

THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA



PACK ADVISORS HELP INTEGRATE NEW STUDENTS INTO CAMPUS LIFE

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COURTESY OF UW TACOMA

Members of the chancellor's cabinet provided updates on how they plan to improve UW Tacoma in spite of COVID.

Chancellor Town Hall provides updates for the new year

Chancellor Mark Pagano, along with the members of his cabinet, announce several updates on new buildings and events.

By **GARRETT YAEN**
NEWS EDITOR

Chancellor Mark Pagano and a few cabinet members provided updates regarding the campus' plans for proceeding through the pandemic. Although COVID may have halted much of campus operations, Pagano said that facility renovations and virtual events are still going strong.

The various construction projects on campus are going well, according to Chancellor Pagano. The construction of the Office of Community Partnerships, formerly a teaching room, is proceeding as planned and will be located on the second floor of the Dougan building.

Pagano also announced that the Tioga Snoqualmie renovation project is now underway, with most of the projects being moving related. He said these renovations would also help expand other centers such as the Center for Equity and Inclusion along with the Teaching and Learning Center.

"... construction is proceeding so that we can expand our library, we can expand our Center for Equity and Inclusion and the Teaching Learning Center so we can provide our students with the best facilities, the best equipment, best programs possible for this new learning commons to take campus in the future," he said.

Pagano noted that the underutilized

spaces around the GWP and Birmingham — such as storage areas behind bookstores and other tenant facilities — are being converted into four state of the art laboratories.

"By putting laboratories in this underutilized space, it allows us to put much more into our campus and to Milgard Hall," he said.

Pagano went more in-depth about Milgard hall. He said the building would include a three stories tall expansion of the business school and more labs.

"State of the art classrooms that are going to be in this building," he said. "There's going to be two 80 person high-tech classrooms in there, and there's going to be a new high impact practice and learning event space that can hold up to 120 people in there."

Pagano also said they're advocating for the spaces to be paid for by capital budgets from the states.

"Speaking of those new labs and buildings, they don't come for free ... we are advocating for a capital budget from the state for those facilities, and it is going very well," he said.

Expanding further on the impact of the budget renovations, Pagano explained that it's not all good news.

"There's good news, and there's so-so news," he said. "The so-so news is don't ask for new things."

He explained further, noting that at a downturn like this, they've been asked

by their legislators in Pierce County, their colleagues at UW Tacoma and by the Speaker of the House to try not to ask for new things to help them make ends meet with the budget they have.

Chancellor Pagano then updated members of UWT about the possible budget reductions.

"We've been going through a budget reduction modeling," Pagano said. "Not a budget reduction, a budget modeling that we were asked to go through by our provost last year and updated last June and updated with additional requirements this past month," he said.

However, Pagano continued noting the renovations are seen as investments into the future.

"They see the capital projects actually, as an economic start-up, an economic activity to get things growing," he said. "Every building like that is actually lots of more jobs for the south Puget Sound."

Pagano noted that by funding these projects, it makes UWT more accessible to all.

"We're convinced that our projects, our funding for UWT is an equity issue," Pagano said. "To provide access to students in the south Puget Sound, students that have not been able to have access to the University of Washington in the past," he explained further.

Vice-Chancellor for Student Affairs Mentha Hynes-Wilson said they would

create a space where all community members and, most particularly, students can be seen, heard, validated and encouraged to seek understanding and co-create positive change.

Vice-Chancellor for Equity and Inclusion Dr. James McShay asked students to reflect on Dr. Martin Luther King's message and announced an upcoming collective.

"As we move into a month where we honor the life, works and legacy of Dr. MLK, I believe Dr. King would want us to reflect on this question: what am I doing in my everyday life to educate myself about white supremacy, systemic racism, and economic injustice," he said. "And how are we using this knowledge on our work on campus and in the community to create a community that really shows values towards the ideals of Dr. King."

McShay also announced an event that he said will help create a campus that models the values of Dr. King.

"We will be hosting the Dope Black Collective here on Feb. 4," he said. "They're a group of black feminist scholars who will be ... holding a panel about abolitionist healing and teaching," he said.

Executive Director of the Center for Leadership and Social Responsibility Joe Lawless was also present to provide updates regarding winter enrollment numbers.

"Our winter 2021 enrollment is down

just a little bit," he said. He explained further, noting that enrollment is down 63 students with a total enrollment of 5,173 students.

Lawless then gave updates on how UWT is proceeding according to Governor Inslee's Healthy Washington Plan and noted that while students and faculty are allowed on campus, they are each required to comply with safety guidelines.

Students can reserve an appointment at www.tacoma.uw.edu/uwt/uuf/individual-study-spaces. Husky IDs will be required to access any of the buildings and student ambassadors will be on campus to assist students and help them follow safety regulations.

He also noted that those who do not wish to enter the buildings for safety reasons but still want to be on campus could find free wifi in the Cragle Parking Lot.

Pagano wrapped things up by urging members of the UWT community to think of ways in their everyday lives to make the campus better for all.

"We also have to look inwards as the UWT community, understanding the urgency of this moment and fervently commit to contributing to a campus environment that is accessible, inclusive, equitable, and just for all its members," he said.

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Pack Advisors help integrate new students into campus life

Getting to know some of your Pack Advisors, their main goals and recent updates.

By **TALIA COLLETT**
EDITOR-IN-CHIEF

The Ledger got a chance to speak with two Pack Advisors, Jai'Shon Berry and Jake Shroud, along with the New Student Success Specialist, Monika Delfierro. We were able to learn about their duties on campus, how they're serving the UW Tacoma community and changes they've recently undergone to comply with campus regulations during the pandemic.

Currently comprised of eight advisors, incoming students are randomly assigned to one of the four packs — Purple, Gold, Grey or Black — and before the school year starts, their respective advisor will send a welcome email letting them know that they're a resource available to them if needed.

Since the beginning of COVID, involvement has looked a bit different this year. Instead of being readily available on campus, they've been required to shift their approach to online platforms.

"A vast amount of our interactions with the students have been over the internet. Calls, emails, virtual interactions. The only exception was one this

event where we were giving out welcome baskets and were giving out student IDs," Shroud said.

But before they can direct students and answer questions directly, all advisors undergo training over the summer.

"We're trained both in customer service as well as meeting with all of the different campus resources. So, meeting with the academic advisors and CAPS and financial aid and the MRC so we can help to point students in their direction or we can give them basic information," Berry said.

The primary resource the advisors provide for students takes the form of directory services.

"It's like a Google, if you will. Like when someone asks, 'Where do I go to get this?' or 'How do I do this?' and so on and so forth ... As pack advisors the resources we give if, if any, would be knowledge," said Shroud. "If you have questions about [something], talk to the student advisors. We will give [you] their number or email."

Moreover, advisors aren't just here for surface-level interactions and the provision of basic information. As Delfierro pointed out, "The pack advisors also give a sense of just connection and community as current students. I

think that's one thing that I really love seeing this team ... just seeing the way that they can make students feel so welcome coming in their first quarter."

As Jai'Shon mentioned, the transition from in-person events and connections to virtual ones was tough at first but this doesn't mean that their work has been any less meaningful.

"I've honestly seen a lot more traffic with students," Berry said. "When we were on campus. I feel like students could generally just walk to up to another student and just ask them, but now that they don't have that face to face interaction every day, or every other day depending on what their class schedule is, they're needing us more and more for those different resources and to help them get those connections with other students."

Since UWT is primarily a commuter campus, another one of the Pack Advisors' main goals is to foster a sense of community on the small campus we have.

"Especially breaking the students out into smaller cohorts, because doing that I feel like it makes them feel like they're a part of something ... I definitely think it helps to create that sense of belonging, that sense of community on campus, especially for students who



PHOTO BY MONIKA DELFIERRO

Pack Advisors are here to help incoming students acclimate to campus and college life.

are just coming into college," said Berry.

As far as changes to come in the future, following the strides they've made to become virtual, Delfierro pointed out that they're going to continue their work online while remaining adaptable and flexible until it is safe to return to campus.

If you need questions answered or someone to talk to, visit their website at www.tacoma.uw.edu/uwt/newstudents/pack-advisors or utilize their office hours Mondays and Wednesdays from 9:00 a.m. to 5:00 p.m., Tuesdays and Thursdays between 9:00 a.m.-1:00 p.m. and Friday from 12:00-5:00 p.m.

Two professors give their two cents on virtual learning

Professors Gregg Arnold and Daniel Bryan share their mixed feelings about virtual classes and how learning over zoom impacts students.

By **GARRETT YAEN**
NEWS EDITOR

The switch to virtual learning has left both students and faculty in unexplored territory. Some students thrive in a remote learning environment, while others struggle. Professor Gregg Arnold and Daniel Bryan gave their two cents on what they've noticed over the past few quarters.

Gregg Arnold, a Marketing professor, said he personally didn't face any major conflicts with remote-learning.

"I found the transition fairly simple in terms of student interaction," Arnold said. "For instance, just as students would stay after class in person to discuss their specific issues, they did the same on Zoom."

For Professor Arnold, the student engagement after changing the content was a pleasant surprise.

"There was a lot of work to get the content into an online format, but once done, the classes seemed to go quite similar to in-person," he said. "I was surprised at how much I felt I got to know students via Zoom versus in person."

According to Arnold, students can get to know their professors better

by turning on their cameras during live sessions.

"The one bit of advice I'd give to students about online is to be present," he said. "Don't turn off your live video; being able to see a person adds considerably to communication."

Not all Professors have a consensus on the effectiveness of remote learning. Accounting Professor Dr. Daniel Bryan said there are some disadvantages to being fully online.

"Student engagement has been an issue," he said. "If the lectures are pre recorded, student engagement only comes from office hours and help sections."

He explained further, noting that communication difficulties carried over into synchronized classes.

"For synchronized classes, some students don't attend and watch the recorded lectures," he said. "During lectures, a lot of the students use chat to ask questions. I find it hard to manage the chat while lecturing. I get more questions and sometimes miss them when they come up, causing me to backtrack to answer them later."

Bryan also mentioned that the virtual learning space wasn't as personable nor engaging to students. "Online lec-

tures also make it harder to talk to students while they are working on in-class activities," he said. "I can no longer walk around the room to check on students' progress."

He noted that students might not receive the bond with professors without a personable and engaging environment or the career advice they would've normally received if classes were in-person.

"It is hard for students to build up a rapport with faculty," Bryan said. "This is especially important for classes in the students' major. Good rapport opens the door for more complex questions and career advice."

Bryan said students could make up for what he sees as shortcomings with the remote-learning system by treating them as if they were in-person.

"I think the most successful students treat online courses like in-class courses," he said. "The most important things are to keep up with the classes, make sure you read the textbook, turn in all graded assignments on time and do recommended work even if not for points."

Bryan touched on the time-limits of online exams and advised that if students wish to be successful, they should prepare for them as if they were in-person, then encouraged students to

take it a step further.

"My advice is to go one step further than the last review. Students should ask themselves questions about the material and try to answer it in their own words."

Bryan listed several resources, such as the Learning Center and Khan Academy. He then advised students to use office hours wisely.

"To make the best use of office hours, students should have specific questions and not be trying to go fishing for information," he said. "If it's related to an assignment, try it first and have specific questions for office hours."

Despite some struggles with getting to know his students, Bryan believes that UWT has adjusted well overall to

remote learning.

"It has not been as bad as I thought it would be," he said. "I have had some good students who have moved well to the online structure. They have been asking great questions which have allowed for better explanations and more thorough discussions."

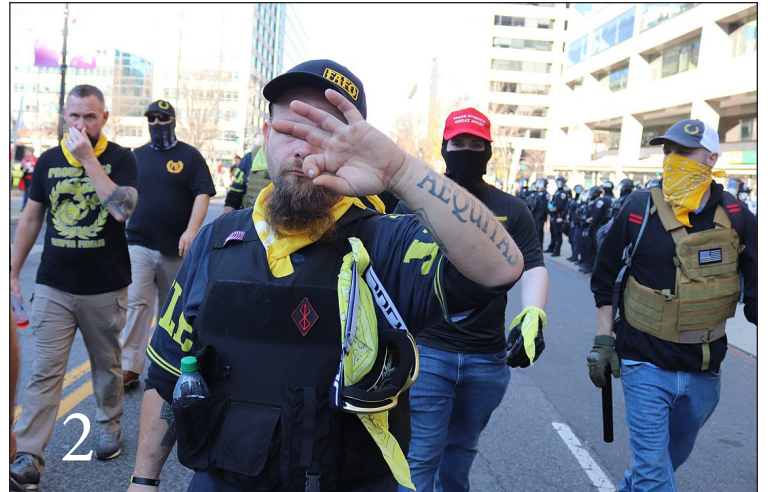
Although Bryan said he wants to go back to in-person teaching, he will stay proactive to keep his students engaged.

"Moving forward, I can't wait to get back into the classroom, but I will utilize some of the online tools I have picked up," Bryan said. "I can see advantages to using online office hours and recording more help videos for projects and assignments."



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Remote Learning has come with mixed results



1. PHOTO BY MARXIST LENINIST WEEKLY; 2. ELVERT BARNES OF THE WIKIMEDIA COMMONS; 3. TAPTHEFORWARDASSIST FROM WIKIMEDIA COMMONS

1. June 3, 2020 National Guard and Police preparing their response to a BLM protest in DC.; 2. December 12 2020 march for Trump rally; 3 The U.S. Capitol on January 6, 2021.

January 6: How an insurrection by right-wing extremists will be used against the left

White supremacy, colonialism and violence are the foundation of this country. The power of the state is reliant on these tools, and we cannot trust the state to disarm itself.

By **ANDREA NADAL**
OPINION EDITOR

In the days and weeks following the attack on the capital, there have been a lot of words thrown around in an attempt to properly label what exactly we saw. Some, while accurate, are not useful. Others are blatantly false. A violent insurrection. A riot. Anarchy. Domestic terrorism. What exactly was it? Does it really matter what we call it? And what are we supposed to do about it?

As the first clips from that day started making their way into the public eye, we heard mainstream news sources begin to condemn the actions of those at the capital by declaring what they saw as “Anarchy” and a “riot.” The attempt here was to point out the chaos and disorder that it felt like we were seeing. To show their contempt towards these actions.

There are a number of problems with these labels. The first being that Anarchy is not synonymous with disorder. Anarchism is a political ideology that rejects any form of hierarchy, it strives for a stateless society in which there is true freedom and autonomy. It’s been a joke in Leftist circles that if it had been Anarchists that stormed the capital there would have been medics, mutual aid tents, and food distribution within the

hour — common practices among anarchists which undermine the need for state interference.

The next issue being that while the term riot may have some credence. There is a danger in allowing what happened on Jan. 6 to become synonymous with the BLM Movement, where demonstrations are often declared riots by police allowing the use of physical force, so called “less than lethal” rounds and chemical weapons in an effort to disperse demonstrators. Lines were being drawn between the sort of destruction that took place during the uprisings in multiple cities in demand of justice for Black lives and the storming of the capital by white supremacists looking to uphold their privilege.

The burning of police precincts and vehicles or the smashing of Starbucks and Amazon windows are powerful and symbolic acts. They are acts which demand attention be given to the injustices of this country. Burn down the institution which murders, arrests and oppresses us. Smash out the windows of the companies that continue to profit off of the exploitation of our labor, the companies which gentrify our cities. These are conscious acts born out of a need to resist oppression, a need for fundamental and radical change. They are acts of desperation because we can-

not afford to stay under the boot of the state any longer.

The storming of the capital was born from privilege. It was born out of a fear of being challenged, and of a desperation to cling to their sense of power. The fear of the “other” that Donald Trump preyed on during his campaign for presidency emboldened the underlying white supremacy in this nation. The white supremacy that he continued to inspire during his time in office. The white supremacy that created a space for the events of Jan. 6 to be planned.

This is the most fundamental misunderstanding about Jan 6. In summary of what was laid out in my article last week, what we saw was not really disorder, in fact it was planned well in advance on open social media platforms. People knew exactly what they wanted, and they organized around these ideas, directly calling for the storming of the capital and even holding members of congress hostage.

As the day progressed and more information came to light the rhetoric started to shift. Now, many sources were beginning to call this a domestic terror attack and began labeling the event as an insurrection. There is a certain progress in this, as it recognizes the planned nature of the attack. The issue with this is that the label of domestic terror will

do nothing to solve the issue at hand.

The label of domestic terror in America has always been used to mean two things: Black and brown peoples organizing against the United States Government, and radical leftist uprisings. The government already has the resources needed to deal with domestic terror, the state has more than enough power, and this could have been stopped at any time if they had just been looking. But they weren’t, because their concern was not in white supremacy.

With the ongoing BLM movement and demand for racial justice and radical change in this country, denouncing this as domestic terrorism is not sufficient. This label will only work to give the state more power and no means by which to hold them accountable for how they use that power. Our fight is against white supremacy, and the state that upholds that supremacy.

With this understanding, we must recognize that we cannot give the state any more power over the lives and freedoms of Americans. It will only work to solidify and elevate the police state than we already live in. It will work to disempower black and brown radical leftists groups fighting for their rights. It will never be used to disempower those that uphold the white supremacy this country was built on.

In the days following Jan. 6 two Seattle police officers were placed on administrative leave for their part in the insurrection, and according to King5 news, three more officers have “self-reported to the Office of Police Accountability that they were at the event on Jan. 6. They are still on duty, according to Interim Seattle Police Chief Adrian Diaz,” as of Jan 20. And according to Associated Press, as many as “31 officers in 12 states are being scrutinized by their supervisors for their behavior in the District of Columbia,” as of Jan 24. Making the link between white supremacy and agents of the state clear.

The way we talk about these things matter, the rhetoric surrounding these events informs our response to them. We need to ensure that we are not only being accurate, but being intentional. In an effort to condemn white supremacist violence, we need to ensure that we are not harming BIPOC activists and their ability to organize and continue the work that has been going on for decades, if not centuries. Resistance to the white supremacist state and its power is the only path towards liberation. Our freedom will not come from the state, and we cannot afford to grant it any more power than it already has to be used against us.



Learning from real life stories.



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Healing from our past to live freely in the present

White supremacy, colonialism and violence are the foundation of this country. The power of the state is reliant on these tools, and we cannot trust the state to disarm itself.

By **BENGISU CICEK**
OPINION COLUMNIST

We all have a different life story. Where we came from, our childhood, our past and the people we meet all have an impact on who we are today. However, our past can feel like our present and our future. We must stop this from affecting our choices in life negatively, and only take the past as life lessons along with how it made us into who we are today.

"When a baby is born it only knows one thing, which is to ask for help, it knows how to cry, because in its brain they have a number of codes. These codes are instincts, and they say this;

"When a baby is born it only knows one thing, which is to ask for help, it knows how to cry, because in its brain they have a number of codes."

don't die, ask for things such as let the world love you, let people know you, let people respect you, let all good things be yours, let the world give you whatever you want and if it doesn't, hit, break, kill, let it answer all your sexual desires. We have such selfish codes when we are born into this earth," said Dr. Gülseren Budayıcıoğlu on TEDx titled "Geçmişimizin Kaderimize Etkisi" that translates to "The effect our past has on our destiny." Dr. Gülseren Budayıcıoğlu is an author, Psychiatric Specialist, and Head of Madalyon Psychiatric Center in Ankara, Turkey.

Dr. Budayıcıoğlu then goes more in depth in her TEDx talk. She explains that we have codes in our brains; as babies, we have two important emotions. One is fear, the other is peace. If the baby senses they are in an environment where they are in danger, they cry, asking for help in this way. If there is no danger, the baby will be at peace. The person who supplies this will be the mother or person in the role of the mother.

If life treats this child well and does

not put them in danger, this child will rarely experience fear, and will frequently be at peace. If the child is raised in an opposite environment of this, they will live in a constant state of fear.

"You go to the place the wounds you got as a child takes you ... Instead of falling in love with someone else, we identify and fall for the people who will make us relive the pain we experienced as a child," said Dr. Budayıcıoğlu.

This is because our system makes choices based on what we went through. It is used to the pain we experienced in the past, so it often transfers to someone or things that it is familiar with, who are capable of making us relive this pain.

"It is not a question of starting. The start has been made. It's a question of what's to be done from now on," said Burrhus Frederic Skinner, an American psychologist, behaviorist and author.

To become a better us, we need to face our fears, get help from specialists, acknowledge that we are alive and have survived thus far. Our life has already started, there is no button to

"Instead of falling in love with someone else, we identify and fall for the people who will make us relive the pain we experienced as a child."

start over again. In order to change our destiny and make our dreams into a reality, we need to heal. We may have not been able to control some things that happened to us but we can change how it affects us in the present and future. We can choose to free ourselves from intrusive thoughts of the past and choices we make out of fear. We can learn how to say no when we want, and not say yes because it is convenient for others. We can start living our own lives.

We don't have to wait to be completely healthy to find love and have children or chase after our dreams. What we can control is the fate of our future

relationships and our children's, so that we can all live a happy and healthy life.

There are billions of people in the world who have many different life stories. One of the reasons why Dr. Gülseren Budayıcıoğlu shares the stories of her patients in her books is to show that when people spend time in a close relationship with different people, then they will be able to see the many faces of life, and they will be able to see themselves in the other person's story. Meaning that if people are able to see the many stories, childhood traumas and battles that others have faced, then they can connect to the other person and not feel alone.

We have the ability to help change our fate and become better for our children and the youth around us. We cannot allow our traumas to pass down to another person and we have to firmly put a stop to it within ourselves in order to prevent that. Being at peace and finding forgiveness for ourselves is for our sake, as it will allow us to grow and mature into the ideal person we envision ourselves to be.



ILLUSTRATION BY LORE ZENT

Some tend to view others in a negative light in the media due to horror film tropes.

Frighteningly inaccurate

Horror movies bring in a good scare, but the real scare is the harm done to communities falsely represented within them.

By MADI WILLIAMS
OPINION COLUMNIST

When you are looking to have a spooky night with others, or alone, the horror genre is the way to go. With jump scares lurking around unknown corners, gory scenes of violence and bloodshed, and hoping your favorite character makes it out alive keeps you at the edge of your seat. But does the compelling plot of these movies come at a greater cost?

The reality is that horror movies take things from everyday life and twist them to create more interest, and horror movie junkies, including myself, enjoy these twists. The horror genre is particularly good at taking things that are familiar to us and shaping them into something recognizably twisted and unsettling. It is this familiarity that puts you on edge. The issue here though is that, at times, these twists in a character's development or role in the plot can play into stereotypes that negatively affect the lives of people off-screen.

One of the best known examples of this is the damsel in distress trope. Too often we see women put in a position where they need to be rescued by the hero, and a man swoops in to save her from sure death. In his article "15 Worst Horror Movie Cliches

That Just Keep Being Used," Mike McGranaghan explains that "Women are the most frequent targets in horror movies. They're constantly in grave danger."

He goes on to share that, "On the bright side, a number of recent fright flicks have at least made them strong and resourceful. 'Don't Breathe' and 'Lights Out' are good examples. Still, the 'damsel in distress' idea has become part and parcel of the genre."

The idea that women need to be rescued in any type of situation is harmful. But since it is shown in one of the popular movie genres that women need rescuing either from a murderer or killer birds, when it comes to real life situations men are trying to save women, even if they don't realize they are doing it.

Another stereotype abused by the genre is the danger of people with mental illness. Mental illness is twisted in such a way that those with conditions such as schizophrenia or dissociative identity disorder are made out to be villains or fundamentally flawed in some moral way to help boost the scare factor. The danger in this sort of misrepresentation is the conflation of plotlines with reality and an unfounded fear of people who are just trying to live and cope with their conditions.

Schizophrenia, for example, is a mental illness in which an individual may see and or hear things that are not there, these experiences range depending on the person. In the film "Friday the 13th" (1980) viewers can interpret the killer's motivation to be auditory hallucinations, which could indicate some form of psychosis.

According to NAMI, "Psychosis is characterized as disruptions to a person's thoughts and perceptions that make it difficult for them to recognize what is real and what isn't. These disruptions are often experienced as seeing, hearing and believing things that aren't real or having strange, persistent thoughts, behaviors and emotions. While everyone's experience is different, most people say psychosis is frightening and confusing."

This can sound a lot like schizophrenia from a surface level, but these are two different conditions because psychosis is a symptom while schizophrenia is an actual diagnosis.

Yes this made a good horror film but it is also casting a negative light on people who have schizophrenia, who majority of the time are not violent. The article "Schizophrenia, Substance Abuse, and Violent Crime" from the National Institutes of Health states, "The prevalence of convictions for violent crime in individuals with

schizophrenia was approximately 12% to 13%." On the large scale, this is not many people at all which shows that the way that schizophrenia is portrayed in horror films does not line up to real life.

The movie "Psycho" is another example of a film that misrepresents mental health issues. In the film Norman Bates, a serial killer, shows many symptoms of dissociative identity disorder. In the 1960s, when the movie was released, "DID was not well explored in media at the time, many interpreted the delusions and disorganized thought of Norman Bates as schizophrenia. As a result, audiences generalized the two disorders as one," says Ryley Mancine, B.S in the article "Horror Movies and Mental Health Conditions Through the Ages." If writers want to use these types of conditions in their movies they should first do their research and know the disorders before making them out to be ones that only crazed killers have.

Having people utilize two disorders such as DID and schizophrenia can cause harm to individuals who actually suffer from these. People in society will judge others based on what they see in the media and in movies, so if someone is acting strangely like the characters in the

movies aforementioned they may think that these people have one of these disorders and cause harm when that is really not the case.

By having these sorts of harmful misconceptions in films things seem more scary than they really are. This can have a negative impact for real people that experience these things. While real change is sorely needed in the industry, we can work to watch these movies with a critical eye in the meantime. Instead of taking everything you see in a horror movie as fact think about how realistic these representations are in everyday life.

Having a new way of looking at all types of movie genres and making the connections from what happens in them to real life shows how much we are influenced by something that is supposed to be for entertainment purposes. Even in recent films like "Split," (2016) in which a character has symptoms of DID, despite there being better understanding of DID now than in the 1960s, it is still harmful to portray it in this way on screen.

It only promotes the same broad generalizations and misunderstandings that have always existed. It is in the hands of movie industries to put out content that will entertain the viewer but also to give the audience realistic portrayals of real illnesses.

Color symbolism in films

What colors represent in films and how we perceive them.

By **MADELINE HILLER**
A&E EDITOR

We all enjoy a good movie, especially ones that make us feel something. We know that actors showing emotion can trigger something in us, but what about everything else on the screen? If you stopped a film at any given moment, there is usually some sort of trait on the screen trying to trigger a reaction within us. Colors in an image or on a screen utilize techniques to trigger emotions or feelings. Here is a list of films and the ways in which they have demonstrated this.

STAR WARS

Lightsabers, man. While they are all lethal weapons regardless of who is holding them, colors mean different things for the Jedi. Red signifies anger and violent instincts so naturally, that is a common color for villains to don. The other common color for lightsabers is blue which, in general, is known for calmness or loyalty. Watching films like this, we quickly form the skill to tell the difference between good and evil purely based on colors.

DIVERGENT

Flashback! While this film may not be as popular as the previous one, “Divergent,” both in book and film, use colors to portray different factions and what they stand for. The faction system places

characters in a designated place based on their characteristics. Dauntless and its inhabitants are known for being fearless and badass. They are seen as the warriors of this world. With all of this being said, they mostly utilized the color black. Black can represent fierce and tough people.

It also can represent the fear that some hold surrounding those in Dauntless due to their rowdy nature and unpredictability. Erudite, on the other hand, stands for knowledge and curiosity. The ‘team color’ for this faction is blue, which can represent wisdom and intelligence.

WIZARD OF OZ

This all time classic uses many colors to describe things from the ruby slippers to the yellow brick road. Like many films, these colors were strategically placed. The yellow and red brick roads start in the same place but trail off in different directions. The yellow brick road leads to a good place and the red brick road leads to a bad one.

The yellow brick road is the one the characters are encouraged to take to get to the emerald city. The emerald city is all green, representing the good luck and prosperity the great wizard promises. The wicked witch of the west was also green, but instead of luck and prosperity, indicates jealousy on the other side of the spectrum.



Kylo Ren — played by Adam Driver — holds a red saber to show his power and anger while Rey, played by Daisy Ridley, holds a blue saber to represent her loyalty to the resistance. PHOTO COURTESY OF DISNEY

INSIDE OUT

This is a breakthrough film that psychologists have found helps children understand how to process emotions and guess what? They use colors. The characters that reside in our heads are each in charge of a specific emotion: Joy, sadness, anger, fear and disgust. They live and work in their ‘owner’s’ mind to help sort memories that their host experiences.

Riley, their owner, begins her story at birth and like the rest of us, emotions get more complicated over time and growth. When Riley was young, all of her memories were stored as a colored marble, relating to the emotion that is triggered. A joyful memory is a sunshine yellow marble and a scary memory is a deep purple.

This movie also shows how as you grow up, memories can start to trigger more than one emotion. A memory of something like moving to a new place can become a marble that triggers fear, sadness, and anger all at once, making it a blend of purple, blue and red.

HARRY POTTER

These films consist of all sorts of color symbolism. From the house colors to the opening title, the technique that is being used is to show the lives of the characters progressing from innocent eleven year olds to fighting the ultimate battle. The house colors are red, green, blue, and yellow. Gryffindor is red as it stands for bravery. Ravenclaw is blue as it stands for wisdom. Slytherin is green with cleverness and hufflepuff is yel-

low for being bright. A less obvious symbolic method throughout the films is the Warner Bros. title screen. From the beautiful golden logo before the first film to a rusting, dark logo preceding the seventh and final Harry Potter films, you can see that the trio's lives are getting increasingly darker and more challenging.

Films like these can help us learn more about our emotions and/or how we can represent them through color. Colors are a great way to describe your emotions as well. The fact that these are all stories for kids and young adults is beneficial, especially at a time like this. These kinds of portrayals can help children and young adults cope with difficulties and understand their lives better.

Nature's Bounty: Gem trails in WA

Washington state's most common gemstones are agates, jasper and geodes. It is also home to large collections of petrified wood fossils.

By **LORE ZENT**
A&E COLUMNIST

Washington is a state full of scenic views and rampant wildlife. It also has numerous mineral deposits. For those who are feeling stir crazy with the current times we are in, why not go rock-hounding across some of Washington's beautiful gem trails and take in the beauty of nature? It is an activity one can enjoy alone or in a group.

Here are a few of the trails in our state that aren't restricted, fee-based or require a permit. The gem sites information listed below are either taken from “Gem Trails of Washington” second edition by Garret Romaine or from personal knowledge.

DEER CREEK

Six miles east of Oso is a site that offers many deposits. Such as nephrite jade, rhodonite, garnet and jasper. It is known to be the best location for finding jade in Washington. Notable sites to view nearby are boulder lake, a swimming hole and the railroad bridge. This

site is accessible year round with camping options nearby.

WALKER VALLEY

Located two miles south of Mt. Vernon, near Big Lake, this gem site location offers deposits of quartz geodes, rhodonite and jade. It is open year round with camping grounds on site. Walker Valley also is known for its scenic yet bumpy 10 mile off-road vehicle trail which can make for a fun pit stop.

MT. HIGGINS

Nearby the previous site, there is a quarry a few miles down Lake Cavanaugh road that offers pink rhodonite and serpentine deposits. There is no camping at this site, however, so for people traveling far distances, it is best to stay at other sites nearby.

STUBBS HILL

There are plenty of rocks to choose from at Stubbs Hill. This location has four different sites where jasper, petrified wood, leaf fossils and gold can be found. Jasper can be found in pebble form along the creeks near bridges at Cedar Pond. A two mile hike from there is Sultan

River, a previously major hotspot for gold mining, where you can still find traces of gold. There isn't any discernible place to camp nearby.

HANSEN CREEK

Near the Snoqualmie Pass, there is a deposit of high quality quartz, including amethyst and calcite. While the site of the cliffs is beautiful, the hike to get to this site is more rigorous with its steep incline. It is closed during the winter but offers camping nearby.

KLAHOWYA

In Port Angeles Washington, rock hunters can find Orbicular jasper either bright red or maroon in color with white circles, they can be found in seams and require tougher tools like hammers and chisels to extract. At this site, there is mixed terrain consisting of cliffs and lower hills. There are also many notable locations nearby the site such as Sol Duc River and Hot Springs, as well as the Lake Crescent Lodge.

CHEHALIS RIVER

A peaceful site with an even landscape located in southwest Washington

is Chehalis River. There you can find carnelian agate, jasper and samples of petrified wood. The waters here can get a bit mucky in the summer so while digging for rocks be sure to wash your hands. Newaukum River and Salmon Creek are also locations nearby that have deposits of carnelian agate. Camping grounds are located near Newaukum River.

CRYSTAL MOUNTAIN

On Crystal Mountain near Lions Rock, you can find more than just a ski resort. There are a variety of excellent-quality deposits you can discover. This includes agate, jasper, quartz, calcite, chalcedony and fluorescent stones. There are four quarry sites spread through the base to the top of the mountain. Most of these sites can be driven most of the way, for those who do not want to hike.

CHILWIST VALLEY

This gem site is located in Okanogan County, in the northern region of Washington. Along Happy Hill Road at Chilwist Valley, you will find aventurine and



PHOTO COURTESY OF @TwoRockHounds ON INSTAGRAM
A cut piece of a moss agate geode that was found on Stubbs Hill.

several ore deposits. Aventurine found here is blue and green in color, in the form of quartz. At their No Moniker site you will primarily find gold ore, but secondarily copper, lead, zinc silver and molybdenum ore as well.

There are plenty of hidden gems in Washington, both figuratively and literally. Will you be able to find them?

Steve McQueen hits home with his “Small Axe” series

Steve McQueen directs five powerful films that feature stories that must be heard.

By HENRY NGUYEN
FILM CRITIC

When it comes to making critically acclaimed films, Steve McQueen is able to do so while weaving in realistic social nuances of our society. With his new “Small Axe” series on Amazon Prime, he touches on stories that range from heartfelt and sensual to devastating and eye-opening.

Comprised of five original films, the small Axe series takes place from the 1960s to mid-1980s and is set in the backdrop of London’s West Indian community whose lives are impacted by racial tension and discrimination. The idea of this series is to provide marginalized communities a platform to showcase the very relatable stories that come from them. I will be looking at a few that really stood out to me.

“LOVER’S ROCK”

It’s the 1980s and the neighborhood DJ’s are setting up for a fun night of dancing and mingling. However, racial tensions and violence are within the midst of this fun night. As the night progresses, relationships intertwine.

“For lovers and Rockers,” this film is essentially McQueen’s love letter to the 80’s party scene. “Lover’s Rock” is a cozy film in which most of its dura-

tion is set in one house party. It follows Martha Trenton, played by Amarah-Jae St. Aubyn.

“Lover’s Rock” is great because unlike the other films in the series — which are based on real life events — it decides to leave the viewer with a more foreboding tone. It takes the harsh racial tensions that can be found in the other films and puts them in the backseat to give viewers a moment to vibe along to smooth caribbean ensembles.

With that being said, the sound mixing in this film is incredibly impressive as the dialogue is never drowned out too much by the music. During these moments however, not a lot of plot progression occurs, which might leave some viewers wanting a little more towards the end.

This isn’t to say that the film doesn’t have its tense moments. The racial tensions that can be found in the movie are sprinkled throughout and create a sense of uneasiness whenever the characters leave the “safety” of the house party. It especially points out how toxic masculinity can ruin a good time and is able to be found in any community. So, even being within the confines of the house party, safety is not guaranteed. Despite these moments of uneasiness, the film always brings the viewer back to the very heart

of the film’s purpose; to enjoy life with what you have.

“Lover’s Rock” will leave viewers to vibe in its most exciting moments and on edge in between its sensual ones. It will be the best house party you’ve ever been to since 2019.

“RED, WHITE AND BLUE”

Amidst the racial tensions in west London, police brutality runs rampant throughout the West Indian communities. Leroy Logan — played by John Boyega — decides to join the police force despite having a PHD in science. After his father became a victim of police brutality, he decided that it was up to him to make a difference.

However, things don’t get much better when he joins the force and he must navigate through both the worlds of white supremacy and his own community.

Based on true events, “Red, White and Blue” is a shift from the laid backness of “Lover’s Rock” and thrusts viewers into the harsher realities of marginalized communities and their fight against police brutality.

John Boyega steals the show in this film. It expertly showcases the actor’s range when it comes to a demanding role such as this one. Boyega gives an impassioned performance playing Leroy Logan that will have viewers sharing his frustra-



PHOTO COURTESY OF AMAZON PRIME VIDEO
John Boyega and Michael Ward are expertly casted and give passionately played roles.

tions having to deal with working for a system that doesn’t care for you.

As the runtime is rather short at roughly 80 minutes, the engaging story will leave some viewers wanting more. I would have liked to see more of the relationships between Logan and his community before he joined the police force. It also ends a bit abruptly which leaves several very important questions and themes unanswered and open.

All in all, the “Small Axe” film series is a must watch as it tells stories from a more marginalized perspective in which no matter what background you come from, you can find yourself identifying with these films in a myriad of ways.

REVIEW

“Small Axe”



The Good:

- Stories that anyone can relate to
- Beautifully shot and well casted
- Powerful Messages in each story

The Bad:

- Some of the the stories end too abruptly
- Some of the films might be too slow for some

Three things you should know about the NBA right now

The NBA season is in full swing and here are three things you should know as the season continues.

By BROOKS MOELLER
SPORTS COLUMNIST

We are over one month into the 2021 NBA season and although Seattle is still left without a team, the league has been exciting and filled with drama thus far.

WHO ARE THE TOP CONTENDERS?

The top of the western conference is going as expected with the Los Angeles Clippers and Lakers in the lead, who will likely be the favorites going the rest of the way.

Even at age 36, Lakers star LeBron James is showing he has a lot left in the tank this season, currently averaging 23.9 points, 7.9 rebounds and 7.5 assists per game. The pairing of him with Anthony Davis has been a force to be reckoned with as they continue their quest of winning back to back NBA championships.

However, as the other resident LA team, the Clippers have been playing well and seem to be hungry to bounce back after a disappointing playoff run in 2020 where they were eliminated in the conference semifinals by the Denver Nuggets. Led by Kawhi Leonard and Paul George, who are averaging a combined 50 points per game, the Clippers are one of the deepest teams in the league and will be motivated to dethrone the Lakers.

Two other teams to watch are the Utah Jazz and Denver Nuggets. The Jazz is off to a surprisingly hot start, currently sitting in a tie for second place. Donovan Mitchell continues to solidify himself as a star in the league while attempting to finally take the Jazz to the next level and make a run.

The Nuggets, who overcame a 3-1 deficit twice in the playoffs last season to eliminate the Jazz and Clippers, were a popular pick to have a good season coming into the year. They got off to a slow start but are quickly making their way back to the top of the conference. Nikola Jokic is having an MVP-type season, leading the team in all three major categories with 25.8 points, 12 rebounds and 9.6 assists per game all while shooting an outstanding 56% from the field.

Over in the eastern conference, there has been a shift in favorites after one of the biggest trades in recent years went down. Former MVP James Harden grew unhappy in Houston and requested a trade to be made and the Brooklyn Nets jumped at the opportunity.

The Nets had to give up three first round picks as well as four pick swaps to acquire Harden and add him to their already star studded core with Kevin Durant and Kyrie Irving. This move

likely puts them in position as the favorite over the Milwaukee Bucks, who have yet to make a deep run in the playoffs during their time as one of the top teams in the East.

ARE THE SONICS COMING BACK SOONER THAN WE THOUGHT?

Over the past few years, NBA commissioner Adam Silver has repeatedly stated how expansion is not in the NBA’s near future plans and likes the league where it is today. However, the COVID-19 pandemic has changed his thoughts on this possibility where expansion might be in the league’s best interest at this point.

Like many other sports leagues around the world, the NBA has faced some financial challenges with losses relating to the pandemic. If the league decides to expand, once the city is chosen the ownership group must pay a \$2.5 billion entry fee. In the past, the NBA has done this in times of financial struggles where the entry fee is split between all the teams that were currently in the league.

Seattle would almost certainly have a group capable of bringing the expansion fee together and after completely renovating KeyArena into what is known now as Climate Pledge Arena, the city now

has an NBA ready arena and should be at the top of the league’s list of possible expansion cities.

DAWGS IN THE NBA

There are currently nine former University of Washington players who can call the NBA their home. This includes Terrence Ross, Markelle Fultz, Marquese Chriss, Dejounte Murray, Justin Holiday, Matisse Thybulle, Jaylen Nowell, Jaden McDaniels and Isaiah Stewart.

Sadly, after hot starts to the season, Fultz and Chriss will miss the remainder due to injury. Fultz received a contract extension a few weeks ago that solidifies him as the point guard of the

future in Orlando.

Orlando is also home to Terrence Ross who is making a strong case for being the sixth man of the year currently averaging 15.5 points per game off the bench. Ross is the longest tenured former Husky in the NBA currently in the middle of his ninth season.

Matisse Thybulle continues to receive minutes off the bench consistently making the defensive highlights that he was known for. Two more young players, Isaiah Stewart and Jaden McDaniels, are receiving minutes in their rookie seasons as well.



PHOTO COURTESY OF THE PHILADELPHIA 76ERS
Matisse Thybulle of the 76ers continues to improve as a solid role player in Philadelphia.