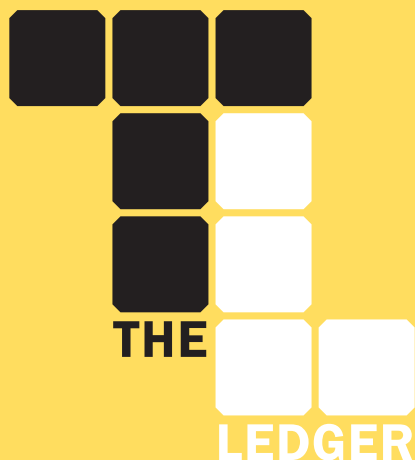


2019

Happy New Year!

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useful for New Year's
resolutions | P. 7**



UWT'S FREE WEEKLY PUBLICATION
January 7, 2018 | Volume 23, Issue 12
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The Ledger

UWT's weekly student publication
Jan. 7, 2018 | Vol. 23, Issue 12

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2019–2020 FAFSA priority deadline is Jan. 15

The priority deadline for the 2019-2020 FAFSA is almost here. Students who want to get financial aid for the upcoming school year need to fill out the application before or on Jan. 15.

By LETICIA BENNETT
NEWS EDITOR

The 2019-2020 Free Application for Federal Student Aid deadline is Jan. 15. In order to receive priority consideration for financial aid, students need to fill out the application by next Tuesday.

FAFSA is a form that current and prospective college students can fill out to determine how much financial aid they can receive for the upcoming school year. FAFSA offers several different types of aid — ranging from grants and various scholarships to loans and on-campus work-study jobs. It also offers aid to military families and veterans.

Student financial assistance programs were first authorized under Title IV of the Higher Education Act of 1965, as it aimed to strengthen educational resources for colleges and universities by providing financial aid and low-interest loans to students.

“Students should complete the 2019–20 FAFSA — especially by the

priority date — to be considered [for] all aid that they are eligible for, most specifically institutional and state-base funding which is limited and requires an application submitted by the priority date,” Marisa Mezs, UW Tacoma senior financial aid counselor, said. “Students also still need to complete [the] FAFSA even if they plan on borrowing federal student loans.”

Students who do not fill out their FAFSA application by the priority deadline may not be able to receive and secure certain kinds of aid — though they are still allowed to complete their FAFSA at any time. The UWT Office of Financial Aid encourages students to apply for FAFSA and hosts year round workshops and events to help them through the process.

“Our office typically will send an email to currently enrolled students to remind them to complete a FAFSA for next year,” Mezs said. “We also advertise the date on posters and banners around campus, on our website and on our promotional materials



COURTESY OF UNIVERSITY OF NORTH CAROLINA - SCHOOL OF THE ARTS

Remember to complete your FAFSA before the priority deadline!

from our office.”

In addition to federal student aid, there is the WASFA — Washington Application for State Financial Aid. WASFA is available for HB-1079 and DACA students or all students who are ineligible for federal financial aid due to their immigration status. The WASFA priority deadline is also Jan. 15.

“As a counselor in the Office of Student Financial Aid, I try to remind each student I see to complete the 2019–2020 FAFSA so they can make a mental note of it or put it on a per-

sonal calendar,” Mezs said. “It’s a great idea to set aside some time ... for students to sit down and complete the application. Some aid, like scholarships, require a FAFSA as part of their process as well, so it’s never a bad idea for a student to complete one so their eligibility can be determined for aid.”

To learn more about the FAFSA application process visit:
tacoma.uw.edu/finaid/application-process

Winter Welcome Days offers students information on campus resources and opportunities

Winter Welcome Days is a variety of events held over the first two weeks of winter quarter across the UW Tacoma campus.

By STEVEN LEBEAU
NEWS REPORTER

UW Tacoma will be hosting more than two dozen events during the winter Welcome Days — a series of on-campus events that will run from Jan. 1 through Jan. 18. Students will have the opportunity to learn about service opportunities, funding for the study abroad programs and the many on-campus organizations that aim to support students and help them succeed. While some events are day-long workshops, most are only an hour long and

held from 12:30–1:30 p.m. during the UWT lunch hour.

Throughout the first two weeks of winter quarter, the Center for Service and Leadership will hold several LEADership 101 workshops during the lunch hour for students wanting to know more about community service opportunities and the Leadership Challenge Certificate program. A more informal get-together — the Service & Leadership Social — will be held Jan. 17. All events will be held in Mat 107.

There will also be three events

during the Welcome Days for students interested in study abroad opportunities. Both the Jan. 10 Study Abroad & Fellowships Coffee Talk and the Jan. 14 Study Abroad 101 will allow students interested in studying abroad to learn about specific programs and funding through scholarships and fellowships.

The final event, Around the World — hosted by the Office of Global Affairs — will teach students Jan. 16 about study abroad opportunities while also celebrating the cultural wealth international and domestic students bring

to the UWT campus..

Not all of the Welcome Days events are related to academics. The Student Involvement Fair on Jan. 9 will give students a chance to learn about the many student clubs and organizations on campus while enjoying free hot cocoa and food.

The Student Activities Board will also hold an open mic Jan. 15 at Anthem Coffee. Sign-ups begin at 6 p.m. and performances will start at 6:30 p.m.

In addition, there will be several workshops about specific academic programs and academic advising drop-ins.

Student Involvement Fair

Date: Jan. 9
Time: noon–1:30 p.m.
Location: WPH

Information Session for M.Ed.

Date: Jan. 9
Time: 12:30 p.m.
Location: CP 303

LEADership 101

Date: Jan. 9, 10, 14
Time: 12:30–1:20 p.m.
Location: MAT 107

Center for Equity & Inclusion Winter 2019 Open House

Date: Jan. 10
Time: 11:00 a.m.–3:00 p.m.
Location: WCG 104

Cohort Meet and Greet

Date: Jan. 11
Time: 12:30–1:20 p.m.
Location: JOY 103

Husky Volunteer – Orientation to Service

Date: Jan. 15 and 16
Time: 12:30–1:20 p.m.
Location: MAT 107

Live Loud Open Mic

Date: Jan. 15
Time: 6:00 p.m. sign up,
6:30 p.m. start
Location: Anthem Coffee

Urban Studies in Practice

Date: Jan. 16
Time: 12:25–1:25 p.m.
Location: JOY 117

Computer Literacy Seminar: Key Concepts in Cybersecurity

Date: Jan. 16
Time: 12:30–1:20 p.m.
Location: CP 106

Big Pink Volleyball Practice

Date: Jan. 16
Time: 6:00–8:00 p.m.
Location: UWY Center Gym

Service & Leadership Social

Date: Jan. 17
Time: 12:30–2:30 p.m.
Location: MAT 107

Upcycling Tinker Challenge

Date: Jan. 17
Time: 12:30–3:00 p.m.
Location: JRC



Equity & Inclusion

ILLUSTRATION BY LOGAN JENNY

The Center for Equity and Inclusion, located in WCG 104, and Equity and Inclusion offices in WCG 102 offer spaces where students can be safe about themselves and with others. The CEI regularly hosts workshops and events which promote diversity and inclusion on campus.

On-campus departments affirm unity in CEI relocation project

Campus Planning and Retail Service gave an update on the current plans for the Center for Equity and Inclusion move, which is now encompassed in the Snoqualmie-Tioga Update Project.

By MITCHELL FERMO
NEWS REPORTER

In a public town hall held Dec. 5, Campus Planning and Retail Service members explained where they currently are in the Center for Equity and Inclusion's move and how the scope of the project has changed. They also acknowledged and answered comments and questions concerning the current and future usage of the Teaching and Learning Center's spaces. This talk was in response to issues brought up by members of the TLC community during Chancellor Mark Pagano's second town hall meeting.

Project Development and Construction Manager Melony Pederson explained that CPRS is still in the early stages of programming for the Snoqualmie and Tioga Library buildings — which means they are still collecting data, inspecting the spaces they have to work with and talking with stakeholders to understand how to satisfy the needs of the different departments. She stated that CPRS has only started the first third of the project.

The original project was to find an area to relocate the CEI. Last year, Pagano agreed with Associated Students

of the UWT's demand to move the CEI out of its current space in West Coast Grocery to a space that will better facilitate its needs by the beginning of the 2019 academic year. One plan proposed was to see if the CEI could be moved into the upper two floors of the Tioga Library Building. Pederson explained how this plan started the complications of moving the CEI.

"The library themselves are working on solving their own space challenges, one of which is that they are currently maxed out," Pederson said. "You can imagine this is very concerning. The library of a university is central. It provides a ton of services [and] it is a landmark place for students to go. We wanted to make sure that the concerns of the library are addressed. Through this, it became clear we needed to take a holistic look at Snoqualmie and the Tioga Library Building."

In re-examining their approach to the CEI move and the spaces within the Snoqualmie and Tioga Library buildings, CPRS discovered that other departments and services were having problems with space and capacity.

"Similarly to the library, we found out that they [the TLC] too are maxed out currently, and they are a highly, highly

[sic] utilized space," Pederson said. "So, we took our findings and we decided it was time to meet with campus leadership. We wanted to bring these concerns to light, and we wanted to study this more thoroughly with an architect. That was when we decided to move forward and fully engage with each of these units, officially, and with a consultant."

The current CEI move project now encompasses a reevaluation of the Snoqualmie Building, the CEI, the TLB and all of the facilities and services in them. In answering the question about how this will affect the timeframe set forth by Pagano, CPRS Director Patrick Clark said that moving the CEI by next fall was not a realistic goal and that the move would have to happen in incremental phases over the next few years.

"I know a while back Mark [Pagano] had made the statement... that CEI would be housed by fall of 2019... If I were a betting person I wouldn't bet on the fall," Clark said. "There's too many parts we still have to explore through this process to force a schedule. I know for some people that might not sit well. They may say 'well, I really want this answer today or tomorrow,' and what I would say is, 'we want to come up with the right solution, not just a solution.' That may

mean we have to go slow to go fast."

Several TLC and CEI community members commented on the importance of this new step in ensuring that stakeholders in this project are able to have their input heard and taken into consideration. It was also said that there is a need to continue to be in communication with and support of each department. Dr. Christine Stevens brought up that there was an initial issue of "TLC vs. CEI" when there is no need for the dichotomy. Similarly, Assistant Chancellor of Equity and Inclusion James McShay offered his reassurance that the CEI and the TLC — as well as every other campus service — can and should come together to help and promote each other.

"I think what is important to know is that by cultivating unity and fostering synergies, there is a way which we can do some bridging with students that might help them to not just see these as separate units, but they are all interconnected," McShay said.

Beck Adelante, UWT alumnus and TLC writing consultant, stated they felt better to focus on synergy between the many departments and services involved, as well as the change in focus CPRS is taking in handling the Snoqualmie-Tioga project.

"They [CPRS] have made a verbal promise here today that they will bring everybody up-to-date, that there will be more effort to find out what all of these organizations need," Adelante said. "The time frame seems to have been extended, which is comforting. I think that it is really clear based on what everybody was saying and all the questions that were asked that everybody really does want these services to be collaborative, and I think that is the best approach. Treating this as an opportunity to do that is really important, and it is heartening because of how many people are engaged, [and] how many faculty, staff and students were here to express that."

The next public event concerning the Snoqualmie-Tioga project is an open house scheduled Feb. 25, with a time and place to be determined. Several workshops, charrettes, research opportunities and meetings with stakeholders are scheduled in the meantime, with a specific focus on ensuring the best outcome for everyone involved.

To learn more, visit:
[tacoma.uw.edu/
finance-administration/
currentfuture-capital-projects](http://tacoma.uw.edu/finance-administration/currentfuture-capital-projects)



Students and professors in Buenos Aires on the Argentina: Urban Field Experience program.

COURTESY OF LUIS ALONZO



In front of the Quito sign, which is the city where this program took place.

COURTESY OF THE OFFICE OF GLOBAL AFFAIRS



Study Abroad Fair (2018).

COURTESY OF THE OFFICE OF GLOBAL AFFAIRS



Students on the South Korea: Psychology of Health, Crime and Justice program.

COURTESY OF THE OFFICE OF GLOBAL AFFAIRS

UWT celebrates culture and diversity at Around the World

The Office of Global Affairs will be sponsoring Around the World — an event for students to learn about upcoming programs and the diverse cultures on the UW Tacoma campus.

By **BENGISU INCETAS**
NEWS REPORTER

The Office of Global Affairs will be hosting Around the World Jan. 16, in William W. Philip Hall 11 a.m.–2:30 p.m. The fair aims to enrich students on the variety of cultures that contribute to the diversity at UWT, as well as assist students in exploring different programs that will expand their learning in another country.

“The purpose of Around the World is to highlight global learning opportunities available to students, while also celebrating the cultural wealth our international and domestic students bring to our campus,” Diaz said. “We decided it was important to come to-

gether as an office and host a single event that highlights the diverse global and local experiences we are involved in and offer each year.”

The fair will showcase eight study abroad programs that will be in Italy, Brazil, Gambia, China, Spain and the Netherlands. The programs are set for summer and early fall of 2019, as well as winter and spring quarters of 2020 — running the majority of the academic year. Various program directors will be present to introduce the programs to students and answer questions. The Office of Global Affairs will also be present at the event.

The Around the World fair will also feature tables presenting a few countries of interest with information about each

— such as region, language, culture, food, music, dance and art.

“The intent is for students to share ... their country, culture, or other identities or topics in a way that is comfortable to them and allows them to lead the dialogue,” Diaz said. “Whether this is through connecting with other students from different or similar cultural backgrounds, or meeting the professors of a study abroad program they are interested in, students should come to Around the World to explore all of the wonderful ways to diversify and even globalize their UWT experience.”

This cultural celebration aims to include everyone, as anyone can contribute by hosting a table at the event to share their cultural identity. The Office of

Global Affairs also sees Around the World as an opportunity for students to mingle and immerse themselves into and learn about different cultures.

“Study abroad deeply enriches your academic experience,” Diaz said. “Not only do you gain global and diverse experiences which will be helpful to have in one’s future career and/or graduate school, but you will learn so much about yourself.”

Short term study abroad programs are offered annually in summer and early fall and range from two weeks to two months. These programs can also be covered by scholarships and financial aid. The Office of Global Affairs encourages students to learn more about the many resources that could help make their

study abroad journey possible.

“A high percentage of students on our campus use financial aid, so this is super important!” Diaz said. “I’d ... like students to know that the Office of Global Affairs is here to support them throughout their entire study abroad process.”

The Around the World fair will have resources for prospective study abroad students. For more information, the Office of Global Affairs offers walk-in advising hours and one-on-one appointments, which can be booked on the Office of Global Affairs website.

tacoma.uw.edu/study-abroad-international-programs/study-abroad-programs

Opinion: How to incorporate leisure reading into 2019

Build up your reading muscles with these quick tips.

By **CHRISTIAN BELL**
OPINION EDITOR

Books have always held a special place in my heart. In fact, one of my most cherished memories was my first day of kindergarten. That day, I jumped out of my mom's car and sprinted into the elementary school building — excited that I would learn how to read. When I did learn to read, I read *everything*. From children's books like "Little Bear" and the popular children series "Junie B. Jones" to articles in my mom's AARP magazines, reading was like breathing air. Fast forward sixteen years, two jobs and a full load of college courses later and much of the reading I do nowadays is assigned to me. Though stories still bring me joy, it can be difficult to find the time or enthusiasm to read as leisurely as I used to.

However, I'm not alone. According to Bureau of Labor Statistics' recent American Time Use Survey, leisure reading dropped 30 percent since 2004. Another 2018 survey by the Pew Research Center found almost a quarter of adults in America haven't read a book in the



ILLUSTRATION BY BRUNO MARQUEZ

Few things are more relaxing.

past year. But not all hope is lost. Whether you're looking to fall back in love with reading books or hoping to finally cross the goal to read more off your New Year's resolutions list, here are a few tips to make reading books a habit:

FIND THE RIGHT BOOK

Leisure reading should feel like an escape into another world, not another chore on your to-do list. A good book

should grab and retain your attention, and it should evoke thought and emotion out of you as a reader — which for some could mean ugly crying or unstoppable laughter. If you discover — after the first 50 pages or so of reading — that a book contains flat characters, a lousy plot, poor grammar and/or is too complex to get through, drop it and try another one. Finding the right book can be challeng-

ing, but it'll be worth it.

AIM FOR 30

For those with hectic schedules, reading for 30 minutes a day sounds unattainable. However, if you can set aside just 10 minutes at least three times a day for reading, you'll easily accomplish that goal. You can also find time by cutting back on social media or TV. The 30 minutes you spend binge watching something on Netflix or aimlessly scrolling through social media could be time spent towards reading a book. However, I know a heavy Instagram user or an obsessed Netflix binge watcher might be clutching their invisible pearls at this request. Start slow, and maybe replace social media with reading twice a week.

GO DIGITAL

Carrying a book with you every day is another great way to make reading a habit. However, print books can be heavy. Digital options like eBooks, Kindles and audiobooks are lightweight. With eBooks, you can have an entire library at your fingertips. Digital options make it so much easier to read anytime or anywhere by instantly downloading eBooks onto your phone, eReader or laptop. Also,

eBooks will save you money, as the digital version of new releases are often cheaper than the print versions. Though most people prefer print books, audiobooks are a growing trend. A survey from the Pew Research center found the number of Americans who read audiobooks jumped from 14 percent in 2014 to 18 percent in 2018. One of the many benefits of audiobooks is the ability to multitask. For example, now you can listen to Ernest Cline's "Ready Player One" audiobook while preparing dinner or driving to work.

FIND A READING PARTNER OR A BOOK CLUB

Having a reading partner or joining a book club can be incredibly beneficial as you go on to accomplish your reading goals. Sometimes, it helps to have someone who will hold you accountable and ensure you are on track. Ask a close friend or family member if they'd be your reading partner and to read a book with you. You can also find local book clubs by checking community bulletin boards on campus or at the university bookstore. Websites such as meetup.com will help you find book clubs in your area.

Opinion: Why we need more Asian and Asian American representation in Western media

I am American — more specifically Vietnamese-American — and I shouldn't have to look outside of the country that I was born and bred in for cultural representation.

By **JENNY LAM**
OPINION COLUMNIST

The highly-anticipated Hollywood rom-com "Crazy Rich Asians" has made a remarkable landmark for the Asian American community in entertainment. "Crazy Rich Asians" tells not only myself, but the rest of the world that Asians can be funny, beautiful and loud — overall unapologetically Asian. It's also the first studio film with an all-Asian cast since "The Joy Luck Club" in 1993.

Both "Crazy Rich Asians" and Constance Wu — star of ABC's "Fresh Off The Boat" and "CRA" — have scored Golden Globe nominations for 2019. It has made history and also bolsters a wider discussion about the need for Asian representative storytelling and casting in Hollywood.

For years, Asians and Asian Americans have been degraded and neglected in the film and television industry. From yellowface to whitewashing, Hollywood has been known for the misrepresentation and underrepresentation of many cultures and races.

The portrayal of Asian identities in American film and television has been long grounded to specific and tired stereotypes. For instance, the foreigner with broken English, the martial art expert like Jackie Chan, the young fetishized

school girl, the submissive masseuse/prostitute and the aromatized tech nerds. It just seems that Asians can't be ordinary human beings with parents, siblings and friends that lead a normalized life.

As an Asian woman who was born and raised in America, I can say that none of these Asian portrayals depicts a truthful image of an Asian American. In fact, the media gives the impression that I should be ashamed of my ethnicity — that my food stinks, my language sounds weird and my presence is unwanted — not in the media, and certainly not in reality. The media sends the message that I am simply less worthy than my white American counterparts, and that needs to stop.

As much as we may want to dismiss film and TV as just simple entertainment, it undeniably contributes to our cultural landscape and how we understand and view the world we live in.

Starting in 1961, the all-time classic "Breakfast At Tiffany's" casted Mickey Rooney, a Caucasian man, who put on makeup and a costume to play the role of the Japanese landlord, Mr. Yunioshi. Hollywood could have easily casted an actual Japanese man to play this role but voluntarily did not for what they instead thought would be comic relief. This ultimately resulted in Rooney committing yellowface.

Yellowface is the practice of Asian characters being portrayed by non-Asian actors while wearing makeup to give them the appearance of an Asian person. This act diminishes the already few opportunities for Asian actors to play in roles created for Asians. It also dehumanizes Asians and feeds the idea that we are outsiders and that we just don't belong.

26 years later, Stanley Kubrick's "Full Metal Jacket" gave us Papillon Soo Soo, an English-Chinese actress on the silver screen. She played a Vietnamese hooker known for the famous — and awfully racist — "Me so horny, me love you long time" phrase. This toxic portrayal of Asian women in the media ultimately perpetuates the dehumanization and hypersexualization of Asian women as profitable and consumable products that lack autonomy and consent.

However — with the existence of social media — the ability to highlight unhealthy industry behavior has surely pressured Hollywood to step up their game, as it pushes for more people of color and equal representation. In these past few years, we have taken many steps forward in Asian representation on the big screen.

Thanks to 21st century shows like "Fresh Off The Boat," "Master Of None" and "The Mindy Project," it goes to show that Asian Americans are climbing up



COURTESY OF WARNER BROS PICTURES

Crazy Rich Asian (2018) — spoiler alert: they really are crazy rich.

the entertainment industry — and people are willingly interested in seeing Asian characters as fully fleshed-out human beings. We have passion, desires and lives. We can be emotional, political and fallible. We can laugh, cry and swear. We are ordinary human beings.

But despite the new waves of Asian American-led shows, Asians are still underrepresented in the film and television landscape of today.

According to a recent study by a group of California professors and scholars, nearly 70 percent of TV series regu-

lars are white, while 14 percent are Black and about six percent are Latino. So where do Asians place in these results? 4.3 percent to be exact — and that's including Asian Pacific Islanders.

Recent research also found that Asian Americans are the fastest-growing racial group in the United States — yet in Hollywood, Asians are still fighting for visibility.

I am American — more specifically Vietnamese-American — and I shouldn't have to look outside of the country that I was born and bred in for representation.



COURTESY OF FLICKR.COM

The winter quarter blues hits students hard.

Opinion: How to deal with the winter quarter blues

Despite the seasonal woes of winter quarter, positive actions and attitudes can prevent you from falling into the slump.

By **ALYSSA TATRO**
OPINION COLUMNIST

Now that the holiday break is over and the jolly cheer has subsided, winter quarter is a looming force for the new year. Most of us kick off winter quarter with great expectations and resolutions, but these goals seem to quickly fade away as cold weather, parking issues and deadlines become all too real.

Have you ever noticed that typically during the months of winter quarter, attendance seems to drop as more and more people skip class? You might also notice people are less involved on campus and seem to be impatient during this time of year.

Some of these behaviors have simple explanations, such as the time you hit snooze, slept in instead of attending your 8 a.m. lecture because you stayed up late watching Netflix. However, a more serious concern could be Seasonal Affective Disorder, which is a spout of depression or moodiness that occurs in tandem with specific times of year.

SAD is most common in late fall through winter. Symptoms include feelings of depression, difficulty concen-

trating, low energy, changes in activities and appetite and tiredness or oversleeping. These symptoms are common during the winter quarter slump that many of us students experience.

Although this seasonal spout of lacking motivation and struggling to tolerate colder weather is inevitable for many college students, there is a fine line between missing a class or two and letting your grades suffer.

Below are a few tips in order to beat the winter quarter slump, and stay successful and on top of your deadlines. While these tips are much easier said than done, it doesn't hurt to change your behaviors and attitudes about the winter quarter and season to be more positive and motivated. There are bound to be days of tiredness, procrastination and even sadness, but adapting your lifestyle and reactions to these seasonal slumps can make a world of difference during the new year.

EXCHANGE CONTACT INFORMATION WITH TWO CLASSMATES

The first few days of class can be incredibly telling for how your quarter is going to go and it is always beneficial to make friends with some classmates within the first week of class. By ex-

changing numbers and emails with your peers, you have created some insurance for yourself for that extra chilly morning when you let yourself sleep in and miss a class. With this, you are able to reach out to your colleagues and ask what the class agenda was or for a picture of their lecture notes. The benefit of having more than one classmate's information is that you have a backup to reach out and get your questions resolved if the other classmate also missed class or didn't take notes. You may also end up making a friend or two that extends beyond the class along the way!

KEEP A DETAILED CALENDAR

If you aren't already in the habit of using a planner or journal to track deadlines, meetings, work and events, then winter quarter 2019 is the perfect opportunity to start. This has been a habit that I recently started back in fall quarter, and I can see how it has changed my academic career! I went out and purchased a planner that inspired me, and because I thoroughly enjoy my planner's appearance, I believe I have been more prone to use it continuously. On Sundays, I write out what I need to do each day of the up-

coming week, including classes, homework, readings, emails I need to send, phone calls that must be made and any upcoming meetings or events I have. I also write down my gym time and social time because by doing so you are able to visualize what you have planned and then prioritize based on the most important things and decide what can be pushed off. This habit will help keep you on track with your school and work responsibilities — and the more you do it, the more motivating it can be!

GET ON A BETTER SLEEP SCHEDULE AND EAT A HEALTHY BREAKFAST

This is often a hard one for college students because we are so busy and our schedules are often on the go. Homework and studying can make it hard to get to bed at a decent hour and staying up late causes a cycle of running late and exhaustion in the morning. This cyclical pattern can be tiring and may lead to a lack of energy needed to get your responsibilities completed. In order to break this endless cycle, you must force yourself to go to bed earlier. That means you may have to sacrifice an hour of leisure time to get more homework done and get into bed earlier, but the benefits far outweigh

the missed TV or social media time. When you get the proper amount of sleep, your mood will improve, you can more readily concentrate at work and school and you will feel less over-exerted and more rested. Waking up early enough to make a healthy breakfast can also increase productivity and your mood throughout the day. You don't need to cook up an entire breakfast buffet to accomplish this goal — a simple bowl of oats, fruit smoothie or whole grain toast will do you wonders for the day!

SPEND MORE TIME WITH NATURE

When the weather is cold, spending time outdoors in the winter may seem like an awful idea — but it is just the opposite! Having a little bit of time to spend in nature can greatly increase ones motivation and mood through the inspiration and fresh air that nature provides. A short walk around your neighborhood or a visit to some of Tacoma's most popular outdoor spots — such as Point Defiance Park, Ruston Way Waterfront or Titlow Beach — will help you feel connected to the beautiful landscape of the South Sound and will surely inspire and help one to embrace the beauty of the winter season.

The Ledger is now accepting letters to the editor!

Submit to: ledger@uw.edu

Include:

- Your first & last name
- "Dear Editor," as the opening of your piece
- Respond to one of our articles or happenings on campus



8 hidden gems of Tacoma to enjoy in 2019

Kick off the new year right and explore what the city of Tacoma has to offer!

By **HAIDEN VANDERLASKE**
A&E EDITOR

As the New Year rolls around and the resolution lists grow endless, make sure to add one more thing to the list — to explore everything Tacoma has to offer. From places such as the Tacoma Art Museum to the Chinese Reconciliation Park, check out these great local gems to decompress from all of 2019's worries.

SIXTH AVENUE WALL ART

Take a stroll along Sixth Avenue in Tacoma and enjoy the different street artwork scattered among the walls and buildings. The artwork ranges from freestyle paint to graffiti art, each one carefully designed and cultivated by a Tacoma resident. It's definitely worth it to grab a coffee and walk along the long streets of Sixth Avenue with friends and see the different motifs and intricate designs that our local artists create.

TACOMA ART MUSEUM

The Tacoma Art Museum is the perfect destination before or after class, as it is located directly across from UW Tacoma's campus. This museum hosts artwork from all over the Pacific Northwest including local community artists from Tacoma. TAM offers free admission every third Thursday of every month — part of Free Thursdays, which many other Tacoma museums partake in — 5–8 p.m. TAM also offers a student discount — with proof of a valid Husky

Washington History Museum:
Hours: Tuesday–Sunday
10 a.m.–5 p.m.
Price: Free for UW students with husky ID card

The Grand Cinema:
Hours: Varies
Price: \$8.50 per ticket with husky ID card

Five Mile Drive — Point Defiance Park
Hours: Varies
Price: Free

Point Defiance Zoo and Aquarium
Hours: Sunday–Saturday
9:30 a.m.–4 p.m.
Price: \$18 per person

Chinese Reconciliation Park
Hours: 6 a.m.–9 p.m.
Price: Free

The Glass Museum
Hours: Wednesday–Saturday 10 a.m.–5 p.m.
Sunday noon.–5p.m.
Price: \$14 per ticket with husky ID card

Tacoma Art Museum
Hours: Wednesday–Sunday
10 a.m.–5 p.m.
Price: \$13 with husky ID card



PHOTO BY SARAH SMITH
Craving Art? The Tacoma Art Museum is located right across from our campus!

ID — on regular admission throughout the week as well. Take advantage of that pesky student ID card and immerse yourself into the PNW culture.

FIVE MILE DRIVE — POINT DEFIANCE PARK

Loosen yourself up from the New Year blues and experience what the beautiful state of Washington has to offer. This drive through Point Defiance Park offers beautiful sights of scenery and legendary viewpoints of the Puget Sound — overlooking to what lies across the water. Take a drive down the Five Mile Drive, turn on your favorite relaxing music and enjoy the surroundings of blissful nature.

CHINESE RECONCILIATION PARK

Submerge yourself in Tacoma's history by walking through the Chinese Reconciliation Park along the Ruston Way Waterfront. This park provides both local history and culture as it was created to mend the broken trust from the expulsion of Chinese residents from Tacoma during 1885. The Chinese Reconciliation Park also has a great view of the Port of Tacoma — making it a good place to sit back and unwind thoughts when alone time is needed.

WASHINGTON HISTORY MUSEUM

The Washington History Museum is placed directly across from campus and is one of the two museums owned and run by the Washington State Historical Society. The museum hosts a

traveling exhibit of Pacific Northwest magicians and their venture into spiritualism in the 20th century, as well as permanent exhibitions such as model trains and the history of the steel horse. This museum also partakes in Free Thursdays and offers free admission to UWT students with the use of a valid Husky ID card.

POINT DEFIANCE ZOO AND AQUARIUM

The Point Defiance Zoo and Aquarium shelter countless animals that offers an observation for the community to experience and take a look at what some of the native animals to our area might be. This exhibition gives our home more background history on what lived here before us. Set

aside an afternoon and enjoy the animals at Point Defiance Zoo and Aquarium — they even have lions, tigers and bears, oh my!

GLASS MUSEUM AND THE CHIHULY GLASS BRIDGE

Need to take a quick study break before class? Walk across from campus to the Glass Museum, located past the Chihuly Glass bridge. This bridge showcases the museum's best glass blowing work, some from the famous local artist, Dale Chihuly. Take a tour of the museum to see special blown artwork or observe artists in their public glass blowing sessions at their Hot Shop connected to the Glass Museum. This museum also takes part in Free Thursdays, 5–8 p.m.

THE GRAND CINEMA

If you're a fan of the vintage retro spots of Tacoma, consider watching a movie at the Grand Cinema. This volunteer-ran theater shows films that bigger corporate theaters generally don't screen. At this cinema, patrons are able to view films from film festivals, as well as independent, foreign and local films — this gives filmmakers from our community the opportunity to see their work on the big screen. The Grand Cinema is a nonprofit, award-winning theater that also serves as the host for the annual Tacoma Film Festival. Support your local small businesses and see your next movie at the Grand Cinema!

Husky resources available for your New Year's resolution

Cliches aside, New Year's resolutions are actually achievable — especially with these handy tips and tricks.

By **ALEX ALDERMAN**
A&E COLUMNIST

It's that time again — the start of another new year! It brings vast reflections of 2018, feelings of a fresh start and the declaration of bettering oneself — the beginning of the infamous New Year's resolution. These self-improvement epiphanies often get a bad wrap, are criticized for being a cliché and are often times unachievable and forgotten by the time Valentine's Day rears its head. However, with dedication and proper planning, transformations of oneself — both large and small — are easily attainable. It's important to note that self-betterment can occur at any time of the year. Although the beginning of the year seems prime, everyone should move toward their goals at their own pace. Here are a few tips and tricks to keep your New Year's resolution!

BULLET JOURNAL

Productivity meets mindfulness in this relatively new journaling, organizational system. Requiring only a graph notebook and creativity, bullet journaling is a methodology that works to

align the 'what' with the 'why.' It breaks the standard mold of journaling and differentiates itself from traditional organizational systems by incorporating the individual's values, goals and physical and mental health into everyday tasks. In the digital world where a plethora of organizational systems exist, the nostalgia and quaintness of an analog system reduce phone usage and screen time, as well as allows for creative expression. The bullet journal helps people stay on track with their New Year's resolutions as it serves as a constant reminder as to why those resolutions are so important. Check out bulletjournal.com for tutorials and ideas for setting up your own bullet journal this new year.

UNIVERSITY YMCA

Did you know that UW Tacoma students have access to every YMCA nationwide? Whether you want to achieve fitness goals, improve mental health or make new friends, there are plenty of free resources available to students at the UWY. The University Student Center Y offers top of the line fitness equipment and group exercise

classes — such as Yoga and Zumba — that are suitable for a variety of fitness goals. If you are strapped for time this winter quarter, try the MX4 group exercise class on Tuesday and Thursdays, 12:30–1:15 p.m. — the ultimate class for getting an all-body workout during UWT's lunch hour. Rather than trying to achieve fitness resolutions on your own, the YMCA provides free consultations with a wellness advisor and a personalized fitness program through their FitPath system. Head to the YMCA website to view the winter group exercise schedule and book your FitPath appointment. The University Y is for students — make sure to take advantage of them to help you be successful with your New Year's resolutions.

CAMPUS RESOURCES

There are several readily available resources on campus that students can use to help keep their New Year's resolutions on track. The reflection room in the University Y and the meditation room in the Mattress Factory provide students a safe space to engage in meditation or prayer or de-stress and reflect on resolution progress. If your resolu-

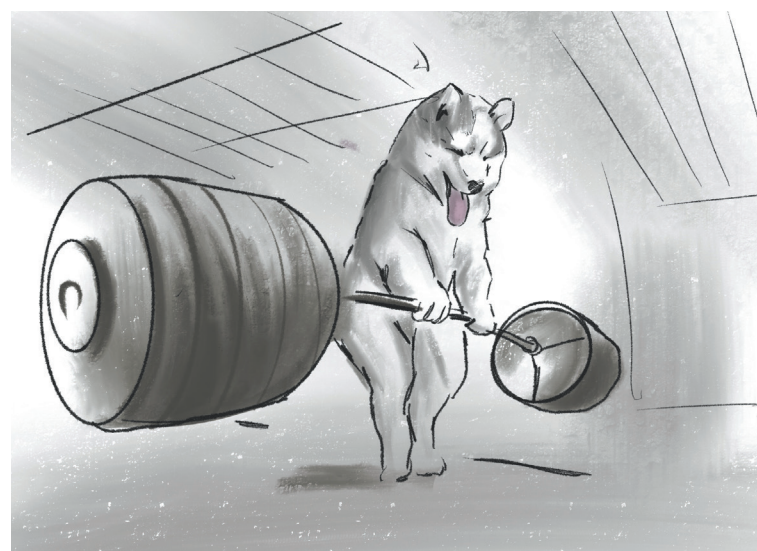


ILLUSTRATION BY BRUNO MARQUEZ

New year, new you!

tion involves improving your mental health, the Counseling Center offers free, confidential counseling to help students work through a variety of personal affairs. The Counseling Center is an excellent space to talk through your personal goals and gain assistance in the best ways to achieve those goals. The Teaching and Learning Center is also another resource for students looking

to improve their academic performance or stay on track academically this quarter. To help with that, the TLC offers free peer and student tutoring in a variety of subjects.

Don't let the stress of being a college student keep you from achieving all of your resolutions — use the resources that UWT offers to let you be successful for the entirety of 2019.

‘Bird Box’ blindly captures viewers with harrowing storytelling

Netflix’s new thriller entrances audiences with unparalleled intensity.

By EVAN MARTINOLICH
A&E COLUMNIST

Being one of the most popular streaming services, Netflix has continued to entertain since it began delivering DVDs by mail in the 90s. As it has grown to become instantly available to viewers around the world for an affordable price, Netflix’s budget has also grown to allow the opportunity to produce its own original shows and feature-length films. Among these, the suspense genre has been an especially notable strength of Netflix, and its latest feature “Bird Box” is proof of that. Audiences are pleased to find that “Bird Box” is an intense stimulating adventure for fans of the macabre that refuses to hold back with disturbing imagery and thematic elements.

The film journeys on the adventure and perils of pregnant Malorie (Sandra Bullock) as the world is plunged into chaos by a devastating unidentified force — later called ‘creatures’ — the sight of which inexplicably drives people to suicide. Shortly after Malorie’s sister Jessica (Sarah Paulson) is afflicted, Malorie finds herself at the home of Douglas (John Malkovich) who has converted his home into a safe haven for those unaffected by the force. Inside of this safe haven is a small group of people who have figured out a method of protection by merely averting their eyes by using a blindfold and staying indoors — among them are Tom (Trevante Rhodes), Olympia (Danielle Macdonald) and Felix (Machine Gun Kelly). While the movie details the struggles of Malorie and her pregnancy during her time in Douglas’ home — her adventure to a fabled sanctuary with her children Boy (Julian Edwards) and Girl (Vivien Lyra Blair) is also told while swapping between scenes of the trip to the sanctuary and flashbacks to her time in Douglas’ house.

The heavy atmosphere is expertly woven together with the threads of stellar acting and dialogue. The all-star cast members, such as Sandra Bullock and John Malkovich, are not just placed in the movie for show, but very clearly presents their advanced acting experience as they display a sense of urgency through vocal tones. This simple bit of effort creates a plot that is vastly superior to movies with similar prem-

ises, such as the movie “The Happening.” From the first minute onward, the film’s cast performs magnificently to keep the audience on the edge of their seats and fill them with compassion at moments that can appear seemingly out of nowhere — thus telling audience members they shouldn’t get too comfortable.

A suspense movie would not be satisfying without a persistent feeling of dread, and the ‘mysterious force’ antagonist provides just that. While the force is not explicitly described or even shown through the duration of the film, the mix of fear and wonder displayed by multiple characters leaves much to the audience’s imagination. Normally, one might be disappointed by this detail, however one single scene depicts a multitude of interpretations for the viewer to see — some of which are truly horrifying while others leave audiences awe stricken. The most important part of these scenes of depictions is the individuality of each image, as it shows the viewer a multitude of possible forms the entity can take.

Once again, Netflix has stretched its legs to show its viewers that it has the gumption to step out onto controversial territory and produce a definite hit. A relentless thrill ride, “Bird Box” is an entrancing spectacle that gives its audience an experience that will leave them fearful for its extent and nervous for the hours following.

REVIEW

“Bird Box”

★★★★★

The Good:

- Incredible acting from the whole cast creates needed tones.
- Jumping from flashbacks to present day gives a full story.
- Viewers are allowed to speculate on the entity’s appearance.

The Bad:

- Audience might be reminded of the movie “The Happening.”



Malorie and her children make their escape from a deadly, unidentified entity

COURTESY OF NETFLIX



COURTESY OF NETFLIX

Stefan Butler play-testing the early stages of his game, ‘Bandersnatch’

‘Black Mirror: Bandersnatch’ gives audiences an amazing new interactive experience

Netflix’s incredible new interactive film fills its audiences with amazement and astonishment.

By EVAN MARTINOLICH
A&E COLUMNIST

Most millennials and a select few members of the centennial generation — otherwise known as ‘Gen Z’ — remember the classic children series of fiction books known as “Goosebumps.” The premise of the books was to give the reader the chance to create their own adventure that leads to a variety of plotlines that could unfold based on their choices. Fast forward to present day, and with audiences obsession with the Netflix original series “Black Mirror,” filmmakers attempt to replicate this phenomenon for a more interactive plot. Netflix’s “Black Mirror: Bandersnatch” asserts itself as an immensely exciting “Black Mirror” episode that entangles the audience in an unforgettable story, while graciously leaving the fate of the characters in their hands.

Set back in 1984, “Black Mirror: Bandersnatch” follows Stefan Butler (Fionn Whitehead), a young adult with a knack for programming as he tries to develop an interactive computer game based on one of his favorite books, “Bandersnatch.” Shortly after his morning routine with his father Peter (Craig Parkinson), Stefan leaves to pitch his idea to TuckerSoft — a software company that produces top of the line computer games. Shortly after his arrival, Stefan meets Colin Ritman (Will Poulter) — a legend in the computer gaming community who also serves as a somewhat omnipotent figure in the film. From there, the journey to finish and perfect his video game becomes wildly complex for both Stefan and the audience alike.

Ten second timed choices are presented to the viewer immediately, providing them with two choices, such as what cereal Stefan will eat in the morning and what music he listens to on the way to his pitch meeting — a choice that also determines the music played throughout the movie. In the first few minutes of the film, these decisions are seemingly small and harmless — although they are quick to escalate. The magnitude of the later decisions hangs with the viewer, and it becomes increasingly difficult to choose an option for fear of what may unfold at their hands. The movie’s fantastic suspenseful effect comes from these very choices, as well as the unpredictability

that accompanies them.

“Black Mirror: Bandersnatch” is unparalleled in complexity — without the common partnership with confusion. The plot of the film develops at the hands of the viewers as different audiences may find out more or less than another. As the film progresses, the choices made will often lead to ‘endings,’ where viewers have the option to either continue from a key moment and try another option or to end the film and roll to the credits. When all five of these different endings appear, they are presented in a way that feigns insignificance. However — much like the decisions in the actual film — the choice to continue after each ending develops into questions that represent the themes presented in the film, and it furthers the plot. Fans of the rest of the episodes of “Black Mirror” may also notice several references to previous episodes as a pleasant homage to the original series through the use of little Easter eggs.

While it may seem questionable upon first glance, Netflix’s “Black Mirror: Bandersnatch” takes a much-needed leap in being an interactive film and roots itself in the minds of its audiences through its unforgettable story and the intense decisions within it. This film sets the foundations for how the genre of interactive storytelling can be done correctly and hopefully marks the beginning of many more to come.

REVIEW

“Black Mirror: Bandersnatch”

★★★★★

The Good:

- Story entertains and holds the attention of audience.
- Decision making gives audiences a personal attachment to characters.
- Complex plot allows audiences to learn more with each different ending.
- The sporadic nature serves to excite audiences with each scene.

The Bad:

- Nothing