

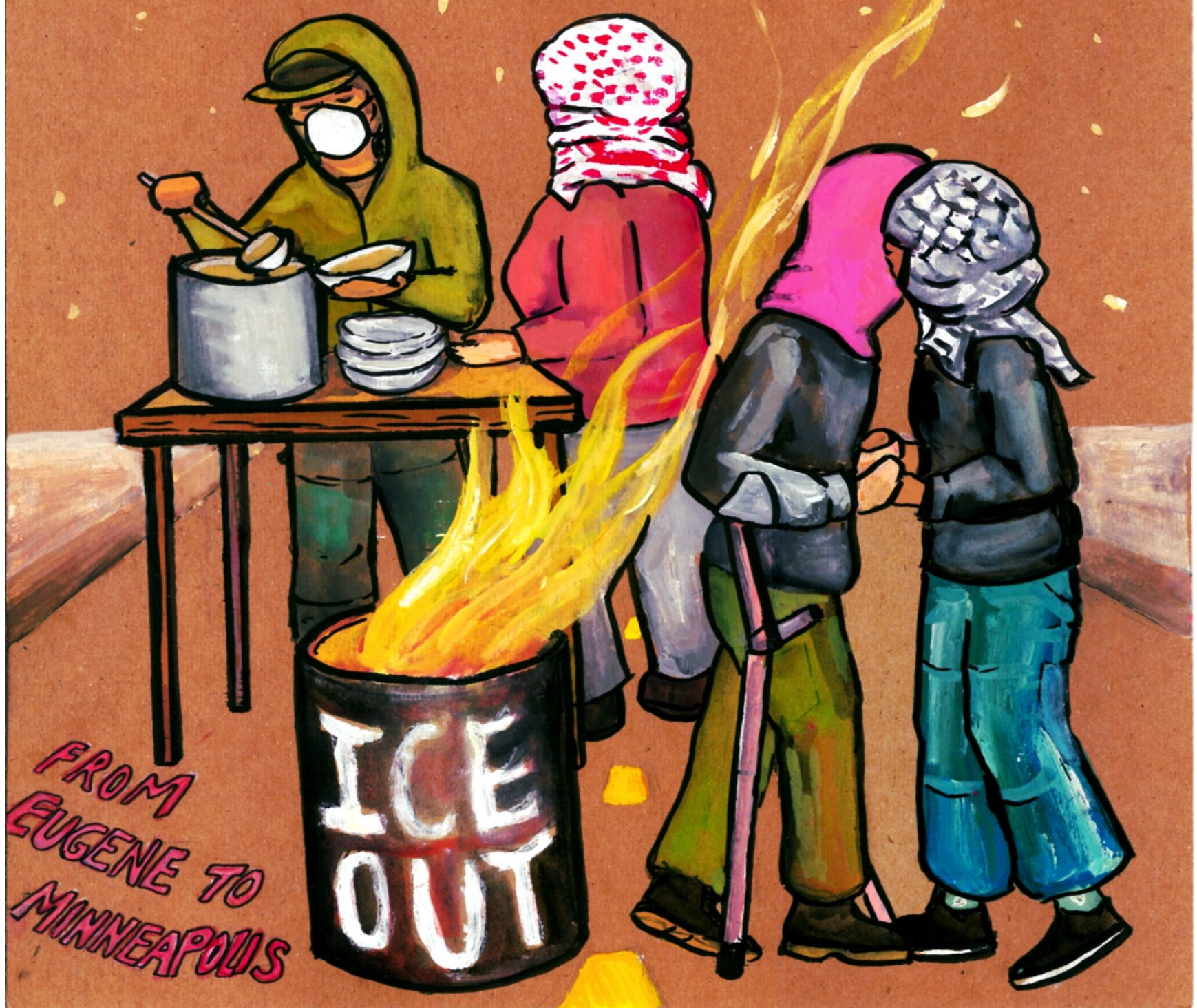
Dissonant Times



February 2026

Vol 02.02

AN ARMY OF LOVERS CANNOT FAIL



FROM
EUGENE TO
MINNEAPOLIS

by: mica

serotinousart@protonmail.com

LETTERS TO THE EDITORS & COMMENTARIES ON JANUARY 30TH

A response to EW letter to the editor "Eugene Proud"

By: Lola

i suspect that responding to a lte in a different newspaper than it was printed in is some kind of faux pas, but i suspect more strongly that the eugene weekly would not print my vehement FUCK THAT response to their Feb. 5th letter from Hope Bohanec. Don't get me wrong, EW is pretty decent for a liberal news outlet, and I know part of their ethos is printing all number of lukewarm takes, as long as it fits the format.

but i digress.

Hope, in a long legacy of willfully obtuse privileged liberals, charges protesters in Eugene to remain nonviolent, keeping their actions to "filling the streets with chants". As she and countless other counter-insurgents who've come before her affirm: "Violence provides justification for repression, for invoking measures like the Insurrection Act, and for expanding state control in the name of “public safety.”

How many times, and in how many ways, do oppressed people need to explain that insistence on nonviolence is actually insisting that the state and fascists should hold a monopoly on violence?

I will not, in 500 words or less, attempt to argue whether or not violence is ever justified, or to make the distinction between violence against property versus a person's physical body. What I want to convey to those wrestling with this question of violence is simply that violence is here whether we like it or not. The police use it daily with impunity, and ICE has been converted into a private militia to enact violence on whomever the federal government sees fit. If we are to remain civil, using only chants against their army, the only reason they will have ceased to repress us will be because they have succeeded in imposing complete imperialist control over everyone and everything, disappearing our immigrant and/or uncooperative neighbors in the meantime.

If you are able to insulate yourself from the effects of state and fascist violence, it simply means that what you hold dear has not been sufficiently threatened.

Letter to the town

By: anonymous

I don't care if protesters or law enforcement broke the window of the fed building, what matters is that place shatters.

Hope this helps.

Eugene holds the line: Jan 30th

By: Madison Lusk

An excerpt from their Substack

Federal agents in Eugene once again used chemical weapons against its own civilians. This time it was hundreds of teenagers gathered for a “Youth against ICE” protest as part of the January 30th strike.

After the assault by federal agents on the vigil for Alex Pretti on Tuesday, the youth were full of rage and sorrow. A teenager whose loved ones were taken by ICE took the megaphone, told her story. But mostly, all on their own with no leadership or command, the teenagers made noise, stood their ground, and made their demands clear: ICE out of Eugene...

...Despite the disproportionate and violent response from federal officers, the actions of these kids standing up for their town gave me hope. They were smarter, more strategic, and bolder than I’ve yet to see in this town. They held the line, and when it broke, they built it up again.

Throughout the evening there were many cries of: “Don’t be afraid!” “If someone

falls, pick them up!” and “We’re stronger together!”

While everyday civilians gathered strong, with no funding or training, the federal agents and EPD hid behind chemical weapons and expensive riot gear, using our taxpayer dollars to assault Eugene’s citizens.

They wear their scary outfits and assault us because they want us to be afraid. They hide behind these things because they’re afraid, and they know the power of the people is incredibly strong.

I urge you, do not pull back from the movement because of this violence, pull in closer. Hold the line, protect your neighbor.

Do not let them scare you from standing up for what’s right.

Read the whole piece at https://m00nson.substack.com?utm_source=navbar&utm_medium=web

Letter from the Editors: If You Give A Fed A Photo



Often in times of mass mobilization, the federal government will come knocking at journalists’ doors looking for photos, videos, and other records of protest and confrontation. They will seize evidence against those who have allegedly dissented. When the federal government is trying to squash resistance, a journalist can be anyone with a camera: because the goal of a fascist government is to identify and neutralize anyone appearing to oppose to their regime.

If you have recorded someone acting in opposition to the federal regime there may come a point that, even despite yourself, you could be forced to hand it over or have it seized.

If you are a journalist or storyteller, our obligation right now is to consider who is being served by your media coverage; and to consider what would happen to those being recorded if that coverage were to fall into the hands of law enforcement. All law enforcement, at the end of the day, is accountable to the federal government and its agenda.

Our obligation as journalists is to consider who is being served by our coverage and to align ourselves firmly on the side of those who are opposing fascism and the violent imposition of state control. Consider what your photos, videos, and stories are handing over to bad actors.

Consider if/why you need to keep those records. Journalism should never be for clout, cred, profit, or any other individualistic gain, but to serve the cause of people seeking truth, liberation, and accountability for the powerful.

And for the love of god: stop live-streaming.

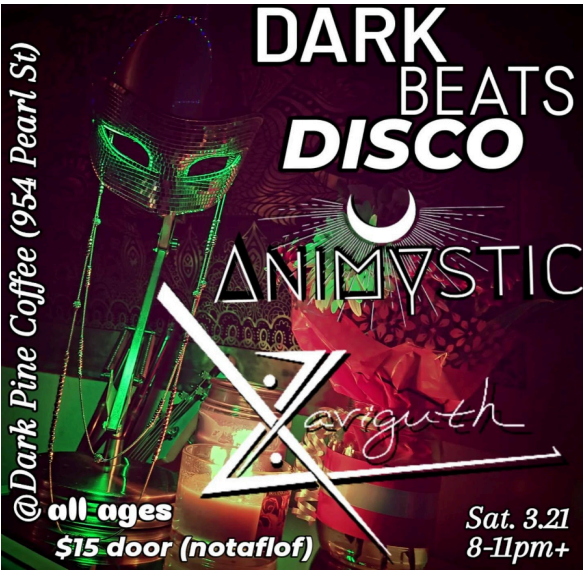
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Some Good News

Wanted: People with Space in their Homes & Hearts– An interview with Cascades Community Placement Services

By: Joy Santiago



Cascades Community Placement Services (CCPS) is a Eugene-based newly established 501(c)3 nonprofit that, in keeping with longstanding traditions of queer communities supporting each other through mutual aid networks, helps folks find stability, safety, and community in Eugene

and the surrounding regions.

The state of Oregon is home to the highest per capita population of queer folks in the entire U.S., with members of the LGBTQ+ community comprising roughly 7.8% of the state's population. In a state that has legislatively resisted federal and local attempts to exterminate the rights of queer communities, it's no wonder that more and more queer people are fleeing states with more restrictive laws in favor of Oregon and the broader PNW. For all its faults, the fact that Eugene is a generally welcoming place to queer residents both new and homegrown ought to be a point of pride for those of us who call this area home. But unfortunately, queer people are overrepresented in national homelessness statistics; and without a place to land, many of these transplants are at risk of housing insecurity and as a result face compounding forms of societal rejection.

Trying to mitigate that is CCPS. Granted nonprofit status in September 2025, CCPS "connects folks to a vetted community housing network, provides moving support, and flexibly assists individuals facing unstable or dangerous living situations." According to Sasha Violet, a founding member, CCPS' goal is "to be a welcoming committee," for any and all who are seeking refuge in the PNW.

In the last few months since the nonprofit's formation, CCPS has already helped over 45 people from all walks of life access resources such as housing and rental assistance, file necessary paperwork, and get moving help. A grassroots effort through and through, the group arose out of another local mutual aid project because the co-founders recognized a need for underserved folks to have greater access to life saving social services without all the bureaucratic red tape that can often inhibit people from accessing services such as temporary shelter or emergency rental assistance.

One of the ways CCPS gets folks into housing is by finding volunteers that can provide spaces such as spare rooms, accessory dwelling units (ADUs), or even parking spaces on their property. The group vets prospective recipients to ensure they and their host are a good match and coordinates agreements and logistics. Essentially, CCPS is a bridge for those who are eager to directly help people in need of housing.

But in order for such a direct model to work, Sasha shared that CCPS is in need of more folks who can either "spare a bedroom or spare a buck." It's worth mentioning that, given their nonprofit status, contributions to CCPS are tax-deductible. Beyond these offerings, CCPS could also use Spanish-speaking volunteers, business sponsorships, public platforms for promotion, and a truck or cargo van to help with moving. If you can help or need some help yourself, get in touch with them at their website: <https://orccps.org/>.

Whether or not you're able to assist in the aforementioned ways, consider joining CCPS at their upcoming fundraiser dance party: Dark Beats Disco, on March 21st at Dark Pine Coffee. Dark Beats Disco will be CCPS' third "Dark Beats" fundraiser featuring local DJs-- providing joy and togetherness in service of a good cause. CCPS invites you to come out and dance for a future of housing for all.

THE PEOPLE’S BLOTTER

Submissions from the public documenting abuses of institutional power

The Policing of Support: City penalizes property owners for hosting the unhoused

By: dime reid

Against the backdrop of a city with exorbitant rent and cost of living prices, local city governments of are using public funds to police people trying to survive outside, even harassing housed neighbors that let others camp on their property.

Anyone who lives or commutes on Alder street in Eugene may have noticed that over the summer a structure went up in the front yard of one of the large co-op houses. Many people would pass through and congregate on the porch at all hours of the day and night. People and dogs would come and go, and sometimes stay. And those who noticed the structures go up may have also noticed that the yard was recently and abruptly cleared. On February 4th the City of Eugene delivered an "Order to Abate Nuisance" letter to Student Cooperative Association Campbell Club house. For months, the porch and front yard had been acting as a sort of third space for a number of people who would spend time there. In the letter from the city, the residents of the Campbell Club were instructed to clear everyone and their "junk" from their front yard. It cited code violations 6.010: Garbage and Debris, 6.015: Rodent Harborage, 6.800: Junk, and 8.005: Unauthorized Camping. The property owners were instructed to "abate the nuisance or a minimum of one of the following actions will occur." As pictured, the threats are as follows:

- You may be prosecuted in the City of Eugene Municipal Court for maintaining a nuisance. The city will seek a fine.
- The City may seek a court order directing you to abate the nuisance, under which continued failure to abate could place Owner/Responsible Party duties and obligations
- The City of Eugene may enter the property and take whatever action is necessary to abate the nuisance. The costs of doing this, including administrative overhead, will be charged against the Owner/Responsible Party, and the person(s) in charge of the property

This is just one example of a tactic that has been used by the Eugene city government for years. The host of one of the free Eugene Community Fridges –the only 24/7 resource in Eugene to access free food– also has visitors throughout the day and night to access resources and became a target for city citations as a result. The owner of the Friendly Street house received a letter ordering them to remove the fridge because it was too close to the sidewalk, and also a hazard to children, who presumably could find themselves stuck inside.

The city of Eugene also employed the tactic of threatening exorbitant fines to coerce a company to remove unhoused residents on the Union Pacific Railroad, resulting in mass demolition of people's long-standing structures. In this case, the demo-ing of camps and homes was followed by intense policing of the people who had to leave their homes of 4+ years. People were followed daily to any new place they attempted to bring their belongings, and many were given multiple fines and citations each day. This was reported on by the Eugene Stop the Sweeps.

In the third week of January of this year, one of the last long-standing encampments along the Union Pacific railroad tracks in West Eugene was demolished by the city and its police force. The community was made up of fixed structures built by the people living outside and, according to residents, had been there upwards of five years. Distinct from many of



Policing Support continues on pg. 13

Longevity in the Time of Confrontation: A disabled medic’s take on building sustainability in a movement.

By: shrimp, with help from everyone who has ever loved them.

“Distracting Injuries”

In the medic world there is the concept of “distracting injuries”. These are characterized as obvious, visible traumas that capture the attention of both the provider and the patient to the point where other more life-threatening injuries may go unnoticed. I believe there is value in extending this concept to the way we look at injuries sustained by protestors who have endured state violence.

Most of the media I’ve come across regarding injuries at protests has revolved around tear gas, pepper balls, and other chemical weapons. While there are very real risks associated with encountering these things (some of which we are still learning about, such as harm to reproductive organs/hormones), a vast majority of the people who do, will recover swiftly with no long-term impacts to their physical health.

What I am not seeing mentioned nearly as much are the psychological injuries that many folks are experiencing, even in the absence of physical harm. I find this disproportionate focus on physical trauma to be troublesome given that psychological injuries are much more likely to produce longer-term impacts. In this case, the chemical exposures and physical wounds are distracting injuries, eclipsing the trauma responses that can take root when emotional first aid is not provided after stressful experiences.

This trauma can disrupt your life in a variety of ways, including your ability to engage in future actions. When extrapolated beyond the individual, it is evident how the ramifications of these injuries extend to the movement as a whole; the less folks are emotionally resourced or supported, the more likely they are to burn out or become traumatized, and the less sustainable our efforts are overall. We owe it to ourselves and to each other to invest in building individual emotional resilience as well as collective support networks, so that we may see the longevity of our work and be present enough to appreciate it.

“PPE, scene safe”

It’s the first thing you’re taught in EMT school. PPE in this context refers to “personal protective equipment”, such as gloves, masks, goggles, etc. These things protect us from exposure to communicable illnesses, thereby allowing us to show up in our role more consistently. Scene safety is a broad concept related to making sure that whatever hurt the patient isn’t going to also hurt us. These concepts are foundational because we cannot give what we do not have—in order for us to provide care to others we must first take care of ourselves. If you are committed to showing up on the long term, you have to plan and act accordingly.

PPE is of the utmost importance in the setting of direct actions as well—no matter what your role is—and it can look a lot of ways. To protect your body, you might wear goggles and a respirator. To protect your identity, you might wear all black and use encrypted messaging platforms. What then, can you do to protect your mind? Your spirit? Below are some suggestions:

- Set yourself up for success by getting enough sleep, water, and nutrition is always a good place to start as it makes accessing emotional regulation much easier. ..

- Make an effort to understand the level of

risk and potential outcomes associated with the action you’re going to participate in.

- Look up and try out various grounding techniques that help deescalate your nervous system...

- Take time to think about what types of things trigger you...and communicate this info with people in your life who can support you.

- Preemptively block out time after a stressful action to focus on addressing your physical and emotional needs.

- Learn about the symptoms of post-traumatic stress...and when it may be important to escalate the level of psychological care you’re receiving.

So, yes, wear that respirator! (with the cartridges rated for organic vapors and acid gases...) and grab those safety goggles! (with no vents, or at least tape over the holes...) and while you’re at it, try out some grounding exercises and plan to do something afterwards that’ll help you emotionally process the events of the day. Chances are, these skills will continue to serve you in life far beyond the direct actions themselves. Don’t wait to be tear-gassed to start crying, let that shit out now!

“Slow is Smooth, and Smooth is Fast”

But shrimp...if I’m at a protest, the scene isn’t always safe, and that’s kind of the point. So what then?

Well, that’s where informed consent and harm reduction come in!

Informed consent in this context refers not only to information acquired prior to engagement regarding risk level and potential outcomes, but it also includes recognizing and integrating the information your body is giving you in the moment. When our nervous systems are escalated it is much harder to access the slower, more diligent aspects of our reasoning. Being ungrounded in this way can move us towards doing things that might really screw us over in the long-term. That’s why building skills around conducting an honest assessment of your needs and capacity is critical for engaging sustainably.

That being said, there is absolutely room for spontaneity in these movements; indeed it is often a vital component in keeping the momentum alive. Following an impulse is not an inherently negative thing; it depends on what is informing and motivating it. Being able to trust your impulses to guide you safely is something that is honed over time with practice.

Now, none of this is meant to dissuade or disparage any particular type of direct action. Whether or not you choose to engage in higher-risk activities is a decision that only you can make for yourself, and there are many valid approaches. All I am urging is that you make these decisions from a (relatively) grounded place. Slow down, check in with yourself, make sure you’re acting in alignment with your long-term goals, be strategic about it, and practice harm reduction when possible.

“Why are we here, if not for each other?”

Okay shrimp, you convinced me; this shit is important! But what can I do if I’m flirting with burnt-out, or if I’m already traumatized? Participating in direct actions

gave me an outlet for my rage and helped combat this crushing sense of helplessness. Switching to focusing exclusively on self-care feels bad when the world around me is still on fire...I’m afraid to slow down because I don’t know if I’ll be able to get back up.

That’s so real, and I’m glad you asked! I’ll get to that shortly. Let’s start ~building your distress tolerance~ by subjecting you to one more heavy-handed analogy.

If we were to conceptualize political movements as fungi, direct actions would be the fruiting bodies; springing forth with great acknowledgement, striving to propagate their own truth. Mushrooms are bold, captivating, maybe delicious, maybe deadly—but is that all there is to fungi? Of course not! Working quietly underground, a vast and intricate network of mycelium supports this fantastic display of life by absorbing vital nutrients from its environment; without it, the fruiting bodies could not exist. What is the mycelium of a movement you say?

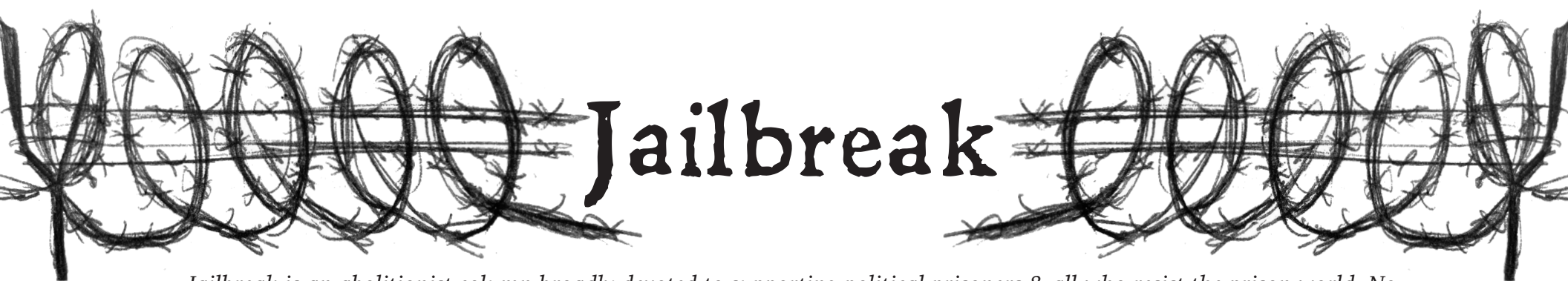
- Child care
- Emotional first aid
- Bodywork
- Jail support
- Canvassing
- Collective healing rituals
- Meal trains
- Supply distribution
- Teach-ins
- Zine making
- Accountability processes
- Ridesharing

These are but a few, the possibilities are truly endless! The more we reinforce the narrative that high-risk actions are the most important or effective ways of furthering a movement, the smaller our mycelial networks will be and the more vulnerable the protestors are by virtue of being under-supported. Recreating the toxicity of capitalism by valorizing Doing The Most only serves to undermine our efforts on the long-term. It’s in the state’s best interest for the majority of our attention to be placed on the most intense forms of direct action (AKA those sexy little mushrooms). They want you to burn out, they want you to get injured, they want you to be traumatized.

Engaging through the lens of sustainability is one way in which we can refuse this subversion. So don’t be afraid to switch your mode of engagement to something more gentle on your nervous system. A diversity of tactics is crucial—whatever your skills may be, they are valuable and needed! Now is a great time to lean into creativity and imagination. Plus, nothing is stagnant; you can flow between various types of support as your circumstances and capacity allow.

At the end of the day, all we truly have is each other. So check on your friends, build those emotional regulation skills, and pace yourself. We’re in it for the long-haul.

***See an unabridged version of this piece on our website!



Jailbreak is an abolitionist column broadly devoted to supporting political prisoners & all who resist the prison world. No revolutionary movement will ever succeed that doesn't fight state repression & support all who face it. We have so much to learn from our imprisoned comrades inside & so much support to give in our collective struggle for liberation that will be stopped by no prison wall. None are free until all are free! Write to a prisoner today!

HAKUJIM

Letter Writing Event



Thursday, March 5th

5:30PM - 7:30PM

Hodgepodge Books & Taproom
158 E 14th Ave, Eugene, OR 97401



Write a letter to a wrongfully
incarcerated black firefighter!





No Face, No Gait, No Trace, No Case: A[n Abridged] Guide to Concealing your Identity in a Modern Protest.

Entire text available online

Some reasons to consider concealing your identity at a protest: As someone who has been a part of protest movements for over 15 years, it is my opinion that the widely held belief of “I should be able to protest with my face out in the open” works against many protests and protesters. As well as that in some cases it can become dangerous or a liability. Specifically, the idea that in a free country you should be able to speak and protest without legal repercussions and thus not concealing your identity is affirming this. **This a case for why you should consider concealing your identity when going to a protest and offer tips on how to do it effectively.**

Let’s run through a scenario. If you go to a protest face out and proud and you remain safe, but someone else takes a bold action that you may disagree with or not you can be tracked down later and questioned about the incident and those that did it. Maybe they broke a window, or maybe they tried to prevent ICE from kidnapping their neighbor. Both of these things could result in serious charges and even prison time. If this happens and the person who took the action gets away with their face is concealed but yours wasn’t; you can now be questioned by law enforcement. The power of the state can be levied against you to get you to give information. Threats against you could used whether true or not. **Remember that cops are allowed to and often do lie and any information could lead to someone’s arrest.**



Another scenario: You go to a protest proudly showing your face because we shouldn’t have to hide for standing up for what’s right. Often law enforcement will declare a protest an “unlawful assembly” or sometimes even a riot, with little to no provocation. I have witnessed many times were nothing apparent changed and the police decided to throw flash bangs, tear gas, and shoot impact munitions, then declare the protest “violent” after the fact. This was despite the violence starting and continuing overwhelmingly from the police themselves. **If you are documented being present at an event that gets declared an unlawful assembly and you don’t immediately leave, you are documented committing a crime.** Another important consideration is counter protesters, such as Patriot Front, Proud Boys, or a right wing media influencer such as Andy Ngo.

No Face No Case: **If they can’t identify you, they can’t charge you - or will have a more difficult time doing so with less evidence.** But your face is not your only identifying feature. This principle refers to any and all identifiable markings. Tattoos, piercings, hair, eye brows, scars, birthmarks, identifiable bags or clothing- all of these things can be used to identify you.

- Faces: Covid masks are better than nothing but won’t hold up under investigation or careful scrutiny. The bone structure around your eyes are some of the main parts of the face that facial recognition uses.



Ask An Abolitionist

dissonanttimes.org/ask-an-abolitionist/



What is abolition? Ask our friend, author, and former political prisoner Eric King your most burning questions about setting fire to the prisons and what we’ll make out of the ashes.



Write to Eric and explore questions relating to harm & accountability, prisons and the prison industrial complex, and how you can practice abolition every day.

- Clothing: It can be good to wear loose fitting weather appropriate layers. A good practice is to wear a second outfit underneath your other clothes, but not visibly showing. That way when leaving if you can find an area that doesn’t have security cameras and random bystanders you can change outfits quickly and not look so much like a sketchy protester.

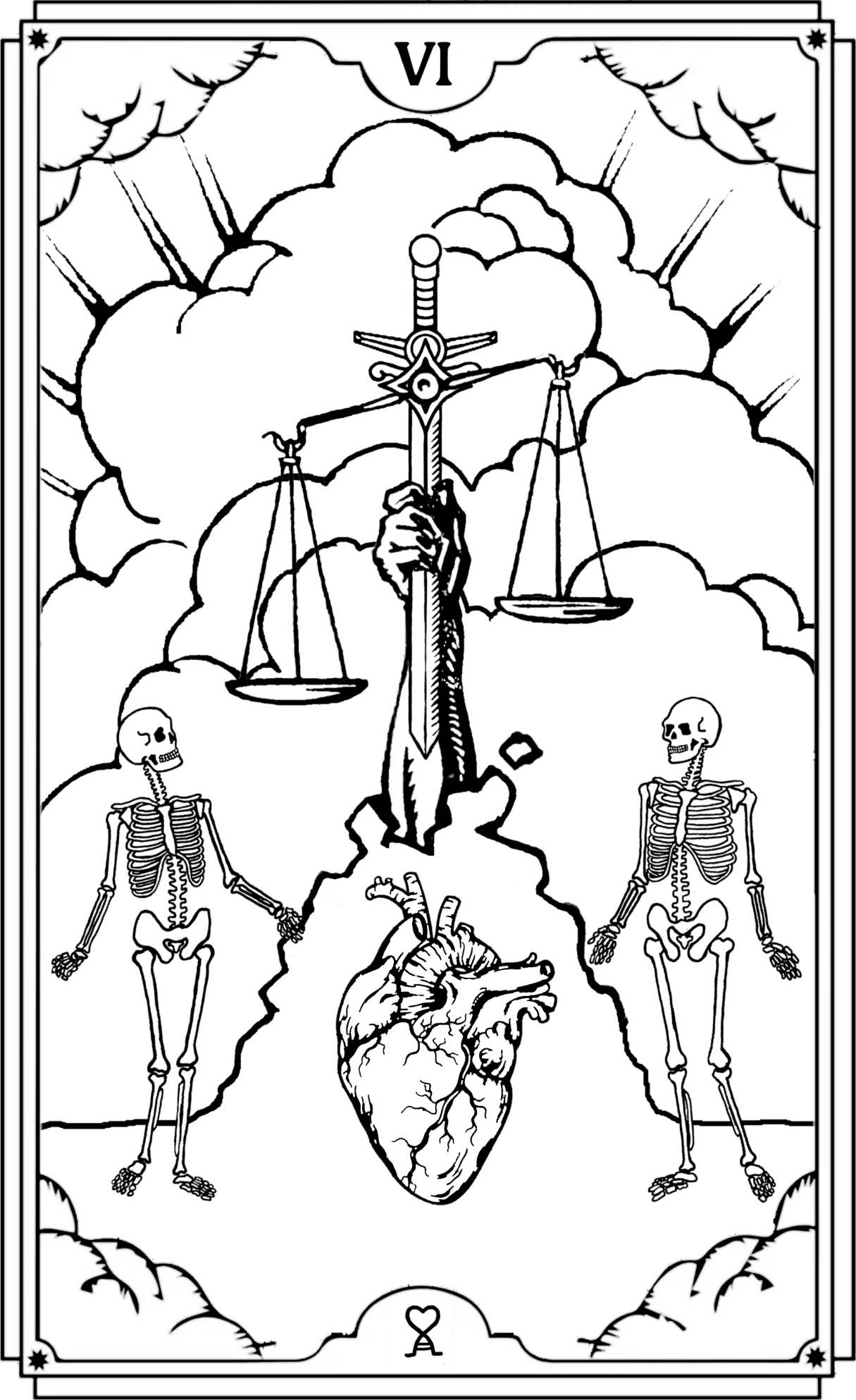
- Bags and Accessories: Any things you carry on you can also be used to identify you. For instance, if you are wearing a gas mask or a respirator and goggles, these can be used to single you out if they look different from everyone else’s.

After a protest: **Security and anonymity doesn’t stop at the protest.** Whether you are excited about the cool shit that went down, angry at the fucked shit that went down, or upset about the traumatic shit that went down **it is important not to talk about it when you don’t absolutely have to.** If you brag, not only are you putting yourself at risk but now you’ve made whoever you bragged to an accessory to a crime. You have now put them at risk.

All of these tips are things to strive for. Perfection is a myth. With very few exceptions, you are better off being free to continue protesting than you are at catching a charge.

Good luck out there.

GRAND JURY RESISTANCE



IS FOR LOVERS

By: Brambini

ON GRAND JURY RESISTANCE

The grand jury is a tool of the federal (and California) legal system. Ostensibly they are used to determine whether or not to issue an indictment in the case of a felony crime, and hear evidence presented by a prosecutor to make this determination. Unlike normal court proceedings, in the case of a grand jury the prosecutor runs the show.

The normal rules of evidence do not apply to grand jury proceedings; there are no standards of relevance, reliability, or for evidence to have been legally obtained, and there is no judge presiding and no defense lawyers are allowed to be present. They have broad powers to subpoena witnesses and documents, and operate largely in secrecy without any real scrutiny, accountability, or oversight.

Because of these broad powers and the secretive nature of grand juries they are often used as a tool of political repression. They have, and continue to be, used to investigate, harass, intimidate, and disrupt political movement and to sow fear and distrust within those movements. If we are subpoenaed by a grand jury it is our duty not to cooperate, as their goal is to dismantle our movements and gather information they cannot obtain through legal means.

It takes significant fortitude and moral courage to resist the coercive powers granted to a federal grand jury, and in this regard not allowing yourself to become isolated is key. Transparency about any contact with the State builds trust within our movements and exposes their machinations. Our comrades, communities, and movements are a source of great strength that will support us during such ordeals, and grand jury resistance is about fostering the mutual care and respect that will enable us to effectively challenge and resist the injustices of the State together.

While there is not one right way to respond to a grand jury subpoena, sharing information with the government is never acceptable. Even seemingly innocuous information can be used against us. The most common forms of resistance have been refusing to enter the grand jury room and/or entering the grand jury proceeding and giving only your name. Whichever stance is taken must be accompanied by a path of transparency and accountability.

It is imperative to have a lawyer who will support your decision not to collaborate. Contact the Civil Liberties Defense Center for legal support!

Long-term political, material and emotional support for those subpoenaed must be swiftly organized. The path of non-cooperation can be difficult as the government aims to isolate and punish those who resist. Building movements of resistance requires that we support and stand alongside anyone who risks their personal freedom for the health and safety of the greater community.

When we resist grand juries, we choose to be part of a long legacy of resistance that strengthens our movements and in turn weakens the State. It is an act of deep love and solidarity. Stay brave and have each others backs, this fight isn't gonna be over anytime soon.

Resources:

Civil Liberties Defense Center Activist Helpline: (541) 603-6891

Eugene Jail Support: (541) 515-5721

Dear Darling,

Darling's outlook on life, relationships, conflict, and crime can best be described as whimsical. She values care for self and community, feeling good, looking good, and fucking s@! up. There are no questions too bold, topics too old, and anything you're thinking is conversation gold.*

Send your ponderings, your questions, and your deepest darkest fears and desires to our dear Darling ;)

For social relationships, organizing and tactical tips. Poly-drama? Poly-saturation? Ask darling.

Dear Darling,

I have a roommate who will not stop talking to me very loudly about the same topics I do not care about in great detail. I can't go into the common areas for more than a minute when they're home without them coming out of their room to talk to me. It bothers me because they don't care at all if I have something to contribute to the conversation- in fact I've started just leaving conversations when I want to and they keep talking to themselves for about 20 minutes after I've left. I fear it's a classic case of our neurodiversities clashing but I

feel so evil that it bothers me so much. How do I bring up to them that it bothers me that they don't care to try to have a conversation with me and I feel uncomfortable to try to exist in my house?

—I don't want to hear about my roommate's detailed plan to schedule their wisdom tooth appointment for the 7th time

Dearest Beleaguered Roommate,

Experiencing trials with roommates almost seems to be a rite of passage, but that doesn't mean it's ever easy. Each situation is unique and can stir up so many different emotions. I'll start off by saying that you are not evil for having these thoughts. Feeling judgmental of someone isn't wrong, but there are ways to make sure you express what you need in a productive way. You deserve to set boundaries! Whether it's family, friends, lovers, or strangers, living with others can be a rollercoaster. It's a constant storm of personalities, and it's clear that you have been caught in the undertow of one.

You may be sharing a space, but that doesn't mean either of you should sacrifice your well-being. Compromise is possible, imperative even, to a healthy living situation. Sometimes it's a schedule to do chores or a policy on guests, but it can also be an un-

derstanding on when to leave someone be. When life is exhausting, coming home and getting settled can be a balm to the soul. That sacred calm being interrupted is understandably difficult. Being direct, but kind, is always the best bet for someone who may not be aware of how they are affecting you. Since getting a word in edgewise is a concern, a more subtle approach such as wearing headphones could give them pause about your availability to have such conversations with them. If you're struggling to bring it up or want to get everything down in one place, perhaps write a letter. That letter could even just be for yourself, as a way to organize your thoughts.

When unspoken concerns are allowed to stew, they can turn into something intense indeed. Though taking the initiative to reach out to someone is daunting, it can address problems further down the line. No matter how your roommate responds, asserting your needs is always an accomplishment. You will have flexed an important muscle that will benefit you throughout life's many adventures, and you can be proud of that.

—Darling Tonia's Assistant

living

creatively

The Return of Creative Wintervention

By: Joy Santiago



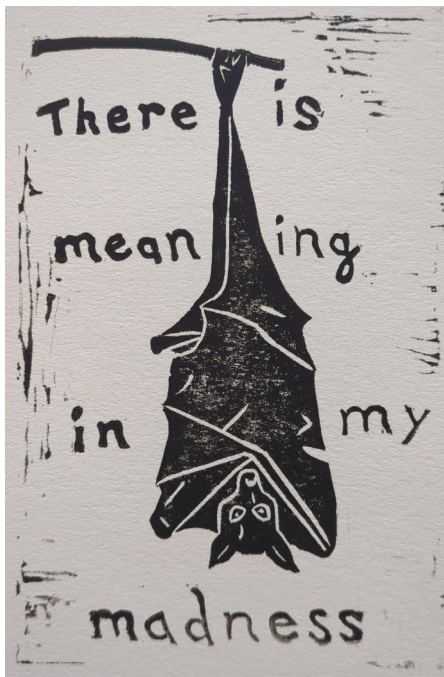
On Monday February 16th, radicals and creatives gathered for a second annual Creative Wintervention: an intentional space for participants to make and share art during the darkest, coldest, and often most isolated time of the year. In a season already marked by death and dormancy, worsened yet by the undeniable arrival of fascism in the US, the birth of new projects can be both an act of creative resistance and a much needed pick-me-up for those feeling the weight of compounding hardships. Throughout January, creatives met weekly to co-work on and develop projects like linocuts, paintings, mixed media sculptures, photography series, clothes, creative writing, and performance art.

Through the event, Wintervention organizers and artists raised over \$700 for Escudo Latino in Springfield, an organization providing Spanish language support, food boxes, and other resources for the local Latine community.

Bones, a Wintervention co-organizer shared that,

"The Wintervention project was an event originally constructed by queer people in Vermont, where the winters are harsher than they are here. The purpose of the project is not necessarily to produce a refined, final outcome piece to display, but to survive the winter by connecting with each other through engaging in the process of creation and challenging ourselves as artists. Through weekly gatherings we offered each other support, feedback, and encouragement. Our collective created a center of gravity that pulled people in our ecosystem together and planted seeds for old and new friendships to blossom. The showcase was a space to gather and share the energy we generated and our creative experience with the local community, and offer our gratitude for the sacred practice of shaping our world together."

Shared here are some of the pieces made for the Eugene Wintervention this year.



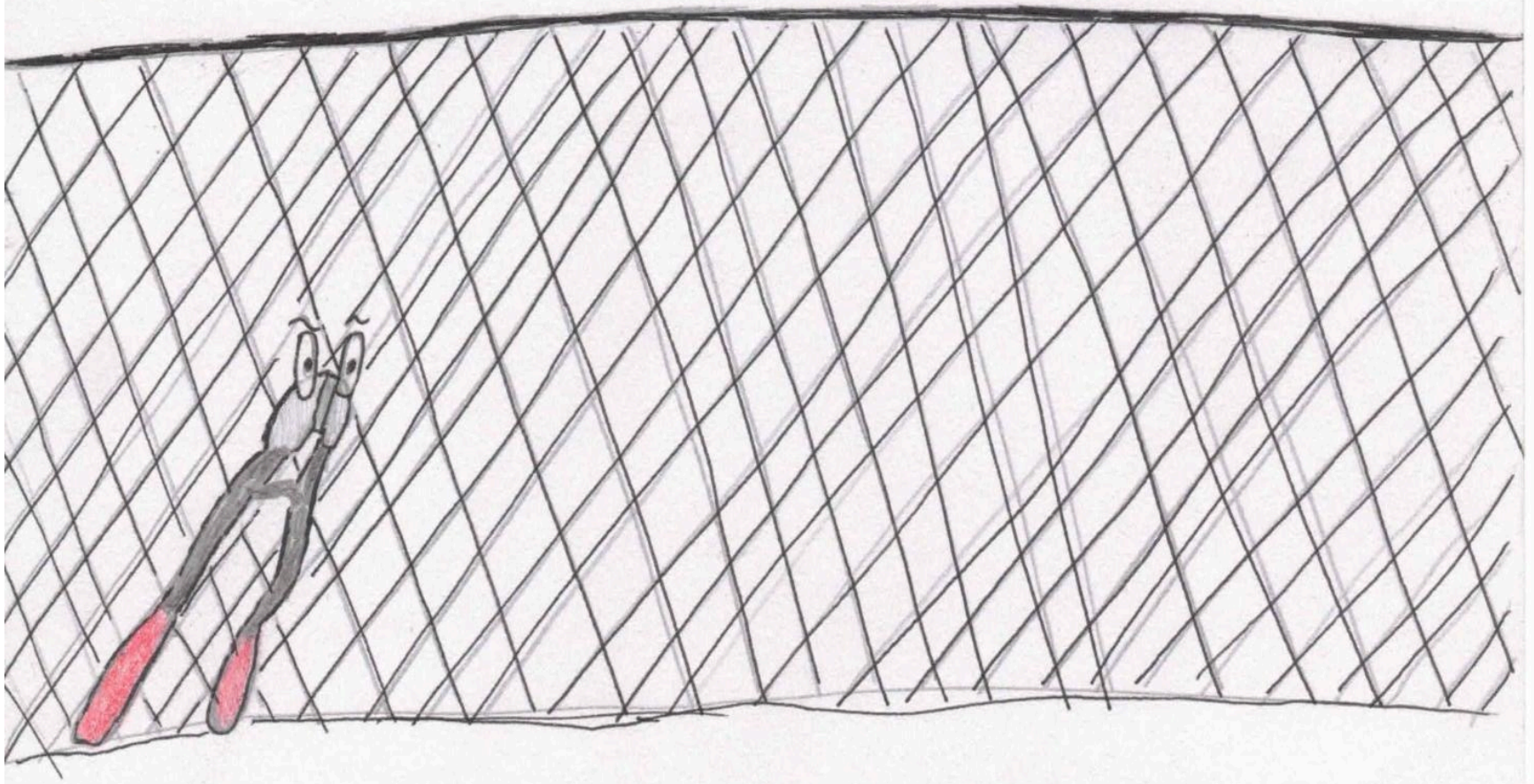
Some Wintervention contributions

So The Eugene Federal Building Is Getting a Fence...

nice fence you got there....



it'd be a shame if something were to happen to it...



Finding Community on 1/30/26

By: tifa

You message early 'It's already heated, going early'... my chest throbs

I might be late to the party, but I'll find you at the front.

Hard to leave, to say goodbye.

remember every item

every promise must be kept

Fuck. gear is heavy. Get help.

soul swells, heart escapes. Hear the sound blocks away. Old feelings, new every time.

It's dark but I sense you. At the front, I find you, of course.

Shoulder squeeze and small embrace.

"I'm ok" foreheads together "me too" hands touch "I'm ok" big eyes "happy to see you" OUR STREETS!

We see us, they can't. They're right there, nothing, monsters in the fog.

And now I see you, across the way.

obscured, we still know us. we show them. Deep embrace, long-loved friend. Brave love at the barricade.

We see us,

We find us, again.

Your sign is upside down, but we should you care. At the front, the words don't matter.

And You have to piss, you wait, we run soon, we feel it.

And You, You are full of fear, so brave, surrounded by love.

Bang!

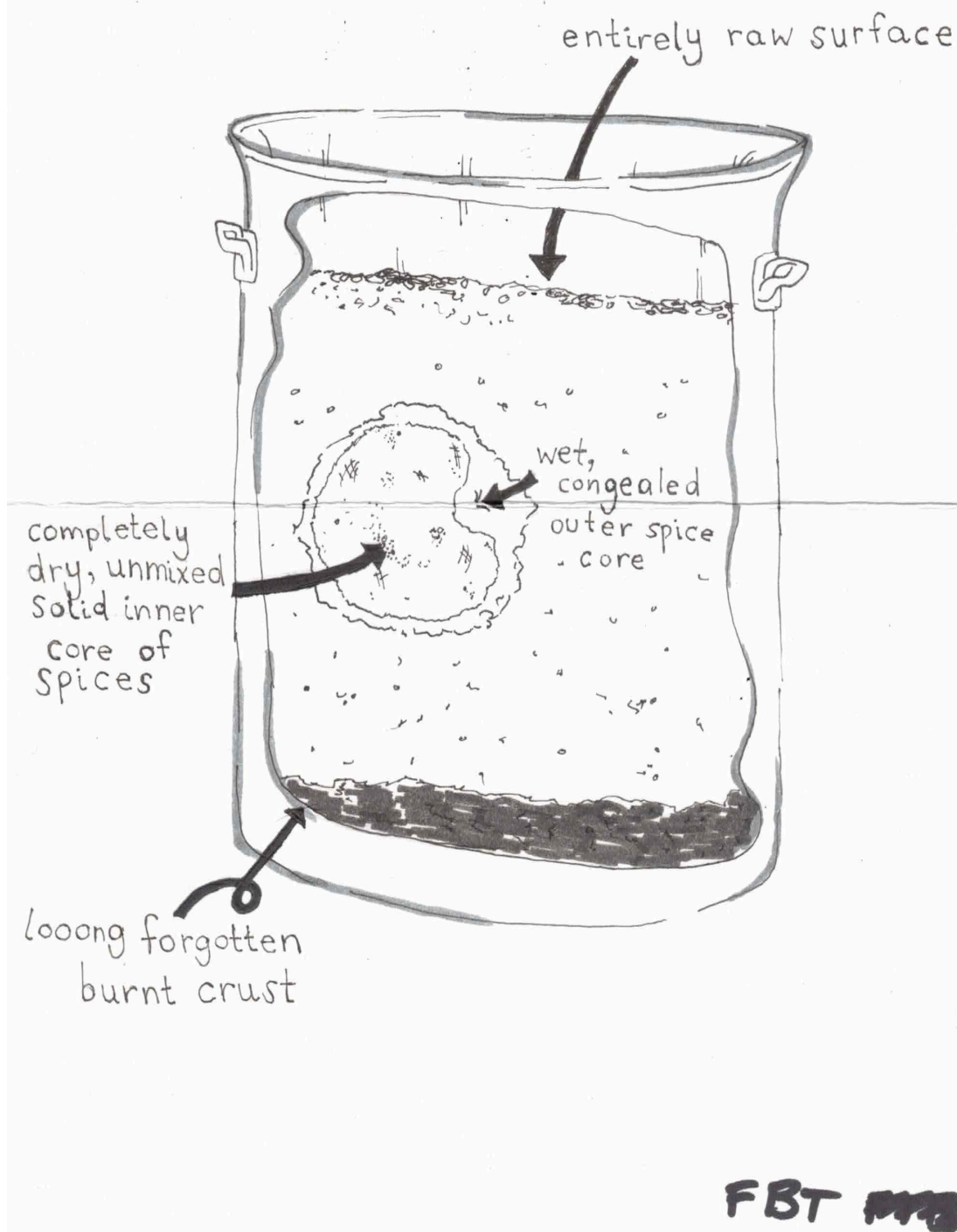
Retreat. Block. Extinguish. MEDIC!!! Stairs!Stairs!Stairs!

ADVANCE

Armored Ghouls fling matchsticks, but we are inferno

In between I find you. Our four eyes swollen shut. BANG. Stranger blindly healing stranger, intimate, in love, we win. . . always

THE LENTIL ANTI-RECIPE



Auntie Steph's Fab Vegan Recipes

Vegetarian Split Pea Soup

- 2 large onions, chopped
- 1 tablespoon cooking oil
- 1 teaspoon salt
- 2 cups dried split peas, green or yellow, rinsed
- 5 cups vegetable broth, plus more if needed
- ½ oz lemon juice

1. Add the oil to a big pot over medium high heat. Stir in onions and salt and cook until the onions soften, just a minute or two. Add the split peas and broth.

2. Bring to a boil, then turn down the heat and simmer for 20 minutes, or until the peas are cooked through but still a little 'al dente' Stir in the lemon juice. The soup may need more salt but be careful not to over-salt.

3. At this stage, if desired, use a hand mixer or potato masher to make a more 'textured' soup, but this is by no means required

4. The soup can also be 'finished' with smoked paprika, olive oil, toasted almonds and/or scallions.

5. Liquid Smoke can also be added, but very little: ½ teaspoon at most

Policing Support continued from pg. 3

the homes and structures built and eventually demolished along the railroad tracks in that area in recent years, this group was not living on federal property, but was across the bordering line on private property. The residents had an amiable relationship with the property owners, and had built mutual trust over time. This sweep occurred during a twelve day stretch of below-freezing weather, despite city policy to pause sweeps during freezing conditions.

Unhoused residents of Eugene and Lane County have been sounding the alarm for years about the City's targeted campaigns to make their lives unlivable. This has happened through escalating tactics of camping bans, parking regulations, policing of public parks and spaces, confiscation of property and survival supplies, and, as seen through these recent examples, even the harassment and penalizing of those who allow their neighbors to stay on their property. As per the City of Eugene's website, their number one priority of code compliance on property is unsanctioned camping. Keeping private property owners from allowing others to camp on their land is quite literally this city's top priority.

In the recent State of the City, county commissioner David Loveall cited an example in his speech of a neighbor allowing an unhoused person stay in his motor home while rebuilding his life. "My hat's off to the likes of my elderly neighbor who doesn't think government is the problem-solver," Loveall said. This statement rings sinisterly hollow when the government not only refuses to use our collective resources to provide safety and basic needs to those struggling to survive, but actively makes it difficult and costly for individuals to share their own resources. Local government and all its enforcers are demonstrating their intent to make unhoused people disappear through any means necessary. They are too polite to say, "Go and die", but they are more than willing to make life unlivable.

Disabled Love

What happens when we tell the whole truth about the parts of us we've been taught to pretend don't exist?



Strawberry (they ki he she) is a queer disabled art witch who lives in community. Find berry at listeningtothenoiseuntilitmakesense.com.

I NEED ALL THE KNOWLEDGE OF MY BODY, IN ORDER TO DO THE WORK I'M HERE ON EARTH TO DO: RADICAL MENTAL HEALTH

What's the normal thing to say at a funeral, after a miscarriage, when someone's pet is sick, in the ashes of a housefire, when a parent dies, when a spouse leaves? In culture at large, people avoid their own feelings, and avoid the feelings of their loved ones also.

If they say anything, most people slip into cliches and common knowledge, uncreative in their response to tragedy. Rather than reach inside for how they actually feel, finding words for those feelings, they panic. Many people grasp for the Normal Thing to Say.

My favorite thing about radical mental health today is that.... More than any other group social space I've found, people in a radical mental health collective meeting will say something based on what's actually happening in their inner life. Creative, surprising, unhinged. I love to hear the weird truth.

Sometimes people in a radical mental health meeting still grasp for the Normal Thing to Say. It's ok if some folks need to fall back on that. But I'm showing up to hear something authentic that blows my mind. My mind craves being blown by authenticity and possibly love.

truth

"I'm terrified," is a good example of a truth I could say at a radical mental health collective meeting. "I was crying all weekend missing someone I love, who gave up on me. I'm afraid I don't know how to be in the world anymore. I don't like who I am right now."

I can tell the whole truth when I'm in a gathering of people who are doing something different. Radical mental health means there are no mandated reporters, professional mental healthcare workers to look toward as authorities, or hierarchies of healing. I love spaces where we share power equally, so we can tell the whole truth.

For an hour and a half, we can be real with each other. You could find that pleasurable, healing, enlivening, annoying, fascinating, scary, or any combination, depending on your temperament and where you're at today.

Even if I get annoyed by someone's worldview or tone, I love hearing people speak about what's real for them. For an hour and a half at a Eugene Radical Mental Health Collective meeting, I can listen, and speak a little too. We microdose family.

shame

Many people stick their shame on mental health. I'm sorry we made culture that way. Shame doesn't help.

Abusing substances, isolating socially, playing video games for hours instead of sleeping, dropping out of school, disappointing parents... we can be ashamed of any of this and more. Hopefully showing up for radical mental health is a way to show up for love. For me at least, love is more powerful than shame.

Radical mental health is a way of bringing each other back into the fold. You are welcome at the table. Please show up and see who you are today, and meet some other nervous people.

Did you get nurtured right as a child, for who you actually are? I think few people get this. One parent or grandparent might nurture us, others abuse us, neglect us, do the bare minimum. Difficult to make progress when we're constantly

trying to dig ourselves out of a hole.

trust

The Eugene Radical Mental Health Collective has been going for almost a year now. We can't undo our traumatic pasts or even understand, sometimes, what happened. But we can move forward in community and be there for each other in mutual aid, now.

I like rebuilding the ability to trust. When I spent seven years helping to run an interfaith anti-nuclear non-profit, I helped people attend interfaith events out in the desert. I was ostensibly there to support people in making peace.

But my secret motivation was to build community and radicalize everyone who came through the door. Likewise, I do radical mental health as mutual aid support, to help create a better culture for all of us, and build disability justice in community. But my secret motivation is to relearn how to trust, and help others learn / relearn how to trust.

The security culture vibe of "trust no one" is a sad way to die. How do we know when to trust, and who to trust? Radical mental health is an experiment. What if for an hour and a half, I trust these people enough to say how I really feel? What would happen if I told the truth about what I've been taught to keep hidden with shame?

Sure, I might not know these people. Some of them I met just today. But let's see if the world explodes because I cry in front of a stranger, or I'm real about how lonely I feel without my mom as a living person on earth anymore.

Vulnerability is a skill. Let's practice. I'm happy to make a fool out of myself in case the person sitting across the table needs to cry in front of strangers too. We can shift— bit by bit— what it even means, to make a fool out of ourselves.

Personally I think hiding how we feel is foolish. Audre Lorde said, "Our feelings are our most genuine paths to knowledge." I need all the knowledge of my body, in order to do the work I'm here on earth to do.

time

It's been 19 years I've been doing radical mental health, since I was first diagnosed bipolar 1 with psychotic features. I'd just survived my first "full blown manic episode." I was freaking out, trying to decide whether to swallow the cocktail of mind-altering psych meds I'd been prescribed by a psychiatrist who insulted my body and treated me like I wasn't a human being. (All I need to do is mention I hear voices, and the psychiatrist will stop treating me like I'm a human being.)

That led to a whole journey. I went to my first radical mental health collective meeting in San Francisco. I'm happy I helped start radical mental health collectives in Sacramento, California, then Las Vegas, Nevada. And now Eugene.

It's always a good time to tell the truth. I've come out countless times. First I came out as bisexual as a teenager. Then queer as a young adult. Then crazy, then disabled, then trans.

Who knows what's next. I hope to come out over and over again for the rest of my life. Telling the truth is freedom.

how radical mental health saved my life

When I was at a low point of fear, radical mental health saved my life. I learned there are brilliant, crazy people in this world who know how to love and would love me. So I didn't need to die.

There are people in the world who are already centering love, not money. We want more than buying things, having a big house, and growing an empire. There are people who care about community; I can find them and build community with them. I can find you and build community with you.

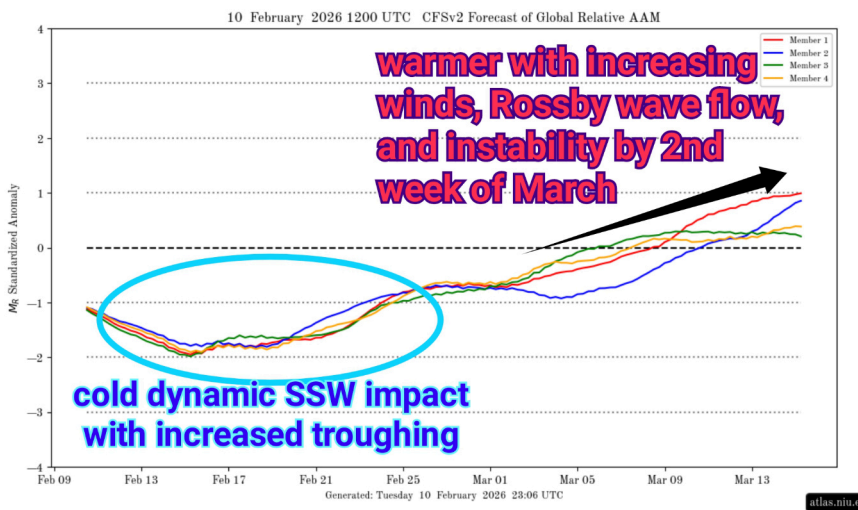
DISSONANT WEATHER

Meet our resident dissident meteorologist, Praise: “I bring a raised-poor, working class, and Native raised-white perspective to this work. I am Chickasaw and Cherokee and feel a deep love for animals, plants, trees, clouds, the night sky, gurgling brooks, the ocean, and our exquisite, unique, precious, irreplaceable planet Earth. Though I have no formal climate science education, I studied astrophysics as a young person. I became interested in ecology in 1977, then moved close to Glacier National Park, Montana in 1980 and fell in love with cryospheric science...I've been a climate activist since the mid-1990s and also bring that perspective to the amateur weather forecasts for the Eugene area...Given the increasing attacks on the climate sciences, it's perhaps no surprise that I am beginning to see myself as something of a dissident amateur meteorologist”

ATMOSPHERIC SUMMARY

With Valentine's Day still on my mind, I woke up before dawn last Wednesday as the outside temperature dropped below 30°, curled up in a tight ball—evidence of the wintry cold snap I sketched out last month. I thought about the thermal conservation of the fetal position and what that suggests about ancient fertility symbols and quickly realized what an apt, multi-layered metaphor this is for the overall situation across the northern Pacific.

One of my subversive aspirations is to humanize and soften the edges of the "hard sciences", but I also want to be mindful of my male privilege as I nurture this motherly metaphor.



An immediate case in point is how the early February polar vortex disruption was the catalyst for the February 15th–20th cold snap, which in turn set up the Pacific Northwest for a tightly coiled hurricane-force cyclonic storm which will drive rainy weather into Oregon for several days.

As I thought about this prospect, and global westerly winds increasing into the middle of March, the MJO oscillation moving east into open tropical Pacific waters— inducing the demise of La Niña and giving birth to neutral ENSO conditions —and the sweet sunrise of a nascent Spring, the subseasonal profile seemed pregnant with profuse propensities.

FOUR-WEEK FORECAST

In my January forecast, I suspected that around February 20 the general weather pattern, "will begin to shift towards milder, more Spring-like weather". But, it's likely that a recent strong polar vortex disruption will have a significant impact towards the middle of the coming week and beyond.

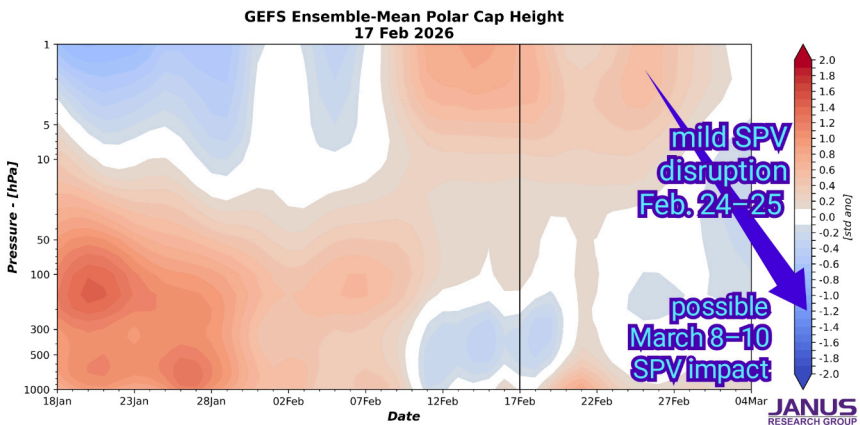
And, this weekend a large storm front across the entire Gulf of Alaska is predicted to contract into a 975 millibar cold-core cyclone west of Vancouver Island by Sunday morning. And, as I'm writing this, that front is already cannibalizing ample moisture from a very large atmospheric river pushing north through the Bering Sea.

With the cyclone pulling it north, an atmospheric river will arrive here early Sunday morning. Rainfall that morning could be moderately heavy, with perhaps a milder surge

overnight.

Winds along the central Oregon coast could gust to over 40 mph late Sunday night, with 70+ mph wind gusts along the southern Oregon Coast Range.

Rain continues throughout Monday, Feb. 23 with heavy rain by afternoon and and overnight as another cyclonic system currently ~1500 miles west of northern California feeds deeper moisture into the atmospheric river.



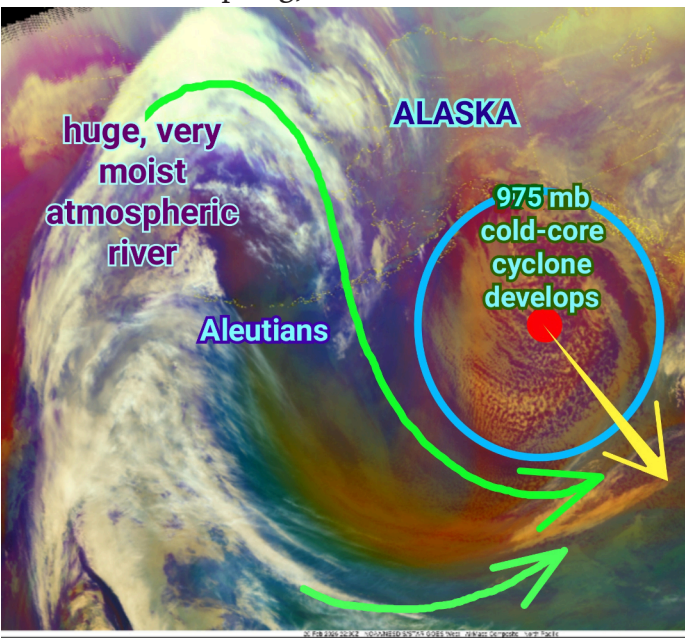
Showers should slowly diminish through the day on Tuesday, ending late. This will probably be followed by the impact of a strong stratospheric polar vortex (SPV) disruption with several drier days and near freezing overnight temperatures, possibly continuing into March 1–2.

A warming trend within the first several days of March could include infusions of subtropical heat and limited moisture, especially as we approach the second week. This might dovetail with a mild polar vortex disruption impact around March 8–10 and increased instability.

But, around March 11–12 into the third week conditions could improve again towards milder, more Spring-like weather.

The Final Warming of the polar vortex could occur by early March, with extended impacts around March 15–25. But there's a chance that the Final Warming will be delayed into late March. (I'm not sure which will happen.)

Around March 20, as the tropical Madden-Julian Oscillation (MJO) moves across the Pacific, a somewhat more showery pattern could redevelop, BUT some models are leaning towards little or NO tropical convection, returning the MJO to the Indian Ocean towards the end of March.



ENSO FORECAST

The North American Multi-Model Ensemble average favors ENSO-neutral conditions within the February-to-April 2026 timeframe (60% chance)—conditions that may persist well into summer. For late summer and beyond, there is a 50–60% chance for onset of a weak El Niño, although model uncertainty remains significant and ENSO forecasts made at this time of year tend to have lower accuracy (the Spring Predictability Barrier).

ENSO-neutral conditions will likely persist into June-through-August 2026 (56% chance).

A series of oceanic Kelvin waves and atmospheric Rossby waves have pushed a long plume of subsurface heat into the central Pacific and some climatologists think the Indo-Pacific warm pool among the southwest Pacific archipelagos contains enough heat to sustain the coming El Niño through the end of 2026.

And, sadly, there are recent indications for a resurgence of El Niño in early 2027. But again, long-term ENSO forecasts are generally more precise as Spring gets underway.



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