

VOLUME 1, ISSUE 3

SBA NEWSLETTER NOVEMBER 2020

UPDATES, RESOURCES, & STUDENT ORG SPOTLIGHTS





NOVEMBER 2020

THIS MONTH

- Important food for thought from NALSA
- Support resources
- Corrections & Clarifications
- E & E recipe
- Season of Gratitude
- New SBA feedback form - we want to hear from you!

Reading Period & Fall Finals

As we approach the official start of Reading Period, SBA wants to take a moment and encourage all students: you have come so far, in the face of staggering challenge. Take heart, do your best, and be kind to yourself and others.

For anyone interested, page 3 has a list of resources offering support -- and all are centered around making sure that getting what we need, when we need it, is as easy as possible. While not exhaustive, the list includes multiple options and ways to connect with support. There are even resources listed for use when supporting others.



Fellowship Feast

ALL ARE WELCOME
EMAIL SBA FOR THE LINK TODAY: 6-8P PT



JOIN WEEKLY ON FRIDAYS FOR

SBA OFFICE HOURS

DROP IN TO TALK SHOP OR ABOUT NOTHING AT ALL!
5:30 - 6:15 PM PST

Email sba@clark.edu for the Zoom link & password!

FOOD FOR THOUGHT: NALSA

As we enjoy our Thanksgiving with loved ones and friends, take a moment today to recognize the Native land you are standing on with the uncomfortable history that goes along with it.

We challenge you to go a step further and understand and appreciate your neighbor's unique "cultural customs" that make up the identity of our Native people. There is a lot of food and history that goes unnoticed.

Here are some Indigenous Food sovereignty articles that are about modern-day Native American outlooks, an overview of the food history timeline, history, and a few Indigenous recipes. Click through to read...

The Thanksgiving Tale We Tell Is a Harmful Lie. As a Native American, I've Found a Better Way to Celebrate the Holiday

By Sean Sherman, founder and CEO of The Sioux Chef and the author of *The Sioux Chef's Indigenous Kitchen*, which won the 2018 James Beard Award for best American cookbook.



Photo: Marcus Nilsson for the NYT



Photo: Marcus Nilsson for the NYT

Sean Sherman's Ten Essential Native American Recipes

Sherman created ten recipes using indigenous food to showcase the tribal diversity of the lower 48 states.

In 2019 these were featured in the NY Times, along with Sherman's essay on his personal journey with, and towards, indigenous foods as an Oglala Lakota Sioux and trained chef.

Indigenous Foods Resurface in Portland

"Indigenous foods such as huckleberries and *wapato* nourished Native American communities long before Portland ever existed. Local parks, Portland State University, and other groups offer opportunities to celebrate the region's original cuisine." The article's first lines; it later includes opportunities to learn mere minutes from campus!

Reclamation of these first foods is a reclamation of culture and language and identity.

***- D'Ana Valenzuela
(Chihenne Apache/Chicana)***

Note: The content below was not provided by NALSA.

November is Native American Heritage Month

As the month draws to a close, share the information NALSA provided, and consider ways to amplify Indigenous goals, such as food sovereignty and the land back movement. And while you're at it, share this fundraiser for the American Indian College Fund and support Native Students!



SUPPORT RESOURCES

Law school is hard. And for everyone - students, staff, and faculty - this year has been atypical: not only is the L&C Law community still navigating a pandemic and remote learning, it faced significant wildfire danger.

Below is a small collection of resources to help us live well and maintain healthy balance. And if you know of others we should share, please let us know!

[ABA Law Student Mental Health & Addiction Support Resources \(including podcasts and videos\)](#)

[All About Counseling \(aggregates a list of specific-issue resources\)](#)

[Crisis Text Line \(offering 24hr support\)](#)

[L&C Student Counseling & Support Services \(including urgent assistance needs\)](#)

[Multnomah County Hotlines & Resources \(including 24hr support for various needs\)](#)

[OAAP Mental Health & Addiction Resources \(for self and others\)](#)

FREE SERIES: HOW TO INTERACT WITH INDIVIDUALS IN THE CRIMINAL JUSTICE SYSTEM WHO HAVE A SUBSTANCE USE DISORDER & ARE SEEKING A PATH OF RECOVERY

There are three sessions remaining, meeting 12-1.30p on 4 December, 11 December, and 18 December. The first session occurred on 20 November, where participants learned about the disease of addiction.

The remaining time sessions cover phases of change in recovery, local programs that help people become and stay sober, and perspectives from individuals who have first-hand experience in recovery and in Oregon's justice system. This series of Friday lunch and learn trainings is free and open to all. Learn more and register at hazelden.org/justiceseries



**WIN AN SBA
GIVEAWAY**

DO YOUR CLASSMATES A SOLID

**SUBMIT YOUR OUTLINES
TO THE OUTLINE BANK**

&

GET GIVEAWAY ENTRIES

COMMUNITY BOARD

A SPACE TO RELAX AND SHARE FUNNY QUOTES HEARD AROUND CAMPUS, HELPFUL INFORMATION, GENERAL TIPS, OR #SCHOOLTHOUGHTS.
THIS MONTH: CORRECTIONS & CLARIFICATIONS, AND AN EASY RECIPE.

PRIZES FOR SUBMITTING OUTLINES: LESS A "RAFFLE" AND MORE A "GIVEAWAY"

SBA was recently - and kindly - reminded that under Oregon state law, the term "raffle" carries specific connotations. These include seeking (and receiving) a license from the appropriate state authority to conduct a raffle.

Moving forward, SBA will endeavor to use the correct terminology, and regrets the previous inaccuracy. Please continue submitting outlines!

E & E

THE SBA SERIES EASY & ECONOMICAL

RECIPES, TIPS & SOLUTIONS
TO EVERYDAY ISSUES

TWO-INGREDIENT BANANA "PANCAKES"

A simple recipe that yields a delicate, crepe-like texture. While it works with bananas at any stage of ripeness; remember that riper equals sweeter.

Great as a base for sweet or savory additions, like nut butters, granola, or carob.

Try topping with standard pancake choices, like maple syrup or agave, a favorite breakfast patty, or try something new...

BANANAS ARE ECONOMICAL, AVAILABLE YEAR-ROUND, AND FULL OF NUTRIENTS.

TWO-INGREDIENT BANANA "PANCAKES"

Required Items

- Small bowls
- Dinner fork and spoon
- Skillet
- Spatula (thin & wide is better)
- 1 ripe banana
- 2 large eggs (or equivalent egg substitute), lightly beaten
- Butter or oil, for cooking (optional)
- Any desired toppings, for serving

Steps

- Mash the peeled banana into a smooth paste.
- If using oil or butter, add to the skillet and heat on medium.
- Lightly beat the eggs, then mix into the banana paste until completely incorporated; the result will be liquidic.
- Drop desired amount into the hot skillet, and cook for one minute (if adding mix-ins, do so now).
- Flip the pancake slowly and gently - unlike a traditional pancake this will tear easily, but still tastes great.
- Cook for another minute, until golden on both sides.
- Serve warm and enjoy!

Notes:

- Leftover pancakes? These keep in the refrigerator for a few days and can be warmed in the microwave in 30-second bursts until hot.
- These can also be used to build a breakfast "sandwich," either freshly made or as leftovers.
- Photo and [recipe by Emma Christensen](#)



Season of Gratitude



DID YOU KNOW DONOR FUNDS SUPPORT NEARLY EVERY PART OF THE LAW SCHOOL?

From scholarships to the library, faculty scholarship and clinic programs, student groups and events, donor supported funds make the law school possible.

The Student Philanthropy Council, in partnership with the Development Office, invites all law students to participate in a Season of Gratitude.

To share gratitude with our donors, we are requesting students submit short video messages of thanks, or submit a written note through [this google form](#). We thank you in advance for your contribution!

And, here is a template with some suggestions to help you film a video and/or write a message to thank Lewis & Clark Law donors and alumni. Don't overthink it—a 30-second video or one paragraph note is fine!

1. Introduce yourself (include your name and year, the other items are optional)

- Name, Year, and Hometown
- Area of interest
- More about you/your background

2. Share an experience (some examples are below)

- Club
- Class
- Clinic
- Externship/internship
- Faculty/staff interaction

3. Include a "thank you!"

- If there is a donor-supported program or opportunity you are especially thankful for, feel free to mention it here. It may strike a chord and bring back great memories!



HAVE SOMETHING ON YOUR MIND?

SBA seeks to include student voices and ideas in SBA goals and decisions. In order to make participating as easy as possible, SBA now offers a place to share questions, concerns, or general feedback - please [check out the page](#) and drop us a line!

Also, that same link offers a place for you to submit news and updates about your professional journey. Did you win an award? Score a great fellowship? Maybe you want to share how your community service supported a great local organization -- we want to hear about it! Send in your information and it may be featured in an SBA publication.

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TO SUBMIT FEEDBACK, LETTERS TO THE EDITOR,
OR SUGGESTIONS FOR FUTURE ISSUES

PLEASE SEND AN EMAIL TO
SBA.NEWSLETTER@LCLARK.EDU,

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AMANDA PHAM HAINES