

FREE EVERY MONDAY

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UNIVERSITY OF WASHINGTON TACOMA



BSU FIGHTS FOR EQUALITY VIRTUALLY THIS WINTER QUARTER

P3

Food is Free: Growing a community

The Food is Free Project hopes to provide food for the community this year by creating three large community garden structures.

By LOZE ZENT
NEWS REPORTER

Food is a human necessity. However, as the US Census reports, 26 million Americans go hungry every day. That is one in eight American adults and one in six for families with children. In Tacoma, 18.3% of families in the Tacoma School district claim they are food insecure. To help combat the disparity, the Food is Free Project arose.

This global movement is focused on growing and sharing food. Volunteers place their excess food on a sharing table in their front yard for passersby to take at no charge. Moreover, the project is also providing resources for building and maintaining gardens. Since its establishment, over 200 cities have started Food is Free Chapters.

David Thompson, the Director leading our local community chapter, founded Tacoma Urban Farm, a 4200 sq. ft. garden to support his neighborhood and supplement local food banks. Thompson explains his motivation to create Food is Free Tacoma.

"I had a big overflow from my garden, at the time it was 2000 sq. feet ... and it was hard to give away. I had my family try to pick stuff up but they were inconsistent so I ended up with a lot of stuff," Thompson said. "Then I found Food is Free on Facebook and thought it was pretty neat, pretty simple, so I put a table up in about 2015, and here we are now."

Officially launching in Feb. 2020, Food is Free Tacoma will partner with Harvest Pierce County and EastWest Food Rescue to combat environmental injustice.

In the past year Food is Free Tacoma has installed over 35 street gar-

den beds in the city, 20 of them during the pandemic.

While working with the food rescue, they have saved over 800 tons of food from going into the landfill since May 2020. Through Harvest Pierce County, they have gleaned and picked fruit for the community. Although it has been a busy year, Thompson remarked they have more planned for 2021.

"Well [for this year], I want to create three large garden projects. We have two in the works right now, and we are looking for a third one," Thompson said. "What we are looking to do is to do a large community garden like structure where all the food would be given away either through all our sharing tables or possibly a table at the site."

However, FFT's plans for the new community gardens structures are currently tentative.

"We are still working on how it looks ... Everything will be produced by volunteers and everything produced will be given to the community, alongside our street gardens that we will continue to maintain," Thompson said.

Through the Food is Free Tacoma Facebook page citizens can also find notifications of daily pop-up tables offering free food. While garden produce is the main focus, the project also encourages the sharing of excess canned and packaged food, drinks and snacks.

For many local families the Food is Free project provides nutritional resources that are challenging for them to obtain otherwise.

"The distribution has been quite humbling," Thompson said. "Thousands of people show up to get food from us in the last six months ... People have [come] up to thank us for putting food on their

table and [tell us] how important it has been for them ... We were just happy to be in the right time and doing the best we can to give back to our community."

Food is Free is an open-source project. In the Tacoma chapter, all table managers are required to be certified with a food safety card. Once interested parties send an email with their certification attached, they will be recognized under the Food is Free Tacoma umbrella. As part of the project, Food is Free Tacoma will put you on their map and register you with the Pierce County Health Department.

For those interested in more info, visit
www.foodisfree253.com,
or contact Thompson 253-677-8848







COURTESY OF FOOD IS FREE TACOMA

Have you seen these tables in your neighborhood?



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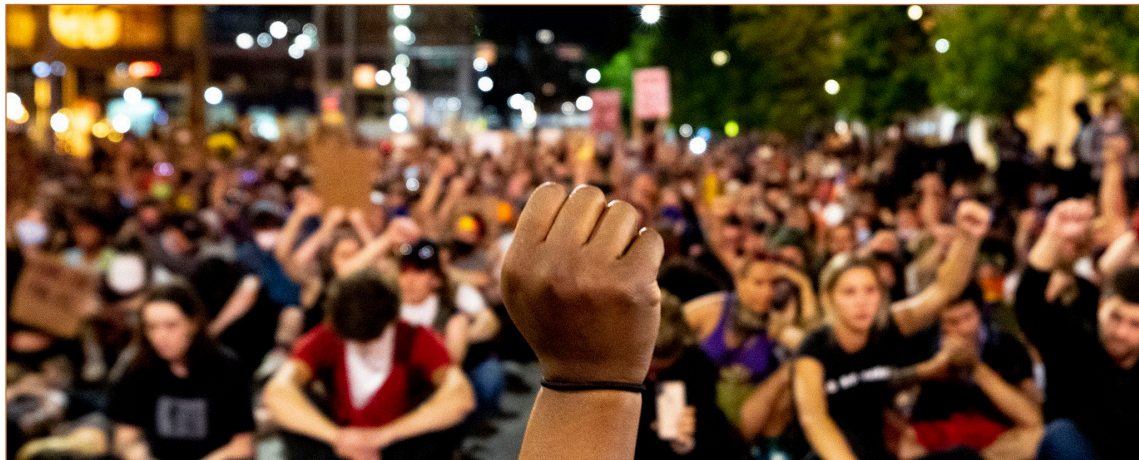
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The Black Student Union opens its virtual arms to all students.



PHOTO COURTESY OF KEVIN J. BEAT, LOGO COURTESY OF UWT BSU

BSU fights for equality virtually this winter quarter

The BSU helps carry the decades-long battle for racial equity into the new year at UW Tacoma.

By **GARRETT YAEN**
NEWS EDITOR

The battle for racial equity carries on in 2021, as the Black Student Union opens its virtual arms for students interested in discussing the Black experience, according to BSU President La-Kymbria Jones.

“Our mission is to foster a safe, open, inclusive and engaging space for Black students, and any student in general who are interested in discussing topics that relate to the Black experience,” Jones said.

Jones explained that the club allows students to talk about their own personal experiences that may be overlooked in a standard class environment.

“I believe people are interested in joining BSU because they either can relate to the experience because they go through it, or they’re students that are interested in knowing more about the

complex experience of Black students living in America,” she said.

She noted that before joining, many students are unaware of how different the experience Black students may have but often leave with a better understanding along with knowledge surrounding empathetic means to approach the differences on campus.

Knowledge of social issues isn’t the only thing members can leave with. Jones believes the BSU can help members make new friends that they otherwise wouldn’t outside of BSU.

“Members are able to engage with other students they have classes with and establish study groups, and have better access/engagement to events going on around campus that they can feel confident in participating in with a sense of belonging as a member of BSU,” she said.

With Black History Month just

around the corner, the club has brainstormed a few events to bring awareness to Black issues while simultaneously bringing students together.

“We always have a month full of different events, both big and small, to engage students in many different aspects of Black History,” she said. “So far, we have had ideas for zoom movie nights where we watch and talk about Blaxploitation movies and even other movies that we all want to watch just to have a social get together.”

Jones wants students to know that COVID health regulations need not be a barrier to make new friends and learn new things.

“COVID and social distancing has made it really tough to do all the event ideas we come [up] with because of the health regulations and wanting to keep everyone’s safety in mind, but that won’t stop us from creating events that are still

fun and covid-friendly as we maneuver this pandemic,” she said.

COVID restrictions have led to changes in meeting times and have required the club to become more flexible with its accessibility.

“At the moment, we are sending out short surveys for students that email us with interest to help determine the best day and time, so more people are able to be involved with their busy schedules,” Jones said. “Now we have noticed that with our changing environment, we need to be more flexible for BSU to be accessible to as many people as possible.”

Jones shared her belief that the club isn’t exclusive for Black students and wants everyone to join in to amplify their voices on campus.

“I encourage all, not solely Black students, to join BSU as we are in a high peak of social injustices, but also

even to just have a place for your voice to be heard on a platform that many students don’t get otherwise on our campus,” she said.

She expanded further, explaining that having people from varying backgrounds can help the campus be more inclusive.

“We have seen a variety of different students from different backgrounds that have felt inspired to support change, especially with social issues like Black Lives Matter,” she said.

“They help to foster a more inclusive society for all people starting at our campus.”

Jones said students could take their first step in creating a more inclusive campus by contacting their club email at uwbsu@uw.edu to be added to their contact list and thus receive updates, meeting times and upcoming events to engage in.

Giving gardens a second chance

The dirt on the Giving Garden.

By **LUKE DENUELLE**
NEWS EDITOR

The Ledger spoke to Meg McCann, one of the leading workers at the giving gardens. She shared how the Garden was still running and how you can get involved.

HOW DID YOU GET INVOLVED WITH THE GIVING GARDENS?

I got involved with the garden after applying for the open Garden Assistant position that was posted this summer. I was hired in June and then was promoted to Garden Coordinator early October.

WHAT DID YOU HOPE THE GARDEN WOULD ACHIEVE THAT WAS LACKING ON CAMPUS?

I think that the Giving Garden provides an opportunity for everyone on campus to learn about sustainable organic gardening and how easy and enjoyable it is! I love gardening, both for myself and for others.

We donate most of our freshly

harvested food to the on-campus food pantry.

I think that it’s great for students who use the pantry to know where a lot of their produce comes from.

WHAT DO YOU THINK THE GARDEN’S UNDERLYING GOAL IS?

I think the Giving Garden’s main goal is to provide a service for others. We grow a lot of food, but we also have volunteers who come and help us take care of and nurture the garden.

I see the Garden as a place for students, faculty, or anybody to come and enjoy some time outside, get their hands dirty, and make a connection with something that everyone loves: food.

WHAT ARE YOUR FUTURE PLANS FOR THE GARDEN?

In the spring, we’re hoping to have our brand new greenhouse up and going. We have plans to use the greenhouse for starting plants from seed, propagating plants, and growing some crops that require a little more heat

and humidity.

We’re also hoping to host more volunteer opportunities, build new trellises to maximize garden space and grow more efficiently, as well as partner with more local businesses.

WHAT DO YOU HOPE PEOPLE LEARN FROM THE GARDEN?

I hope that people will learn more about food and where it comes from. I hope that the work that we do can inspire others to start a garden, no matter how big or small, and try their hand at something new and incredibly rewarding.

There is nothing more satisfying than planting a seed, nurturing it to maturity, harvesting the fruit and then eating what you’ve grown.

HOW CAN FOLKS GET INVOLVED?

Folks can get involved by reaching out to us at uwgarden@uw.edu or by messaging us directly on Instagram @uwgivinggarden. By the end of the year, we’ll have volunteer time slots

available that people can sign up for and attend.

HOW HAS COVID IMPACTED THE WORK YOU ALL DO?

Thankfully, COVID hasn’t had a huge impact on our work. While we can’t host large events or classes, we’ve still been able to keep up our work outside at the garden. We still harvested and donated over 300 lbs of fresh food this year.

HAS THE WAY YOU ALL HAVE HAD TO ADAPT TO COVID TAUGHT YOU ANYTHING?

I think for the most part it has just made me appreciate people and our community more. Human interaction is such an important thing and the impacts of COVID have made me appreciate it even more. Gardening is therapeutic when you’re by yourself, but it’s much more enjoyable when it’s shared with others.



COURTESY OF UW TACOMA GIVING GARDEN

Remembering Martin Luther King Jr.: The stories we're told, and the ones that are hidden

How white comfort has co-opted a narrative of resistance and power.



COURTESY WIKIMEDIA COMMONS

Dr. Martin Luther King Jr. being arrested for "loitering" in Montgomery, Alabama, outside of the courtroom where his friend Ralph Abernathy is appearing for a trial, 1958.

By ANDREA NADAL
OPINION EDITOR

Martin Luther King Jr., born Jan. 15 of 1929, assassinated April 4 of 1968. A minister and one of the most prominent leaders of the Civil Rights movement from 1955 on. Known for his nonviolent tactics and civil disobedience, King has become a household name in America, and the figure many look to when discussing the movement. This discussion, however, has become narrow and even King's most famous speech is often cut into pieces for a more palatable message.

"I have a Dream," delivered on Aug. 28 of 1963 on the steps of the Lincoln Memorial to a crowd of over 250,000, rings in the ears of many Americans. As one of the most iconic speeches of all time, clips from the speech are often played when discussing the Civil Rights movement. However, it is seldom played in its entirety, and parts of it would come as shock to many.

It is no coincidence that one of the most quoted lines from the speech, one in the series of which inspired the title that we know it by today, is "I have a dream that one day right there in Alabama little black boys and little black girls will be able to join hands with little white boys and white girls as sisters and brothers." This line evokes ideas of

equality and togetherness, it paints a picture of a peaceful world where we can live together as one. It does this without pointing to the pain and atrocities committed against people of color in America, without forcing white people to take accountability for the injustices of this country.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed — we hold these truths to be self-evident: that all men are created equal." He elicits the ideas of America, what is promised, the very words in our constitution and simply chooses to apply those words to himself and others like him. He subverts the narrative of the slaveholders that founded our country and instead creates something better and more equitable from those same words.

"It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked 'insufficient funds.' But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation." In these words he bears the shortcomings of so many American

ideologies and in doing so chooses to hold America to account in ways it never had been, nor intended to, before.

Despite the support for King's work that we see today, during his time he was seen as radical, revolutionary and to be quite frank, a threat. During his life, King faced much opposition. Every nonviolent march he led was met with violence from local police. He was targeted by the Federal Bureau of Investigation. He even spent time in prison for his work. And despite it all, his work did not end.

"I am in Birmingham because injustice is here ..." King addresses the eight moderate white clergymen who had criticized the march he led in Birmingham and other demonstrations in a letter from his cell. "Injustice anywhere is a threat to justice everywhere ..." Thus, it is our obligation to stand against injustice wherever and whenever it presents itself.

We are still fighting the same fight today, we are still demanding justice and equality, and the white moderate is still demanding our silence and demanding our inaction. Any step towards progress is halted and watered down into something less powerful and less revolutionary. The Black Lives Matter movement illustrates this clearly. After the gruesome murder of George Floyd millions

of Americans across the United States of America took to the streets to demand change, to demand accountability. Half a century after the civil rights movement ended and we are still demanding racial justice, people of color are still seeking to be treated equally. In the day to day lives of people of color it is clear that little has changed since Martin Luther King Jr. was marching in the streets.

"... the Negro's great stumbling block in his stride toward freedom is not the White Citizen's Council or the Ku Klux Klanner, but the white moderate, who is more devoted to 'order' than to justice; who prefers a negative peace which is the absence of tension to a positive peace which is the presence of justice ... who paternalistically believes he can set the timetable for another man's freedom ... Shallow understanding from people of goodwill is more frustrating than absolute misunderstanding from people of ill will. Lukewarm acceptance is much more bewildering than outright rejection."

The white moderate is uncomfortable with a departure from the status quo, from the world as they have come to know it which benefits them. As such, they are willing to stand in the way of true progress and refuse to stand in opposition to injustice. King has become a symbol for the very white moderate

that he spoke out against in his letter. The message of King and his legacy of non-violence has been co-opted in order to police the actions of those seeking justice. Using cherry picked quotes to demonize those they don't agree with. Refusing to recognize the full scope of King's beliefs and his ties to people like Malcolm X, and the need for diversity of tactics.

"I was initially disappointed at being categorized as an extremist, as I continued to think about the matter I gradually gained a measure of satisfaction from the label ..."

Compromises are always being sought, even today we see a refusal to meet the demands of the movement for true justice. We cannot afford moderate takes anymore, we never could. President elect Joe Biden refuses to consider the stance of abolition, even discussing a need for more police funding. Police reform is the only thing currently on the table for a national discussion, but there is no reformation of a system created from racial inequity, that has targeted and killed black and brown people for centuries. We need to take a revolutionary position, we need to demand radical equality and true racial justice. In the words of King himself, "Perhaps the South, the nation, and the world are in dire need of creative extremists."

Martin Luther King Jr. Day; days of recognition turning into ones of sales

We as a society are seeing federal holidays becoming commodified instead of what they were intended for.

By MADI WILLIAMS
OPINION COLUMNIST

When I was in elementary school, every year we would have a Martin Luther King Jr. assembly discussing his accomplishments. Some grade levels offered performances to showcase something MLK did during the civil rights movement. At the end of every assembly the whole school would sing “We Shall Overcome” and when the final verse came, “We’ll walk hand in hand,” the whole school would be joined together.

It was something I looked forward to every year because it brought about a sense of unity. As I got older, I realized the significance of why we did this, because this action should be significant in our lives every day — being there for

one another and standing up for what is right like MLK did.

When it comes to big sales taking place around days of recognition we think of Memorial Day, Labor Day, Independence Day and Black Friday but the truth is retailers take advantage of any big holiday. Their ultimate goal is to increase sales turnover and customer activity, a tradition that has since bastardized the intrinsic values these holidays represent.

The biggest surprise I found was that there are even sales that happen on MLK weekend. It was a shock because it is not advertised as much as other sales despite it still happening.

Every major holiday is now a day in which big sales take over rather than focusing on what the day is supposed to be about. This day is one to remember

what MLK did during the civil rights movement and the changes that he wanted to see happen in the world. Always taking place on the third Monday in Jan., and some years even falling on his birthday, Jan. 15. But, just like nearly every other holiday, these sales are taking over the meaning of the day, and this is the true problem.

Things started to change once I got into high school. I went to an alternative high school that did not have an actual building, so when we did have assemblies — which were very few — we would go to a building downtown. The first MLK assembly I attended in high school was an experience I was not expecting. Instead of preaching unity, holding hands or reflecting on the historical significance of the day, the school decided to put on a talent show that

lasted for half the school day.

While a couple of students did something related to MLK, to me personally, this “assembly” was not as an MLK assembly should be. After my freshman year of high school, every year we had this same formula for our MLK assembly. I did not attend school these days because I felt that the school was not doing the day justice compared to what I was used to the past eight years.

I would sit at home to find a special that was about MLK, even if I watched the same special every year, this was my way of showing remembrance for what the holiday should really be about.

Schools need to bring back the MLK assembly by making it age appropriate for the age range, bringing back the significance of the holiday and not making it into a talent show. Bring kids

together and help them understand that people go through different life experiences, teach students that standing up with peers is important when change is needed.

Not only are the media and companies taking away the importance of what these holidays actually stand for but, in a way, some of our schools are doing the same thing. The holiday gets blown over and barely talked about. This is something that should not be happening because these holidays have deep cultural and social significance behind them. Yet, it is still happening and it's sad that things are going in this direction. We, as a society, need to go back to what these holidays are actually about in order to show our respect to the people they are representing.



An MLK weekend sale sign.



ILLUSTRATION BY LORE ZENT

Fighting for Justice.

The substantial power behind Dr. King's words

Martin Luther King Jr. was and still is a prominent figure, how can we apply some of his quotes to our lives today?

By **BENGISU CICEK**
OPINION COLUMNIST

Martin Luther King Jr., an American Christian minister, activist and leader in the Civil Rights Movement from 1955 to 1968. We hear his name, see his face and read about his accomplishments and endeavors in books. The year is 2021, how can we take some of his sayings to apply them to this timeframe? This article will focus on his quotes and ways we can implement them in our lives.

"In the end, we will remember not the words of our enemies, but the silence of our friends."

"In the end, we will remember not the words of our enemies, but the silence of our friends," states Dr. Martin Luther King Jr. in a 1968 speech. This is a significant quote because of the impact it has on people who have experienced hate crimes. Some points we can take from this are that the silence of our friends when a discrimi-

natory incident or hardship is happening to us will hurt us more than that of a stranger's. Surrounding ourselves with people who will uplift us in these times ease the difficulty so that we may do the same for others.

"The time is always right to do what is right," said Dr. King in his speech "The Future of Integration" in 1964. Do we feel like it's sometimes late to act upon our feelings on what is right? Or do we feel like our contribution may not benefit the cause? It's always the right time to do what is just, it is never late to act. While we are standing, while we are breathing, while our hearts are beating, it is never too late.

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." This is from the collection of Dr. King's sermons in "Strength to Love" published in 1963. At times in our lives we may be privileged to be in the comfort of our homes, schools and gatherings. When enduring hardship or a challenge enters our lives, the most important part is where we are and how we overcome it. Instead of running away from the challenge, we must face it.

"But I know, somehow, that only when it is dark enough can you see the stars," said Dr. King in his "I've Been to the Mountaintop" speech in 1968. We are overcome by our daily lives. When conflicts such as war or COVID-19 occurred and impacted daily life, it was then that appreciation for nature, small gestures by loved ones and ourselves began. Sometimes we have to go through trials, even in our darkest moments in life, to be able to see hope.

"Injustice anywhere is a threat to justice everywhere," from Dr. King's letter to Birmingham jail, 1963. Sometimes more attention is directed to a specific part of the world when conflict arises rather than from another part that has been enduring conflict for years. While there are active concentration camps in East Turkistan that prominently hold Uyghurs and other ethnic groups, while there are hundreds of innocent incarcerated individuals, while there are Immigrant Detention centers in the U.S., while children are dying from malnutrition in Yemen. Any and every one of these are a threat to justice everywhere. There is no safety nor justice anywhere in the world until it is everywhere.

"No person has the right to rain on your dreams." You were born alone, you will leave this earth alone. Nobody is allowed to interfere with your dreams unless you allow them to."

"No person has the right to rain on your dreams." You were born alone, you will leave this earth alone. Nobody is allowed to interfere with your dreams unless you allow them to. It is you who will make this dream a reality, you who will stand up each time you fall, and you who will always and always be there for yourself. You are the key to your happiness and reality.

"People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other, and they don't communicate with each other because they are separated from each other," said Dr. King at King Chapel,

Cornell College, 1962.

Racism, Islamophobia, Anti-Semitism, Homophobia, and much more. Phobia means the extreme fear of something. With people who are different from our ethnic, religious or cultural background, what are we exactly afraid of? Doesn't love overcome hate? Whether it's the color of our skin or belief preferences, shouldn't we embrace the diversity we live around today?

Dr. King fought for equality and justice. He was ambitious, brave, smart and inspirational. His words are what we can carry with us for generations to come. His work and efforts are to never be forgotten as a symbol and historical moment of the fight for justice within the United States.

Growing up knowing some of Dr. Martin Luther King's aspirations, I embrace the differences we have in our communities and around the world. We should love, not fear. Learn, not ignore. Celebrate, not isolate.

"We should love, not fear. Learn, not ignore. Celebrate, not isolate."

An unemployed stage

This uncertain time has taken the jobs of numerous artists around the world, but there is a light at the end of the tunnel.

By **MADELINE HILLER**
A&E EDITOR

The stage is empty. The screens are still. The orchestras are silent. The spotlights are getting dusty. These are all repercussions of the ruthless COVID-19 pandemic that just doesn't seem to stop. Social distancing has made it nearly impossible for performers to use their gifts to a comfortable degree. For some performers, their gift is merely a hobby or something they do in their spare time. However, for others, it is so much more.

In these past 10 months of an uncomfortable and uncertain era, countless people have lost their jobs or have had to make major adjustments. That goes for performers too. Actors and actresses in live theater have not seen the stage for a very long time and have not been able to feed off of the audience's energy like they used to.

Most of these actors have lost their jobs and for many of them, that was all they had. During these times,

people that prefer to enjoy live arts from a distance have been feeling gloomy or like something is missing. The actors feel that same gloom and depression while they are not only jobless but also unable to do what they love.

For TV shows and films, productions were halted until further notice during the first few months. Once a reliable COVID test had been created, people were finally able to start planning to resume filming. It wasn't until late July or early August that we began to see some of our favorite stars preparing to go back to work. These stars have very strict precautionary restrictions and are tested every day before they can come to set. While it is a slow and difficult process for these actors, it is definitely a start of some normalcy in the TV world.

While these actors, actresses and other performers haven't been able to do what they love or see family and friends like the rest of us, numerous actors and actresses have taken to social media to provide encourage-



PHOTO COURTESY OF SHUTTERSTOCK

While the stage may be empty now, it is ready to welcome the patrons and actors back home.

ment and hope in this time.

"The pandemic is not over just because you're over it! Please ... for yourself and your loved ones WEAR A MASK," Demi Lovato posted on her Instagram back in July 2020.

It is the performers like Lovato that have brought some light into the darkness because it reminds us that we're not alone and we're all facing

this together.

On the bright side, theaters around the world are laying out plans to reopen in a way that is safe for actors and patrons to return. Broadway, NYC is aiming to reopen in May of this year, but things probably won't feel "back to normal" until late summer or early fall. Most other theaters are waiting until fall to provide the

maximum amount of time for people to get vaccinations.

While all of these performers have temporarily lost a piece of themselves, they will return. The lights will shine, the orchestra will play, the screens will fill with films as the actors come back home to their stage.



PHOTO COURTESY OF WALT DISNEY PICTURES

Things seem to be finally looking up for Joe Gardner, but life has a different plan for him.

REVIEW

"Soul"

★★★★★

The Good:

- Top notch animation and visuals
- Beautiful soundtrack
- Great character development and growth

The Bad:

- Some environments could have been more detailed
- Narrative structure is nothing new, can be predictable

Soul searching in Disney Pixar's "Soul"

Jamie Foxx is more than your average "Joe" in this emotionally charged Pixar film.

By **HENRY NGUYEN**
FILM CRITIC

Pixar has always been good at crafting animated films that anyone can watch but they're most well known for making children's films and, while watching "Soul," I realized that this one felt different. It's not just for kids, the themes in this film are more mature and complicated than ever. It's more so for kids who are at a tender age where they start asking questions like "who am I?" and "what is my purpose in life?" "Soul" expertly explores these themes and suggests that some questions are better left unanswered.

Jazz teacher Joe Gardner — voiced by Jamie Foxx — lives a boring life. His

ultimate dream is to one day become a piano player in a jazz band and after acing an audition that he's been waiting for his entire life, it looks like things are finally starting to look up.

Except for one thing. Joe is dead. After celebrating his excitement about getting the position, he falls down an open manhole and lands himself in a coma. He is destined to go into the great beyond as his soul travels to the land between the living and the dead. However, Joe has other plans to cheat death.

He finds himself in a place where young souls go before they are born into a human vessel and ends up in a program mentoring the most infamous young soul, 22, played by Tina Fey. This starts Joe's journey of trying to get back

to Earth and teaching 22 valuable life lessons along the way.

The film follows a very similar formula that viewers of Pixar films are accustomed to but this time with a few new gags and plot devices in place. For some, you will probably know exactly what will happen and it's all of the matter of how each character will get from one narrative point to the next.

Directed by Pete Docter and animated by Disney Pixar, the animation and overall look of the film is phenomenal. It has a distinct art style that keeps it out of the uncanny valley but still manages to blend in realism. There are moments where it looks like the animators just plopped the CGI characters into realistic looking settings.

However, the visuals in the realm between the living and the dead are rather minimal that left missed opportunities for intricate and interesting visuals. And while the character designs are unique, the world itself leaves a bit to be desired, especially because Joe spends a considerable amount of his time here. It doesn't quite reach the technical or visual prowess of previous Pixar titles such as "Coco," where the otherworldly setting was both culturally specific and visually stunning.

Joe is wonderfully voiced by Jamie Foxx as the viewer watches the character grow and develop as the movie progresses. Pixar is well known for their iconic memorable characters and Joe Gardner is no exception.

The soundtrack by Trent Reznor, Atticus Ross and Joe Batiste is absolutely beautiful and will be a joy to listen to for any Jazz fan. Every time the characters play music and drift off into their musical world of bliss, the music swells providing a highly emotional tone that leaves you more invested in the characters.

With "Soul" Pixar delivers one of the most emotionally impactful films that they have released in a while. It is a film about living in the moment and enjoying the simple things in life. If you're feeling a bit existential recently, "Soul" might be the movie to pick your spirits back up.



COURTESY OF THE LA RAMS

Russell Wilson is sacked by Rams defensive tackle Aaron Donald in the first quarter in the Seahawks 30-20 loss, a common sight for Wilson during the game.

Seahawks 2020 season recap

A disappointing end to the season has fans questioning if and when the Seahawks will ever make another Super Bowl run.

By Brooks Moeller
SPORT COLUMNIST

It was another early playoff exit for the Seahawks this season as it came to an end at the hands of division rival Los Angeles Rams in a 30-20 loss on the ninth. The team looked their worst as it was easily one of the worst performances of the season where the Rams dominated the game in almost every aspect. Pete Carroll and company are headed back to the drawing board and will once again try to get the Seahawks back to the Super Bowl for the first time since 2014.

The Seahawks had high expectations coming into the season with Russell Wilson and Bobby Wagner leading the charge along with the rising star DK Metcalf and newly acquired pro-bowl safety Jamal Adams. The team looked set to make a return to the Super Bowl.

A popular phrase from fans coming into this season was “let Russ cook,” which was a plea to Carroll and offensive coordinator Brian

Schottenheimer to call more pass plays to put the ball in the hands of Wilson more often. Carroll’s offensive strategy has always been to run the ball heavily which opens the pass game up. After paying Russ one of the most expensive contracts in NFL history, fans were dying to see them put more trust in their quarterback.

This seemed to be working at first, as the Seahawks offense had a blazing hot start to the season averaging 34 points per game in their first eight contests with Wilson emerging as the MVP frontrunner. It seemed as if the offense would have to carry the entire team if they wanted to go all the way since the defense was putting together a historically bad season coming in at dead last in the NFL at the time in yards and points allowed.

This all changed in week 10 of the regular season in their first matchup against the Rams in Los Angeles that resulted in a 23-16 loss. While the offense seemed to hit a brick wall the defense was able to figure something out in the second half that put them

on a roll for the rest of the season.

One of the key factors to this defensive emergence was the return of Jamal Adams who missed four straight games due to injury, as well as the acquisition of veteran defensive end Carlos Dunlap from the Cincinnati Bengals following week seven. The two were acquired in order to bring a better pass rush attack to one that was almost nonexistent in the year prior.

Adams and Dunlap did exactly what they were supposed to throughout the season and combined a total of 14.5 sacks on the year. This led a Seattle defense that, after getting off to a historically bad start, put together an outstanding second half of the season ranking as one of the top defenses in the league.

However, as the defense had an awakening, the offense seemed to lose all of its firepower down the final stretch of the season. The offense managed to only put up more than 30 points once in the final eight games of the regular season — some-

thing they accomplished six times out of their first eight.

Wilson was no longer in the MVP conversation and the “let Russ cook” energy quickly died once it became apparent that defenses began to figure out the Seahawks’ passing attack. He was not the same quarterback who began the season and it looked like he lost all confidence he originally had.

Even with the offensive struggles, the team finished with the same record of 6-2 as they did in the first half. This gave everyone hope that if the offense can get back to how they were playing at the beginning of the season to go along with the emergence of the defense, this could be a team to make a run in the playoffs.

Sadly, this is not what occurred. The Seahawks were matched with the Rams for the third time this season in the first round of the playoffs. Rams quarterback Jared Goff originally did not start the game due to a thumb injury but was suited up to serve as an emergency replacement, giving fans and analysts the confi-

dence that this should be an easy win for Seattle. But, some forgot about the offensive struggles in Seattle and the fact that LA fields the top defense in the league.

What followed was one of the worst performances I have seen recently as a Seahawks fan where they only managed to put up 20 points and turned the ball over three times. Wilson was somehow only able to muster 11 passes and was sacked five times.

After a 12-4 finish and a division championship, this ugly loss should leave a terrible taste in the mouths of players and fans everywhere with an overall disappointing mark on what was originally projected to be a successful season.

The team now goes into the off-season with different problems than those they were dealing with coming into this season. How will they fix the sputtering offense? With Wilson still in his prime, there is still time to make another run at a Super Bowl, but time is running out.