



UWT'S FREE WEEKLY PUBLICATION
November 19 2018 | Volume 23, Issue 9
thetacomaledger.com

W

 HAPPY
thanksgiving



The Ledger

UWT's weekly student publication
Nov. 19, 2018 | Vol. 23, Issue 8

Editors

Editor-in-Chief Kelsie Abram
Managing Editor Avery Parker
Asst. Managing Editor ... Ella Lucente
Copy Editor Zaqel Major
News Editor Leticia Bennett
Opinion Editor Christian Bell
A&E Editor Haiden VanDerlaske

Managers

Web Manager Mary Fitzgerald
Ads Manager Michael Koeger
Layout Manager Diego Meza
Distribution Manager .. Olyvia Salter

Staff Writers

News Reporter Mitchell Fermo
News Reporter Bengisu Incetas
News Reporter Steven LeBeau
Opinion Columnist Alyssa Tatro
A&E Columnist Alex Alderman
A&E Columnist Jenny Lam
A&E Columnist Evan Martinolich

Art

Illustrator Bruno Marquez
Photographer Sarah Smith

Page Design

Asst. Layout Manager .. Avery Parker
Page Designer Logan Jenny
Page Designer Jessica Schreiber

Advisor

Publications Manager ... Daniel Nash

Cover Art

by Bruno Marquez



Check out all the stories printed
here plus more content online!

thetacomaledger.com
facebook.com/uwtledger
Twitter: @uwtledger
Instagram: @uwtledger
Office: MAT 151
Phone: 253-692-4428
Email: ledger@uw.edu

Office Hours:

Monday: 12:30–2:30 p.m. &
3:30–4:30 p.m.
Tuesday: 10:15 a.m.–2:30 p.m.
Wednesday: 10–11 a.m. &
12:40–1:40 p.m. | 2:30–4:30 p.m.
Thursday: 10:15 a.m.–1:30 p.m.
Friday: 10:00 a.m.–5 p.m.

CORRECTIONS

- The article "UWT offers new American popular cultures minor" was written by Steven LeBeau
- The article "Meet Dr. David Coon" was written by Sarah Smith
- Haiden VanDerlaske should have been credited as an opinion columnist in issue eight

UWT student presents math capstone about gerrymandering

Addie Jacobsen's project, entitled "Who's Gerry," discusses different mathematical metrics used to understand gerrymandering.

By LETICIA BENNETT
NEWS EDITOR

Addie Jacobsen — a senior mathematics major at UW Tacoma — presented her math capstone project entitled "Who's Gerry? Chasing the Math and the 'Mander on the topic of gerrymandering" on election day, Nov. 6. Jacobsen discussed the history of gerrymandering — the redrawing of congressional districts to try to increase the chances of winning in an election and how mathematical criteria have been used in an attempt to solve it.

Jacobsen said that her interest was originally drawn to the topic of gerrymandering through a math seminar class that covered how mathematicians attempt to find criteria to solve the problem of gerrymandering.

"I said, 'That's really cool; I want to do that,'" Jacobsen said. "I had in my mind that I wanted to do some sort applied math, but I didn't want to do ... pure computer science or physics. That's why I chose gerrymandering."

The word gerrymandering first appeared in 1812 and was coined after Elbridge Gerry, the governor of Massachusetts, who had just approved a new redistricting plan that heavily favored a specific political party. The new congressional boundary resembled a salamander and the practice was given the name gerrymander.

As part of the history of gerrymandering, Jacobsen discussed several court cases and papers that have questioned the legality of gerrymandering and tried to come up with mathematical metrics

to solve it. The first case that reached the Supreme Court was Baker v. Carr in 1962. Brought to the Tennessee District Court on behalf of a claim that stated the state's congressional boundaries hadn't been changed in over 50 years, the case resulted in the ruling that the "redistricting cases were justifiable."

In 1964, the Reynolds v. Sims case's ruling called for a new standard for congressional districts in which all districts needed to have a roughly equal population. Davis v. Bandemer in 1984 ruled that there was not sufficient evidence to prove discrimination in any of the districts. As a result, gerrymandering remained a problem.

Wanting to find a solution, two political scientists — Daniel Posby and Robert Popper — created a new metric to measure gerrymandering in their 1991 paper entitled "The Third Criterion: A Procedural Safeguard to Partisan Gerrymandering." This third criterion — also known as the polsby-popper test — is a measure of the compactness of a shape.

"This metric is telling how much each district looks like a circle," Jacobsen said. "You can compare it to any other shape. Regardless of what polsby-popper measure we use, is it a good indication of gerrymandering? The answer is no ... compactness in general [isn't] a good criteria (sic) for gerrymandering. It's been found that we can respect the strict criteria of compactness and still gerrymander."

In 2004, the Supreme Court ruled on the criterion of compactness. The case — Vieth v. Jubelirer — claimed that Republican congressional representatives



PHOTO BY LETICIA BENNETT

Jacobsen reviewing the court cases and criteria during her presentation.

were intentionally drawing district boundaries in favor of their party. The court was split in the ruling, but it eventually resulted in a decision to not intervene because of the lack of remedy to the gerrymandering issue.

Jacobsen then discussed another criterion, the efficiency gap. Stemming from the criterion of partisan symmetry, the efficiency gap is voters being grouped into electoral districts in a way that increases wasted votes of one political party and decreases wasted votes of another party.

"Wasted votes are anything over 50 percent for the winning party or any votes for the losing party," Jacobsen said. "Taking those and subtracting them from each other and dividing it by the total voting turnout is where we get wasted votes. The higher the efficiency gap, the more efficient one party is over the other. And when the efficiency is

way too high, it seems suspicious ... It sends us a red flag. This party is way too efficient to be [winning]. There has to be a little competition."

This year, the Supreme Court ruled on the efficiency gap in Gill v. Whitford. The Supreme Court ruled against the plaintiffs that claimed they had a case of gerrymandering against their party. Jacobsen believes that all these cases boil down to an understanding and acceptance of the math used in the different criteria.

Jacobsen concluded that while gerrymandering is still a problem and no criteria have been able to solve it, she hopes that her project will be understood by more than just math majors and create a better appreciation for math.

"We still haven't found the metrics that measure [gerrymandering] yet," Jacobsen said. "[But] there still is hope ... thus the chase is not over."

Harmon Pac to have special room and menu for UWT students

The Harmon Bar and Grill is creating a special space for UWT students to eat and study.

By STEVEN LEBEAU
NEWS REPORTER

Harmon Pac will have a room exclusively for UW Tacoma students starting Dec. 3. Located at the back of the restaurant, the UWT Room will seat 35 people and have a special menu with meal items available for under \$10. The menu contains two signature dishes available only to students: a poutine dish made with Beecher's cheese curds, and the Dog Pound — a cheeseburger with Kobe beef, American cheese and a special sauce.

"We're right next to the campus, and we wanted to do something for the students to help them out," Pedro Cruz, the head chef, said. "All of us here went to college, and we remember the days of



PHOTO BY SARAH SMITH

The UWT room at the Harmon will feature electrical outlets and memorabilia from the university.

wanting a place where you could go in and get something quick that's not going to cost an arm and a leg."

The room will be available Monday

through Friday 11 a.m.–2 p.m. and 3–5 p.m. The Harmon plans to decorate the room with UWT memorabilia. Cruz encourages anyone with memorabilia

they would like to donate to contact the restaurant. The room is also planned to contain electrical outlets for students to charge their electrical devices.

In addition to the announcement of the UWT room, The Harmon is partnering with Anthem Coffee — located across the street from the restaurant — to begin offering drip coffee Nov. 14. There will also be a "first tap" event Dec. 6 to celebrate their collaboration and the release of their new brew of beer — brewed with coffee. The event will have a raffle and feature live music from local bands.

To donate university memorabilia to the UWT room, contact The Harmon:
253-383-5555

First Gen Fellows hosts National First-Generation College Celebration

Second annual National First-Generation College Celebration recognizes all first-generation college students and their experiences, challenges and successes.

By **LETICIA BENNETT**
NEWS EDITOR

UW Tacoma's First Gen Fellows hosted their second annual National First-Generation College Celebration event at the Dawghouse in the Mattress Factory Nov. 8 12:30–3 p.m. First Gen Fellows is an organization dedicated to helping students who identify as first in their family to graduate from college. The group hosts a range of events throughout the year to help students adjust to university lifestyle.

As part of the national event, the festivities were jointly celebrated with the Seattle and Bothell campuses, as well as other campuses around the country. The ceremony marked the 53rd anniversary of the Higher Education Act being passed in 1965. The act aimed to strengthen educational resources for colleges and universities by providing financial aid and low-interest loans to students. The term first-generation was added in 1980 as part of an amendment to the act. The goal of the event was to celebrate the presence and experiences of first-generation college students, staff and faculty.

Attendees of the celebration mingled and feasted on free coffee, cake

and cupcakes while waiting for the event to start. They could also pick up free first-gen buttons as they walked in. Robert "Bobby" Gates kicked off the ceremony by welcoming everyone and introducing the speakers. Chancellor Mark Pagano and Board of Regents member Joel Benoliel — both first-generation college students — expressed their appreciation for the program and speakers. Benoliel was followed by Armen Papyan, Associated Students of UWT president, who recalled the challenges of being a first-generation college student.

"We all have stories of struggles and barriers that [we've] experienced as first-generation students," Papyan said. "Being a first-gen is exciting. But at the same time, a lot of pressure is put on [our] shoulders to be successful. [As] first-generation students ... it [is] exceptionally difficult to get into higher education and even more difficult to stay and graduate from a university. Statistically speaking, first-generation students are far less likely to graduate than [our] peers."

While the challenges are difficult, Papyan stated that what makes all first-generation students special is how they deal with those challenges and con-

tinue to persevere and work hard every day. He asked students to get involved and always remember that they can and will change the world.

"The research says that our odds increase as we [get] involved," Papyan continued. "I urge you to ... get involved and get engaged. We are a family here. Let's support each other and hold each other accountable for each other's success."

After Papyan's remarks, Karl Smith — associate vice chancellor for Enrollment Services and chief admissions officer — asked attendees to share their stories with the people around them. Afterward, he shared his personal story with the audience and encouraged students to remember that they are not alone in navigating the college process.

"Remember that failure is not an option," Smith said. "You got to do everything you can in order to graduate. And then from there move on ... This is an ongoing story, this is just the college part. Being first-generation doesn't end after graduating from college. It really is just a (sic) beginning of another phase."

Kristi Soriano-Noceda — program support supervisor for First Gen Fellows — spoke last. At the



PHOTO BY PAOLA CHUA

First Gen Fellows celebration included speakers, treats and a photo booth.

conclusion of the event, attendees could take pictures at the photo booth, eat more refreshments and sign their names on the first gen pledge board — where first-gen students pledged to finish their four-year degrees — until the celebration officially wrapped up.

"First-generation students are an untapped talent," Soriano-Noceda said. "They come equipped with skills

and knowledge that propel them to the achievements they have already accomplished. The celebration was to applaud first generation staff, faculty, and students and it showed their abilities starting from the first-gen keynote speaker, Karl Smith, to the details for the event that was conducted by students. They are already leaving such a huge legacy and changing the trajectory of their families."

Huskies in the hallway: What is your favorite Thanksgiving tradition and why?

COMPILED AND PHOTOS BY CHRISTIAN BELL



Trinity Fuller
*Freshman
Communications major
projected*

"Eating my mom's baked mac and cheese and stuffing. I didn't grow up with my extended family around, but I'm glad there's always food to look forward to!"



Lizette Harris
*Sophomore
Social work major*

"House hopping/going from home to home to spend the day with different friends and family."



Jalan Fontanilla
*Junior
Business Management
major*

"Helping my mother prepare all of the dishes. Specifically, her homemade mac and cheese. Every Thanksgiving morning I know I'll have to shred at least a pound of Tillamook sharp cheddar cheese! So a slight workout that solidifies my favorite dish has to be my favorite tradition!"



Emily Ramirez
*Senior
Writing Studies major*

"In our family, we like to gather around the dining table, play board games and reminisce about the past. We say our thanks to our late family members and then say a thing or two about what we are thankful for toward each other. A bit cliché, but it's a nice reminder that you are valued."



Christine Stevens
*Nursing and Healthcare
Leadership Associate
Professor*

"When I worked as an emergency room nurse, I liked working Thanksgiving to support people and families who did not expect to spend the holiday in the ER."

Dr. Abby Murray presents TEDx Talk on bridging the gap of transitions

TEDxTacoma provided several members of the South Puget Sound area — including members of the UW community — a chance to talk about the different transitions people face in everyday life.

By MITCHELL FERMO
NEWS REPORTER

UW Tacoma's own Dr. Abby Murray was a guest speaker at the TEDxTacoma event Nov. 16, hosted at Joint Base Lewis-McChord's American Lake Conference Center. Murray's TEDx Talk, titled "Remember the Line: Mantras for Spouses in Times of Transition," was one of several presentations which discussed the many transitions that are found in life.

The TEDxTacoma's theme, "Transitions: Bridging the Gap," focused on several of the struggles found in transitions such as starting a family and the transformation of urban spaces. While many of the speakers and event organizers have military ties, numerous topics — including transitions in the military, businesses, and local government and communities — were covered with an equal balance. Several UW community members, in addition to Murray, were also invited to give their take on the theme of transitions.

Murray — who is the wife of an Army major — focuses her research and work on creative writing and poetry concerning war, veterans and life away from war fronts. She currently works for UWT's Veterans and Military Resource Center as the writing instruc-

tor for the Army War College fellows.

Murray's presentation spoke to the importance of not losing your voice, especially in times of transitioning through life. She outlined three mantras during her presentation: "My voice belongs here," "Be where I am" and "These are my strengths."

"The most important thing to me is identifying my fears," Murray said in an interview with the Ledger. "My fears as a military spouse relate to my experiences of feeling silence. The way that I have coped with my fears has been to identify my voice and hear my voice. I have done that through meditation, and in meditation you use mantras."

TEDxTacoma is a community organized event that has been given a free license after going through a careful vetting process from the official TED Conferences organization. One of the goals of TEDxTacoma, as well as a reason for being hosted at JBLM, is to bring civilians and the military closer together.

The Veterans and Military Resource Center provides many opportunities and resources for student-veterans on campus, including peer support groups and financial aid. Retired Army Capt. Rosalynn Johnson, associate director for the Veterans and Military Resource Center and member of the board that organized TEDxTacoma, discussed some of the



PHOTO BY SARAH SMITH

Dr. Abby Murray, in addition to being an educator, is the editor-in-chief of the journal *Collateral*, which showcases art that explores themes like the impact violence and conflict has on veterans coming home from combat zones.

ways UWT student-veterans experience transitions in their lives once they are out of the military.

"A lot of our veterans start out at a community college," Johnson said. "They may have been attending classes at community colleges at different bases, and they have some credits and apply as transfer students. The transition is [that] they get out of the military and they're attending a four-year institution."

"They are transferring to something that is more civilian than military. A majority of them have families, are married, have children and are not [in] that 18–22-year-old range. Some of them have retired. Once they get here, we are the office here to aid their transition into higher [education]."

Murray plans to continue helping veterans transition through her work in the community with creative writ-

ing workshops. Most recently, she has completed a poetry workshop at the Selma Carson Home where she worked with undocumented children ages 12–17. For the past few years, Murray has hosted workshops at JBLM and around the UWT campus for veterans, family members of veterans and the general public. She will resume these workshops at the beginning of 2019.

Kick off winter quarter with new ethnic, gender and labor classes!

Dr. Michelle Montgomery will be teaching two new classes that strive to educate students on native and minority groups with a wide mindset on feminism throughout history.

By BENGISU INCETAS
NEWS REPORTER

As registration opens up, there are a wide array of classes to choose from. If you haven't made your schedule for next quarter yet, there are still several classes available — including two new classes from Dr. Michelle Montgomery. Starting winter quarter, Dr. Montgomery will teach two new classes, TEGL 301 Introduction to Indigenous Women and Feminism, and T EGL210 Introduction to Qualitative Methodology and Research Ethics. These five-credit courses are geared towards students majoring in ethnic, gender and labor studies.

Dr. Montgomery provides her students a safe space to practice critical reflective dialogue to agree and disagree by way of encouraging to call people into discussion.

By taking these courses, students of any major will gain a better understand-

ing of native peoples, their history and culture. The learning objective of the Qualitative Methodology and Research Ethics class is for students to achieve recognition of issues surrounding indigenous topics. Additionally, students who are first-time researchers will develop the ability to critically problem solve.

"I recommend for [students] to publish prior to graduating as a form of capital," Montgomery said. "This will provide the needed cultural capital when applying for graduate programs."

Students enrolled in Qualitative Methodology and Research Ethics will be introduced to decolonized and indigenized qualitative methods and methodology. According to the course description, students will "examine the key issues, which need to be identified and resolved in the qualitative research process." Indigenous scholars' materials will also be used throughout this course for students to create research proposals.



PHOTO BY SARAH SMITH

Need more ideas for classes? Two new options will be offered winter quarter.

Throughout the Indigenous Women and Feminism class, students will gain knowledge and awareness of indigenous people within the United States and study feminist theory on how history has

helped shape it into its current state.

"[The course is] designed to develop an understanding of Indigenous women's perspectives and experiences," Montgomery said. "Students will focus on two

main questions: how are Indigenous women and feminist movements culturally and historically situated; and how do representations of Indigenous women (past, present and future) create fluid or static agency?"

The feminist movement will be viewed from the perspective of women of color. In addition, students will analyze how feminist activism has changed over time and how it relates to current issues. The course description states that students will mainly focus on the representations of indigenous women and how they shape knowledge and agency. Most readings will be from indigenous female authors.

By taking these courses, Montgomery hopes her students will learn what it means to be critical thinkers, as this helps to be more engaged and understanding with one's peers. She encourages students to be agents of change in society and academia.

Opinion: Why you should volunteer this fall

Lend someone a helping hand this season.

By **CHRISTIAN BELL**
OPINION EDITOR

Thanksgiving is more than just eating your way into a turkey-induced slumber or preparing for the following morning's Black Friday deals. Thanksgiving is a time for remembrance — we should never forget to reflect upon the generosity and sacrifice of indigenous peoples.

Whether it's helping your grandmother prepare a sinfully delicious mac and cheese dish, or watching a football game with friends, Thanksgiving is a time to connect with those you love.

But just as importantly, Thanksgiving is a time to give back.

Volunteers donate their time, efforts and gifts to nonprofit organizations serving underserved communities or causes without compensation. For those who identify as "broke college students," the lack of income may make volunteer work sound unattractive. Nevertheless, volunteering has so many more benefits outside of compensation:

GAIN SKILLS AND EXPERIENCE

Volunteering not only allows one to build upon the skills they already have, but also provides opportunities to learn new skills. For example, perhaps you are a great home cook or have previous experience in the food indus-

try. You can volunteer your time with an organization that seeks to promote nutrition in the public through free healthy cooking classes. Not only will you be able to refine your cooking skills, but you will also gain social skills such as public speaking and leadership. If you decide to pursue a culinary career in the future, you can use this experience on your resume.

POSITIVELY IMPACT THE COMMUNITY

Imagine a place where no one volunteered to feed the homeless, clean up parks or tutor children. Volunteers are the glue that holds communities together. Their contributions have the power to create positive change in their communities. For example, volunteering at a community garden can help generate enough fresh produce to feed an entire neighborhood. Additionally, mentoring a child through an after-school program boosts a child's self-esteem and increases their chances of graduating high school. In fact, a report from The National Mentoring Partnership found at-risk children who had mentors were 55 percent more likely to apply for college than those without mentors. This further proves that the contributions volunteers make greatly impact the future of the community.

HAPPINESS AND HEALTH

One of my most memorable experiences volunteering occurred during my junior year of high school. I volunteered at an event in Seattle called the Christmas Day of Caring where we served food and provided gifts and clothing to 800 families. What I remember most about the event was the smile on each child's face as they received a toy. The joy in the room was contagious! Each volunteer left the event with a sense of contentment and purpose.

That event inspired me to participate again the following year and later pursue other volunteer opportunities in my own community. Many volunteers can relate to this experience. Helping others brings happiness and purpose into our lives. Volunteering also has several health benefits. A study published in Health Psychology found those with truly altruistic motives that volunteered regularly lived longer, while other studies claim volunteering lowers stress and decreases feelings of loneliness.

With so many benefits, who *wouldn't* want to volunteer?

Interested students can start volunteering by joining UWT's Service Coalition. After filling out a membership application, the Service Coalition will connect students and registered student



ILLUSTRATION BY BRUNO MARQUEZ

Share the love.

organizations with opportunities to serve nonprofit organizations. Students can also volunteer by registering for a BreakAway trip.

This year's Winter BreakAway is in partnership with Tacoma Pierce County Habitat for Humanity. During this trip, students will spend three days assisting with construction projects and

discussing affordable housing. The last day to register for Winter BreakAway is Nov. 26.

For those who are concerned about the environment, the Spring BreakAway trip will take students to Eugene, Oregon to participate in environmental restoration. Registration for the Spring BreakAway trip is due Feb. 15.

Opinion: Educators deserve respect and encouragement from their students

Amidst footage of confrontations between students and teachers, the disrespect of educators is evident.

By **ALYSSA TATRO**
OPINION COLUMNIST

Videos surface all over the internet, frequently showing debacles happening in public schools. Whether it is videos of fights between students or between students and teachers, these incidents are always shrouded in an element of humor for the younger audience.

Although we find this obnoxious footage of high schoolers shocking and a bit humorous, the most alarming aspect of these incidents is a reflection of a growing culture of disrespect towards teachers.

A recent incident unfolded in the beginning of the month that involved a teacher at Maywood Academy High School, who punched a student after the student threw racial slurs and a basketball at him. In footage taken by other students, the teacher remained calm as he asked the student to leave the premises, but the student ignored the requests, which resulted in the teacher eventually losing control and punching



COURTESY OF BEARING NEWS

Power struggles between students and teachers indicate a lost sense of respect towards school authority.

the student. The teacher was arrested for suspicion of child abuse, while the 14-year-old student was treated for mild injuries in a Los Angeles hospital.

Violence against any child or student should be condemned and handled diligently, but this incident also forces us to confront the way students talk and behave towards their teachers.

There is undoubtedly a rising culture of negligent behavior and disrespect in school settings. This involves a wide

array of attitudes and interactions within the school environment, including students not doing their work, disobeying rules and ignoring the demands of their teachers. This also includes verbally abusing or belittling other students and teachers, making a mockery of class lessons and general disrespect for those in authority or leadership roles.

JC Bowman, the executive director of Professional Educators of Tennessee, talked on behalf of the increased bully-

When students cross boundaries and behave disrespectfully, they detract from their peers' potential to learn as well as their own education.

ing of teachers by students.

"We see many children today who are raised in a culture of disrespect," Bowman said. "Parents do not exercise appropriate authority; therefore, some children lack humility and respect. That behavior is often extended to the classroom in many cases."

This statement makes a great point about the lack of humility and respect within the classroom. Many students do not understand that when you're a student, there are more important concerns than getting a few laughs from classmates. Teachers are given a role in which they are expected to guide, lead,

educate and set boundaries.

When students cross boundaries and behave disrespectfully, they detract from their peers' potential to learn as well as their own education. Accepting leadership and boundaries is something we all must learn early in order to have better personal and professional relationships. Practicing respect towards teachers, school staff, and faculty can breed maturity and empathy.

Being an educator is hard work and teachers often spend a lot of their own spare time and money throughout the school year to properly support their students. This makes the mistreatment of educators even more alarming due to the lack of awareness and respect on students' parts.

Teachers salaries are disappointingly low for how much they pour their hearts and souls into their work. They are in the education sector because they have a love for learning, teaching and students — this should be enough to afford them respect and compassion right off the bat.

Opinion: Stop the cliché Thanksgiving — celebrating alone is OK too

Just because you're by yourself on Thanksgiving doesn't mean you can't be thankful.

By **HAIDEN VANDERLASKE**
A&E EDITOR

The holidays have finally reached the Pacific Northwest! The lights are finally up on houses, the turkeys are fully stocked in every grocery store and the weather is getting rapidly colder by the second. While it may be “unbuckle your belt after the Thanksgiving feast” season for you and your family, there are students, faculty and community members that are spending Thanksgiving alone.

Thanksgiving is a holiday of giving thanks and being thankful for all that you have in your life. While the true history of Thanksgiving is somewhat gruesome, it is still meant to be spent with the people you love — those that matter the most to you. At a university, however, this is not always possible. UW Tacoma prides itself on its diverse student body, acknowledging that not everyone will be with family, celebrate or even care about this Thanksgiving.

The norm of being with family on Thanksgiving has been a tradition upheld by different cultures in America, but being alone is perfectly acceptable as well. Students and faculty travel from across the globe to be at UWT — therefore, not everyone is going to observe the holiday or have people to celebrate

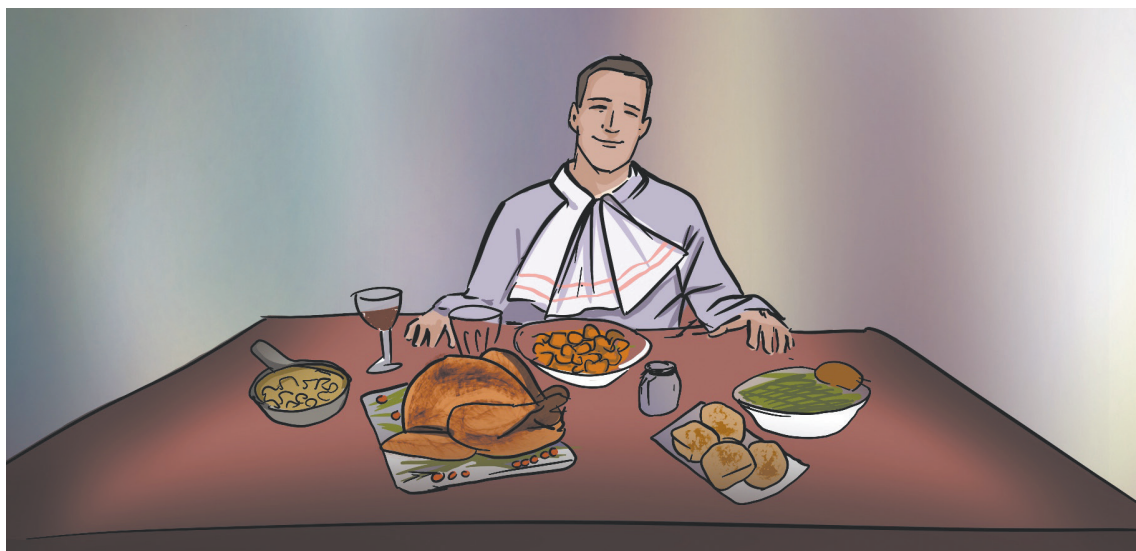


ILLUSTRATION BY BRUNO MARQUEZ

Table for one, please!

it with. As someone who travels from Southern California and doesn't go home for the extended weekend, I tend to celebrate this holiday by making my favorite meal and watching the Macy's Thanksgiving Day parade. I am perfectly OK with my little holiday tradition, and if you are in a similar position as me, so should you.

You also don't have to be with family or loved ones on Thanksgiving to know that you are appreciated and loved. While Thanksgiving is a great holiday to recognize your thankfulness, we should be acknowledging our thankful-

ness year-round. If being surrounded by other people during this holiday isn't possible, remember that you aren't totally alone. Being on your own during the holidays can be rough, but it doesn't mean you can't celebrate. Learning to appreciate yourself is a good way to make you feel more comfortable with yourself. Being alone doesn't mean you will or have to feel lonely, it just means that you are by yourself. Besides, with the help of technology — phone calls, text messages and even emails from your professors wishing you the best during your holiday season — *at least* one per-

son who cares for you will be able to keep in touch.

Sure, the cliché ideal Thanksgiving tradition is being surrounded by a big family sitting around an even bigger table with a huge feast. However, each family and culture has a different way of celebrating. You don't need 10 or 20 people to be thankful — you don't even need one or two other people. Being by yourself or with a small group of peers can be the perfect way to celebrate Thanksgiving. Have a Friendsgiving, a Worksgiving or just celebrate in a way that will allow you to honor this holiday

You also don't have to be with family or loved ones on Thanksgiving to know that you are appreciated and loved.

and have fun. Even on campus, there are clubs and organizations holding Thanksgiving-themed events for all of the UWT community to partake in. Do something that is different than what you're used to — step out of your comfort zone and celebrate with new people who might also be alone during the holiday season.

For students away from home, my UWT challenge for this holiday season is to not let the holidays become a time of self-pity. Rejoice in the fact that you are lucky to be a student and that you are able to celebrate what matters in your life that you love. Make your feast and get out the fancy dollar store china to celebrate with the person that matters the most — you! Get with friends, peers or classmates and make the most of the situation you are in. Don't let one aspect of the holiday hinder you from celebrating what you are thankful for.

The 4 best ways to use your Thanksgiving leftovers

Cranberry sauce, turkey, sweet potatoes — oh my!

By **HAIDEN VANDERLASKE**
& **ELLA LUCENTE**
A&E EDITOR
& ASST. MANAGING EDITOR

Thanksgiving — the one day you are obligated to feel thankful for everything in your life. Besides being thankful for family, friends and every other wonderful thing in your life, there is one other thing to be thankful for — food! Without the various food options plated on your dining room table, Thanksgiving wouldn't have the same ambience or meaning. Rather than wasting those yummy Thanksgiving leftovers, why not make the most out of what you have? Here are four meals that you can make using those scraps of turkey, stuffing, sweet potatoes and cranberry sauce:

LEFTOVER TURKEY, CRANBERRY SAUCE AND MASHED POTATO SANDWICH

Make a sandwich out of your leftover feast! To assemble the sandwich, cut the roll in half. Place the turkey on one-half of the roll. On the other half, place a spoonful of mashed po-

atoes. Drizzle the cranberry sauce onto the half with turkey, then place both halves together.

LEFTOVER STUFFIN' MUFFIN

Lots of stuffing leftover with nothing to rebrand it with? Try this! To start, preheat the oven to 375 degrees. Thaw and squeeze the spinach dry. Add the stuffing, turkey and spinach to a bowl, then stir lightly to combine without breaking up the stuffing too much. Coat a muffin tin with nonstick

spray or butter. Divide the stuffing mixture between all 12 cups. Leave the stuffing loosely packed in the cups so that the egg mixture can fill in the empty spaces. In a medium bowl, whisk together the eggs, milk, salt and pepper. Divide the egg mixture among the 12 cups, filling each about one-half to three-quarters full. The eggs and stuffing mixtures will expand during cooking, so try not to overfill the wells of the tin. Bake the muffins 25–30

minutes or until lightly golden brown and crispy on the top. Allow the muffins to cool slightly, then run a knife around the edges to loosen and remove each muffin. It's as easy as that!

SWEET POTATO S'MORE

Begin by breaking a graham cracker in half, into two squares. Place warmed mashed sweet potato on one of the graham cracker squares. Then, melt the marshmallow in the microwave for 15 seconds, once it is melty

and gooey, place it on the other half of the graham cracker. Put the two halves together, and voila! You have a festive s'more!

LEFTOVER CRANBERRY YOGURT BOWL

Staying healthy during the holidays is hard, but this sinless snack will have you feeling festive and good! Just add the yogurt, cranberry sauce, honey and granola into a bowl, stir, and there you have it — an easy, healthy snack perfect for the holiday season!

Leftover Turkey, Cranberry Sauce and Mashed Potato Sandwich:

- 1 dinner roll
- 1/2 cup of turkey (warmed or cold, to taste)
- 1 tablespoon of cranberry sauce
- 1 spoonful of warmed mashed potato

Leftover Stuffin' Muffin:

- 3 cups of stuffing
- 1 cup chopped turkey or ham
- 1/4 pound frozen spinach
- 6 large eggs
- 2 tablespoon milk or cream
- Salt and pepper to taste

Sweet Potato S'more:

- 1 graham cracker
- 1 spoonful of mashed sweet potato
- 1 marshmallow



COURTESY OF REE DRUMMOND

Leftover Cranberry Yogurt Bowl:

- 2/3 cup plain vanilla nonfat yogurt
- 1 tablespoon cranberry sauce
- 1 tablespoon honey
- A handful of your favorite granola



Advertise with THE LEDGER

1. Cheap and **effective** way to advertise compared to other mediums like magazine and TV.
2. Large reach and extremely high readership with **300** paper circulation each week.
3. Specifically **targeted** at the young demographic of college students, faculty, and the Tacoma community.

The Ledger is distributed for free at campus-area high-traffic locations such as the University Y, Mattress Factory, West Coast Grocery, Court 17, the library, classrooms, and administrative buildings.

Interested in advertising with us? Contact our ad staff at adledger@uw.edu and book your ad today!

AD RATE FOR NON-CAMPUS ADVERTISERS

SIZE	PRICE FOR B&W	PRICE FOR COLOR
1/4 page	\$65	\$85
1/2 page	\$120	\$160
Full page	\$200	\$290

AD RATE FOR ON-CAMPUS ADVERTISERS

SIZE	PRICE FOR COLOR
1/4 page	\$65
1/2 page	\$120
Full page	\$200

EXTRA SERVICES Basic Ad Design (text and monochromatic) : \$20
Special Ad Design : \$40

Black Friday: The good, the bad and the ugly

Black Friday can be a great time for consumers, but horrible for retail employees forced to work on Thanksgiving Day.

By JENNY LAM
A&E COLUMNIST

The Friday after Thanksgiving — also known as Black Friday — has long been considered a nationwide shopping extravaganza. It has become a synonym for Thanksgiving, much like pumpkin pie and roasted turkey. The beginning of the holiday season has begun and it seems like it's starting earlier and earlier each passing year. Some stores are now opening their doors on Thursday evening, cutting their employees' Thanksgiving dinner and precious time with family and friends short — transforming the family holiday tradition into "Black Friday Eve." The intrusion on family time has become so popular that an internet petition was started, asking for retailers such as Walmart, Best Buy and Target to push back their early doorbusters to its intended day.

However, retailers and other supporters argue that stores have every right to open early if consumers demand it. Black Friday is an important event for the retail industry, and it creates jobs and lowers unemployment rates, which helps the economy.

This year, Black Friday is Nov. 23. Major retail stores such as Walmart, Tar-



The pawfect deals for every Husky.

ILLUSTRATION BY BRUNO MARQUEZ

get, J.C. Penney, Old Navy, Macy's, Kohl's, Best Buy and Sears will open their doors as early as 5 p.m. on Thanksgiving.

Walmart has even planned to kick off its Black Friday event at 4 p.m. Thanksgiving Day, with their first-ever Light Up Black Friday party for customers. Walmart stores across the nation are expected to give away 4 million cups of Keurig coffee and 2 million Christmas cookies during the two-hour party. However, its Black Friday sales don't officially begin until 6 p.m. Thanksgiving night.

While some retailers are not giving

their employees a break on Thanksgiving, stores like Nordstrom, H&M, Office Depot, Big 5, Burlington and Pier 1 Imports are sitting out on the early openings and staying closed Thanksgiving night — sticking to the intended Friday.

Depending on the type of person you are, the Friday after Thanksgiving is either the best day or the worst day of the year to go shopping — it may have the best deals, but it also is the most crowded.

THE HISTORY OF BLACK FRIDAY:

There was a myth that went around a couple years ago, claiming the term

Black Friday Deals

BESTBUY <ul style="list-style-type: none"> • Samsung Chromebook 11.6": \$99 • Apple iPad Mini 4 128GB: \$249 • Amazon Echo Dot 2nd Gen: \$19 • Amazon Echo Dot 3rd Gen: \$24 • Apple MacBook Air 13.3": \$799 • HP DeskJet 2624 Wireless All-In-One Instant Ink Printer: \$19 • PNY 16GB USB 2.0 flash drive: \$3 • Cherman 3.5 Liter Air Fryer: \$29 • Lenovo 2-in-1 Touchscreen Chromebook: \$179 	STAPLES <ul style="list-style-type: none"> • Lexar 16GB USB 2.0 flash drive: \$4 • Fujifilm Instax Mini 9 Camera: \$49 with free Fujifilm Instax Mini Rainbow film • Seagate 1TB Backup Plus Ultra Slim external portable hard drive: \$49
TARGET <ul style="list-style-type: none"> • Beats Solo 3 Wireless Neighborhood Collection: \$179 • Fujifilm Instax Mini 9 Camera: \$59 with free \$15 gift card • Amazon Fire 7 tablet 8GB: \$29 • Canon MG3620 wireless printer, scanner and copier: \$29 • Keurig K-Mini single-serve coffee maker: \$49 	WALMART <ul style="list-style-type: none"> • Samsung Chromebook 3: \$99 • Apple iPad 6th generation: \$249 • Google Home Mini: \$25
FRED MEYER <ul style="list-style-type: none"> • Keurig K-Classic Brewer: \$49 • Chefman 3.5 Liter Air Fryer: \$34 • Beats EP On-Ear Headphones: \$99 • Apple iPad 9.7" 32GB 6th Gen: \$229 • HP DeskJet 3637 All-in-One Printer: \$29 	

Viewers revisit childhood fears in 'The Haunting of Hill House'

Netflix's brilliant new series brings a new perspective on horror that audiences are obsessing over.

By EVAN MARTINOLICH
A&E COLUMNIST

Once upon a time, horror was an art of the unnerving, leaving viewers with a lasting fear that kept them up at night. Unfortunately, after the 1980s, the genre began relying on jump scares and over-the-top gruesome imagery to hit viewers quick and hard, sadly causing the genre to suffer in both the box office and critic reviews. However, it seems as though the classic idea of general disturbance and real fear has reared its head once again. "The Haunting of Hill House" demands the viewer's attention with true trauma and fear — a necessary refresher on what horror is meant to be.

"The Haunting of Hill House" follows the lives and struggles of the five siblings of the Crain family, years after the terrifying events at Hill House. The show takes us through each of the characters' individual experiences during their childhood at the house, each of which are equally as mortifying. These horrible experiences are depicted with gruesome detail that shows no mercy for the view-

er and fills them with an intense feeling of dread right from the start.

From the first minute, each episode is a macabre work of art that boasts the crew's cinematography skills and oozes with captivating story. The use of various camera angles holds the viewer in a constant state of fear even while there is little to be afraid of on-screen. Instead of relying on the use of grotesque images being launched at the screen, creative camera angles create the suspense and dread necessary for a deep fear to grow as each episode unfolds. This technique makes it all the more terrifying when something does appear that the audience should be afraid of. When this happens, the physical embodiment of what we might have imagined lurking in our basements or under our beds emerges, such as a mutilated crawling corpse.

Each of the siblings from "Hill House" are accompanied by a beautifully developed backstory that perfectly explains their attitudes and personalities as adults. Through unique coping mechanisms that developed from their haunting encounters as children, the characters



COURTESY OF NETFLIX

The Crain family tries to escape a horror that will never leave them.

are easily understood and leave little to be questioned by the viewer. This effect is achieved by consistently revisiting their childhood via flashback scenes — the actors in which are remarkably matched to their adult counterparts — making the story much more believable and immersive. It may even be difficult to sympathize with one over another for the sole reason that each character is so easily understandable, despite each of their shortcomings.

While the story throughout the first season is full of depth, it does take some amount of investment. The scares may

"Black Friday" originated from the practice of selling off slaves — after Thanksgiving — for a discount to plantation owners in need of more helpers for the upcoming winter. However, that theory has since been proven to be a myth. The earliest record of the phrase "Black Friday" was in 1961 by the old Philadelphia Police Department's traffic squad. It was used to describe the heavy and disruptive pedestrian and vehicle traffic that occurred in the city's downtown stores on the day after Thanksgiving. The biggest shopping

days normally are the two following Thanksgiving Day, resulting in massive traffic jams. It became customary for officers in Philadelphia to refer to the post-Thanksgiving days as "Black Friday" and "Black Saturday."

Normally, Black Friday deals can be questionable — are they even worth the hassle? Are you scoring a good deal? Is it worth getting trampled by angry bargain hunters? However, the holiday season is here and there are some deals for college students that are worth your time, energy and money.

REVIEW

"The Haunting of Hill House"

★★★★★

The Good:

- Creative design of creatures and use of scenery.
- Elaborate storyline holds attention easily.
- Well developed and relatable characters.

The Bad:

- A big time commitment due to slow story progression.

There is no way to describe "The Haunting of Hill House" that doesn't involve the words beautiful, entrancing or haunting (pun intended). In a time where horror has teetered on the edge of art or slop, Netflix may have just begun to push it back into the territory of art. Audiences will soon realize they were right to be afraid of the dark.