

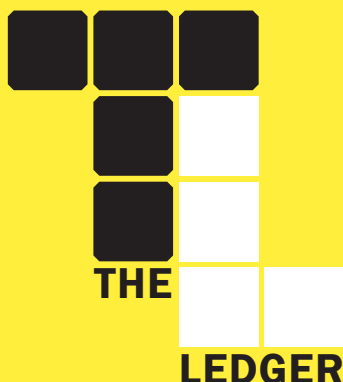


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UWT'S FREE WEEKLY PUBLICATION
March 11, 2019 | Volume 23, Issue 21
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The Ledger

UWT's weekly student publication
Mar. 11, 2019 | Vol. 23, Issue 21

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Chancellor Pagano's latest town hall focused on future goals and initiatives for UWT campus

Focusing on the upcoming years, Pagano put forth some guiding goals for enrollment, including academic initiatives, faculty support and budgetary and contractual agreements.

By MITCHELL FERMO
NEWS REPORTER

Chancellor Pagano had several highlights to share during his Feb. 28 town hall meeting. His talking points included the UW Tacoma's campus current enrollment statistics, progress with the five-year strategic plan 'Charting Our Course' and further explanation on the current draft of the UWT Aspirational Statement. During the town hall, Pagano also laid out his long list of goals for several different aspects of campus — like academic, culture and equity initiatives.

To start off his town hall, Pagano showcased a few different statistics he had shared with the Board of Regents, including that 93 percent of UWT students come from Washington state, and that 77 percent come from the South Puget Sound area. Another statistic Pagano shared was that 56 percent of current students are first-generation college students, with first-generation being defined as neither parent having graduated with from college with a degree.

A portion of the town hall was dedicated to updates on the UWT strategic goal. The five-year plan, now into its third year, has a list of 63 initiatives covering six impact goals: community, culture, equity, growth, scholarship and students. Some of the groups and projects being worked on right now include the South Sound Alliance, the First Gen Initiative and a project to expand study abroad opportunities and engagement.

"If somebody doesn't look at what's next, we'll get stagnant," Pagano said as he explained the importance of the strategic plan. "We'll kinda taper off and get average [sic] ... You don't just want to be 'okay,' we want to stretch ourselves."

Pagano also took the time to share his results from the UW ARC 360 assessment. The UW ARC 360 is a comprehensive evaluation that can be voluntarily requested by any UW employee.



PHOTO BY MITCHELL FERMO

UWT's strategic plan, 'Charting Our Course,' was placed along the side walls of William W. Philip Hall until its renovation. Now, smaller banners can be found along the upper back wall.

There are different competencies which are measured depending on your position, and all data is gathered from evaluations done by the people you choose. Based on responses from UWT personnel such as deans and vice-chancellors, Pagano's strengths include integrity, communication and governance and leadership, while the biggest opportunities for his growth are in increased collaboration, innovation and leading change.

To wrap up his presentation, Pagano discussed the plans and goals he has for the future of UWT. He stressed, however, that these were his personal goals and that any and all plans must go through the correct channels of governance and be decided upon together with the stakeholders. For enrollment, Pagano hopes to increase the number of international and out-of-state students, as well as have total student enrollment increase to 7,000 by 2025.

"I was really hit over the side of the head when I first got here because the

late Debra Friedman had that initiative '7-in-7,' and it was 2013 when she started that, and she wanted 7,000 students here by 2020, which would be next fall," Pagano said. "People seemed to not like that, and really told me that we need to halt ... Here I am now, on stage saying 'I'd like to be 7,000,' but at least its 2025 not 2020, and we are preparing ourselves, hopefully."

Other initiatives Pagano has hopes for is seeing all academic programs elevated to "school" status, secure funding for two new engineering programs and continue building faculty support. For programmatic-related goals, he hopes the UWT will gain Carnegie Classification, as well as start on the next five-year plan. In terms of his equity goals, Pagano hopes to complete a campus climate survey and expand the Center for Equity and Inclusion and its programs.

Budgeting goals included building up a reserve for UWT's funds and expanding upon auxiliary enterprises to

help build that reserve up. Finally, Pagano hopes to increase the amount of facilities to accommodate the growing campus size, as well as place more UW markings around the campus' boundaries in a seamless manner. Plans for expanding parking spaces and accommodating the increase of student enrollment were also discussed.

"It should be, though, that as we increase the student population, we increase the income to the university, [and] we are deliberate about putting parking to match that," Pagano explained. "Other things we can do is our transportation plan [and] do things to encourage people to not bring a car to campus ... that is a part of our parking plan too."

You can find the full town hall
on UW Tacoma Extended's
Youtube channel at
**youtube.com/
watch?v=n1kAEhOwOaA**

**HAPPY FINALS
WEEK HUSKIES!**

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



Real Lit[erature] book club to host Skype discussion with author Dashka Slater

The entire UWT community is invited to attend a Skype conversation on March 13 with the Dashka Slater, author of “The 57 Bus.” Attendees will learn about important social justice related issues and also receive a free copy of the book.

By **LETICIA BENNETT**
& **MOLICA CHAU**
NEWS EDITOR
& NEWS REPORTER

The Real Lit[erature]: Reading for Social Justice book club will host a Skype conversation with Dashka Slater — author of the young adult novel “The 57 Bus” — on March 13. The club is made possible by collaboration between the Center for Equity and Inclusion and the UW Tacoma Library.

The Real Lit[erature]: Reading for Social Justice book club was formed in the summer of 2018 after the CEI and UWT libraries realized that their goals and visions for students aligned well. The club is envisioned as a thematic reading and discussion program to engage UWT students through literature-based outreach. The club also aims to create honest conversations about current social justice issues in works of fiction.

"I think there's an educational component [to these discussions] as well."

“[At the CEI], we’re always about trying to create different ways to include students who wouldn’t necessarily come to a specific event,” said Nedralani Mailo, program support supervisor for the CEI. “There’s a lot of students who already go to the library and go to the CEI. This partnership with the library ... is just a great way to bring these two groups of students together.”

Similar to the CEI’s non-fiction based Real Talks, the club was intentionally given the name “real.” The club meets every other Thursday in the Chihuly Room in SNO 270 from 12:30–1:30 p.m. Last autumn quarter, the club hosted a similar Skype discussion with Angie Thomas — the author of “The Hate U Give.” During this event, attendees discussed several topics ranging from the importance of community to police brutality.

“I think for this last book, there was a lot of learning about different gender identities that some people hadn’t experienced,” said Johanna Jacobsen Kiciman, reference and instruction librarian at UWT. “I think there’s an educational component [to these discussions] as well.”

The Skype conversation with Slater is open to the entire UWT community,

including staff and faculty. The discussion will be centered around issues of gender identity, restorative justice and hate crimes. According to Jacobsen Kiciman, the talk will be similar to fall quarter’s Skype event, including Slater discussing her book and an open forum for attendees to ask questions. Students who attend are also able to receive a free copy of the book, with any left over copies available to staff and faculty.

For spring quarter, the Real Lit[erature] club will be discussing “Darius The Great Is Not Okay” by Adib Khorram and its themes of depression, first and second generation immigrant experiences, family and acceptance. As part of this, the library and the CEI will be partnering up with the Student Counseling Center to help inform students of what resources are available to them.

“Really the point of it is to engage in conversation and to learn something new [and] to expand understanding and dialogue,” said Alaina Bull, first year experience librarian at UWT. “Really what we’re hoping is for more people in the UW Tacoma community to get a little bit more understanding [and] feel more comfortable engaging in conversations that can feel uncomfortable. That desperately needs to happen.”



COURTESY OF BOOKPAGE

Winter quarter’s Real Lit[erature] Skype event with Dashka Slater will focus on gender identity, hate crimes and restorative justice.

Interested in learning more about the Real Lit[erature] book club?
tacoma.uw.edu/library/article/real-literature-book-club

To sign up to be a part of spring quarter discussion, sign up at:
tinyurl.com/RealLit-spring2019

Huskies in the hallway:

COMPILED AND PHOTOS BROOKS MOELLER

What are your plans for this spring break?



Shaun Jones Jr
Sophomore
Marketing

“Going to Canada for the first time with my parents.”



Zachary Shea
Junior
Finance

“My original plan was to go to Las Vegas for March Madness, but then I looked at my bank account and realized I should probably hang out in Tacoma and enjoy it on TV at the University Y.”



Christian Booker
Junior
Social Welfare

“Go to Chicago and hang out with my friends.”



Adrianna Zan
Senior
Arts, Biomedical Science

“Going on a retreat with FASA and then going on a trip to California.”



Roy Martin
Professor
Accounting

“Filing an unreal amount of tax returns for clients.”

‘Ask Me About my Pronouns’ workshop raises pronoun awareness on campus

This workshop, hosted by the Center for Equity and Inclusion, raised awareness about the different types of genders and pronouns on campus, informing attendees about respecting what pronoun people identify as.

By **BENGISU INCETAS**
NEWS REPORTER

The Center for Equity and Inclusion held a workshop on March 6 from 12:30–1:30 p.m., discussing how to understand and respect personal pronouns. The workshop took place in West Coast Grocery, which included activities and take home custom pins that participants could put their own pronouns on.

“[This workshop is] necessary because not a lot of people have an understanding of what gender is, so it’s an [introduction] for people to get into to understand,” said Victoria Miles, a senior majoring in Ethnic, Gender, and Labor Studies.

A video was shown at the workshop to help students and attendees better understand pronouns and the correct usage of them according to an identified gender. Along with the

video, the workshop also featured an interactive activity on Minus18, a website that supports and contains the necessary resources the the LGBTIQ community — Lesbian, Gay, Bisexual, Transgender, Intersex and Queer.

The informative game, titled “Pronouns,” which helped students to widen their knowledge of different pronouns used, offered activities including the pronouns Xe, Ze, Ey, Hir, Fae, Hu, They, He and She and how these pronouns should be used depending on whether it is used as subject, object, possessive or reflexive. According to the website Dude Asks, there are 112 genders in 2019, and with there are more being added each year.

Beyond the interactive game, the website also features stories from and/or about people who have faced coming out hardships, at young ages, as well as workshops for youth and adults who face similar turmoils.

The workshop also introduced

gender neutral pronouns such as Ze/Hir and Ze/Zir, and attendees were asked why people would use these types of pronouns.

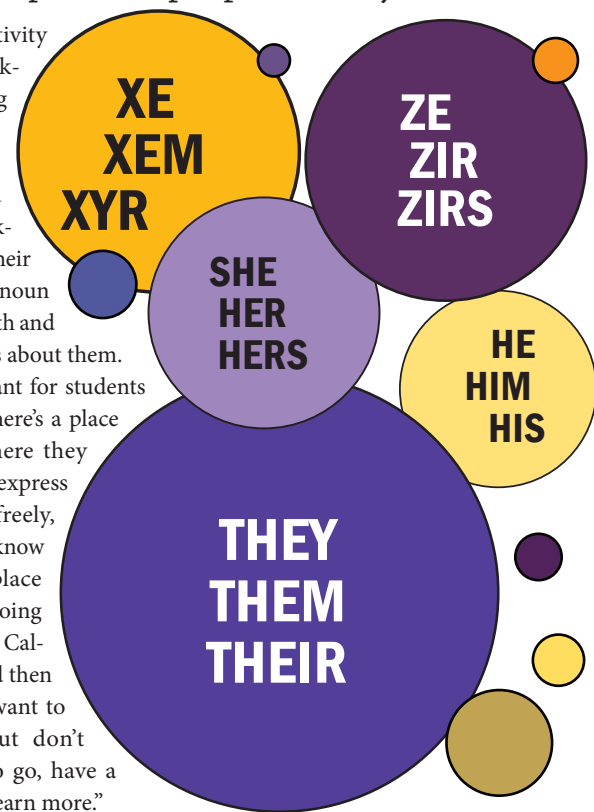
In addition, all of the gender neutral bathroom locations on the UWT campus were shared with attendees, including those in the Cherry Parks, the Joy building, Garretson Woodruff & Pratt, the Mattress Factory and the UWY.

According to The StoneWall Center at The University of Massachusetts Amherst — a resource center for the LGBTQIA community — there are over 150 gender inclusive restrooms in many schools across the U.S.

“These types of conversations are really important for the Queer community and for everyone because not only are Queer people affected by these things; respecting people’s pronouns are just [a part] of respecting one another,” said Theodore Calhoun, a senior majoring in Ethnic, Gender, and Labor Studies.

Another activity within the workshop was asking attendees to engage with the person seated next to them, asking each other their name, what pronoun they identify with and interesting facts about them.

“It’s important for students to know that there’s a place on campus where they can come and express their identity freely, [and that] they know that there’s a place where they’re going to find support,” Calhoun said. “And then students who want to learn more but don’t know where to go, have a place to come learn more.”



INFO GRAPHIC BY NATALIE PEYTON

Dr. Aldon Morris on the Civil Rights Movement and its relation to Black Lives Matter



PHOTOS BY EMILE PITRE

Dr. Aldon Morris discusses how MLK should not be seen as the reason behind the Civil Rights Movement.

Members of the UWT community had the opportunity to gather with Dr. Morris in an intimate setting on March 3 where he talked about his life, the rise of the Civil Rights Movement, and how these conversations are relevant today.

By **MEGHAN RAND**
NEWS REPORTER

Dr. Aldon Morris, a professor of sociology and African American studies, spoke on March 3 in the Tioga Library building about the Civil Rights Movement and the forces behind it. His talk was sponsored by the UW graduate school.

Morris is the author of “The Origins of the Civil Rights Movement: Black Communities Organizing for Change” and “The Scholar Denied: W. E. B. Du Bois and the Birth of Modern Sociology.”

“I picked cotton, I went to segregated schools, [and] drank from segregated fountains. So when I see it on TV,

it’s what I lived, and not ancient history like my daughters think,” Dr. Morris said, with a chuckle.

Morris has a lifelong passion for understanding class dynamics, rooted in his experience of living in the south under Jim Crow laws.

“I had an understanding and an exposure to what it meant to be poor and black,” Morris said. “To that extent, I don’t think it’s an accident that I’m interested in race and class. When I was in community college, I worked in a factory. I knew that scene very well.”

These early life experiences sparked a passion in Morris. Throughout his early studies, he stated that he did not have a name for what he wanted to study

until he took a class with a sociology professor who he described himself as being “a black man from the south, and a person who understood what community stood for.” It was because of this that Morris started reading the works of W.E.B DuBois and others.

Morris explained that his academic career was a series of accidents. He didn’t intend on becoming a scholar until he made his way through graduate school and he needed to find a job. Earning a Ph.D in Sociology from Stony Brook University, Morris wound up teaching at the University of Michigan.

The central focus of Morris’ studies have revolved around the dynamics of social movements. During this talk, he

discussed the origins of the Civil Rights Movement. The movement was largely the work of many small parts, rooted deeply in the black church community. This led to one of the main arguments that he made during his talk — that social movements, specifically the Civil Rights Movement, are a sum of all of their parts.

In his opinion, the black church’s long standing oratorical history gave way to preachers like King being strong speakers. The communities themselves produced people like King, though he was not responsible for the movement.

“Martin Luther King was not an extraordinary god that fell from the sky,” said Morris.

These conversations are especially

relevant today with the emergence of the Black Lives Matter movement. According to Morris, the arguments from the Civil Rights Movement are consistent with the Black Lives Matter movement — breaking down the idea of white superiority.

Morris wanted attendees to think about was the fact that figures like Martin Luther King are celebrated now, but were highly criticized during their time.

“MLK was dubbed a communist for wanting redistribution of wealth,” Morris said. “[He was] demonized and people didn’t want him to have a voice. This climate led up to his assassination. Why is he embraced now that he can’t speak for himself?”

UWT to hold quarterly undergraduate Student Showcase

The showcase will be held in William W. Philip Hall on March 15 and will highlight student work from winter quarter.

By TYLER WICKE
NEWS REPORTER

UW Tacoma will host its winter quarter undergraduate Student Showcase on March 15. The event will run from 12:00–2:00 p.m. in William W. Philip Hall. The showcase — which is open to the entire campus — allows students to display projects and other works completed throughout winter quarter. The event is free, and snacks and refreshments will also be provided.

The Office of Undergraduate Education debuted the event in fall quarter of 2014, and has continued to display work by UWT students for each quarter since then. Historically, traditional forms of presentations include easels and poster board dis-

plays. However, this quarter, be on the lookout for more innovative visual work.

Paul Cigarruista, UWT's program support supervisor for the Office of Undergrad Education, described what attendees can expect.

"This quarter we can expect some fascinating presentations in IoT pollution detection, sustainability in action, mobile technology and health-care delivery and indigenous studies in local tribal communities," Cigarruista said. "Types of presentations will include talks, videos [and] poster board presentations. In the past, these have included short films, art work, oral presentations and performances from various academic disciplines."

Students are encouraged to attend not

only to support peers and their efforts, but to build relationships and connect with others, including UWT faculty.

"It's a great chance to connect with peers and faculty in their academic fields of study," Cigarruista said. "Also, current students can gain fresh insight into the coursework and creative environment that UWT offers."

The showcase creates a beneficial environment for both presenters and attendees, serving as a valuable location to connect and meet with others and learn about campus programs and various fields of study.

If you are interested in presenting future work, UW Tacoma's next student showcase is tentatively scheduled for June 7, where spring quarter projects will then be on display.



PHOTO BY PAUL CIGARRUISTA

Students present their work during a previous showcase at UW Tacoma.

Opinion: Tips and tricks for surviving finals week

Finals week is upon us — are you ready?

By JENNY LAM
OPINION COLUMNIST

Finals week — it's coming hard and fast, and it's stressful. Many students, including myself, are scrambling to get caught up on the materials we've procrastinated over the last few weeks. Because, let's face it: Life happens and it can set you back a few assignments. Sometimes it becomes hard to find the motivation to get good grades. However, that can all change. How you might ask? Perseverance and celebration. Though life can get difficult, you shouldn't give up. In order to reach your goals — in this case, to ace your exams — you must learn how to persist, even if it means to get up before 6 a.m. to study the material and to delete all your social media apps for the week. The ability to put your foot down and take control of your life is a useful skill you'll need for adulthood.

You also need to know when to relax. Studying is important, but so is having fun. Being able to let loose and celebrate the end of the quarter is crucial to your mental wellness. After all, it can be easy to lose yourself in the stress of finals. Regardless of how you choose to celebrate the end of the quarter, make sure it's time spent on yourself and it's what you want. It's your celebration — not your friend's, not your family's and not your significant other's. You made it through finals week, now you get to choose how to celebrate it.

With that being said, here are some tips and tricks to make finals week a bit easier.

PLAN OUT YOUR STUDY SCHEDULE

Having a game plan for when you should start your studies will definitely clear up your mind and minimize stress. Instead of planning it out in your head,



Working hard or hardly working?

physically write it down. Don't save it in your phone notes, and don't put it in your Google calendar. Go to the bookstore and buy a planner. All successful people keep a planner. Why? Because successful people know that the only thing in life they can't ever get back is their time. Time doesn't stop for anyone, it just keeps on going. Use your time wisely and plan ahead.

ORGANIZE A STUDY GROUP, BUT DON'T OVERDO IT

A study group of 2–3 people is good, while a study group with 5–10 people is a hangout. Study groups can be tricky because there are those who are motivated to get their work done and only speak when they have questions, while others aren't as motivated, distracting

other group members down by talking too much. A conversation in a study group should not be longer than 5 minutes unless it's an explanation of a complicated problem. Otherwise, you're wasting time. Therefore, be aware of your study group head count, and assess what works best for you!

CHOOSE YOUR ENVIRONMENT CAREFULLY

The main library may not be the best study environment during finals. The last two weeks of the quarter is when countless students rush to the library to study. During this time, the library can often be overcrowded with loud and inconsiderate students who may distract you from your studying. Instead, find an empty classroom, a local coffee shop

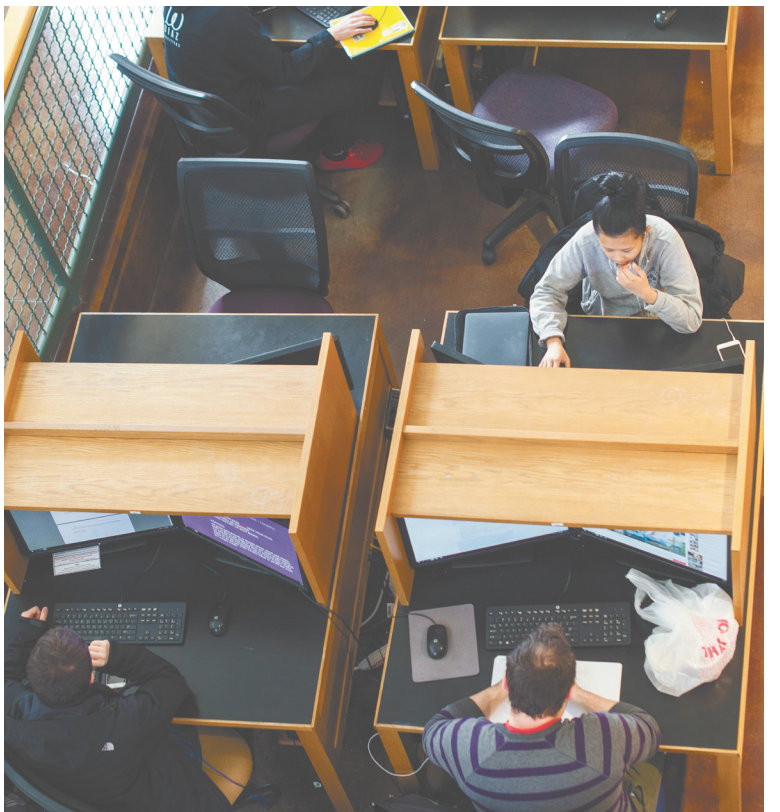


PHOTO BY SARAH SMITH

or an isolated space on campus to maximize your studying time.

CHEW GUM WHILE STUDYING

Believe it or not, chewing gum can boost your test performance. Many studies have proven that if you chew gum while studying and then chew the same gum again five minutes before your test, it will help you remember what you studied. This method can help improve memory and enhance cognitive power.

UTILIZE YOUR PHONE'S TIMER

While studying, consider setting the alarm on your phone for 90 minutes and using that time to solely study. Once the alarm goes off, take a 10-minute break. Now, when I say a 10-minute break, I don't mean surfing through social media. Studies have shown that

it takes at least 15 minutes to transition back into your work once you check your phone. Instead, go to the restroom and splash your face with cold water, grab a healthy snack or practice some yoga stretches.

AVOID FAST-FOOD AT ALL COST

The temptation to grab a cheap and quick bite at McDonald's or Burger King should be avoided. It will only slow you down and wear you out — the last thing you need during finals week. Remember that it's also not healthy to consume processed food such as Cheetos, Top Ramen and sugary candy. Instead, try eating something healthier, opting for crackers and hummus, veggie sticks, a bowl of soup or pho broth, or your own preferred healthy snack.

Opinion: Enjoy this spring break with the ultimate 'stay-cation'

Don't let the Washington cold get down — you can still get your faux sun and celebrate spring break right here at home.

By **CHRISTIAN BELL**
OPINION EDITOR

Spring break is almost here, which means some students will be planning trips far away from the horrors of final exams. For many students, these costly trips afar just aren't an option. But that's okay! Here are few ways you can enjoy your spring break right from home.

ORGANIZE YOUR OWN HOME-CHELLA

This spring break, save some major cash by having your own music festival at home! While Coachella is one of the most popular music festivals in the U.S., it's also one of the most expensive. The cost for a general admission ticket is \$429, and an article from MONEY magazine reports one could spend over \$2,000 once you consider costs of travel, food and hotel arrangements. Instead, consider organizing your own home-chella. First, ask your friends to come over clothed in their interpretation of Coachella gear. Use highlights from previous music festivals on Youtube or Pinterest to glean inspiration. At the party, create DIY wristbands, flower crowns or tie die shirts. Make your own lineup of stars by singing karaoke or blast your favorite tunes over a speaker. Get the VIP experience on your couch by watching the live stream of Coach-

ella online or on TV. You can even have your own style of food truck fare — have your friends bring drinks, sliders or veggie wraps. If you don't like to cook, UberEats, Grubhub and a variety of others delivery apps can bring food right to your front door — you don't even have to leave the house!

Remember: If you do decide to have all out home-chella party in your backyard, mind your neighbors, take selfies and totally send me an invite.

INDOOR CAMPING

Growing up, my parents weren't the outdoorsy type, so our family camping trips were mainly indoors. In fact, one of my fondest memories as a child involved building pillow forts with my younger brother. Indoor camping is a great alternative to outdoor camping, especially during those random raining days during spring break. After you lay down your sleeping bag, use a bedding sheet to create your tent and make some yummy smores in your microwave or oven. If you're with another person — play board games or tell epic stories. If you really want to set the mood — hang up a star garland or string lights to imitate the night sky or play nature sounds from Youtube. Whether you're friends or a significant other, you'll find this to be a fun way to connect and en-

joy the great outdoors in the coziness of your own home.

THEMED DINNER

Spice things up in the kitchen with themed food dinners. For example, how often do you have Taco Tuesdays? Or Mediterranean food? Challenge yourself by researching and testing recipes from another culture. By eating more diverse foods, you'll expand your palate while having fun. You can also try eating breakfast for dinner or mini meals for something different. The theme you select is only limited by your imagination, so be creative and have fun!

BEARTISTIC

Let your creative juices flow! Use this time to paint something beautiful, film an event or finish up the short story or novel that you've been working on all quarter. Several studies on children have shown creative outlets such as art lead to better motor skills, reduced stress and improved self-esteem. So get artistic

this spring break, because a world without creativity would be like eating stale cookies without a glass of milk.

HOME THEATRE

Gone are the days of sneaking dollar store candy into the theatre. Grab a comfy blanket and a bowl of popcorn to enjoy the movies at home. Most people make their popcorn in the microwave. But you can also invest in a popcorn

machine for \$20 on Amazon for a new experience. Amazon also sells movie theater baskets with a variety of snacks to munch on. Rent a flick on Redbox or watch a plethora of films from Netflix. Also, try different genres or invite a few friends over to enjoy the experience with you. You'll find an at home movie marathon is a great way to save money and avoid those pesky interruptions.



ILLUSTRATION BY BRUNO MARQUEZ

You don't need to travel far for a good time this spring break!

Opinion: The burdens of college life can impact student success

The various responsibilities in a college students life can be overwhelming and require positive intervention from universities.

By **ALYSSA TATRO**
OPINION COLUMNIST

For some young adults, college is a time to navigate various barriers and responsibilities. Higher education requires time, money and hard work, which is why stability in the lives of college students is crucial for educational success.

Due to the time commitment that college requires, most students are not able to work full time, if at all. This means that many students are living on limited incomes, making their college careers much more difficult. Tuition, books, food, clothes, supplies, rent, gas, insurance, child care, medical bills and phone payments are just some of the responsibilities that college students must deal with on that limited income.

The burdens associated with college life are even more compounded for students of color and those with lower incomes due to their limited access to resources. Many students are left juggling financial responsibilities with school responsibilities which negatively impacts their college careers.

A research report by Hunger on Campus showed that in 2016, 48 percent of students surveyed experienced food insecurity, meaning the experience of hunger and/or when a student does not know where their next meal

will take place. This research also found 64 percent of students who reported food insecurity also reported housing insecurity, with 15 percent having been homeless in the last year.

These numbers reflect that numerous amounts of college students are facing these serious issues, making their path towards a degree that much more challenging. This is why it is imperative for colleges and universities to offer supportive services and re-

sources for their students.

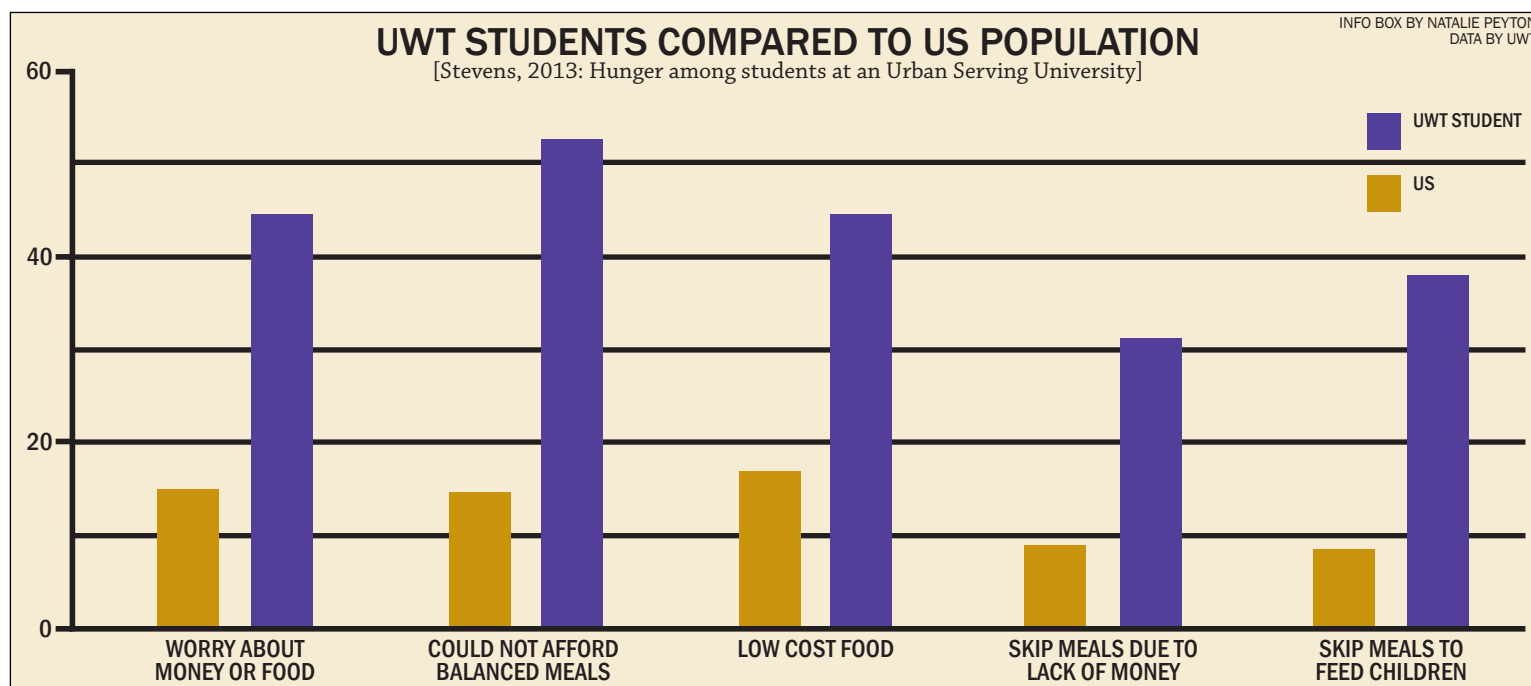
Some of the helpful resources that schools can provide include childcare, loans and food assistance. These are all services that UW Tacoma offers to students in some capacity. For example, the Pantry on campus is a free resource which allows UWT students to receive non-perishable food and other donated items. This resource is critical as it can alleviate some of the food insecurity that is common on college cam-

puses. UWT also offers financial aid to eligible students for childcare needs, with the Office of Student Financial Aid offering funds available for smaller, short term loans in case of emergencies in students lives.

Successfully completing college is no easy task, and it becomes increasingly difficult considering the financial burdens that most college students face. If our nation wishes to watch all students succeed and get the most out

of their college careers, we need to ensure that there is the proper support available to students.

UWT is on a great track in terms of offering resources, and this is due to its commitment to student well-being. This dedication to supporting students must be on the minds of educators and policy makers across America, for only then can we guarantee that all college students are able to succeed.



A peek into Tahoma West's literary arts journal submission process

With their literary arts journal submission deadline quickly approaching, editor-in-chief Jordan Bowers of Tahoma West provides insight into the process as a whole.

By **ALEX ALDERMAN**
A&E COLUMNIST

Are you a poet, author, photographer or artist? Seeking to put your work out into the world? Consider submitting an original piece to Tahoma West's annual literary arts journal! Tahoma West is UW Tacoma's own literary arts journal that accepts visual arts, poetry, fiction and non-fiction from students, staff, faculty and alumni. The submission deadline is March 30 — which gives plenty of time to perfect a piece you've been working on or start on a completely new creative project. Editor-in-chief Jordan Bowers discusses the submission process and the benefits of submitting to the Tahoma West's literary journal.

Q: HOW MANY SUBMISSIONS DO YOU NORMALLY GET FOR THE JOURNAL?

A: The amount of submissions we get varies year to year. Last year we had over 200 submissions, which was the most submissions we have ever received — so far.

Q: IF YOUR PIECE IS ACCEPTED INTO THE JOURNAL, WHAT HAPPENS NEXT?

A: If a student's work is accepted, the work is put into the journal. However, we maintain the rights to the work temporarily. All this means is that if the student wants to submit their work somewhere else, they have to wait until the journal is released. They will be notified if their work has been accepted or not before the launch party.

Q: IS THERE GOING TO BE AN EVENT WHERE STUDENTS ARE ABLE TO READ THEIR WORK FROM THE JOURNAL?

A: In late May, Tahoma West is hosting a launch party where those who have had their work accepted into the journal can bring friends, family, classmates, [and/or] anyone they want to celebrate the new issue release [with] and all the work that was put into it. At the launch party, people will be able to

get copies of the new issue as well!

Q: IS THERE A CERTAIN TYPE OF CONTENT YOU ARE LOOKING FOR MOST?

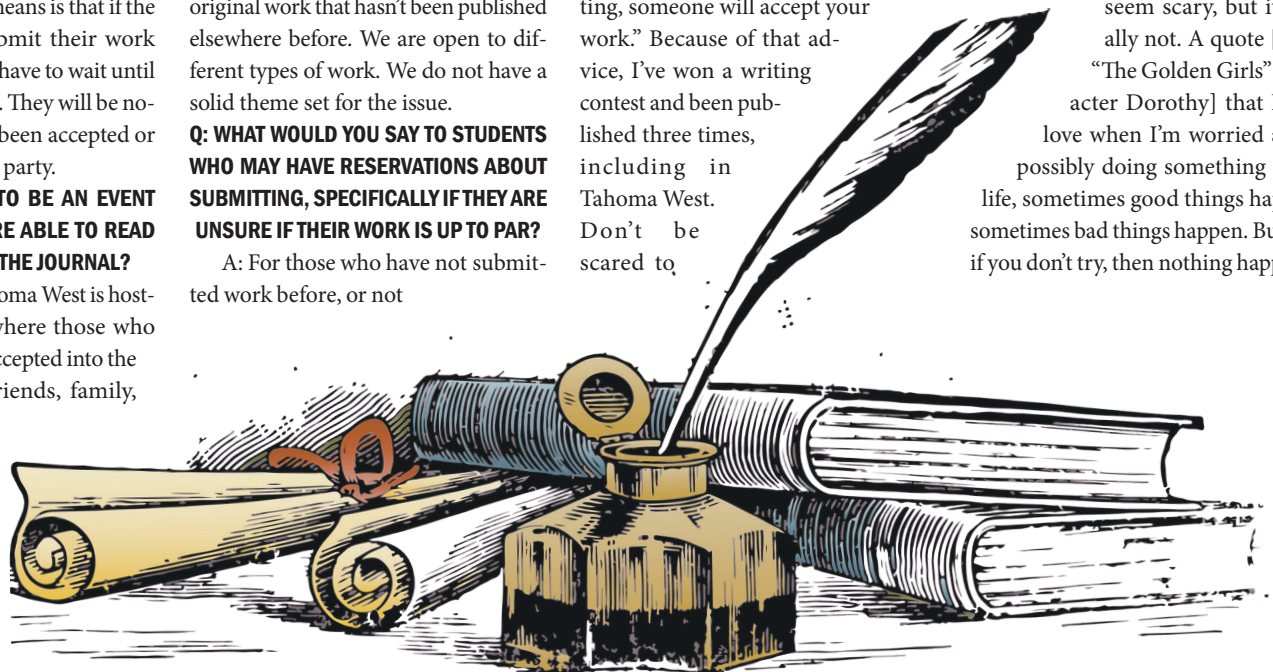
A: We do not have a specific "this is what we want." We are looking for original work that hasn't been published elsewhere before. We are open to different types of work. We do not have a solid theme set for the issue.

Q: WHAT WOULD YOU SAY TO STUDENTS WHO MAY HAVE RESERVATIONS ABOUT SUBMITTING, SPECIFICALLY IF THEY ARE UNSURE IF THEIR WORK IS UP TO PAR?

A: For those who have not submitted work before, or not

had work accepted before, SUBMIT ANYWAY! A piece of advice I got from a former writing professor is "For every one acceptance, there are a hundred rejections. But if you keep submitting, someone will accept your work." Because of that advice, I've won a writing contest and been published three times, including in Tahoma West. Don't be scared to

submit your work. The worst that happens is [that] it doesn't make it. But keep in mind we are a campus literary arts journal, not a national level journal. The process might seem scary, but it's really not. A quote [from "The Golden Girls" character Dorothy] that I also love when I'm worried about possibly doing something is "In life, sometimes good things happen, sometimes bad things happen. But honestly if you don't try, then nothing happens."



COURTESY OF PIXABAY

GET PUBLISHED. SUBMIT YOUR POETRY, FICTION, NON-FICTION, & VISUAL ARTS BY MARCH 30

The 5 best shows to marathon this spring break

By **EVAN MARTINOLICH**
A&E EDITOR

As the spring quarter comes to a close, a break is finally visible over the mountains of homework — something nearly every student has had to forge through. While some people think college spring break is all about wild Fort Lauderdale or Lake Havasu parties, most students see it as it really is: a well-needed break. And what better way to spend a break than to plop down on a bed or couch, kick your feet up and discover a new show to watch? Don't worry about the hassle of figuring out which ones to watch among the hundreds of options on Netflix, because we did the hard work for you.

BoJack Horseman

While the Netflix preview seems to confirm what most viewers already think of the show, "BoJack Horseman" is anything but just another cringe-worthy animated show. With its current five seasons, "BoJack Horseman" follows the daily struggles of a washed up horse sitcom actor living the human world of Hollywood — BoJack Horseman. The Netflix Original is a dark comedy, drawing on the suppressions and struggles of human emotion and thought to pull viewers deeper into its clutches. If there are any complaints to be had about this show, they are only about how season six is not available to stream yet.



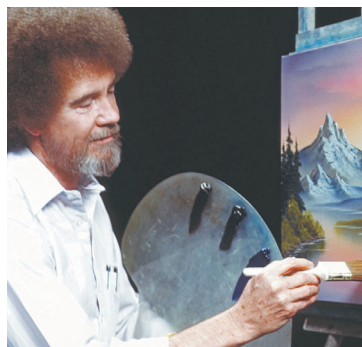
That '70s Show

A timeless classic if nothing else, "That '70s Show" has continued to entertain since its first season in 1998. The comedy/lifestyle series follows the lives of six teen friends living in Wisconsin during the groovy 1970s as they grow together and share experiences. The relatability of "That '70s Show" is really what sells this classic hit, along with its realistic conflicts and representation of life and the '70s. So sit tight, get ready to laugh, and start binging this eight season show — you'll be sucked into a binging marathon you never planned.



Bob Ross: Beauty is Everywhere

If you're looking for a true relaxation over the much needed break, then Netflix has the perfect contribution towards your destressing. Bob Ross' "The Joy of Painting," a best-of-the-best 26 episode compilation, takes viewers on a wonderful journey into the remote serenity of the painting legend's own canvas. Whether you're looking to try something new — as Ross encourages viewers to follow along — or simply watch gorgeous scenery magically appear from Ross' brushes, this compilation is the perfect getaway from the troubles of life.



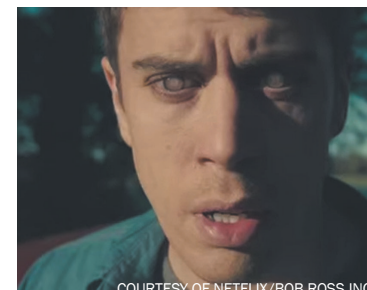
Derek

Another Netflix Original, "Derek" is a sitcom series about the lives of the inhabitants and workers of a nursing home, including the star of the show himself: Derek. Played by the comedic mastermind Ricky Gervais, "Derek" is a continuously heartwarming and touching story that keeps its audiences laughing. While the main characters may seem to be simple, bored employees, their very unique personalities and individual experiences will have you both bursting out with laughter and wiping empathetic tears from your cheeks for two seasons.



Black Mirror

Whether or not you've seen the classic sci-fi show "Twilight Zone" or heard about Jordan Peele's new revival coming out in April, "Black Mirror" is a show that constantly provides a pleasing sense of thrill and suspense to anyone looking for excitement. With four seasons and no central story, the episodes of "Black Mirror" take viewers on a wild ride serving as their own experiences since they have individualized stories. While the theme of a different story every episode may have audiences expecting rushed stories, the show masterfully executes a new exciting plot each time, making it impossible for thrill seekers to be left unsatisfied.



COURTESY OF NETFLIX/BOB ROSS INC.

Historic Tacoma bookstore is more than well-worth the visit

Don't be dissuaded by its generic name — the Tacoma Book Center is anything but, with half a million books on their shelves.

By MILES CAMERON
A&E COLUMNIST

Only a short walk from UW Tacoma's campus, the historic Tacoma Book Center stands tall and proud in the Dome District, distinguished by its rustic yet charming red brick exterior. Once inside, the musty smell of paper pages ignites a wondrous emporium of books upon books. With over half a million books to choose from, co-owner of the Tacoma Book Center Larry Jezek assured customers that his store lives up to its reputation.

"We have a lot of books," says Jezek. "Ever since we started we always said you can always buy them faster than you can sell them."

Not wanting to sacrifice an inch of its 5,000 square feet to any espresso bar or plush couch, the Tacoma Book Center is nearly filled to capacity with as many used books the store can fit. The shelves are stacked from

floor to ceiling with a wide display of diverse books, creating narrow corridors that make navigating the store feel like time-travelling into a maze of distant memories.

For the past 30 years, the Tacoma Book Center has served the Tacoma area as a haven to book worms, casual readers and all other book-related adventurers. Most recently, the historic bookstore has gained regional publicity with a February feature in King 5 News. The station highlighted the endearing and resilient nature of the bookstore, despite the owners encountering new challenges.

Over the years, during which technological advancements have changed the very fabric of human behavior, used bookstores like the Tacoma Book Center have faced imminent threats to its business; the tangible characteristic of a book is considered to becoming increasingly obsolete and rather more of a preference towards nostalgic appeal. Jezek spoke optimistically on

the sustained future of bookstores alike, countering this notion.

"When the electric light bulb came out it was a severe setback for the candle, but it is still around because it gives what the electric light bulb can't: warmth and romance" Jezek said. "In many ways, the book is the same thing. It is not going to die. People are always going to want a book in their hands."

Adapting to these changing times, the Tacoma Book Center has now opened a warehouse that holds hundreds of thousands of more books just waiting to be sold online.

Undeterred by these challenges, this resilient attitude towards the book business is how the Tacoma Book Center has maintained its significance within Tacoma, despite the region undergoing its own course of evolution. Throughout Tacoma's development, which has altered the surrounding downtown area, the Tacoma Book Center has remained in its place, wav-



COURTESY OF EVENING NEWS

Shelves are filled from top to bottom with nothing but books!

ing like a flag that is here to stay.

Even if you don't have a particular book in mind, there will undoubtedly be plenty of appealing options to choose from — just try not to get too lost in the literary abyss of the Tacoma Book Center.

If you want to experience this local gem first-hand, head on over to the Tacoma Book Center, located on East 26th Street, just across from the Tacoma Dome station and Freighthouse Square.

YOUNG CORE OF PLAYERS LEAD MARINERS INTO 2019 SEASON

BY BROOKS MOELLER
SPORTS COLUMNIST

After a full roster teardown over the offseason, could this season finally be the end of the Mariners' 18-year postseason drought?

Change. The word has nearly become synonymous with the Seattle Mariners this season. During this offseason, not only was the name of the Mariners' home field changed from Safeco Field to T-Mobile Park this past month, but the roster went through a full teardown as well. Mariners General Manager Jerry Dipoto made a total of 9 trades this off-season — giving this 2019 roster a completely new look.

The Mariners were in a very tough spot coming out of 2018. They finished with a close record of 89-73 — 8 games behind Oakland for the 2nd wild card in the American League. Normally, 89 games should be enough for a postseason berth, but teams flew past them in the standings during the 2nd half of the year. The Mariners had an aging roster of veteran players mixed with very few younger ones to build around. The Mariners front office decided they had to make drastic changes and rebuild a minor league farm system that had been lacking talent over the last few years.

In the MLB, this is called a rebuilding phase — but Dipoto wants this to be a faster rebuild than those prior. He believes he has created the perfect combination of younger veterans and minor league prospects that the Mariners should be-

come a winning team very soon.

"We went and built a layer at the major-league level of guys in their mid-20s, and then we added prospects," Dipoto said. "If we're right — and I guess we're going to find out sometime soon — but if we're right, potentially cut the time in half that we would have to develop this roster."

Some familiar faces you will not be seeing in a Mariner uniform this year are Robinson Cano, Nelson Cruz, Edwin Diaz, and James Paxton. All were very good players, but were traded away for younger talent, which help the future of this team.

A name for fans everywhere to become familiar with is Jarred Kelenic. Kelenic was drafted sixth overall in the 2018 MLB draft and was acquired in a trade with the New York Mets that sent Cano and Diaz away. At only 19-years-old and is still a few years away from cracking the major league roster, Kelenic is seen as a 5 tool talent with loads of potential.

Other new names to be on the lookout for are Justus Sheffield, Justin Dunn, J.P. Crawford and Shed Long. All four will most likely start the season in the minor league, but a couple of them have already seen time in the majors and will likely be on the Seattle roster fairly soon.

These were the exact kind of players Dipoto was looking for.

"It's not like we were throwing Hail Marys," Dipoto said. "These guys have actually performed in the big leagues. They're just younger and cheaper than their predecessors, and we were able to turn some of that leverage into an improved farm system with adding guys like Kelenic and Justin Dunn and Shed Long."

Although the team is expected to take a step back from where they were in 2018 — I do not think it is as big as people are saying. The addition of young players and proven veterans brings a future that is looking bright — something that Mariner fans have not had in awhile. I expect the Mariners to be in contention for the 2nd wild card spot all year and hopefully end the longest postseason drought in American sports. The season kicks off in Seattle on March 28, where the Mariners take on the defending World Series champions, the Boston Red Sox.

If you are planning on attending games this season at T-Mobile Park, the Mariners have brought back their college night ticket special for five of their games. Students can enjoy happy hour specials before the ballgame and a ticket for only \$14.

UPCOMING KEY GAMES

3/28: vs Boston — Opening Day

4/12: vs Houston — College Night

4/26: vs Texas — College Night

SPORTS