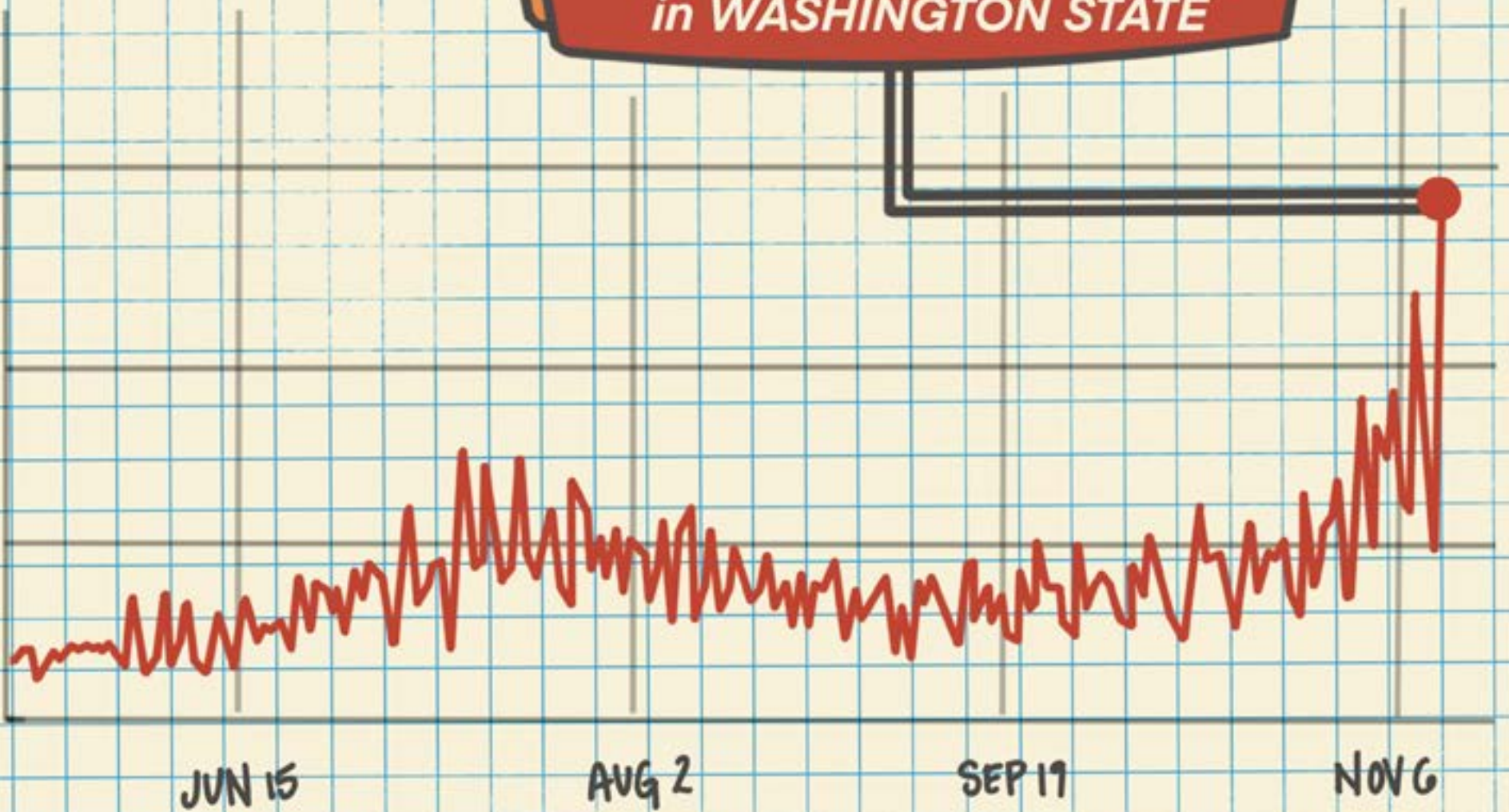


THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA

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Innovation and Design minor to launch in 2021

New minor program links together ideas from SIAS, Milgard and the School of Engineering.

By **OLUWASEYI FALEKE**
NEWS REPORTER

UW Tacoma's Global Innovation and Design Lab is launching a new minor program in Innovation and Design. It is planned to start next quarter and will be open to all majors. Emma Rose, a core faculty member for the GID lab, was able to provide information concerning the minor.

"The work is primarily with community and industry partners focused on real world problems," said Rose, who explained what students can expect when they enroll in the minor. "They will learn creative approaches to problem solving and explore design justice to consider how design can intervene in positive ways."

The GID Lab encourages all students to apply despite different perspectives. According to their mission statement, the GID Lab hopes to transform communities through "ethical design and inclusive innovation."

The minor itself will have five courses, one of which will be taken twice. One planned course in the minor will have students create a portfolio and connect their design experience to their projects and other courses in their major.

"The work is primarily with community and industry partners focused on real world problems."

Several members of the School of Interdisciplinary Arts and Sciences, as well members from the School of Engineering and the Milgard School of Business, contributed to the creation of the new minor.

Rose, who has a doctorate in Human Centered Design and Engineering from UW Seattle, explained that she thinks of design as both a process and an outcome.

"When we think of design as a process, it involves thinking deeply about a problem, learning more about the people and communities impacted by that problem, and trying to create and try out alternative solutions to help solve that problem," Rose said. "Anyone can engage in the design process to come up with solutions."

Rose was initially a Creative Writing major in college and was always drawn to combining creative skills with technical ones. This later led to a career in web design and eventually her doctorate.

"After earning my PhD, I was excited to come to UW Tacoma to teach the subjects I love," Rose said. "For me, that comes back to an approach to problem solving that brings together creative and technical perspective to work on projects with a social impact. I see many of the same qualities in students who take my classes."

Krissy Kimura, the program administrator for the Global and Design Lab who will also be the academic advisor

for the new minor, had a different introduction to design.

"My initial introduction to using a human-centered problem-solving approach was as a Health Education Peace Corps Volunteer in Tanzania — although we didn't call it design," Kimura said. "The framework we learned and applied in the field was a Participatory Analysis for Community Action focused on gender-sensitive and participatory techniques."

The GID Lab has been busy this past year. They have launched their Global Innovation and Design Award in Fall 2019 with two students. The number of students is based on funding availability. The lab is also involved with the community.

The Lab team also just recently finished up a project with United Way of Pierce County in their annual From Poverty to Possibilities Summit that took place earlier this month on Nov. 10. The event was attended by over 200 people.

"Our bias-to-action for the event was to address: "Through a lens of equity, trauma, and resilience, how might we reimagine our current systems to support Asset-Limited, Income-Constrained, Employed families to overcome poverty?" Kimura said. "We also hosted a series of design thinking workshops with the Resilient Pierce County team to build empathy, identify barriers to access to human services, and brainstorm initial solutions."

The GID Lab also launched the Innovate Tacoma series this past summer. The intention is to spark creative problem solving and deliver innovations through the pandemic. Rose further explained how innovation and design can help engage and strengthen communities, both locally and on a global scale.

"Design thinking provides us an opportunity to take these problems up and think about how to intervene and make positive changes in the world," Rose concluded.

Shedding light on tuition increases

Causes and influences of the University of Washington's fluctuating tuition costs.

By **LUKE DENUELLE**
NEWS REPORTER

Tuition at the University of Washington has risen exponentially in the past few years, with costs tripling since 1997 and teetering between \$10,000 and \$12,000 per year since 2008. As education has advanced to require more resources and facilities, much of the variation in cost has risen from the ability of the university to provide these to all students. Total costs for students are split between tuition itself, building and technology access, services and activity fees and the U-PASS.

Although all of these fees are overseen by the Board of Regents and require approval in order to be passed, the fact remains that they are not all provided by the same party. As a result, it can be difficult to project or organize student costs; many

factors contribute, some of which may not be known.

For example, course fees, defined in the official UW policy as "additional charges to students that are intended to pay for specified course-related costs" as opposed to tuition itself, can fluctuate based on the year. The maximum course fee that can be approved is \$50 per quarter, but that by itself can account for up to \$150 a year not included in the initial tuition.

One issue that arises surrounds the difficulties in tracing exactly what students are paying for when they receive their invoice for the quarter. While costs are split into categories through organizational statistics, this information doesn't always reach the ones paying the bills.

While this is an issue that cannot be overlooked, especially with the impact of recent events on the finances of many students, another reason

for rising tuition costs can also be attributed to the fact that much of the money from paying students goes towards funding students who cannot afford to pay. With an undergraduate scholarship rate of over one fifth of all students, UW has been providing consistent equality of opportunity to the state of Washington where most universities have sharply declined in their scholarship rates.

As a result, while UW receives a relatively very large amount of funding among universities, as state funding has been reallocated, paying students have had to provide a greater proportion of money for their tuition. These factors combine with the changing secondary costs, ultimately leading to the current situation where fees appear to be sharply shifting. While statistically, on the grand scale, changes have been gradual for the past decade. To any individual student these



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changes can make all the difference.

The university has previously exercised the policy of freezing tuition costs, but it is uncertain as to whether

this will happen now as finances become tighter for everyone. Without intervention from the state, costs may remain dynamic for some time.

Students react to the presidential election

Following days of counting, UWT students react to the stressful week and the election of Joe Biden.

By **LUCAS CASSOL**
NEWS REPORTER

Former vice-president Joe Biden has been called as the president-elect after becoming the projected winner of Pennsylvania. Throughout the past few weeks, passions among both sides have been running high and anxieties regarding the potential outcome had been prevalent.

UW Tacoma's Center for Equity and Inclusion hosted four virtual meetings for students looking to share their reactions, feelings and to chat about the presidential election outcome. Speaking during the meetings was organizer and director of the CEI, Jimmy McCarty.

On the day of the election, and one the day after, McCarty said that the first meeting was made up of people looking for relief from the stress and anxiety of the election. The meeting that day offered a space to vent, to just talk on the subject of politics.

The second meeting, held the day after the election, offered a space for different groups to voice their unique perspectives and concerns.

"We had students that were members of the LGBTQ+ community that were worried for their rights, we had students worrying about health care," McCarty said, "even students who'd had a confrontation with a family member."

McCarty has been a Tacoma resident his entire life and worked at Seattle University until being drawn to UWT.

"Coming back to serve the Tacoma community was important to me. When I left UWT wasn't what it now is, and I love how its helped evolve this city"

Along with students versed in politics,

there were students who were new to political discourse who may have not voted before this election but wanted to join in the conversation nonetheless. One first time voter was Nathaniel Roy, a freshman intending to major in computer science. He shared his feelings on the proceedings.

"We had students that were members of the LGBTQ+ community that were worried for their rights, we had students worrying about health care," McCarty said, "even students who'd had a confrontation with a family member."

"I was really engaged in the news, I was constantly checking," Roy said. "There was definitely a feeling of anxiety, waiting for a result in such a tight race."

McCarty did not ask about anyone's political affiliations or beliefs, but rather chose to let some offer their ideas up if they were comfortable. He said most students just wanted a place to talk, and that events like this shape UWT into a better school.

"This is a space of reflection," McCarty explained. "We wanted to hear other peoples' experiences and learn from them. Even if you didn't show up, it's good to know these things are available to us. It helps us engage with our community and our school."



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ASUWT mid-quarter update

ASUWT President Vincent Da talks graduation 2021 and bans on external proctor services.

By **MITCHELL FERM**
NEWS EDITOR

The Associated Students of the University of Washington Tacoma President, Vincent Da, discussed several initiatives and plans that the student government currently has underway. Currently, in ASUWT's view is graduation 2021 as well as a recent discussion with faculty on a ban of external proctor services. Finally, Da provided a wrap-up on the ASUWT Senate elections.

As of right now, UW Tacoma's administration and ASUWT are in the works of figuring out what to do for this year's graduation. Da stated that last year's virtual tri-campus graduation ceremony felt impersonal for UWT students, and there is now talk of UWT hosting their own virtual ceremony for this year.

"A lot of feedback we got from last year was that they really didn't speak to

Tacoma," Da said. "It was just a Youtube video. It didn't have too much of our Tacoma experience. I talked with Mentha [Hynes-Wilson] ... we do agree that we don't want to work with UW Seattle in the future, because it just wasn't our experience. So, we talked about how we might plan for an in-person or a virtual one that will work for us."

Due to the COVID-19 pandemic, UW Tacoma was forced to forgo their graduation — traditionally held in the Tacoma Dome — and instead was integrated into a ceremony for all three UW campus' students, with UW President Ana Marie Cauce having advertised it as a "one-of-a-kind, live, worldwide and interactive webcast."

Nothing for the new graduation ceremony has been set in stone yet. However, Da indicated that they are trying to keep it within the local Tacoma limits, such as having it back in the Ta-

coma Dome or perhaps in the Stadium High School's bowl, and that what they do decide on will adhere to whatever advised coronavirus safety regulations are in place.

"We still have time until spring," Da said. "Right now, we don't know, especially with the number of cases on the rise again now."

Da also talked about the faculty's current discussions regarding a proposed ban on external proctor services such as ProctorU. These services are oftentimes employed on important exams by faculty members in order to prevent students from cheating. To do this, though, students typically pay a fee and need to provide access to their web cameras to a third party to monitor their test taking, which some feel is a violation of their privacy.

"We actually brought this up last year to the faculty executive council about

banning this," Da said. "So we're glad that they are starting to take the initiative to ban it. Our position: we voted to say 'yes' to ban it because one, it puts the cost on the student ... and also [it's] an invasion of privacy"

For ASUWT itself, Da noted it has been a lot harder for them to operate without a Senate to give updates on the different schools' students. Now that most of the Senate elections have wrapped up — only a run-off election in the School of Interdisciplinary Arts and Sciences is left to be decided — Da is excited to be able to talk to senators and ensure students are having their voices be heard.

While the votes are in on who is elected to the Senate, a few positions remain empty. Currently, senator positions in Urban Studies, Education, Engineering and Technology and pre-major have yet to be filled. The positions have

been opened up on the ASUWT's Handshake accounts for interested students. In all, 84 votes were cast for the entire Senate elections.

Finally, Da stated he has been happy with the expansion of wifi hotspots around the campus' parking lots along with the expansion of charging stations around campus. Additionally, the Student Technology Fee Committee has purchased new battery packs for students using the parking lot wifi, alleviating students from potentially having their laptops or phones running out of battery on them or idling their vehicle to charge electronics.

"One thing we didn't want was students running their [car] battery in the parking lot," Da said. "We didn't want students to waste their battery and be mindful of their gas emissions, so students can actually check out battery packs from the computer lab."

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Exotification: minimizing the individual

I am more than a momentary curiosity.

By **ANDREA NADAL**
OPINION EDITOR

Do not ask me if I can speak Spanish. Do not tell me I am exotic or call me tropical.

My language is not a tool for your amusement. My heritage is not a fun fact about me. These are my blood and the suffering of my ancestors. You create me as the 'other' when you ask for a change in my tongue; when you speak of me like a fruit in the supermarket from an unknown and distant land. You remind me that despite being born on this soil, America is not mine. That despite my blood being native to the Americas, whiteness is the new claim to this land. You remind me that my bonds have been torn from me even before I could make them.

I am grasping for something, but it is never enough. I can never be American because my skin is not white, my hair is curly and my eyes are as dark as the night. I can never be Puertiqueña porque I have only set foot on the archipiélago once in my life and the lan-

guage has been lost to my tongue and to my ears. I have searched for it and gathered pieces. But it still escapes me, and it cuts me each and every time I try to wield it.

I am reminded of the blood that dripped from the swords of the colonizers as they forced their language onto the tongues of my ancestors. The only language many of us have left to claim. You remind me that the blood of my father has that of the colonizer in it, that both last names he bares are of Spain: one referencing the birth of Christ, and the other denoting our color — a mix of indigenous and afro-descent, a history long erased but slowly coming back.

You remind me that on my mother's side I carry the blood of oppressors as well, the white colonizers that set foot on this land long ago trying to claim it for themselves. The very reason I am not enough for this land now. You remind me of the war that is happening in my veins; the hot blood that pours from me every time those words escape your careless mouth cutting me open and spilling out my history.

"Though words like 'exotic' may not seem insulting, the message they convey is that 'exotic-looking' individuals have features that are outside of the social norm ... this perpetuates the idea that white culture is the norm — a destructive narrative that holds roots in this country's controversial colonialist history," Kat Sotelo explains in "A dive into the degrading world of fetishization Latinas live in."

These actions are not harmless. They minimize cultures, languages and peoples. They turn us into nothing more than a momentary curiosity. Creating us as an exotic 'other,' something not truly to be understood but rather something to be amused with, and to be experienced on the shallowest of levels.

Kat Sotelo further explains that "the exclusionary nature of white cultural normalcy may act as a barrier to the cross-cultural understanding necessary in the United States' tumultuous socio-political climate. Racial fetishization, an issue inside and out of the bedroom, degrades an individual to a single identifier and

suggests a notion of bodily conquest. Instead of valuing the person, a 'fetishizer' values a fantasy."

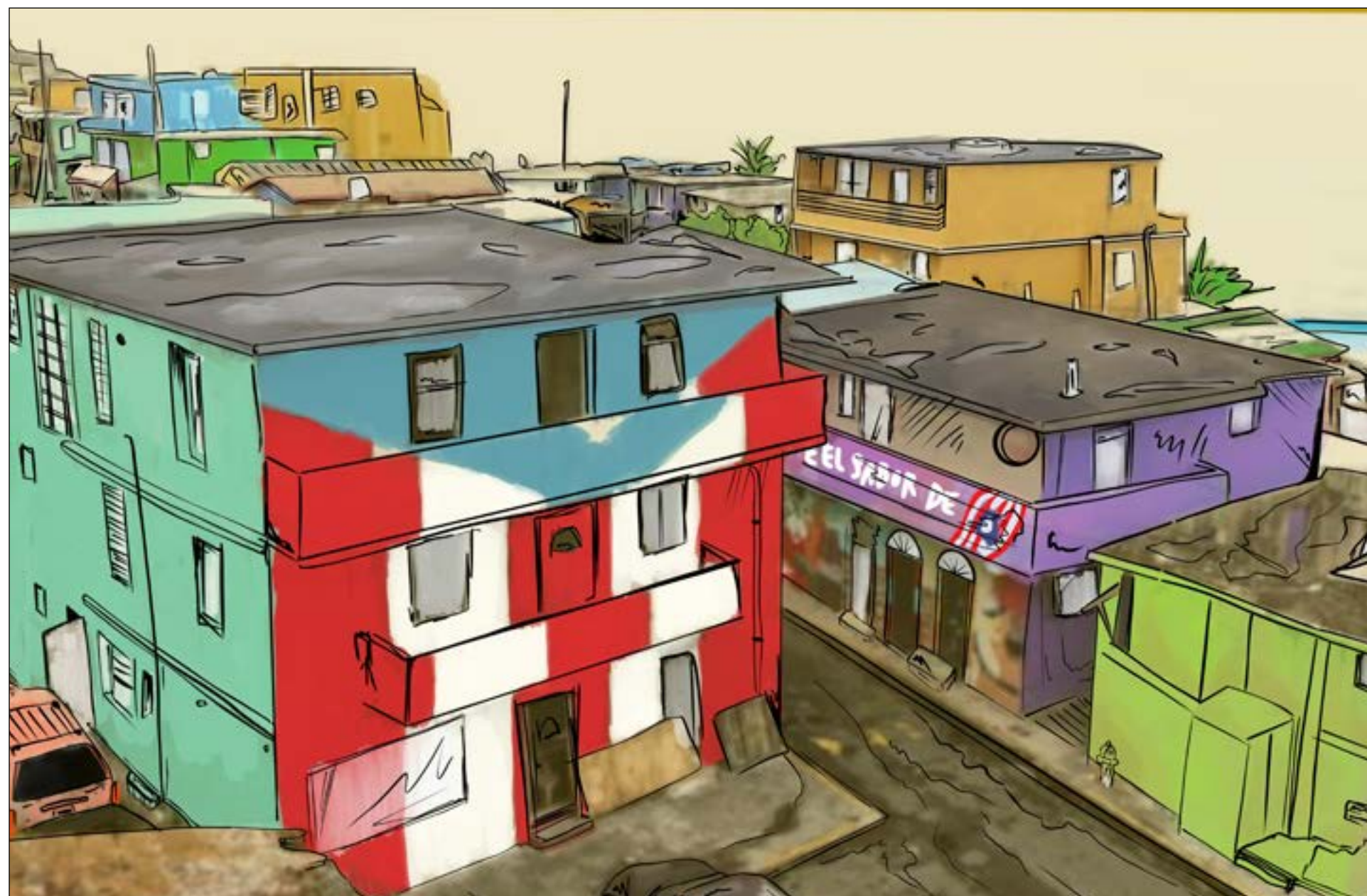
Whether the comments are intended sexually or not, exotifying us in this way creates us as objects, effectively stealing our autonomy and control over our own narratives. It allows you to create whatever idea you want of us, and then hold us to that expectation.

We owe you nothing based on your perceptions. My tongue and my body are mine. They do not have to meet your expectations and should not have to be carved into pieces to please you.

This body is the body that I have to live in, and it is for me. The blood that runs through it tells a story, but it does not owe anything to you, it does not have to pour from my veins at your command. And this tongue is the tongue that one day will guide me back to the language of my people. The language that we created as our own despite its brutal history, but it does not owe you a word.

I do not owe you a word. I do not owe you anything.

"Though words like 'exotic' may not seem insulting, the message they convey is that 'exotic-looking' individuals have features that are outside of the social norm ... this perpetuates the idea that white culture is the norm — a destructive narrative that holds roots in this country's controversial colonialist history," Kat Sotelo explains in "A dive into the degrading world of fetishization Latinas live in."



A building with the Puerto Rican flag painted on it — La Perla Neighborhood in San Juan, Puerto Rico.

ILLUSTRATION BY NATALIE PEYTON

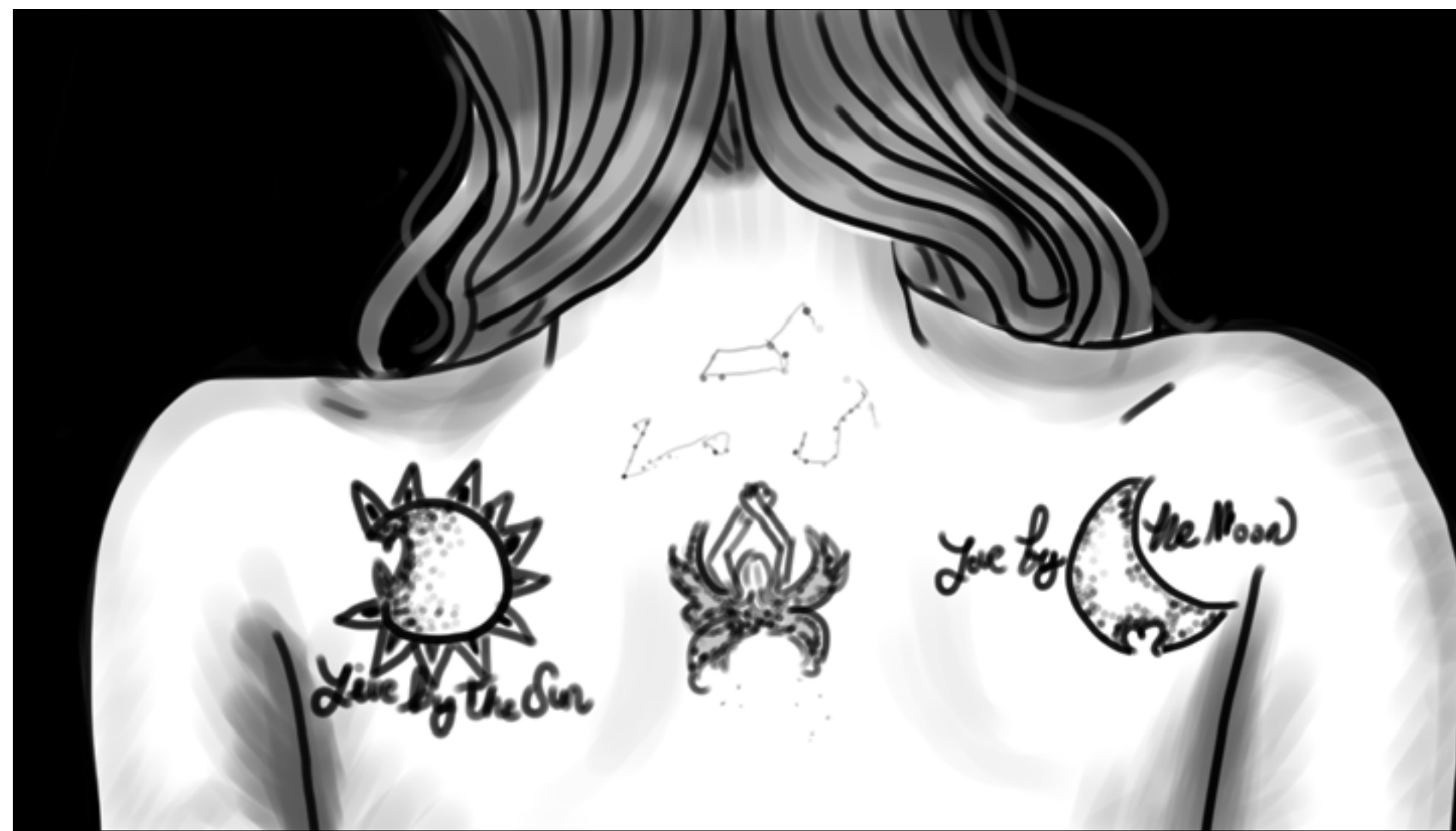


ILLUSTRATION BY LORE ZENT

Tattoos aren't bad; so stop picking on them

The challenge against damaging stigmas — how this adversity is changing the communal perspective on tattoos.

By **MADI WILLIAMS**
OPINION COLUMNIST

Individuals with visible tattoos are often stigmatized by society. Perhaps this is caused by disdain for particular tattoos such as devils or hate group affiliations, but, should the average tattoo incite an 'uncomfortable' response? What some don't understand is that having tattoos is a form of self-expression and it gives people the freedom to do what they want to their bodies. Even today, however, people are still oftentimes looked down on if they do something to their bodies deemed abnormal.

"[...] despite the ever-growing numbers of people getting tattoos, baby boomers being at 13%, Generation X being at 36% and millennials being at 47%, the stigma around them remains."

In her article "Are People With Tattoos Stigmatized?" Dr. Vinita Mehta explores how despite the ever-growing numbers of people getting tattoos, baby

boomers being at 13%, Generation X being at 36% and millennials being at 47%, the stigma around them remains.

Most would think that with the growing number of people getting tattoos as a form of self-expression, they would grow to be normalized. Yet, we have an older generation that places a larger stigma on tattoos than any other generation. This generation is the one in charge of most companies and they work to maintain the standard of what is deemed appropriate in a business setting — which doesn't include tattoos being visible.

Dr. Mehta goes on to explain that "stigma, according to a widely accepted view, is a socially constructed relationship between a socially undesirable characteristic and a stereotype." So, people who go against the status quo of what is acceptable for tattoos then can experience this stigma.

Oftentimes when someone expresses interest in tattoos they are told to "put it in a place where it can be hidden." There are a number of reasons for this advice, but a common one surrounds employment. If you go in for an interview and it can't be seen the likelihood of getting the job increases. The aforementioned article explores this concept in-depth, stating, "Remarkably, one study found that hiring managers would not hire a person with a visible tattoo, because it would taint the company's image."

People shouldn't be turned away from a job opportunity just because they have a tattoo that is non-distracting and isn't anything controversial. For the people who get tattoos, they don't want to hide what they put on their bodies. They want it to be seen and show off the artwork, that's why they paid the money to get it.

For many people, getting a tattoo

"People shouldn't be turned away from a job opportunity just because they have a tattoo that is non-distracting and isn't anything controversial."

is the remembrance of a big birthday. Others get it for sentimental reasons, such as the passing of a loved one. These are usually small enough so they can be hidden easily, and most people get these types of tattoos on the back of the shoulder or ankles — both of which are easily concealed.

When people get tattoos in the areas that can be easily hidden it goes to show how the stigma against tattoos affects that hiring manager's decision making even if they don't realize that's what they are doing. But once you start getting sleeves that are

harder to hide, but still significant to a person, that's when people start to get uncomfortable because of the visibility.

Dr. Mehta also explains how people with tattoos are seen in a negative light, stating, "personality characteristics, low levels of inhibition, and a higher level of promiscuity." As someone who has eight tattoos, and plans on adding more, this stereotype towards tattoos is a factor as to where I decide to place them. Even though all of mine have personal and sentimental reasons, I still feel like I have to hide them in fear of being judged, even though they are not judgemental pieces at all.

What many people fail to see is that just because a tattoo piece is bigger it doesn't mean that it is scary. Honestly, it means that more thought went into that piece and there is probably a story that goes with it. Just like any other type of art.

It is important to remember that every tattoo has a story behind it, some of those stories might be funny but others have serious reasoning behind them. It is important to realize that not every tattoo has a serious meaning, and that's okay.

For some people, they are a memory of how the tattoo was brought onto someone's body. It could have been a crazy night out and tattoos were incorporated, it could have been a close friend just starting a tattoo career in

need of clients so the work might not have been the best. The important thing is that what people put on their bodies is there because they wanted it to be there and it made them happy.

Instead of reinforcing the stigma society teaches us when you see someone with tattoos, ask them about it, the things you can learn from a person based on their tattoos can be pretty interesting and cool. Just because you personally might be against tattoos on yourself, instead of pushing what you believe onto others, be open and understanding. Embrace that someone in your life loves the sun and moon so much that they are putting it onto their body as art to show off this love for something that many people find intriguing.

"Instead of reinforcing the stigma society teaches us when you see someone with tattoos, ask them about it, the things you can learn from a person based on their tattoos can be pretty interesting and cool."



ILLUSTRATION BY LORE ZENT

To love and be loved

As we conclude our marriage series, let us look at key points we made regarding this unionization and what to expect from ourselves as partners.

By **BENGISU CICEK**
OPINION COLUMNIST

Throughout this marriage series I've emphasized the importance of taking marriage seriously. Not only are we committing ourselves to someone, but we are learning to live with them for the rest of our lives. It is important that we fall in love with the person we are marrying, and not the idea of marriage itself.

Who we marry determines our future and how we live. It can either be with a partner that helps us heal, grow, love and cherish, or it can be with someone who only makes us tired and wish for something better. We don't want the latter.

"You need to keep in mind that finding The One doesn't mean finding a clone of you who shares exactly the same passions or meets your exact expectations," said leading life coach, Olga Levancuka, in the article "Psychologists Reveal How You Know You've Found 'The One'" by Amy Lewis. "It means finding someone who is prepared to make your relationship work and you're prepared to do the same. Relationships aren't all about romantic getaways and butterflies, they can be hard work and you both have to be prepared to build solid foundations."

This is absolutely true. "The One" is not always going to have the same interests and hobbies as us. It's always fun to be with someone who holds opposite interests that allows you to spend more time exploring each other's interests

and passions in life. You might not come from the same backgrounds and cultures, you both may have different life experiences, so discovering each other might take place within the marriage. We still have so much learning and living to do. Life is full of surprises and tests and living through all of these with your significant other might be one of the best feelings.

When we see fairy tale love stories unfold in front of our eyes, whether it be our friends or from a movie, we can't help but compare ourselves to them and wonder if we will have the same fairy tale.

It is important to note two things. One, not everything is as it seems. The couple who seems healthy, loving and having the best time might be facing hardships in reality. It's important to recognize that love stories aren't always picture perfect. Two, we can't have the same love story as other people. It is nice to make an example of their story and hope to find a nice partner that makes us happy in the same way, but we cannot compare ourselves, all of our fates and relationships are different.

"We live in a tumultuous time. Like all living organisms, love in a marriage needs to be nourished to thrive. What works for one may not work for another, and what worked once may not work now. Therefore, we frequently need to focus on and tend to the health of one's marriage and not take its existence or our spouse for granted," said Dr. Shoba Sreenivasan, a Clinical Professor at Keck School of Medicine of

USC and Dr. Linda E. Weinberger, a Chief Psychologist at the USC Institute of Psychiatry, Law, and Behavioral Sciences in their article "What's Love Got to Do With a Lasting Marriage?"

Marriage surpasses far beyond the engagement years, wedding and first few years of marriage. It is something that lasts a lifetime. It can be just as healthy and loving on our 50th anniversaries as it was on our third. What needs to be understood and met are the needs of our partners.

Depending on the couple, some partners in marriage prefer to be more dominant than the other. The main provider or protector of the family, prominently the dominant one, may have stress and many responsibilities. The other partner in the marriage may think more strategically and emotionally. There is somewhat of a balance between these types of partners, and it is evident that both have different needs.

The dominant partner may need and want to be appreciated as a hero and acknowledged for their accomplishments, while the other may want more emotional affection and to be more intimate with their feelings. In order to have both sets of needs met, there must be effort and understanding from both sides. One person cannot do all of the work to carry out the relationship to make the partner happy, it needs to be accomplished as a dual effort.

"To feel appreciated and important to your partner, you need to feel heard. Obviously you don't need to need to

agree with everything your partner says, but you do have to listen. And you do have to respect his or her opinion. This means actively listening to your partner, reflecting on what you've heard, and implementing a solution or using this information constructively in the relationship going forward," said Dr. Konstantin Lukin, Clinical Director and Co-Founder of the Lukin Center for Psychotherapy in his article titled "5 Emotional Needs Every Couple Needs to Know."

We have to be active listeners for our partners. After a hard day of work or school, we will be the first person to greet one another and explain our day along with our feelings too. It's important that we show understanding and shift our attention to one another in order to show that we value and care about how they feel because we love and respect them.

We have to be taught to also be selfless in the relationship, both sides do. If it is one person receiving all the compliments and appreciation, the other can feel burnt out, not seen or uncared for.

"Is it realistic to think that we can love in such an all-giving, non-demanding way? Research suggests that this style is rarely, if ever, fully actualized. It might well be the ideal we can hope for and strive toward. In searching for true love, we need to redirect our focus and energy from receiving to giving," said Dr. Krystine Batcho, a professor at Le Moyne College in Syracuse, New York in her article titled "Is There Really True Love?"

Relationships are about sacrifices and hardship. We should expect our partner to sacrifice some things in their life, but we must also be ready to give and work hard within the relationship just as much as them. If we want a healthy, life-long marriage we have to understand each other and be prepared to make decisions together that will further improve the relationship.

"Life is all about change and transition. Nothing stays still or the same, as much as we may sometimes want it to because it makes us feel more secure and safe ... Although we may be disappointed, frustrated, or even traumatized by what life has thrown at us, a loving, healthy relationship teaches us that by standing together and moving forward together we will successfully reach what waits for us on the other side. Unity provides strength and balance," said psychiatrist Abigail Brenner in her article titled "The 7 Signs That You've Found Yourself a Loving Relationship."

While marriage has a different meaning for everyone, it's important to prioritize what it means to you. Don't allow others' opinions hold you back from the true one that makes you happy. In the end, your happiness is something that only you have control over. Trust that you will make the best choices when it comes to marrying the perfect person for you. Beauty will fade, time will pass, scars will heal and knowledge will increase, but the only thing that should change about love is the growth of it within our own hearts.

Four mouthwatering fall recipes

Two cooking and two baking recipes to try to make this season even more festive.

By **LORE ZENT** | A&E COLUMNIST

FROSTED CRANBERRY DROP COOKIES

THE COOKIE:

1/2 cup butter, softened
1 cup of sugar
3/4 cup packed brown sugar
1/4 cup whole milk
1 large egg
2 tablespoons orange juice
3 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
2-1/2 cups chopped fresh or frozen cranberries
1 cup chopped walnuts

THE FROSTING:

1/3 cup butter
2 cups confectioners' sugar
1-1/2 teaspoons vanilla extract
2 to 4 tablespoons hot water

INSTRUCTIONS:

Soften butter by keeping it on the counter an hour before cooking. You can also microwave it for two minutes by placing it in a small bowl with water. In a large mixing bowl blend the softened butter and sugar together. Then add the orange juice, milk, egg and mix them well. Next add the baking powder, flour, salt and baking soda. Stir in some cranberries and chopped nuts.

Separate the batter into tablespoonfuls and place them two inches apart on the cookie sheet. Bake for 12-15 minutes or until golden brown at 350 degrees fahrenheit. Let the cookies cool before applying the frosting.

To make the frosting, heat butter in a saucepan over low heat for about five minutes. Let the butter cool for two minutes then transfer it to a small bowl. Add sugar and vanilla into the bowl. Lastly, while beating with a whisk, add water to the bowl at tablespoon increments until desired consistency is found. Once done add frosting to the cookies.

PUMPKIN SWIRL BREAD

CREAM CHEESE BATTER:

8oz cream cheese
1/4 cup of sugar
1 egg

PUMPKIN BATTER:

1 3/4 cup of flour
1 1/2 cup of sugar
1 tsp of baking soda
1 tsp of cinnamon
1/2 tsp of salt
1/4 tsp of nutmeg
1 cup of canned pumpkin
1/2 cup of melted butter
1 egg beaten
1/2 cup of water

INSTRUCTIONS:

Be sure to mix the two batters in separate bowls. The pumpkin batter can be mixed with an egg beater, but the cream cheese mixture should be whisked by hand. For the pumpkin batter add your flour, butter, water, sugar, salt, egg and baking soda to the bowl then mix. Pour in the pumpkin, cinnamon and nutmeg. Beat until well blended. The mixture should still be thick.

After blending, grease and flour the loaf pan. Spread half of the pumpkin batter into the pan, then spread the cream cheese mixture over the batter and finally pour the rest of the remaining pumpkin batter in. Cut through the mixture a few times with a knife. Bake at 350 degrees for one hour and 10 minutes, or until a toothpick can prick the loaf and come out.



PHOTO BASH BY LORE ZENT

CABBAGE ROLLS

THE ROLLS:

12 large cabbage leaves
1 pound ground pork
3/4 wild and brown rice cooked
1/2 onion finely chopped
1 large egg
2 tsp salt
1 tsp pepper
1/2 cup milk

SAUCE:

1 (8 oz) can tomato sauce
1 (14.5 oz) can diced tomatoes, undrained
3 tbsp sugar
2 tbsp vinegar
1/2 water
2 tbsp cornstarch

INSTRUCTIONS:

Drop cabbage leaves into some boiling salted water. Cover and cook for about three minutes, drain well. Create filling by combining pork, rice, egg, onion, pepper and milk. Mix well and separate into 12 portions. Place a portion in the center of each cabbage leaf. Roll the leaf up, then glaze the rolls with sauce and they're ready to serve.

CHICKEN PICCATA

2 boneless skinless chicken breasts, cut into cutlets
Salt and Pepper
Nonstick Spray
2 tbsp vegetable oil
1/2 cup dry white wine
1 tsp. minced garlic
1/2 cup chicken broth
2 tbsp fresh lemon juice
1 tbsp capers drained
2 tbsp unsalted butter
Fresh lemon slices
Chopped fresh parsley

INSTRUCTIONS:

Season cutlets with salt and pepper then dust with flour. Coat a saute pan with nonstick spray, then add vegetable oil and heat over medium-high. Saute cutlets for about two to three minutes on one side, flip then cover the pan and let it saute for one to two minutes. Once done, transfer cutlets to a warmed platter and pour off fat from the pan. Deglaze the pan with wine and then add minced garlic.

Cook the garlic until it is slightly browned and the liquid has nearly evaporated — this should be after roughly two minutes. Add the broth, lemon juice and capers. Now, return the cutlets to the pan and cook each side for one minute. Once again, transfer the cutlets to warm plates. Finish the sauce with butter and lemon juice then pour the sauce over the cutlets. Finish by garnishing with fresh chopped parsley.

INFOGRAPH BY PHONG NGUYEN

Art as a coping mechanism

Art therapy is a creative way for everyone and anyone to calm their mind, especially during this stressful time.

By **MADELINE HILLER**
A&E EDITOR

2020 is stressful and mental health should be a priority now more than ever. Finding the time and ways to destress can be difficult. While different things work for different people, one approach that seems to be popular with many is the rising concept of art therapy.

Art therapy is a form of destressing through art such as painting, coloring or drawing. It has been a popular form of coping and calming the mind for everyone from young kids to adults. Concepts range in difficulty levels from doodling — directed for children — to things like adult coloring or diamond painting, where you fill a poster with gems, one at a time.

There are specific services and organizations that deal with art therapy

for specialized cases. Art with Heart, a non-profit organization based out of Seattle, creates programs designed for different age groups and conditions like trauma and adversity. Art with Heart sells curricula and books on their website to teachers, as well as parents, to help their children understand what they are going through by utilizing doodles and drawing prompts.

For example, "Ink About It," which is collectively written by the therapists that work with the organization, is a book designed for kids between sixth through eighth grade to help them learn how to deal with stress along with recognizing what goals they seek to accomplish. They also have resources to help with grief that cater to all ages.

Another organization that strives to help people cope with life through art is called Path with Art. This organization is more directed toward adults

who are recovering from things like addiction, homelessness and other traumatic events. What's special about Path with Art is their provision of services to people who come from low to no income families. From art education to access art — or live performances — Path with Art connects all people with the power of art to overcome some of the hardest obstacles in life.

Art therapists can work in various locations such as schools, hospitals, senior centers and even in their own private practices. No matter where they are the goal remains the same; to help people get through trauma while soothing the mind. From young children to full grown adults, everyone deals with stresses of life, and art therapy may seem more appealing to those who may be reluctant or afraid to speak with a therapist. Art therapy is easily accessible and can even be pretty fun too.



COURTESY OF PIXABAY.COM

"Ink About It" helps middle school kids deal with stress, manage relationships, and accomplish desired goals.

The information plague in “The Social Dilemma”

Former big tech experts come together to reflect on the consequences of their creations.

By HENRY NGUYEN
FILM CRITIC

When I check screen time on my iPhone, it notes I spend roughly six to seven hours each day cumulatively using my phone. Most of that time is spent on social media apps like Twitter mostly due to the fact that I use these apps to acquire all of my news. It's right there in my pocket and I can pull it out at any time.

However, what makes these apps so addictive? This question is what plagues the movie “The Social Dilemma,” the gloomy exploration of how social media is changing our lives.

This film is mainly a documentary featuring interviews of real-life industry experts that have worked at Google, Instagram and Twitter along with other big tech companies. These experts reflect on their creations as they come to the conclusion that the technology they helped develop is now headed in what they believe to be a socially damaging direction.

These interviews are also accompanied by a fictional story that stars Skylar Gisando — playing a teenager named Ben — who falls down a rabbit hole into online conspiracy theories that lead him to eventually abandon his real-life obligations.

The most prominent figure in this documentary is Tristan Harris who is an ex-ethics employee that worked at Google. He details his career through going against the grain along with his

REVIEW

THE SOCIAL DILEMMA

★★★★★

The Good:

- Great casting for expert interviewees
- Includes very relevant and important points
- Makes you want to put the phone down for a day

The Bad:

- Doesn't reveal anything new
- Fictional story scenes are poorly written
- No clear call to action

co-workers by pointing out the ways in which social media has become so addictive to the point where people feel the need to look at their phones from the moment they wake up to the moment they fall asleep.

He provides examples from his own experience and offers substantial points as to why we should work towards creating social media as a beneficial tool rather than one that consumes our lives. Other important interviewees include Shoshana Zuboff, an award winning author, and Jaron Lanier, which according to the documentary, invented virtual reality. These experts expand on Harris's points while also reflecting on their own work to use as an example.

The information presented in the film begins with seemingly common knowledge before eventually delving



COURTESY OF EXPOSURE LABS

We wake up with a phone in our hands and we go to bed with a phone in our hands.

into the darker corners of the internet — such as conspiracy theories like ‘PizzaGate’ and ‘QAnon.’ These are problems that many may still be unaware of but are important to shed light on. This is a testament of how well researched this documentary is.

However, this is where some of the problems of the documentary start to arise. While the film highlights the ways that social media is bad, it doesn't offer anything new outside of what you can already research yourself online. It doesn't bring anything new to the table in terms of uncovering the secret underbellies of big tech companies, even with the expert interviewees.

It also fails to outline a call to action. Nor does it present an approach for ways in which we can change in order to fix the problems that are presented in this film other than beyond stating ‘social media is bad.’

As for the fictional story that accompanies the documentary element, it is lackluster. The writing was cheesy and out of touch which leaves the story feeling as though it was an afterthought as it plays out like a hollow episode of “Black Mirror.”

The film certainly pushes you to reflect on your own usage of social media and what kinds of media you choose to consume. It also makes a valiant effort

to point out that a lot of what you see on the internet is fueled by biases and other false narratives that make you question if you can really trust anyone online. All in all, it made me want to take a break and put the phone to rest for a day.

If you are concerned about your screen time and would like to learn more about the dangers of excessive screen time as well as social media use from industry experts, then this is a great film for that. However, if you feel as though you already know the consequences of social media and/or are already working on ways to limit your usage, then this film might not be of use to you.

Seattle Seahawks midseason report card

The Seahawks currently hold first place in the NFC West, but what areas do they need to improve in order to keep this standing?

By BROOKS MOELLER
SPORTS COLUMNIST

Believe it or not, we are over halfway through the 2020 NFL season. This is the time of the year where we begin to see which teams are contenders, and which ones are pretenders.

Here in Seattle we are witnessing one of the best offenses in Seahawks history. However, this is unfortunately not the case for the defense, as we are witnessing one of the worst in Seahawks history.

It has been hard to watch this team at moments, yet at the time of writing this, they sit at 6-2 and are in first place in the NFC West. Looking at each position group, I will give my thoughts on their performance for my annual mid-season report card.

QUARTERBACK: A-

This may surprise some people since this grade is not an A+ for Seahawks star quarterback Russell Wilson. If the season ended today, he would undoubtedly be the front runner for league MVP and continue to make plays every Sunday.

However, turnovers have been an issue for Wilson in 2020 thus far. He already sits at eight interceptions after only throwing five in 2019. With how horrendous the defense has been, it makes it even more important that Wilson takes care of the ball. If the Seahawks want to get the ever so important top seed in the playoffs, then this will need to happen.

RUNNING BACKS: B

This was a hard grade to give considering this position group has been affected by so many injuries throughout the season. When healthy, Chris Carson looks like an elite tier running back but the problem remains to be his lack of health.

The same goes for veteran running back Carlos Hyde who has shown flashes of the 1,000 yard rusher we saw in 2019 but has been recently banged up. Rookie DeeJay Dallas, however, has been solid in an unexpected expanded role and will be a good piece looking forward to the future.

DEFENSIVE LINE: D

If it weren't for their stout run de-

fense, this grade would be an F. The Seahawks are dead last in pass rush on the quarterback and are by far the biggest weakness on this team.

They had their best showing of the year against the 49ers where they recorded three sacks. I had previously thought this would be the momentum they needed to get them rolling, then after an awful outing versus the Buffalo Bills where the defense allowed 47 points, it's clear that it may not get better.

The addition of veteran Carlos Dunlap along with the return of Jamal Adams should help as the season continues, but I wouldn't get my hopes up. Defensive coordinator Ken Norton will have to be extremely aggressive with blitzing if this defense wants to improve at all.

DEFENSIVE BACKS: D

Although this is another position group where an F grade would be deserved, I blame a lot of the awful pass defense on the fact that the opposing quarterback usually has all day to throw. That being said, the pass defense still has been terrible for most of the year as we have continuously seen de-



COURTESY OF PRO FOOTBALL FOCUS TWITTER

Seahawks quarterback Russell Wilson calls out the signals in their 47-37 loss to the Buffalo Bills which dropped their record to 6-2.

fensive backs being burnt by opposing wide receivers.

Coming into the year with the additions of Jamal Adams and Quinton Dunbar to go along with Quandre Diggs and pro bowl corner Shaquille Griffin, there was talk that this could be the best secondary in the league. But, injuries have limited this group to

only playing together for a total of two games, so we have not seen the full potential of the secondary.

These injuries have brought out a huge weakness in our depth leaving teams to shred the backups week after week. Changes need to be made here or else the Seahawks season will be over a lot sooner than hoped.