly subjected to an

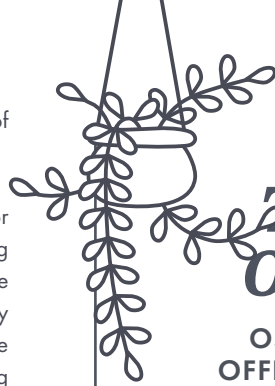
unfamiliar culture, way of life, or set of attitudes."

For POC coming into a college or professional setting, the stakes of being underrepresented or stigmatized are increasingly higher, and PWIs historically have the habit of incorporating white culture and beliefs into their operating systems. When attending these types of institutions, there can be quite a bit of culture shock and not much of a community for POC to rely on.

"As a person of color, I identify as Chicana or Mexican or brown," Buzo Tipton said. "I didn't realize how much diversity I saw in the people around me growing up until I went to a PWI. I'm from a city that is less than 20% white and around 40% Latinx with a lot of different Asian and Black diasporas making up the rest of the population, so I had a lot of different food, music and cultural celebrations, cultural identifiers/ markers and high holidays that I was surrounded by as a kid. I didn't know I was surrounded by so much diversity until I left."

When she came to OSU as a graduate student, Tipton said they didn't feel there were a lot of ways to connect with other graduate students of color.

"And the higher you go up in higher education, the fewer people of color you'll see statistically, unfortunately," Tipton said. "As a student, it meant that while I was in the classroom learning at OSU, I was also having to create my own understandings and boundaries. I had to make boundaries, find food and groceries, and build communities that would sustain me. It felt like I was doing double work which I think is often an experience of most POC at PWIs. We are expected to do not just well in the classroom but excel. We're also asked to be accountable to all of the communities that we hold back at home or around us while navigating overt or covert racism inside our classrooms and personal lives outside the classroom."



HOW TO TAKE CARE OF A PLANT

OSU HORTICULTURE CLUB OFFERS BEGINNERS ADVICE ON HOW TO RAISE PLANTS

WRITER:
LUKAS JOLLY

FAITH YOUNG, an officer from Oregon State University's horticulture club details everything aspiring plant parents need to know to take care of their plants.

Young is one of three officers with the horticulture club here on campus. According to her, the first thing you need to do when trying to raise a plant is to find out their basic needs — you need to do research into the type of plant you want.

"Know your plant like you'd want to get to know a person." Young said. "What does it need to really thrive? Instead of, 'Oh, this looks pretty, I want this in my house.' Making sure that you have all those amendments, that you're feeding it and that you have time, at least a weekly schedule, to be able to really focus on all the plants that you have."

All plants need two things: light and water. Finding out how much each plant needs is critical to being able to care for it.

"If you don't have what it needs, it's just gonna die, and that's a lot of money and time down the drain," Young said.

Young also said that if you don't have enough natural light in your home, LED lights are a really good way to produce a lot of artificial light without using a ton of energy.

Another very important thing to be aware of is how much humidity your plants need, she added. Certain plants will need a lot of



| continued on **PAGE 30** |

WRITER:
MYLIZAH JOHNSON

ILLUSTRATOR:
TERESA AGUILERA

HOW TO HELP A FRIEND WITH SUBSTANCE USE PROBLEMS

SO YOU care about your friend and you want to help, but you fear overstepping. Know that it is better to “overstep” than to stay quiet.

If left untreated, substance use disorder may cause major problems with health, work, school and home life. You can simply start by having a conversation with them, but there’s a strategic, helpful way to go about it.

Firstly, make sure to educate yourself on whatever substance they are using. It may be helpful to know more about its direct negative effects. Be careful when addressing the dangers of their patterns. The National Institute on Drug Abuse emphasizes the importance of trying not to feed into the stigma that surrounds addiction. Remember to avoid using terms such as “junkie” or “addict,” and instead recognize they are dealing with substance use disorder.

The Centers for Disease Control and Prevention state that there is a common misconception that addiction is a character flaw, but in actuality it is a disease—one that is thankfully treatable.

The Substance Abuse and Mental Health Services Administration explains that substance use

disorder can happen to anyone and oftentimes develops from unaddressed trauma, so you have to come from a place of understanding rather than blame. Your goal is to help them, not scold them.

When you decide to speak to them about the issue, The University of Rochester Medical Center suggests meeting in a quiet, private place. Make sure they are not under the influence of any substance during your conversation. Instead of jumping right into “I think you have a problem,” begin by explaining your concerns with specific examples of their behaviors to give them a better understanding of where you’re coming from.

You may also bring up the effects of their substance abuse on themselves, but it’s likely they might not be too concerned about their own health.

The medical center also advises to try to incorporate how your friend’s drinking or drug use is affecting something else they deeply care about. Express that you’re there to help them, not trying to shame them. Ask open-ended questions, and listen attentively. Let them explain what they’re feeling.

The goal is to not only guide them towards getting help, but also to

show that you’re there to support them. Assure them that they are not alone, and it is not their fault. As the conversation ends, try to ask what they think they should do, rather than what you think. Lead them to wanting to take action towards recovery.

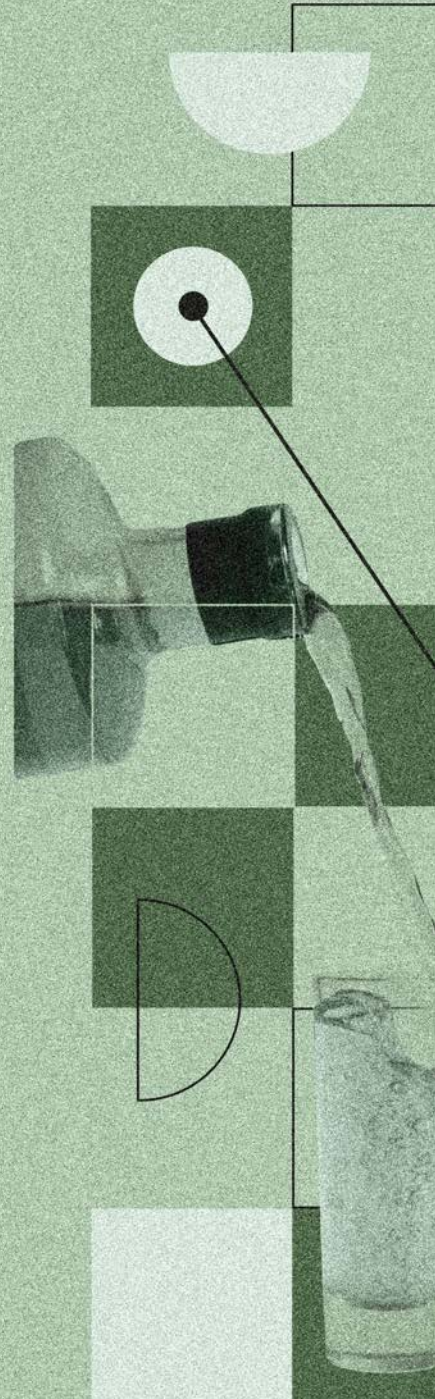
It is normal for these discussions to not always go smoothly. Changegrowlive.org says that even a careful conversation may result in an array of reactions from your friend. They may feel angry or ashamed, and brush you off.

If needed, it may be helpful to apologize for upsetting them in any way and explain that it was not your intention. You want to make sure it ends on good terms, especially if you want to help them. Don’t be discouraged, and try to stay calm no matter their reaction.

Know that even if the conversation was unsuccessful, it likely wasn’t for nothing. They might not be ready to talk now, but you may have opened their mind to thinking about it, something that may later help them gain the courage to seek help. In the meantime, try to gently check in with your friend to show your support.

Whatever the outcome, know the resources you can turn to. OSU’s

Student Health Services provide substance use counseling, education and recovery support to students seeking help for substance use. If you are interested in scheduling an appointment or consultation call (541) 747-9355, visit Plageman, or send questions via your secure patient portal.





A collage of photo illustrations involving various types of alcohol taken on March 18 in Corvallis with model Ashton Bisner. If you or a loved one is struggling with substance abuse, you can call OSU's Student Health Services at (541) 747 - 9355.

"Students set goals related to substance use education, harm reduction, physical health, recovery, mental wellness, improving grades, relationships and other life areas," said SHS counselor Jay Vandenburg in a video on the organization's

website under the "Substance Use Services" section.

Vandenburg is also on site at Dixon Lodge's Collegiate Recovery Community, which is a substance-free environment that offers 10 weekly peer

support groups along with housing for those in recovery. For more information on the CRC, visit the website at <https://studenthealth.oregonstate.edu/crc> or email recovery@oregonstate.edu.

WRITER:
ARIANA GIGENA

PHOTOGRAPHER:
ASHTON BISNER

PHOTO ILLUSTRATION:
ALAN NGUYEN



SNAP AND FOOD RESOURCES FOR STUDENTS



TEXTBOOKS, TUITION, housing and now groceries.

Since college is full of more than enough expenses, the Supplemental Nutrition Assistance Program offers a way for students to get short-term support for groceries and food.

The application can seem complicated, but here are a couple of ways to make the process less daunting through local support.

According to Roshan Vang, a peer navigator at the Basic Needs Center, they encourage students with questions to come in person to the Champinefu Lodge – where the BNC is located – to get help with their application.

“Usually what we do is a sit down, one-on-one,” Vang said.

During these one-on-ones, peer navigators can walk students through creating an application on the Oregonone.gov site and walk students through filling out their application.

“We can’t necessarily tell a student ‘Oh, you’re eligible for SNAP, you do have to fill it out and depending on your situation, you may or may not receive SNAP,” Vang said. “But we do encourage students to apply as much as possible.”

According to Sandra Evans, a benefit eligibility worker at the local Department of Human Services office, which runs the SNAP program, while filling out the application, DHS may ask the applicant for various documents. This could include their estimated family contribution if they have applied for federal financial aid, their tuition, their gross income if working, their social security number and any personal identification information

“At the end of the application you can write down notes and you can also submit any files you’re comfortable sharing,” Vang said. “Some of the files that I encourage students to share are like a picture of your Oregon State University ID card, your [financial] award letter from OSU, total amount of tuition for a term.”

After their application has been submitted it can take one to two weeks to hear back from DHS about any missing application materials or get a call for the required over the phone interview.

Evans tells students to expect an hour for the interview where they will ask identity verification questions such as social security, address, birth date etc. as well as questions about course of study and plans after graduation.

According to Evans, if all documents are received by the time of interview a student can be processed immediately but if they are

missing something, the turnaround time to start receiving benefits can be up to two months.

“That’s why we ask people to submit it ahead of time,” Evans said. “When I’m working with someone on the phone that is a student, I shoot ‘em a quick email with something that shows what we need for the verification of their education income that has to have their name on it, that way while we’re on the phone and I’m interrupting their access to those documents so they can send them to us... I try to get that stuff taken care of while they’re on the phone because I do not like to pend, it just delays things so much.”

If all documents have been submitted and the student is approved, they will start receiving benefits almost immediately, beginning on the day of the month that aligns with the last digit of your social security. All funds are put on what is essentially a benefit debit card.

As for what you can buy with your SNAP benefits, Evans says “food!” — anything with a nutrition label including energy drinks, produce or even seeds to grow your own food.

One reason Evans notes students that do not get approved for benefits are often a result of the “plans after graduation” part of the interview as SNAP is designed as a short-term support .



Have questions about the SNAP process? Visit the Basic Needs Center on campus to walk through the application, or visit your local Department of Human Services SNAP office at 4170 SW Research Way #120 in Corvallis.



WRITER: RILEY LECOCO	ILLUSTRATOR: CASSIDY SMITH
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SOME OF THE FILES THAT I ENCOURAGE STUDENTS TO SHARE ARE LIKE A PICTURE OF YOUR OREGON STATE UNIVERSITY ID CARD, YOUR (FINANCIAL) AWARD LETTER FROM OSU, TOTAL AMOUNT OF TUITION FOR A TERM. ”

- SAUNDRA EVANS, BENEFIT ELIGIBILITY WORKER AT LOCAL SNAP OFFICE

"If they are planning to go on to graduate at school, that's a good chance they will be denied unless they're working 20 hours a week," Evans said. "If they're planning to go to work after they finish their degree, they're usually eligible as long as they're not over the income limits."

Vang and other peer navigators at the BNC recommend stunts be specific when responding to that question to avoid rejection.

If students are not accepted though, the BNC can offer support for reapplying.

"We can go through the process again and look at what a student is missing," Vang said. "Usually that is like miscommunication in regards to location and DHS wants to know every six months or as soon as possible, if you do move housing situations, if you move to a different, you know, city and such, if you end up getting like a different job, those are all the types of information that you should be updating DHS on."

For students who are still ineligible after applying a second time, international students (who are not eligible for SNAP at all), students on a meal plan, or if they are living in Greek life housing and receiving more than 51% of their meals through that, there are other support options through the BNC.

Wednesday 8:30 a.m. to 2:30 p.m. where students can shop the pantry, getting an appropriate food box for their household size.

HEALTHY BEAVER BAGS

"[Healthy beaver bags] are basically customized, 'Hello Fresh meals,'" Vang said, referring to a national company that delivers meal kits. "(The recipes are) just things that we could make it easy for students to utilize, like basic pantry goods that you might have sitting in your pantry."

FOOD FOR THOUGHT

Food for Thought is a program students can register for to get free repacked leftover meals from food in the dining hall once a day.

"So any students could purchase them, but if you do have a card, it's free," Vang said.

According to Vang, even without registering with the program the meals cost around \$5 as a cheaper option for students in the dining halls.

MEAL BUCKS

The meal bucks program is specifically made for those who are not SNAP-eligible but need support, according to Raven Merritt-Shorb, a graduate teaching assistant at the BNC.

"It's Orange Cash, so you get the money on your student account and you can use it anywhere on campus, essentially," Merritt-Shorb said.

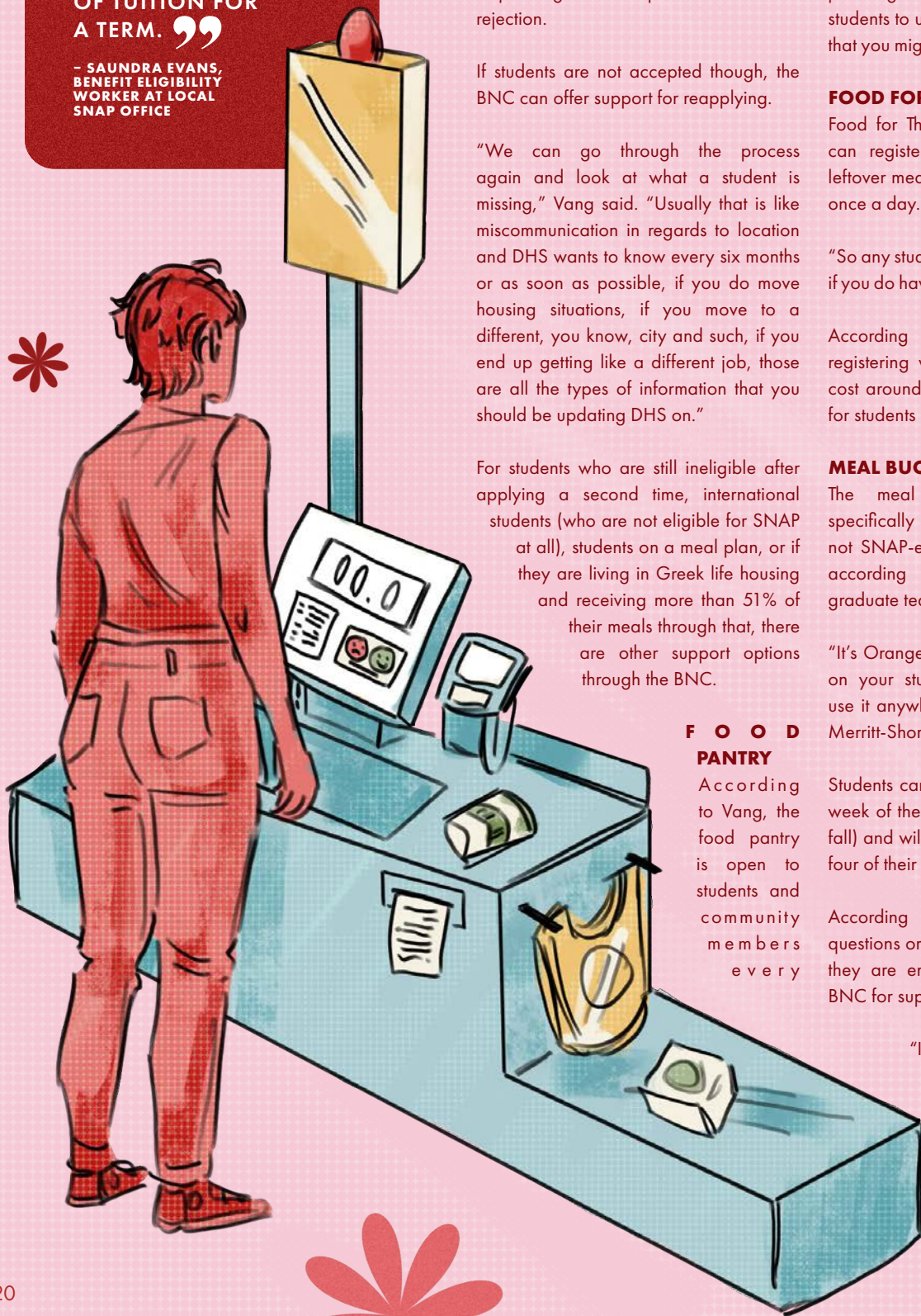
FOOD PANTRY

According to Vang, the food pantry is open to students and community members every

Students can apply online during the first week of the term (including week zero in fall) and will be notified in weeks three or four of their approval.

According to Vang, if students have questions or concerns about food security they are encouraged to come into the BNC for support.

"If a student feels like they need a midday snack or a pick up, you're more than welcome to come in during our hours, which are like 8 a.m. to 6 p.m. Monday through Thursdays, Fridays 8 a.m. to 4 p.m." Vang said.





**APPLICATION
PROCESS**

- * Create an account on OregonOne.gov
- * Fill out the application knowing or having access to the following:
 - Estimated Family Contribution
 - Pay stubs
 - Cost of tuition
 - Rent and utility bills
 - Social security number
 - Record of any family support given
- * Upload any documents asked for and submit!
- * (Wait one to two weeks for a call from DHS)
- * Finish your interview and start receiving benefits!

** Don't forget to renew every six months

ILLUSTRATOR (SNAP CARD):
ASHTON BISNER

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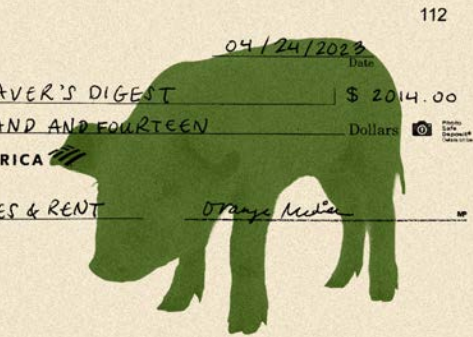
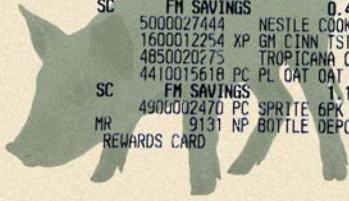
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BUDGETING STUDENTS

HOW TO MAKE THE MOST OF YOUR MONEY

THE PHRASE "I'm on a student budget" is almost synonymous with being broke.

The financial burden of college is not easy to manage, and the data proves it. According to a 2022 study commissioned by neighbor.com, "21% of college students have less than \$100 in the bank, while 61% have less than \$1,000 saved." Additionally, the study reported that "nearly half of college students either don't have a savings account, or have one but haven't put any money in it." This data was collected

by surveying "1,000 college students and recent graduates (most of them members of Gen Z)."

The costs of tuition, textbooks, course materials, food and rent can be overwhelming. Furthermore, the time commitments of college can limit the working hours of students, restricting their financial freedom. This leaves most students with little to no extra money.

Although it is difficult to manage your finances as a student, there are many time tested tips and tricks that will allow you to

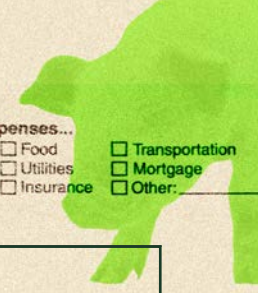
make the most of your money. This begins with creating an effective budget.

Federal Student Aid, an office of the U.S. Department of Education, provides concise suggestions for creating a realistic student budget:

OVERESTIMATE YOUR EXPENSES. It's better to overestimate your expenses and then underspend and end up with a surplus.

UNDERESTIMATE YOUR INCOME. It's better to end up with an unexpected cash surplus rather than a budget shortfall.





Try out the 50/30/20 budget: 50% of your monthly income goes toward needs, 30% on wants and 20% on savings or paying off debt.

BUILD *your* OWN BUDGET

- Track your expenses...
- Clothing
 - Credit Card
 - Entertainment
 - Food
 - Utilities
 - Insurance
 - Transportation
 - Mortgage
 - Other:



INVOLVE YOUR FAMILY IN THE BUDGET PLANNING PROCESS.

Determine how much income will be available from family sources such as parents or your spouse. Discuss how financial decisions will be made.



PREPARE FOR THE UNEXPECTED BY SETTING SAVING GOALS TO BUILD YOUR EMERGENCY FUND.

Budgeting will help you cover unusual expenses and plan for changes that may happen while you're in school.

Once you have made your budget, the next challenge is to maintain it. The Youth Finance Institute of America has additional suggestions to help with this.

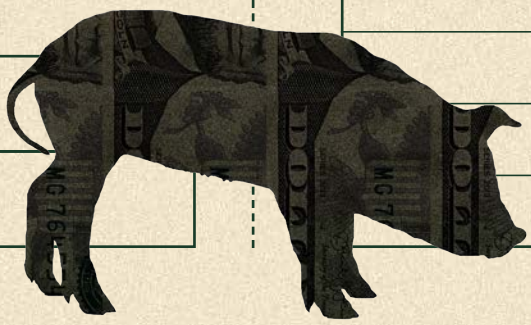
- Create and use a budget template.
- Record how much money you have on the day you start your budget.
- Keep a record of all your expenses.
- Make sure you're spending less than you earn.
- Make a plan for your budget to help you reach short- and long-term financial goals.
- Accomplish your goals by putting your plan in motion.

We have attached a sample budget template from the Washington State Department of Financial Institutions, so you can get started with the rewarding journey of making and maintaining a student budget.



WRITER:
ABHEER SINGH

ILLUSTRATION:
ALAN NGUYEN



INCOME:	
EXPENSES:	AMOUNT:
MOVE TO SAVINGS	
NEEDS:	
	TOTAL COST OF NEEDS:
WANTS:	
	TOTAL COST OF WANTS:
LONG TERM GOALS:	
SHORT TERM GOALS:	
TOTAL COST OF EXPENSES:	
INCOME - EXPENSES =	





PICTURED: Sophia Fischer (she/her) facing away from the camera with pink and white flowers. The flowers are to represent how delicate and beautiful one's body is.

“ENJOY FOOD FOR WHAT IT PROVIDES US”

BECOMING AWARE OF YOUR FOOD-BODY RELATIONSHIP



WRITER:
RILEY LECOQ

PHOTOGRAPHER:
KATE ZINKE

ILLUSTRATOR:
ASHTON BISNER

IMAGINE A relationship where someone is obsessing about something, acting differently around people not in the relationship, pulling away from social circles, feeling anxious when they think about their relationship, or even getting physically sick from the toll the relationship has taken on them.

These are all signs of a negative relationship — not a romantic, friendly or familial one, but one with your body and food.

Although signs of an unhealthy relationship can be tough to spot within yourself, they are not impossible.

According to Nancy Farrell, registered dietician nurse and spokesperson for the Academy of Nutrition and Dietetics, eating disorders among college students is significantly present. The academy is the world's largest organization representing credentialed nutrition and dietetics practitioners, founded in 1917 in Ohio.

Farrell noted some studies suggest 10-20% of women and 4-10% of men present eating disorder symptoms.

Disordered eating is classified as unhealthy and hyper focused relationships with food, often the

precursor to an eating disorder; which is categorized by symptoms and criteria defined by the American Psychiatric Association.

“Signs and symptoms of disordered eating can include rigid rituals and routines surrounding food and exercise; anxiety associated with specific foods; skipping meals; chronic weight fluctuations; frequent feelings of guilt or shame associated with eating...” Farrell said — and the list goes on.

According to Farrell, one of the most difficult aspects of spotting these warning signs is a change in eating patterns where the individual sees the new eating patterns as acceptable — creating the danger for disordered eating.

“Recognizing weight fluctuations or weight shifts largely in one direction should set off an initial ‘awareness alarm’ in any one of us,” Farrell said. “This is where honest self-talk about self-care is a good first step, yet so hard to do when accepting the pattern as normal.”

Farrell elaborated that these “honest self-talk” conversations can help a person to notice what is going on in their body; to pay attention to what exactly they are noticing when they take a step back to look at what they are feeling and what is

going on in their lives.

An honest self-talk, according to Farrell, might sound like: “I can’t understand why I keep gaining weight. I’m getting nervous and depressed. I don’t want to go out with anybody anymore. I’m mad; I’m just not myself.”

...Which Farrell notes should end with, “maybe I should see my doctor”.

According to Ozge Akcali, director of training and a psychologist with Oregon State University’s Counseling and Psychological Services, talking with someone you trust is an important first step in preventing disordered eating habits from turning into an eating disorder.

“The sooner the person addresses these behaviors and associated feelings, the more likely they will develop a healthy relationship with food and with their body,” Akcali said.

Farrell advises to first and foremost be open and validate the feelings of the loved one struggling with disordered eating if they come to you as a trusted person.

“There are many feelings, emotions and thoughts wrapped up in these diseases,” Farrell said. “This illness is first and foremost a

psychological one that manifests itself around control of food and eating.”

Eating disorders most commonly develop between the ages of 14 and 25, hitting their peak prevalence just at the age of typical college students. But the added stresses of college, work, and classes, in addition to figuring out how to manage and buy your own food, make it no wonder that building a positive relationship with food and your body can be difficult.

“One of the biggest issues (for college students) is that food is everywhere on campus – specialty sandwich, coffee and snack shops, dining halls, college rooms, fast food, midnight pizza runs and late-night cookie deliveries, etc. Managing all of this is new and can be overwhelming for students,” Farrell said.

Farrell noted that people make more decisions on food each day than on various other aspects of life, and this makes their relationship with it even more important.

“It is estimated that we make over 200 decisions each day on food and eating. And the resultant outcomes of those decisions shape who we are physically, physiologically and mentally today and in the future,” Farrell said.

Farrell offers some ways for students to mitigate potential triggers or set a good foundation for a positive relationship with food.

- Create a structure for eating around your academic schedule. “Set basic times for breakfast, lunch, snacks and dinner. This routine will help you avoid the fast food, eating out of a container on the run pattern,” Farrell said.
- Do not go out to lunch everyday – Farrell notes that there can be other ways to stay social with friends without hurting your wallet or creating unrealistic eating expectations.
- “Make the most out of your snacks,” Farrell said. Include snacks with high fiber and protein such as berries and yogurt, veggies, lean jerky sticks, hard

cooked egg, fruit and an ounce of nuts.

- Avoid using food as a mechanism to work through your emotions – “Feel your emotion and work to solve the issue at hand,” Farrell said.
- Keep snack foods out of sight in your room
- Stay hydrated

“Just like you work at becoming good at math or tennis or speaking a foreign language, for example, work to become good at following, and role modeling, healthy eating patterns as you shift through various stages of life,” Farrell said.

Akali encourages people to find and explore activities that work preventatively on a positive relationship with your body.

“Explore activities that would increase protective factors, such as developing a self-definition that is not focused on appearance and developing intuitive/mindful eating practice along with respect for the day-to-day functions of their body,” Akali said.

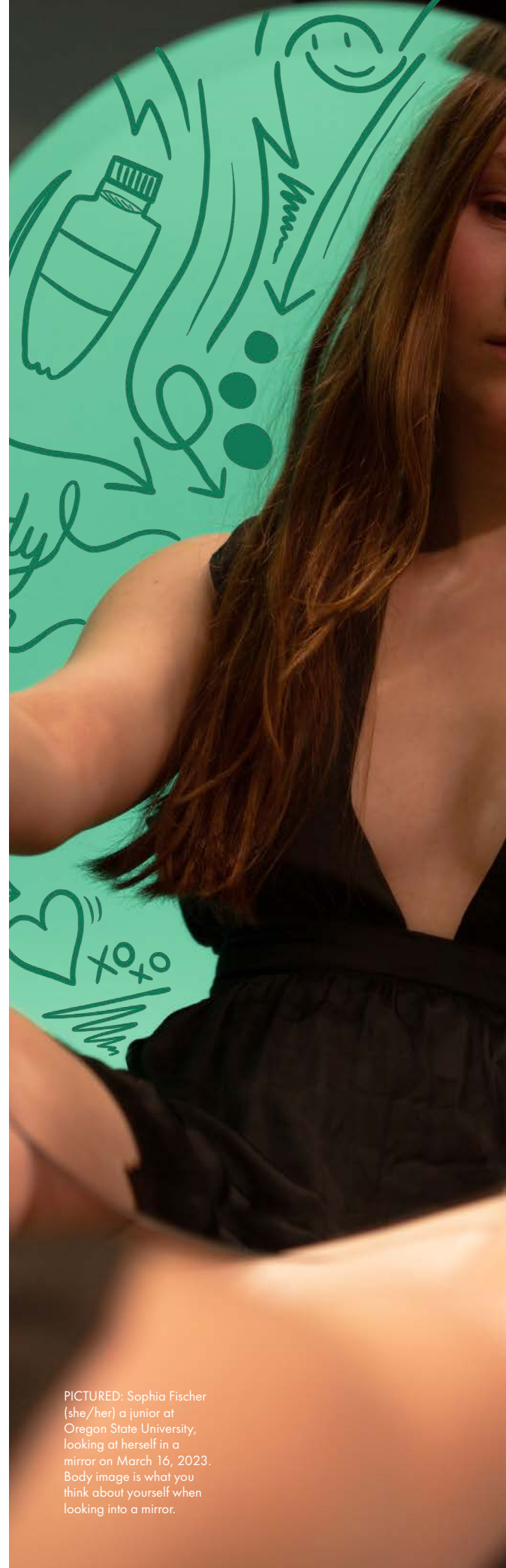
For someone who is actively struggling with their relationship with food, Farrell said it is sometimes difficult to bring the issue to light, especially when disordered eating and warning signs of unhealthy relationships are not often talked about.

“It is scary to admit what is perceived to be a deficiency, defect or needs improvement in life,” Farrell said.

No matter where someone is, whether it be struggling to see the warning signs or trying to ask for help, remember that these feelings are not forever and you will be okay.

“Enjoy food for what it provides us,” Farrell said.

If you are struggling, reach out to the national helpline (800-931-2237), OSU CAPS or find a registered dietitian and nutritionist at <https://www.eatright.org/>.



PICTURED: Sophia Fischer (she/her) a junior at Oregon State University, looking at herself in a mirror on March 16, 2023. Body image is what you think about yourself when looking into a mirror.



SEX TOY ADVICE FOR FIRST-TIME BUYERS

FROM THE materials of vibrators and dildos, to types of lubricants and more — if you are sexually active and use a sex toy for masturbation or with another person, it is important to know how to clean your toys in order to maintain personal hygiene.

“There are multiple different toy materials,” Nic Ashland, manager of Eva’s Boutique, an adult shop, in Corvallis, said. “For beginners, I like to go with a 100% silicon one, just because it’s going to be non porous, so it is not going to trap bacteria as often”.

Toys made of metal and glass (borosilicate or pyrite), are a bit more costly due to their durability, Ashland said. The glass and metal ones are non-porous, and they can withstand any type of lubricant and will not degrade over time.

Lubricants are a common misconception when it comes to using sex toys, according to Ashland. There are about four different kinds of lube: water-based, hybrid, silicon and oil-based.

“Water-based is the safest lubricant all around, but the only issue with it – because it is water based – it does get absorbed into the skin a lot faster, so you have to reapply it more often,” Ashland explained.

Ashland further explained that you can reinvigorate the water lubricant by applying more lube, or by using saliva or water. While silicone lubricant is a lot longer lasting, if used on silicone toys or latex condoms, it will melt the material, so you have to be really careful when using those.

The hybrid lubricants are a combination of the silicone and the water base, “so you kind of get the best of both worlds; you get the long lasting (nature) of the silicone, but the safety of the water base,” Ashland said.

WRITER:
TAYLOR BARRON

ILLUSTRATOR:
ASHTON BISNER

As for the oil-based lubricant, it is recommended that it just be used for masturbation, and not internal use because it can interrupt one’s pH balance and make them more prone to bacterial infection.

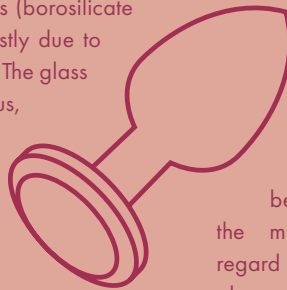
When it comes to the cleaning, make sure you are using antibacterial and antifungal medical grade toy cleaners when cleaning your sex toys.

“We recommend this because compared to soap and water, soap and water will break down toy material, and you don’t want soap and water internally because that can affect the mucous membrane in regard to vaginal and anal play. It can create more

bacteria and create infections,” Ashland said.

Eva’s Boutique workers highly recommend investing in medical grade cleaners, noting that the investment will be well worth it in the long run when you do not have to schedule multiple doctor visits for a potential infection.

There is a whole world out there dedicated to the knowledge of sex toys, so make sure to be safe and take care of yourself on your journey to sexual pleasure. Check out Eva’s Boutique on Ninth Street in Corvallis for a local array of toys, lubricants and much more.



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green flags in healthy relationships

WRITER:
HANNAH LULL

PHOTOGRAPHER:
JAKE FISCHER

A H, IF only we could find ourselves in healthy relationships as perfect as the ones in the movies. Where there's love at first sight? Or the instant spark and where every argument seems to end with a sloppy kiss in the rain? We were told we can't have love like that. We were told that kind of love doesn't exist. Love will never be "perfect."

But what were we told about healthy relationships? Is there such a thing as a relationship being "healthy"?

Sure there is. Having a healthy relationship doesn't mean it has to be perfect 24/7 but rather, identifying green flags in a potential partner early on and learning to keep a relationship healthy as time goes on can do the trick.

Regan Gurung, director and professor of the General Psychology Program at Oregon State University says it's likely to predict a healthy relationship if you're prepared to commit time and energy to your partner and maintain a strong commitment in the long term. If both people are ready to commit a lot of time and energy to their partnership, these traits are seen as green flags.

Gurung explains that looking for similarities between a future partner and yourself can be key to establishing a healthy relationship with plenty of green flags. Yet, we tend to view differences in someone else at first glance because they stand out and can make this person seem more exciting to us.

"There are two major common phrases out there; 'birds of a feather, flock together' and 'opposites attract,'" Gurung said. "(However,) only one of those is born out of true data. Very often when we first meet someone, we tend to be attracted to things that stand out. The reality though is the longer-term, high-quality relationships are when we find similarities."

Gurung advises that students and the rest of the younger population should look for continual similarities in their long-term relationships as well. Even if both partners seem vastly different from each other at the start, if there is some kind of groundwork for similar traits, then that could lead to a higher chance of establishing a long-term relationship. If you and your partner share traits, chances are that your lifestyles and long-term goals will align, promoting an easy, long relationship.

You can still have an exciting relationship though, if both partners want their relationship to share the same story. Gurung explained that everyone looks for something different in a relationship and can establish what a "healthy" relationship is on their own terms.

"Keep in mind that everybody's relationship is a different story," Gurung said. "Some of us view a relationship as an action movie, some of us it's a romantic movie; for some of us it's a horror movie. But here's the thing, if you and your partner's story match up, things will (likely) work out."

However, Gurung reiterates that even in a healthy relationship, there still may be some struggles. He explained that research dating back to 30 years ago, showed us there can be a 'perfect balance' between the positives and negatives of a relationship.

"Don't expect to have no conflict but make sure that the good times outweigh the bad times," he said. "There's even a number; five to one. In marital relationship research, the big finding that's been replicated and stands out (in the data) is that a ratio of five good to one negative (seems to be) the perfect balance. Obviously more is great, but five to one is key."

| continued on **PAGE 37** |





PICTURED: A photo illustration of Elisa Madison (left), and Camrie Smith (right), buying coffee at Coffee Culture, Corvallis, on March, 24th. Corvallis offers a variety of cheap date opportunities including picnicking, hammocking, going to the river etc...

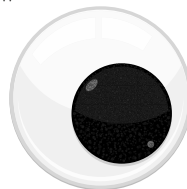
WAYMOND & EVELYN: BREAKING DOWN AN ICONIC FILM RELATIONSHIP



WRITER:
JOSH SAUNDERS

RELATIONSHIPS in the media have been depicted in a wide array of random dots between good and toxic relationships like an uncorrelated scatter plot. Within the many disciplines that media has to offer like film, books and video games, we have seen media continue to portray wonderful characters in wonderfully nuanced, believable relationships.

Waymond and Evelyn (“Everything Everywhere All At Once”), Luz and Amity (“Owl House”), Bill and Frank (“The Last of Us”: HBO) and Arthur and Linus (“The House in the Cerulean Sea”) are just a few examples from the past couple of years.



Let’s hone in on the power couple in the most awarded film of 2023’s Oscars: “Everything Everywhere All At Once”.

Waymond and Evelyn are not perfect together. But no one is, and no one needs to be! The only way a successful relationship can work, as we see in their relationship, is when each party respects each other and has grace for each other’s shortcomings. When a foundation is built on mutual trust and an open heart to talk through issues, only then can a relationship flourish.

Waymond isn’t happy with his marriage with Evelyn at the beginning of the film, so he brings up the option of divorce because he doesn’t feel wanted. Evelyn mentions early in the film that Waymond wouldn’t be able to function without herself. It’s clear that Evelyn resents Waymond in a way, and Waymond no doubt feels that.

Their relationship is only able to blossom when Evelyn realizes how much of a fighter Waymond is in his own way. Waymond doesn’t fit into the many stereotypes of a masculine partner presented in the media. He’s incredibly in touch with his emotions, he is silly and spacey, and has an empathetic heart he constantly shares with others.

Evelyn has trouble accepting him because of her harsh upbringing by her father, Gong Gong. He is critical of Evelyn for all of her life choices, especially when it came to her choice to move to America. Evelyn is similarly critical toward Waymond, which is understandable because on the surface, it does look like Waymond isn’t putting in as much work in their relationship in terms of taking the initiative on helping with taxes, or not being on top of their laundromat business.

However, they are able to connect and grow when Evelyn realizes that he’s helping in his own way, like how he’s able to smooth things over with the tax auditor on multiple occasions by opening up and talking things through.

In the latter half of the film, Evelyn is only able to save the world once she is able to show the kindness she was never shown by Gong Gong to her daughter, Joy. Waymond is able to help her see how important that is, and they work so well together at this moment because of Waymond’s empathy and Evelyn’s determination. In this film, it is truly a turning point when Evelyn says to Joy, “No matter what, I still want to be with you. I will always, always, want to be here with you.” You can’t get better than couples talking it out while also saving a collapsing universe.



HOW TO TAKE CARE OF A PLANT

| continued from PAGE 15 |

moisture, and that is not something you can provide by just watering it. Young said plants like ferns that need a lot of moisture will thrive in places like bathrooms, but if you can't, then you need to have an artificial humidity source.

"You need to be running a humidifier at least two to three times a week and a lot of those plants just need to be soaked," Young said. "Like instead of watering it heavily because you think it needs more moisture, that's not really great for it. Letting it dry out completely but then soaking it in a tub, letting it really absorb all that water will help, because the water goes to the smaller roots and feeds it. That'll hold it off for a good amount of time."

You can place your plants in a bathtub, a sink or even just a tray. You just need to place your plants and their pots in a few centimeters of water for a few hours. Be careful not to overwater your plants, however. This can lead to many different problems including things like gnats, or rot. If your plants do get sick it's a good idea to separate them from your other plants to make sure nothing spreads.

"Oh, and when you get a plant, it's nice to quarantine it away from the other plants just in case," Young said. "Sometimes they have mites, or something else going on and you don't want that to spread to all the other plants. So it's nice to quarantine it and give it its own space so it has time to acclimate. It's not gonna look like it's thriving because it's adjusting, but just give it time, like three to six months. It might just need to be like, 'So this is how much light I get, the amount of humidity I get,' and it'll adjust to that. If they don't look super happy, just give it time and know that it might come around again or maybe it won't."

If you're interested in learning more about plants and how to take care of them, visit the Oak Creek Center for Urban Horticulture at 844 SW 35th St. here in Corvallis. The horticulture club is also always looking for members — meeting information is posted on the bulletin board in the Agricultural and Life Sciences Building, on the fourth floor near Room 4159.



FINANCES

HOW TO ADULT WITH insurance

ONE OF THE most important parts of becoming an adult is acquiring insurance, and although it can be time consuming and tedious, there are some essential types of insurance that can be dangerous to go without.

One of the most important parts of becoming an adult is acquiring insurance, and although it can be time consuming and tedious, there are some essential types of insurance that can be dangerous to go without.

Nothing is more important than your health — for instance, when you find yourself reaching the age when you can no longer be covered under your parent's health plan, you will want to start looking for insurance options. And if you've never had health insurance, now's a good time to start.

The best health insurance options are usually provided to you through your workplace. Depending on if you are part-time or full-time, you will either be fully covered or you are required to pay a portion of your monthly insurance plan.

You will typically enroll in an insurance plan after you've been at this job for a certain amount of time. After that, you must re-enroll every year. When the time comes, there is usually someone at your place of employment who is there to guide you through the process of choosing an insurance plan.

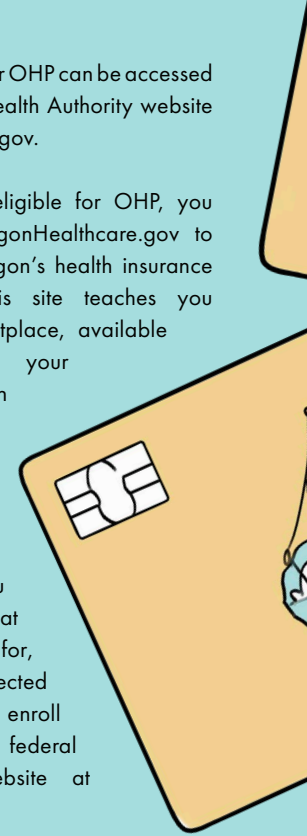
If you are not employed, your job doesn't offer insurance or you choose to go another route, Oregon has some options. In this state, health and dental insurance are usually grouped together

under the Oregon Health Plan. According to their website, OHP offers Oregon Medicaid and the Children's Health Insurance Program and provides free health coverage, with no fees or cost sharing to people who meet the income and other requirements.

The application for OHP can be accessed at the Oregon Health Authority website found at Oregon.gov.

If you are not eligible for OHP, you can go to OregonHealthcare.gov to learn about Oregon's health insurance marketplace. This site teaches you about the marketplace, available plans and your eligibility through educational videos and tutorials.

When you feel like you understand what you're looking for, you will be directed to apply and enroll through the federal marketplace website at HealthCare.gov.





WRITER:
GINNIE SANDOVAL

ILLUSTRATOR:
CASSIDY SMITH

Once you are covered for health and dental, if you drive, auto insurance is the next essential insurance coverage you'll want to start looking into.

When going to college, many students with cars choose to stay under their families auto insurance plan, but if you're not staying under a family plan or it's no longer an option, insurance shopping can be stressful.

To make the process a little easier, instead of having to call every auto insurance company you can think of to get a quote, your local credit union will do it for you. Just going in and asking a representative to run a quote for you can give you some options to start with.

Once you find a couple of companies that you're thinking of going with, you will want to compare their coverages. You will need to decide whether you want full coverage or liability coverage. Keep in mind that if you have a loan on your vehicle, you're required to have full coverage.

Be careful when choosing. Liability coverage may seem like the more attractive option because it is cheaper, but it only covers damages

caused to another vehicle.

Having full coverage does the same while also covering you in less common situations. For example, if you hit a deer, a tree falls on your car, or your vehicle is struck by a hit-and-run driver or a driver without insurance, you're covered.

After you decide the type of coverage you want, consider the other types of insurance that the company offers, such as rental insurance. Many auto insurance companies also offer renter's insurance and even give you a discount for bundling.

It may seem like renter's insurance is a luxury, but in fact, it is usually less than \$30 per month and can cover a lot in damages.

According to Oregon.gov, if you rent an apartment or home, renter's insurance covers your personal belongings and provides liability coverage similar to homeowner's insurance.

Having renter's insurance means that if your iPad or laptop comes up missing one day, you could be covered. Or if you must be temporarily relocated due to a disaster, your hotel and meals could be covered. In case of a fire, depending on the coverage you opted for, you could be covered for losing any belongings.

To learn more about renters' insurance in Oregon, you can visit:



WARNING SIGNS OF ABUSIVE RELATIONSHIPS & WHERE TO GO FOR HELP



YOUR SISTER'S boyfriend forbids her from having male friends, your co-worker's partner constantly monitors their whereabouts or your own friend tells you what to do and what to say.

Most of us would like to think it could never happen to us, but abusive relationships can happen to anyone, at any point, in any type of relationship.

In fact, the National Coalition Against Domestic Violence reported last year that in Oregon, 39.8% of women and 36.2% of men experienced intimate partner physical violence and/or stalking within their lifetime.

While examples of abusive relationships in the media often are displayed as being physically violent, and exclusive to romantic relationships, abuse is not always like this and it can manifest itself in a variety of ways in both romantic and platonic relationships. Even friendships can turn abusive.

Other common types of abuse include emotional abuse, verbal abuse, sexual abuse, financial abuse and digital abuse, according to Brittany Coté, the interim interpersonal violence services communicator for Counseling and Psychological Services at Oregon State University.

Knowing how to spot the signs, and what to do if you think you or someone you know is

experiencing an abusive relationship, can help better prepare you if you find yourself in that unfortunate situation.

"Awareness of abuse and its widespread impact is the first prevention method along with educating students on consent, healthy relationships, warning signs, bystander intervention and how to be an ally to survivors," Coté said.

Early signs of abuse can vary from relationship to relationship, but they typically involve some form of control and isolation, said Allison Riser, co-director of the Center for Advocacy, Prevention and Education at OSU.

Other early signs include "extreme jealousy, unrealistic expectations, quick involvement in the relationship (sometimes referred to as "love bombing"), blaming others for their problems rather than taking responsibility and outbursts of unpredictable anger," Coté said.

It is important to note that abuse does not differ much in the different types of relationships. All kinds of abuse can occur in any kind of relationship – platonic, romantic or familial, according to Riser.

"There are many similarities, and at the root of all violence is power, control, discrimination and oppression," Riser said.

Abuse can also sometimes occur in a cycle that can take anywhere from a few hours to

even a year or more to go through. Knowing the cycle of abuse — which includes tension building, incidents of violence, reconciliation and calm — can help in identifying the abuse and escaping it.

"Typically, the length of time in the 'reconciliation' and 'calm' stages decreases over time as violence becomes more frequent and intense," Coté said. "The way out of the cycle of abuse is leaving the relationship or some form of intervention."

If you suspect that a friend is in an abusive relationship, reaching out and supporting them is an important first step in helping them safely leave the situation.

"Providing your friend with a safe, nonjudgmental place to talk about it can go a long way in helping your friend feel supported and recognize the unhealthy behaviors in the relationship," Coté said.

You can also direct them to various resources and forms of support, but you should allow them to make their own decisions.

"When they are ready, you can help them seek professional support," Coté said.

The advocacy team at CAPE can also provide specific advice on how to best support your friend.

Realizing you yourself are in the middle of an abusive relationship can be difficult, however it is important to reach out for help.

"It can help to tell a trusted friend, family member, mentor or therapist about your experience and work to develop a safety plan and identify additional resources and support," Coté said.

Within OSU, there are a variety of resources available. The advocacy team at CAPE works with survivors to provide them with access to the necessary resources within OSU for their situation and referrals to additional outside resources. Resources offered by CAPE include housing accommodations, academic and financial assistance, wellness support, information on reporting options, emotional support, safety

planning and medical advocacy. CAPS is another resource which provides students crisis response counseling with trained mental health professionals.

Outside of OSU, there is the Center Against Rape and Domestic Violence, located on 2208 SW Third St in Corvallis, and Sarah's Place, located on 1046 SW Sixth Ave in Albany.

CARDV provides similar resources to CAPE, such as support, information, safety planning and other resources to survivors and their allies. They additionally

operate two safe shelters in confidential locations.

For survivors of sexual assault, domestic abuse and sex trafficking, Sarah's Place, which includes a sexual assault nurse examiner, offers

immediate medical treatment, documentation of injuries, medication to fight STD or HIV infection, counseling and advocacy outside of the emergency room.

For a more detailed list of reporting options in the community, check out page 44.

"Remember that no one deserves to experience abuse in any form," Coté said. "Everyone is responsible for their own behavior and no matter what the 'reason' was, it is not your fault!"

PICTURED: Duck (they/them) poses alone in Corvallis, Ore on April 7. People of all gender identities and sexualities can be affected by abusive partners.



WRITER
EMMA COKE

PHOTOGRAPHER:
FERN BARBER





IT'S MORE COMMON THAN YOU THINK

COLLEGE ILLNESSES YOU NEVER HEAR ABOUT

WHEN THINKING of the most common illnesses on a college campus, respiratory infections like the flu, COVID-19 or standard colds, are often the first to come to mind. While these types of sickness are common, pre-existing societal stigma surrounding others, equally as common illnesses – such as sexually transmitted infections or mental illnesses – inhibits honest discussions about how to prevent and treat them.

Dr. Rebekah Owen-Thayer, a medical professional from Oregon State University's Student Health Services, stated that mental health issues, such as depression, anxiety and substance abuse, stand alongside less stigmatized illnesses, including respiratory infections, as the most common illnesses managed at OSU.

Additionally, OSU's Youth and Mental Health Initiative page on the university website states that 32% of OSU students experience major or moderate depression, 23% experience anxiety disorder and 23% are unsure of where to go on campus to seek professional help.

"There has previously been stigma associated with mental health disorders and substance use disorders," Owen-Thayer said. "This stems from the perception that mental health disorders and substance use disorders are a choice and not a disease."

Alongside mental health, STIs are also less likely to be discussed due to social stigma that "is complex and likely has to do with some traditional social structures," Owen-Thayer stated. "I feel the stigma is improving but also still present. I am hopeful with easy access to testing and treatment that this improves."

Dr. Lisandra Guzman, current Lane County deputy public health officer and preventative medicine physician, emphasized shame associated with STIs often deters people from having crucial, detailed conversations with both sexual partners and healthcare providers.

"This is very important because the wrong test may be ordered for you," Guzman added. "If (a doctor) only tests

(a patient's) urine for an STI and (their) sexual practice is anal and oral sex, we may miss an infection because we did not test (them) in the proper anatomical site (they) used for sex."

This lack of communication, in conjunction with a fear of knowing whether or not one might be infected, according to Guzman, can discourage people from pursuing testing and treatment.

Additionally, in Lane County, the most common STIs seen in teens and college-age people is chlamydia and gonorrhea, according to Guzman who added, "Young adults between 18 and 25 years old make up about 15% of the population but account for nearly 60% of chlamydia, gonorrhea, HIV and syphilis."

STIs also disproportionately affect different demographics as well, with young adults, LGBTQ+ people, people of color, and pregnant people at the most risk of receiving an STI, according to Guzman.

Due to the possibility of experiencing previous medical discrimination or trouble accessing healthcare among marginalized groups, “Students with various identities may not feel comfortable coming into student health.”

Owen-Thayer stated. “I am hopeful over time and with feedback we can encourage health care for ALL students at SHS. We do appreciate feedback (on) what we can do better to accommodate all students.”

“We try to learn all we can about diverse communities and identities, especially among marginalized groups,” said Dr. Shanilka deSoyza, a medical professional who has worked at OSU SHS for 17 years. “We also try to avoid making assumptions about a person based solely on their identity. Illness can affect each student in a unique way.”

“If left untreated,” Guzman informed, “(STIs) can cause serious effects in your body like infertility, disfigurement and an infection in your uterus that can be deadly.”

However, there are options for prevention.

Specifically with STIs, Owen-Thayer recommended people use barrier methods, like male and female condoms

or dental dams, or pre-exposure prophylaxis – a medicine used specifically to treat HIV. Both options are available at SHS.

“WE ALSO TRY TO AVOID MAKING ASSUMPTIONS ABOUT A PERSON BASED SOLELY ON THEIR IDENTITY. ILLNESS CAN AFFECT EACH STUDENT IN A UNIQUE WAY.”

- DR. SHANILKA DESOYZA, MEDICAL PROFESSIONAL AT OSU SHS

A collaborative care model “allows for a coordinated effort from a team consisting of (a student’s) SHS clinician, mental health care specialist and psychiatrist (consultant),” deSoyza explained. “This supports the SHS clinician and provides interventions centered around the student’s needs with input from their supportive team.”

“Anyone who is having sex can get an STI.” Guzman advises, “It’s okay to have a discussion before having sex. Be your own best sexual health advocate and help make sexual health a normal part of your wellness visits.”

More information regarding OSU’s mental health initiatives and general STI prevention methods can be found on the university’s website.

WRITER:
GABRIELLA GRINBERGS

ILLUSTRATOR:
ALEX KOETJE



BURDENS OF ADULTHOOD

AN INTRODUCTION TO DOING YOUR TAXES

“I HATE doing my taxes,” said the Egyptian citizen, having lived over 5,000 years ago.

Taxes have been around seemingly as long as human societies have been around with paintings and writings depicting taxation all the way back to the ancient Sumerians, before currency was widely used and payment was made with cattle and grain.

You might find yourself asking then, “If taxes have existed for so long, then why do I literally know nothing about it?” Oh, you’re not asking that? Just me I guess.

It can be overwhelming to try and begin your taxes on your own but gathering information is a good first start. If you don’t make any money and didn’t have a job this year then you luckily, or unluckily depending on the circumstances, don’t have to do your taxes. Hurray!

If you do have a job then you can expect your employer to send you paperwork in the mail or online. Those papers could include a W-2, 1098-T, 1099-DV, etc. Other than your paperwork you’ll also need your Social Security Number so be sure to bring it if you plan on getting help filing your taxes.

The W-2 is one of the most common forms you’ll get which just shows an employee’s wage and what was withheld. Forms like 1098-T are for students which record payments of tuition. All of these forms might have strange legal names, but with a quick google search you can figure out what you have in your hands pretty easily. But if you need help there are always places and people to turn to.

You can find accurate and helpful information at places like the Oregon Department of

Revenue’s website (oregon.gov/dor) and even the dreaded IRS website (irs.gov), has both helpful documents and videos that are all designed to try and make it as easy for people to give the government their money as possible. For OSU students like ourselves we can also make appointments with Volunteer Income Tax Assistance which are made up of staff and students that can help you if you need it. Try to make an appointment soon though, because they fill out fast.

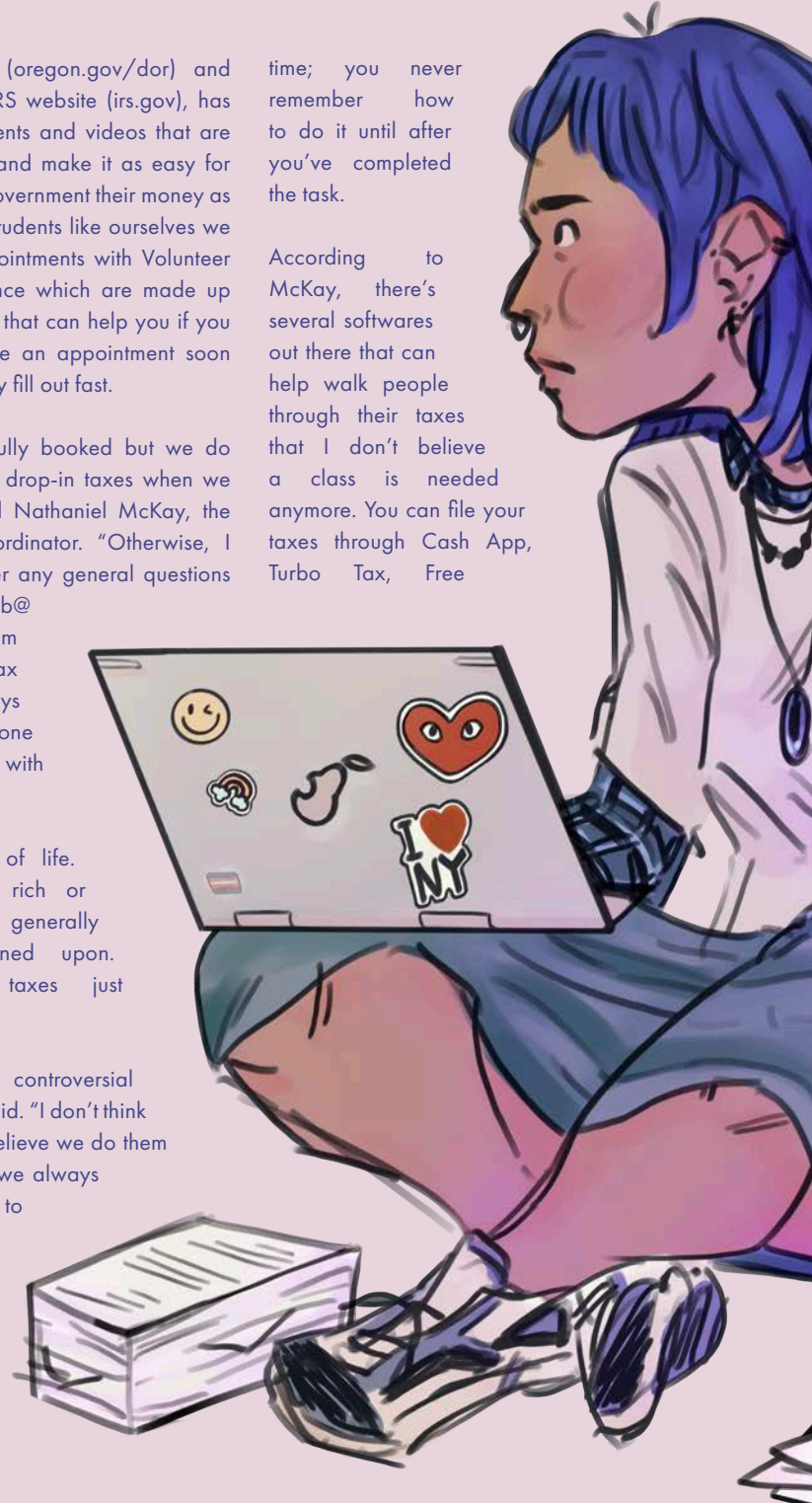
“VITA is currently fully booked but we do our best to prepare drop-in taxes when we are available,” said Nathaniel McKay, the OSU VITA site coordinator. “Otherwise, I am happy to answer any general questions via email at vita.cob@oregonstate.edu. I’m unable to give tax advice but I’m always happy to point someone in the right direction with general questions.”

Taxes are a fact of life. Whether you are rich or poor taxes are generally feared and frowned upon. But why are taxes just so hard?

“This is one of my controversial opinions,” McKay said. “I don’t think taxes are ‘hard.’ I believe we do them so infrequently that we always remain oblivious to how they are done. It’s kind of like resetting your oven clock when your power goes out or after daylight savings

time; you never remember how to do it until after you’ve completed the task.

According to McKay, there’s several softwares out there that can help walk people through their taxes that I don’t believe a class is needed anymore. You can file your taxes through Cash App, Turbo Tax, Free



Tax USA, etc. and end up with an accurate tax filing.

People just don't usually like doing math and staring at lots of paragraphs of small print that all are centered around a feeling of losing money. Tax collectors were often as vilified and hated by their community as prostitutes and executioners were. If you don't like what the taxes are actually being used for, this feeling can just compound.

Growing up in all the haze and controversy of taxes as well as rarely ever filing your own taxes does create a big unknown.

Why teach kids about taxes when they aren't going to be filing them for multiple years? Why should you learn and remember tax information if you only need it once a year? Why should I even stress

about figuring out the specific amount I owe the IRS if they already have access to that information?

The questions just keep piling up drowning any who dare to venture into this world. The fear of messing up and failing seems hard to escape.

"It is totally normal to be scared about doing your taxes," said Clarissa Adams, an accounting student and vice president of BAP Media and Technology. "It's normal to be concerned about having to pay a lot of taxes or not getting your proper refund. You should definitely work on your taxes before Tax Day so you can get help if you need it and then you won't have to pay a late filing fee. If you are just a normal citizen, and you try to file your taxes on time, you won't face anything bad if you make a mistake on your tax return."

Supreme Court Member Oliver Wendell Holmes Jr. once said: "Taxes are the price we pay for civilization," while he served on the court a hundred years ago between 1902-1932.

But, the sad fact still remains that taxes are here to stay and we'll all eventually either have to learn how to live with them or learn to live without them; probably off the grid, isolated from civilized society, in a cabin hidden in the mountains... basically living the dream.



WRITER:
KYLE SCHRIFT

ILLUSTRATOR:
CASSIDY SMITH

GREEN FLAGS IN HEALTHY RELATIONSHIPS

| continued from PAGE 28 |

Within relationship struggles, it's important to separate the person from the situation at hand. Gurung explains that a lot of partners overlook this in their relationships. If someone is reacting a certain way, we should keep in mind that it's the situation that's causing these emotions, and not who they are as a person. He explained this as the term, "unconditional positive regard."

“
The reality though is the longer-term, high-quality relationships are when we find similarities.

- Regan Gurung, general psychology director & professor

“Unconditional positive regard is to love the person (unconditionally),” Gurung said. “Not unconditional for their behavior, but unconditional for who they are. Like someone may have a very dirty habit, like leaving their stuff around, but separate that behavior from the person.”

Gurung explains it's important to talk to your partner about these dirty habits or other things that may upset you. If you have strong communication about your wants and needs in a partner, it can strengthen your relationship altogether.

Another green flag in order to upkeep a relationship is to view your partner as a part of yourself. You and your partner should make decisions together, as a team. Other green flags for a relationship are communicating face-to-face, rather than with technology, and recognizing that if you're going through a stressful time, that doesn't necessarily mean that your relationship is causing you stress.

Gurung iterates that not only should you separate your partner's behaviors from their self, but also yourself from your relationship. If you aren't happy in your life, that doesn't always mean that your relationship is making you unhappy. It's important to keep other factors in check for yourself as well.

SELF

DRESS FOR THE WEST

WRITER:
OLYVIA NEAL

PHOTOGRAPHER:
GRACE JOHNSON

A COLLEGE STUDENT'S GUIDE TO OREGON FASHION



PICTURED LEFT TO RIGHT: Kristaps Mednis wearing Dickies pants, crewneck, baseball hat and Carhart jacket on March 19 in Corvallis. Carhart and Dickies provide unisex clothes for colder climates. Anna Yeates wearing a Patagonia pullover, jeans and Birkenstocks on March 19 in Corvallis. Patagonia is a very popular brand for both fashion and comfort. Momoko Baker wearing a puffy jacket and beanie on March 19 in Corvallis. Beanies are a perfect way to stay warm in cold weather.



Additionally, one will want their pieces to last as long as possible, as nobody wants to spend money on clothing that will wear out quickly, and this clothing will not protect from the weather for long if it develops holes.

I T'S NO secret that Oregon has a unique climate — particularly in Corvallis' region — and many people coming to Oregon for the first time will find that it is quite different from what they are used to. As such, many students from out of state, or even those from other parts of the state, may find themselves unprepared for it. So, for this article of things nobody told you, we'll be covering clothing for the Oregon climate.

First, one must know that Oregon's climate in this region is rainy and cold for most of the year. This means that warmth, layers and waterproof materials will be your best friend.

According to Oregon State University Design Student Adrian Cunningham, clothing that accommodates Oregon's frequently changing weather is key.

"Students will often layer for warmth, donning sweaters, hoodies and flannels to protect against the winter cold," Cunningham said.

For this weather, Cunningham recommends a few brands of puffer jackets that are durable and popular among students.

"Popular jackets include the Aritzia Super Puff and the North Face Nuptse Puffer, which are stylish alternatives to the standard rain jacket and are waterproof or water-resistant," Cunningham said.

She also recommends the brand Arc'teryx for Gore-Tex, a waterproof and breathable material commonly used for rain jackets.



The warmer months of the year are when layering really becomes important. Our weather will shift from mornings being below freezing temperatures to afternoons in the low 50s, and the clothing for each kind of weather

WEST COAST DRESS FOR THE FOREST

varies wildly. For this time of year, Cunningham recommendations include Patagonia fleece or crew neck sweaters.

These can all be paired with jeans, slacks and sweatpants, according to Cunningham. Layers from Nike and Columbia are also great for both tops and bottoms.

Of course, no wardrobe is complete without Oregon's footwear staples, which are extremely important for the rain and cold that characterizes most of the weather here.

"Blundstones and Doc Martens, both treated leather shoes with versatile rubber soles," are her recommendations for footwear.

Additionally, she suggests Birkenstocks for comfortable shoes for any weather due to the cork and leather in the construction.

Fashion in this region prioritizes comfort, which is highly important for the chaotic weather patterns of the area, and these tips should help any non-Oregonian look and feel like they belong here.





THE 6 BEST APPS FOR FINANCIAL PLANNING

WRITER:
GINNIE SANDOVAL

ILLUSTRATOR:
ASHTON BISNER

IT'S NEVER too early to begin learning how to plan for a financially successful future, so here are six popular personal financial apps that can help students begin managing their money.

MINT

The highest-rated app on this list, Mint is a free app that has become popular among beginning budgeters. Mint allows you to sync to your bank accounts, credit cards and bills to track your expenses and help you start budgeting. The app lets you create personalized categories that you can set limits in to try to stick to your budget. Other features of the app include helping you pay off debt and providing you with your credit score.

BUDDY BUDGET

Buddy Budget is popular because it's easy to use and provides widgets and emojis to help make categorizing your budget fun. According to reviews, users like its ability to share with partners or other people to stay accountable. You can also create your budget in Excel first and then upload it to Buddy Budget before customizing. This app doesn't allow you to connect your accounts, so you must be willing to keep track and document your spending on your own. The app is free but offers a premium version for \$4.99 per month.

POCKET GUARD

Pocket Guard is an app all about simplifying. It syncs to your bank account, credit cards and tracks bills to help you figure out how much of your money will be left over after your necessities are covered. You also have the option to track your spending manually rather than linking your accounts. The app is

free, but offers a paid version if you want to set up a debt payoff plan.

GOOD BUDGET

Good Budget is all about planning ahead. For those of you who have ever been interested in 'envelope budgeting', this might be the app for you. In the app, you do not need to sync your accounts. Instead, you enter your balances into your spending categories or 'envelopes'. You decide how much of your paycheck goes to your envelopes - rent, electric, car loan, gas, food, fun, etc. You must be willing to manually deduct your expenses from the envelopes since this app doesn't keep track of your expenses for you. The app is free, but there is a paid version that offers more features.

YOU NEED A BUDGET

YNAB is a hands-on budgeting app that is meant for people to plan ahead for their spending. Rather than tracking their spending, the app has a system called zero-based budgeting where you start planning for every dollar you make. When you get your paycheck, you must decide where every dollar is going to go. YNAB also syncs to all your accounts in addition to educational resources. For college students, the app is free for the first year. After that it is \$14.99 per month or \$99 per year.

EMPOWER PERSONAL WEALTH

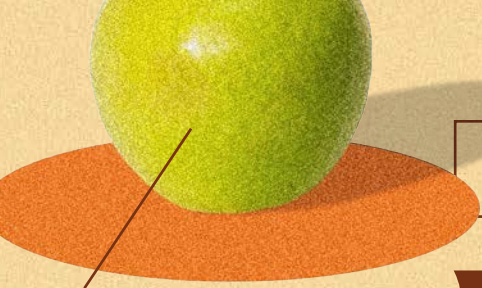
Empower Personal Wealth is a free app that not only helps you budget and tracks your spending, but it is an investment tool that educates you on the best way to use your money. This app allows you to connect all of your accounts and customize your budget categories. It also sends you snapshots and percentages of your total monthly spendings.

HOW TO DECIDE WHAT'S RIGHT FOR YOU

When deciding on a financial planning app that is right for you, it's important to think about what your goals are for the future and how likely you are to stick to those goals. If you keep your money tight and try to save as much as you can every month, an app that doesn't have the account sync option but instead highlights planning ahead will most likely be your best choice. However, if you have a hard time keeping track of how much you spend each month and want to start learning about your spending habits and how you can better budget, then an app that links your accounts is probably more up your alley. Regardless of the route you take, it's important to start thinking about financial planning now and learning how to build healthy spending habits that will ensure your future success.



granny smith apple



red bell pepper



WRITER:
HANNAH LULL

PHOTOGRAPHER:
JASON MAY

ESTABLISHING **HEALTHY** eating habits now while you're in college can be vital to setting up a successful eating lifestyle in the future.

"Packaged foods can be convenient, (but) they're typically going to be more expensive," Jackson said. "Buying in bulk and learning how to cook are great strategies for eating well and saving money."

Even though most of us are on a strict spending budget, there are still ways of eating healthy inexpensively. Some factors that can reduce spending are where you shop for groceries, how you shop and what types of ingredients you buy.

Some items that can be bought in bulk to make multiple meals are rice, pasta, beans, frozen fruit and vegetables, whole grains, nuts and cereal. There may be more or less options, depending on where you grocery shop.

GROCERY SHOPPING 101

"Thinking about where to shop is one consideration," Jenny Jackson, clinical assistant professor of nutrition and director of the Oregon State University Dietetic Internship Programs, said. "Depending on your situation, your budget, where you choose to shop and access to transportation. A grocery shopping list is a good place to start, first considering what types of foods you already have on hand. (For example,) if you're thinking about meal planning, use what you've already got, and then buy only what you need to complete the recipe."

"When it comes to produce, consider frozen and canned options," Jackson said. "There's a perception that fresh is best (and frozen/canned foods aren't). Frozen produce often has just as much, if not more, nutritional value compared to fresh because it's flash frozen at the time of maximum nutrition. So don't underestimate frozen produce, which can be much less expensive. When choosing fresh produce, choose foods in season for the best value and taste."

granola



canned chicken noodle soup

Jackson mentioned that OSU's Food Hero Program can help students find low-cost, healthy recipes to try. By exploring the website, FoodHero.org, students can see new meal ideas they might want to try and prepare a list of what to pick up next time they're at the grocery store.

Jackson mentions that buying fresh produce is another good choice though, if it's the season for it and you can afford to make that purchase. She also mentions that shopping on the perimeter, or the outer isles of a grocery store is usually where fresh produce and meat are kept, so it's convenient to stay in these areas if you're looking for fresh, nutritious options.

It's relatively cheaper to get things in bulk as you can make multiple meals with one ingredient, instead of just buying a one-time microwaveable meal.

"Before I studied nutrition, I didn't really look at (food) labels," Tyng-Yu Chen, an OSU graduate student, said, who is currently studying to get her master's in nutrition and dietetics. "I didn't really know what the numbers meant but now I always pick up foods (and look at the label) if they're more processed. Also, I didn't know that frozen food and canned fruits and vegetables don't really affect much of the nutrition."

This can also be a healthier option as you'll know exactly what you're putting into your meal.



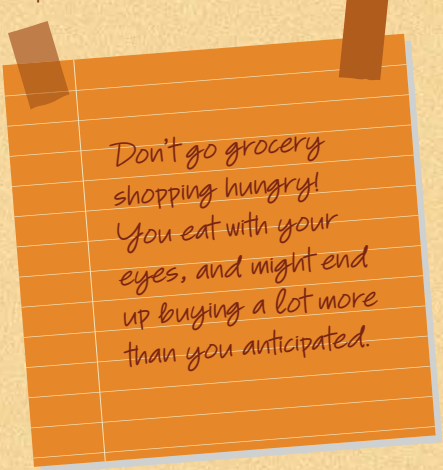
That (fact) made me buy more of those things and it helps me eat more vegetables. It (also) doesn't go bad that quickly, especially when I'm only cooking for myself."

WinCo is a good choice for students to grocery shop as it has a relatively large bulk section and has other benefits as well, such as being one of the least expensive grocery stores in Corvallis.

"WinCo is nice, because it's also really located effectively on the bus lines (and has) very frequent bus stops at both sides of the WinCo," Emily Faltesek, OSU's food security programs coordinator, said. "(WinCo's location can make) people feel like, 'oh, that's far away from campus, that would be far to walk', but it is really well connected to the bus line."

Faltesek is a registered dietitian who leads the Basic Needs Center located on campus. The center is another way students can enquire information about their nutrition and to

strategize ways to meet their a student's specific eating needs or requirements



Don't go grocery shopping hungry! You eat with your eyes, and might end up buying a lot more than you anticipated.

The BNC is open throughout the week for students to drop in and talk to peer navigators, who can address a student's specific questions, such as a good place to get gluten-free foods

and which grocery store takes credit cards.

The BNC also gives out free food to students and other people in the Corvallis community. Each Wednesday, from 8:30 a.m. to 2:30 p.m., students can stop by the center and look through the pantry to get staple ingredients. These times may change each term, so it's good to double-check on their website before visiting this term.

"I noticed that OSU students want to eat fresh produce and we try to just be a meaningful contribution to the food source of OSU and students who choose to come," Faltesek said. "We don't really look at overall trends or try to necessarily promote a particular pattern of eating, but we try to have a quality offering for the different types of items that we choose to carry."

"A lot of my rice is from here," Sophia Torrez, a fifth-year industrial engineering student, said,



frozen vegetable mix



red delicious apple



rice

pineapple

grocery list

rice

canned soup

frozen chicken

frozen fish

eggs

nuts

yogurt

vegetables

pasta

whole grain bread

yogurt

cereal

who also works as a BNC peer navigator. "My ramen and peanut butter are from here. A lot of the stuff that we have here is also at WinCo. Literally my peanut butter would be from WinCo (but here,) for free."

The pantry carries foods such as 100% whole wheat sliced bread, flour, potatoes, lamb, fish, chicken, eggs, yogurt, multiple kinds of rice and plenty of fresh produce, which seems to be a hot commodity for OSU students who visit the pantry. Faltesek mentioned that the center tries to carry as much diverse, cultural foods as possible to cater towards students with all backgrounds.

She also suggested that students attend cultural night events, not only for the experience, but they can also try free, new foods they may want to incorporate into their palate. Faltesek said being a college student is a great time to experiment with different foods as most of us don't rely on our parents to stock

the fridge anymore.

"I feel like developing healthy patterns can really set you up for success," Faltesek said. "Being at college is a time when you really have a lot of opportunity for experimentation. Your time might be constrained (and) your resources might be constrained, but if you're making these decisions for yourself about what you eat, it can be a really important time."

With this new independence, students can learn new skills when it comes to cooking and their eating habits. They can then take these learned practices into their future endeavors.

"We know that food, nutrition, physical activity and mental health are pillars of an overall healthy life," Jackson said. "Prioritizing your health supports you to perform well in your classes, which sets you up to graduate and have a successful career. Forming healthy habits will also benefit your relationships,

including your family, now and in the future.

Jackson mentioned that food choices can be hard as not everyone has equal access to food. We need to continue working to ensure all students have access to enough food to support an active, healthy life. Especially since students are time constrained with studies and other priorities, so it may be hard to always put healthy eating as a responsibility.

"At least when I was a college student I wasn't necessarily thinking about beyond myself," she said.

However, there are methods to eating healthy on a low-budget, and hopefully they're as stress-free as possible. Applying for SNAP benefits, going to the co-op on Student Discount Tuesdays, sharing food and the cost with roommates or friends, and using coupons are ways to lower the cost when it comes to grocery shopping.

Reporting Sexual Misconduct

HOW TO NAVIGATE ONE OF THE MOST PERVASIVE INCIDENTS ON CAMPUS

WRITER:
SUKHJOT SAL

Editor's note: This story contains general mention of sexual misconduct incidents to outline on- and off-campus reporting options available to Oregon State University students.

ODDS ARE, you know someone who has experienced some form of sexual violence or predatory behavior — maybe they were roofed at a party, stalked home, or simply physically or violently coerced into an unwanted situation.

According to a 2020 report from the Association of American Universities, among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence or incapacitation.

Being aware of local resources that support survivors could prove crucial for your time in college, whether it's for yourself or for your efforts to support a loved one.

Allison Wilson, the director of Survivor Advocacy and co-director of the Center for Advocacy, Prevention and Education, said each survivor's journey will look vastly different and there is no right way to navigate personal safety.

For some survivors, safety looks like exploring alternative housing options, for some it means seeking therapeutic support, for others it is reporting to the university or navigating the criminal legal system.

One path can also be learning about all of the available options, so when a survivor or supporter is ready to take another step, they are aware of what is out there. To help with that, we've compiled a list of available local reporting options.

**CONFIDENTIAL COUNSELING:
INTERPERSONAL VIOLENCE SERVICES
AT COUNSELING & PSYCHOLOGICAL
SERVICES**

"The first step I would encourage a student to consider is thinking about the supports they have in place and whether they would want to invite a friend or other trusted person to go with them in reporting or get connected with the CAPE advocates for support," Brittany Coté, the interim interpersonal violence services coordinator at CAPS, said.

Interpersonal Violence Services at CAPS provides a confidential, trauma-informed, and safe place for student survivors to process their thoughts, reactions and

emotions, Coté said. IVS clinicians will support the student in their recovery choices including the challenging process of reporting sexual misconduct.

Many OSU employees are mandatory reporters, as per the Responsible Employee Policy, so it's important to ask "confidential" sources if they fall under that category, depending on the situation you're in. This is further explained here: <https://eo.oregonstate.edu/responsible-employee-policy>.

CONFIDENTIAL COUNSELING: CENTER FOR ADVOCACY, PREVENTION & EDUCATION

"We are here for you!" Wilson said. "Advocates are here to talk through all of the options that are available to someone, and then to be with them as they choose what steps they would like to take."

On the CAPE website, survivors can find a complete resources list with reporting options on campus and in the community.

"Survivors are able to report harm that has been caused to them through the Office of Equal Opportunity & Access, Student Conduct and our Department of Public Safety," Wilson said.

Through all of those processes, survivors are able to have an advocate with them to provide support before, during and after reporting.

REPORTING ON CAMPUS: DEPARTMENT OF PUBLIC SAFETY AT OSU

According to Lieutenant Jim Yon with OSU DPS, a student can reach out to Campus Safety at any point during the day or night. Initial steps can be as simple as a phone call to the DPS dispatch center at 541-737-3010.

If someone decides to report an incident of misconduct to DPS, Yon said they would begin

an investigation by gathering as much info from the survivor as possible, and advise them to visit Sarah's Place if needed.

Sarah's Place is a regional sexual assault nurse examiners center in Corvallis created to provide a safe place for victims of sexual assault to receive resources and care.

"They will do an assessment and collect any evidence," Yon explained. "They will seal up the evidence and then call the law enforcement entity that has jurisdiction over where the incident took place. We (at DPS) do not know who the survivor is, but we get to seize and keep the evidence. This is important because a survivor might wait a couple years before reporting. We at least have the evidence from the incident that may help prove the case."

As part of the reporting process, DPS would interview any witnesses or potential witnesses, using technology to find locations and other information. They would put the case together and then take it to the District Attorney's office for possible prosecution, after which the court processes would start.

"Our judicial system is difficult to maneuver," Yon said. "We try hard to limit the number of times a survivor must talk about (the) incident. Sometimes survivors seek counseling prior to reporting and that is perfectly fine. I would never force or try to make someone feel like they must report it. It is an individual decision, and it is a difficult decision because you are putting yourself out there."

REPORTING ON CAMPUS: OFFICE OF EQUAL OPPORTUNITY & ACCESS

"EOA is the university office responsible for responding to concerns of sexual misconduct, discrimination, and discriminatory harassment," explained Becky Bangs, the director of investigations and deputy Title IX coordinator.

The term sexual misconduct includes dating or intimate partner violence, stalking, sexual harassment and non-consensual sexual touching or behaviors.

"Students are always welcome to reach out to us with questions or for consultation," Bangs said. "No student impacted by problematic behavior is ever required to meet with us and they are not required to tell us the names of other people involved or specific details of what occurred. Our first focus is to provide information on resources, rights and options. We will invite the student to meet with us (via Zoom, in person or a phone call) to discuss with us what they are needing and wanting."

EOA can refer individuals to appropriate resources, provide an array of support options, including but not limited to:

- issuing a mutual no contact directive between involved individuals
- providing assistance dropping/changing classes, moving residence halls, changing shifts at work, etc.
- discussing resolutions options, including informal resolution or an investigation

Students can report to EOA anonymously (or not) via their online reporting form found under Quick Links on their main page: eo.oregonstate.edu. EOA is located in 330 Snell Hall and is available between Monday and Friday from 8:30 a.m. to 4:30 p.m. or at Equal.Opportunity@oregonstate.edu.

The full story – with options regarding off-campus reporting and legal aid – continues here:



Three Convenient Stops in the Corvallis Area

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4 THINGS TO SPRUCE UP YOUR LIVING SPACE

| continued from PAGE 11 |

Add a pop of green to your house with a cute artificial potted palm plant from Target for just \$25.

DECORATIVE RUGS



Oftentimes we think of interior decorating as filling up the walls and key areas of a room, but we might forget that the floor under us is just as important. Decorative rugs are like personal “functioning floor art,” as stated in a Good Housekeeping article by Monique Valeris. They can easily become the statement pieces of a room that get your guests asking you, “Where did you learn to become an interior decorator?” Whether it be a solid color rug with fancy tassels, or an intricate woven masterpiece, easily turn all your floors from boring to exciting.

Find a wide range of attractive and comfortable decorative rugs for under \$30 at Walmart.

THROW PILLOWS

Assuming you have a couch, chairs or even just a bed, throw pillows are a great decor staple to have in any cozy space. Because there are so many styles out there, you can easily personalize your space fast and affordably while sticking to your own design taste. Throw pillows can also add a lot of much needed texture to a space, and they are easily interchangeable based on season and even just your mood.

Grab a few affordable throw pillows for under \$20 each at Target.

FINANCES

CAN I CUT YOU A CHECK?

BREAKING DOWN A RARELY-USED BUT NECESSARY SKILL

WRITING A check might seem like a foreign concept to students, and although it is rare nowadays, there are still some cases where a student will find themselves having to write a check. “Can I cut you a check?” is a question you may have heard your grandparents, or even your parents, ask before making a purchase, but now, with all the avenues available to people today, check writing has become a dying payment form.

As we enter further into an age where writing checks is nearly as uncommon as flip phones, it’s unnecessary to know how to write a check. Almost.

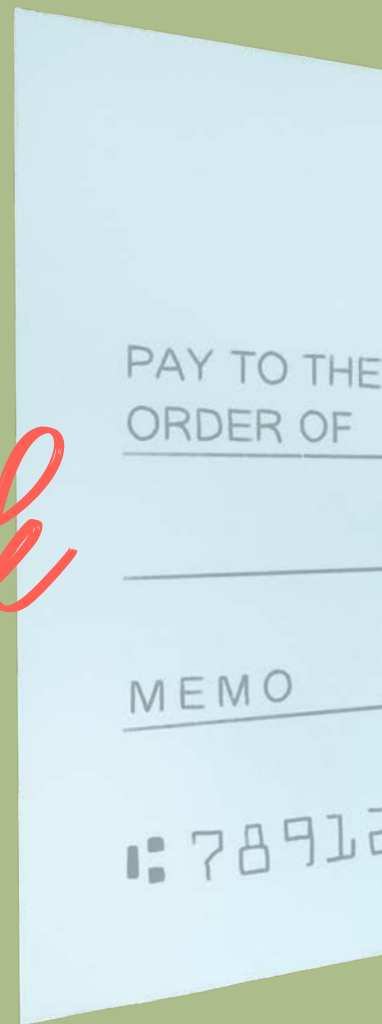
There is still one check that has yet to be abolished, and that is your monthly rent check. For that, Bret Carpenter, instructor of Strategy and Entrepreneurship in the College

of business, offered some general check advice for students:

“MAKE SURE THAT YOU ARE CLEAR ON THE EXACT NAME OF WHO YOU ARE PAYING. If you get that wrong, the payee’s bank may not accept the payment and you will have to do it again. This could also make you late on a bill if you were paying it by check.”

“MAKE SURE YOU WRITE IN EACH AREA REQUIRED AND THAT YOUR WRITING IS LEGIBLE. Again, you want everything clear so the payee’s bank can accept the payment.”

“USE THE MEMO FIELD. This is especially helpful when going back over your accounts. Sometimes we just don’t remember what that payment was for. If you follow a budget, it





Personal checks act the same way a debit card does - once it's cashed, the money is taken out. You can order a checkbook from banks, credit unions and other financial institutions.

Checks are a more secure way to transfer large sums of money as they are traceable; which is why some landlords, businesses and real estate figures will ask for checks instead of credit card, cash or money orders.

makes it much easier to categorize.”

HOW TO WRITE A CHECK

DATE: Before writing out your check, you will want to date it. The date line is on the upper right side of the check. Make sure you are writing the correct date. Checks typically expire after six months, so if you accidentally pre-date it with last year’s date, you may need to write a new check.

PAY TO THE ORDER OF: This is the first line of your check. ‘Pay to the order of’ just means who you are writing the check out to. Whether it be a business or a person, it’s extremely important that you never leave this section blank because if you lose your check, anyone can write their name in.

NUMERIC BOX: Your numeric box sits to the

right of ‘pay to the order of’. This is where you will write in the amount of the check in numeric form.

CENTER LINE/Writing OUT YOUR AMOUNT: The center line sits just under ‘pay to the order of’. Here is where you will write out how much you are paying. It is important that you fully write out the entire number and that it matches what’s in your numeric box. For example, if you are writing a check for \$1,111.02, you’ll write – *One thousand one hundred eleven dollars and two cents*. The ‘two cents’ can also be written as – *02/100*.

MEMO LINE: This memo line is the bottom line to the left. It is meant for you, so you can keep track of what the check was for. For example, you can write – *March Rent Check*.

SIGNATURE LINE: The MOST important part of writing a check is signing it. The signature line is the bottom right line. Once you have finished writing out your check, you will sign it on that line. If you do not sign that line, the person or business you are paying cannot cash the check.

For another step-by-step guide on check writing, Carpenter recommends going to <https://www.thebalancemoney.com/how-to-write-a-check-4019395>.

WRITER:
GINNIE SANDOVAL

ILLUSTRATOR:
ASHTON BISNER

FOOD

Affordable, easy multi-meal recipes

BETWEEN INFLATION and having too much on our plates (not in the fun way), eating has become more of a chore than it should be. Thankfully, there are ways to save money and make your food last longer so you don't have to cry over onion chopping on the daily.

Here are three easy recipes and a few tips to make the whole process a little less painful from shopping to prep.

If you have dietary restrictions or preferences, just remember you can always leave out or substitute ingredients as needed. Unless it's baking, a recipe can often be used as a guideline instead of a set of strict rules to follow. You can absolutely have fun with your food to make it work for you.

chicken

cilantro

cheese

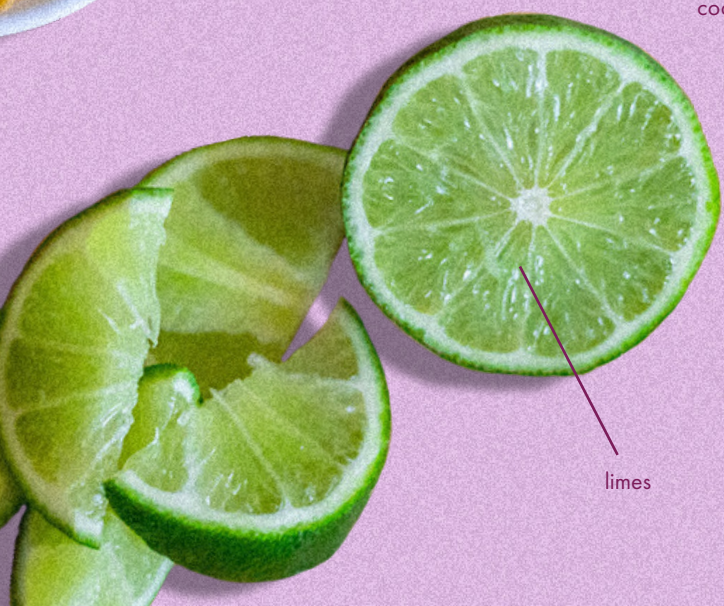
tomatoes

tortillas

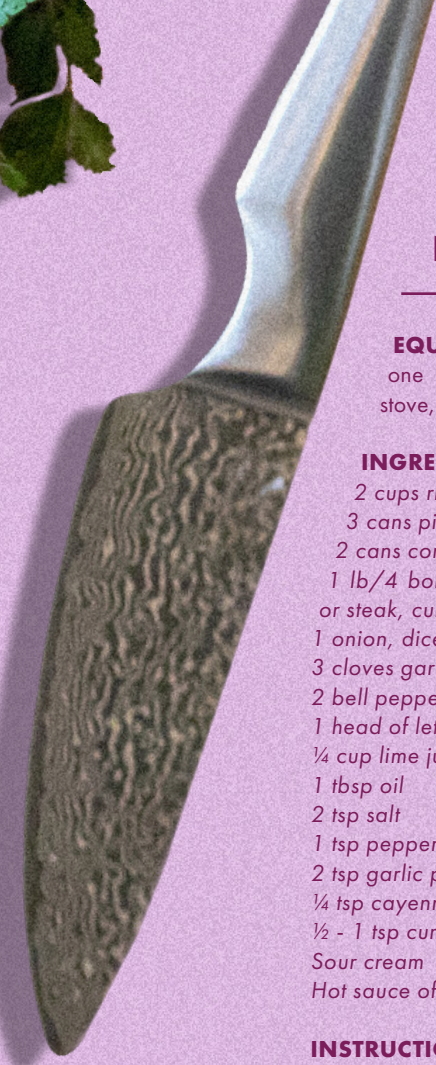




cheese



limes



BURRITO BOWLS

EQUIPMENT:

one medium pot, one large pan, stove, knives, cutting board, bowls.

INGREDIENTS:

- 2 cups rice
- 3 cans pinto or black beans
- 2 cans corn
- 1 lb/4 boneless skinless chicken breasts or steak, cubed
- 1 onion, diced
- 3 cloves garlic, minced
- 2 bell peppers, julienned
- 1 head of lettuce, chopped
- ¼ cup lime juice
- 1 tbsp oil
- 2 tsp salt
- 1 tsp pepper
- 2 tsp garlic powder
- ¼ tsp cayenne pepper
- ½ - 1 tsp cumin to taste
- Sour cream
- Hot sauce of choice

INSTRUCTIONS:

You can use one large pot for most of this if you want to. Preheat oven to 350 degrees. Prep veggies and set aside. Up to you if you want to peel your potatoes first.

1. Add rice and 2 ½ cups water to the pot, add ½ tsp salt, stir, and cover.
2. Prep veggies, drain beans and corn, set aside. Heat oil in pan, add garlic and cook until fragrant. Add onion and bell peppers, cook until softened. Add protein, lime juice and seasonings, mix well, and cook through.

3. Once rice is cooked, divide between servings or place in a large container. Add beans, corn, and lettuce. Place meat and veggies on top, and add sour cream and hot sauce.

EASY SHEPHERD'S PIE

EQUIPMENT:

one large pot, one 10x15 (approximately) baking dish, stove, oven, knives, cutting board, bowls.

INGREDIENTS:

- 1 lb ground beef
- 1 onion, diced
- 3 cloves garlic, minced
- 3-5 potatoes, mashed
- 4 large carrots, diced
- 1 can corn
- 1 can cream of mushroom soup
- 1 tbsp oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- ¼ tsp cayenne pepper
- 2 cups shredded cheese of choice

INSTRUCTIONS:

You can use one large pot for most of this if you want to. Preheat oven to 350 degrees. Prep veggies and set aside. Up to you if you want to peel your potatoes first.

1. Steam or boil potatoes, drain, and mash with milk, butter, and 1 tsp salt. Set aside.
2. Heat oil in a pot, add garlic and stir until fragrant. Add onion and saute until it starts to soften and brown. Add ground beef, salt, garlic powder, pepper, and cayenne pepper to pot, mix well. Add carrots and corn and stir occasionally until meat is cooked through. Add cream of mushroom soup and half of shredded cheese, mix well.
3. Add meat and veggie mix to baking dish, spread evenly. Add mashed potatoes by dropping large spoonfuls across the top, spread evenly. Sprinkle remaining cheese on top, put in oven. Cook for 20 minutes at 350, then broil for 5-7 minutes until cheese starts to brown. Remove from the oven, let sit for 5 minutes, and eat!

This should make around 6 portions depending on how you cut the servings.

WRITER:
ZEVA ROSENBAUM

PHOTOGRAPHER:
MADISON TAYLOR

HEARTY POTATO-CORN CHOWDER

EQUIPMENT:

one large pot, stove, knives, cutting board, bowls.

INGREDIENTS:

6-8 potatoes, cubed
4 large carrots, sliced
2 cans corn
1 onion, diced
1 stalk celery, diced
2-4 slices bacon, diced
2 cartons chicken broth
2 tsp salt
1 tsp pepper
2 tsp garlic powder
1/3 cup half and half
2 tsp cornstarch

INSTRUCTIONS:

This is a one pot recipe, easy peasy!

1. Prep veggies, set aside. Heat pot, add bacon, cook until it starts to brown. Add onion and celery, cook until they start to soften, stirring occasionally. Add chicken broth, potatoes, carrots, corn and seasonings. Bring to a gentle boil and let cook until potatoes are soft. Add half and half, mix well.

2. Add cornstarch to a small bowl, slowly mix in hot broth from soup one spoonful at a time until a loose paste forms. Whisk into soup until well mixed. Let chowder simmer for 10-20 minutes. If you would like a thicker consistency, repeat the cornstarch process.

To boost protein content, you can add 2 cubed chicken breasts after the onion and celery step and cook through.

Now for those tips.

If you have space in your freezer, prepping multiple meals ahead of time and storing them for later can save a ton of time. For example, the shepherd's pie and potato chowder share multiple ingredients and could be prepped together so you have more variety throughout the week, as well as more meals ready for later.

I admit I do love my little appliances, but the InstantPot is a true lifesaver. This little machine can help you cook everything from rice and beans to meat and soups, and there are even accessories to help you make bread, cakes, yogurt, and more. If you can work it into your budget, I'd say this is the single most useful appliance anyone, especially a college student, can buy.

One of my favorite hacks is buying pre-minced garlic. No more sticky residue and garlic skin glued to my fingers? Yes please. Trader Joe's sells frozen, raw, pre-portioned garlic in convenient little trays and this is my favorite in terms of both flavor and convenience, but there is also minced garlic in jars at most grocery stores.

We all know how crazy grocery prices have gotten, so using coupons is even more helpful than ever. Most major grocery stores, like Safeway and Fred Meyer, have apps where you can sign up, look through their coupons for the week, add them to your account and automatically apply them to the bill at checkout. This can save you a good 10-50%. These stores also have sale sections where you can find marked down meat, veggies, bread, and other items. Sale sections may be scattered throughout the store, so if you can't find them, you can always ask an employee.



onion



black pepper



potatoes

PHOTOGRAPHER:
ALAN NGUYEN

KBVR-TV's Home
Cooking series highlights
family recipes from
international students -
check out some simple,
delicious recipes here:



FAREWELL & HELLO



DEAR READERS,

We, the 2022-23 Beaver's Digest editorial team — Alan Nguyen, Creative Lead; Ashton Bisner, Photo Lead and incoming Creative Lead; Sukhjot Sal, Editor-in-Chief; Adriana Gutierrez, Assistant Editor; and Emma Coke, Copy Editor, Spring Assistant Editor, and incoming Editor-in-Chief — thank you for reading and supporting our online content and print issues.

We produced a record-breaking number of print issues this year: Finding Home, Let's Talk About Cannabis: The Weed Issue, Best of Beaver Nation 2023, and now, Sh*t We Weren't Told: The Adulting Issue. We were

able to solidify Beaver's Digest's voice through building upon the work of past editors and creating new methods of collaboration that we hope will continue to set this publication up for success in the future.

The editorial staff as a whole worked to produce stories that were told through thoughtful writing, powerful visuals, and innovative and award-winning designs. Alan passionately revolutionized the creative process and maintained Beaver's Digest's beautiful branding throughout each magazine. Ashton restructured the photo team, streamlining the assigning process, improving overall photo quality and communication between mediums with grace. Emma, Adriana and Sukhjot worked to emphasize magazine

themes that would serve student interests, empowering writers to pitch stories that are impactful and useful for our community.

We are indebted to our advisers at Orange Media Network; Jennifer Moody, Velyn Scarborough, Markie Belcher and Steven Sandberg. We are beyond proud of the work we've produced this year and so thankful to have been a part of OMN. We thank you for supporting local lifestyle journalism and our joint efforts to highlight stories that need to be told. Please follow us @beaversdigest on Instagram for updates as incoming Editor-in-Chief Emma takes the reins.

WITH LOVE,

Sukhjot Adriana Gutierrez Emma Coke Ashton Bisner

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