

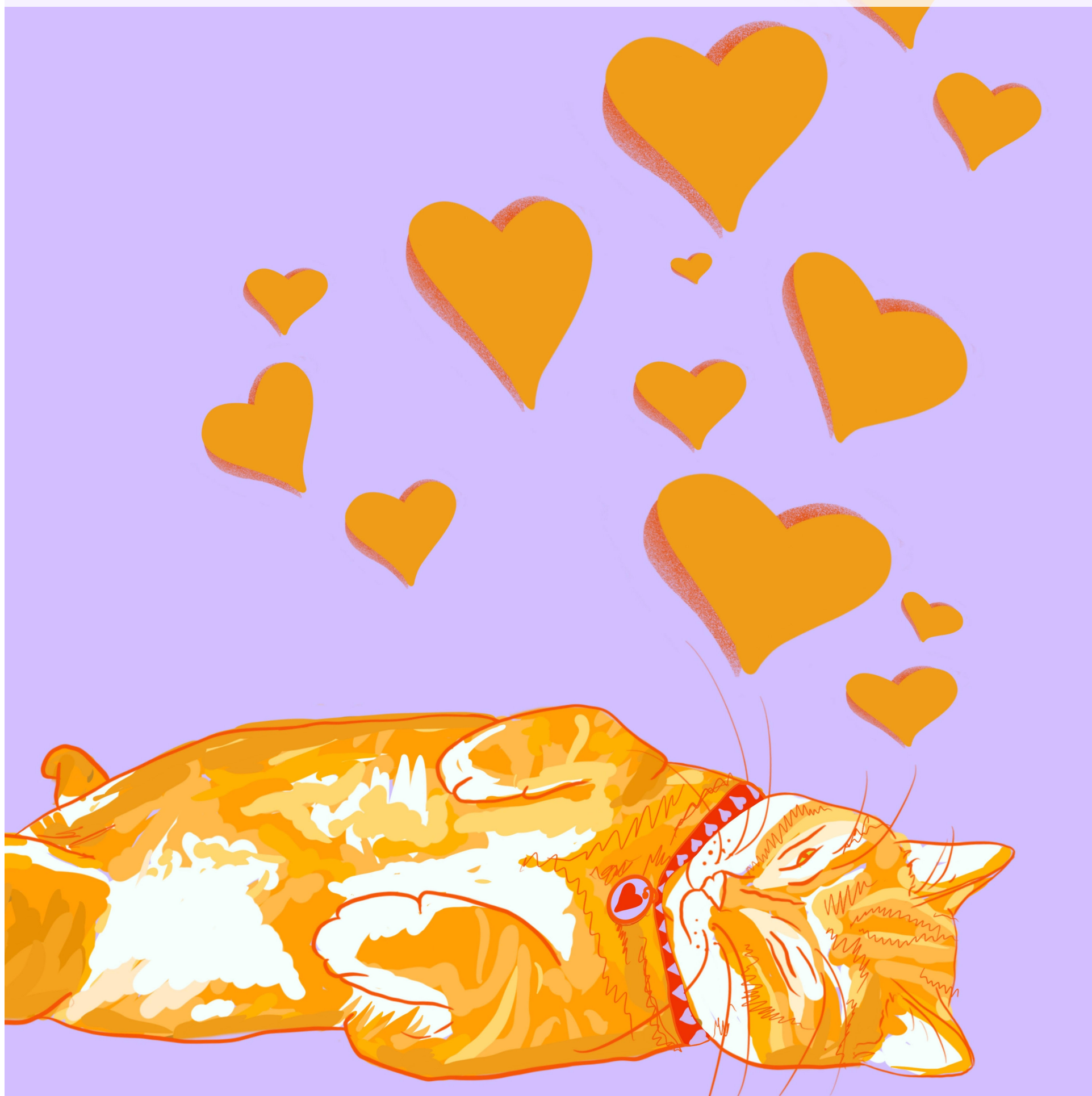
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# THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA



# HAPPY VALENTINE'S DAY

# Community healing

The community at UWT gathers to work through collective trauma, fear and concern over political turmoil.

By **LUKE DENUELLE**  
NEWS REPORTER

This week, the Ledger sat down with Tanya Valasquez, a professor of sociology, and Paolo Laraño, a psychologist here at UW Tacoma, about the virtual healing session they hosted in wake of the capital riot. We discussed the need for spaces on campus for healing and group discussion, as well as how identity markers can help to make themselves present in therapy.

Valasquez and Laraño had hoped that this event could be a place for folks to discuss and share their experiences about something extremely distressing for many.

"Why it was incredibly important for the CEI is that that moment, the insurrection, clearly had racial overtones. And for our students of color, black and Indigenous, and our white allies, it was really painful to see our fellow Americans flying the confederate flag and wearing shirts that reflected the views of nazis ... It is very upsetting to see those things on national television, let alone in person," Valasquez said.

Many students were also looking

for a place to process what exactly they had seen.

"... even though they have language about how it's affecting their mental and emotional health, they may not have the space to process all that, because in class they feel they are in too academic a setting and at home they don't feel they can process things mentally or emotionally as openly," Laraño explained.

They felt there needed to be a response to the emotions many felt after the last few months, which seemed to peak with the storming of the capitol building. Students were looking for a way to process and understand what was happening.

"[Many students] were having conflict in their homes with family members who maybe have different perspectives, which is understandable, but they wanted to hear from staff and faculty because for them this is quite new, for those of us who are a little older, because we do understand what makes this so historic, what this means in context of other national issues through a political lens and an economic and a social lens what have you," Valasquez explained.

Many students found themselves

needing to work through emotions that, while potentially catalyzed by the capital, had longer running causes.

"The conversations did center around the event in many ways ... but a big part of it was recognizing a lot of the conversation was based on things we discuss in regards to mental health, managing conflict with family, setting boundaries and working around a lack of conclusion," Laraño said.

Laraño said this is because many of these stressors are interconnected. Political trauma interconnects with one's mental health and interpersonal trauma.

"I've had multiple students come in and ask 'Can I talk about race? Can I talk about other things in therapy?' and I say 'of course' and sometimes that can seem like a separate thing," Laraño said. "We have plenty of students who are very educated on these things and others of varying levels and they know things and they have opinions ... What I've seen is that whenever things like this happen a lot of the things students want to process are similar things that come up when we talk about mental health."



## EQUITY & INCLUSION

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PHOTO COURTESY OF THE CEI

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# The Accounting Students Association provides networking and learning opportunities

Amid COVID regulations, the Accounting Students Association continues to provide insider information on the accounting industry.

By **GARRETT YAEN**  
News Editor

Like most other RSOs, COVID has put a leash on many of the Accounting Students Association's activities. However, according to the ASA's President Jacob Rowland, the association is still active and continues to provide its members with networking opportunities.

"Our mission is to present students with opportunities to network with local and broad big 4 accounting firms," Rowland said.

Rowland explained that the ASA accomplishes this mission by providing an environment where students can learn from each other and hold meetings with professionals in the accounting industry.

"A big part of it, for me, was I was able to find a lot of study buddies," they said. Rowland explained further that this association is a particular advantage with the remote nature of learning, as members can meet and form study groups that they otherwise wouldn't have.

In addition to offering accounting students a virtual space to connect, the club discusses various subjects relevant to getting ahead in the accounting industry.

Last week, Rowland noted that they hold a contemporary accounting forum in which members discuss technology in accounting and provide advice for success in accounting careers. Members can also receive advice for success in accounting careers from business professionals who manage accounting firms. Their weekly zoom and learning sessions put members in direct reach of experienced professionals.

"A couple weeks ago, we had Johnston Stone Pagano, a local accounting firm ... and they talked about what they do as an accounting firm, like maybe their internship opportunities, and then they leave it open for people to ask questions," said Rowland.

"It's just a good way to network with that person that came in," they said. "For example, the person that came in from Johnson Stone Pagano, we recommend these students to connect with them on LinkedIn so you can start that network."

Rowland advised students to make the best of club meetings now that nearly all meetings, like classrooms and other RSOs, are held virtually. They said the biggest key to making the best of these meetings is being constantly engaged.

"I think any professor would tell you that COVID has affected communication in the classroom," Rowland said, "... I think zoom fatigue is a real thing."

Rowland then made note of the advantages and disadvantages of online meetings.

"It's made meetings a lot harder but a lot easier at the same time," they said. "There's a benefit to

hop on to a zoom meeting instead of walking, you can't replace the in-person relationship environment."

Attendance in ASA, much like classes, has been affected as well. During the first few weeks of the quarter Rowland mentioned they were seeing roughly 35-40 attendees, but the numbers have since been dropping to anywhere around 15-20 people. Rowland then urged prospective members to make the most out of their meetings by remaining active and mingling with others.

"The biggest thing is attendance," they said. "It's really easy as a student to not participate; going to an event and not doing anything doesn't benefit you compared to if you turn your camera on, they know your face [and] if you ask them a question they can carry on a conversation with you and now like if you were to contact them, they would know who you are, and you just made a greater connection by participating and not by kind of being a fly on the wall."

Rowland expanded on the importance of networking both with classmates and established professionals. They said that a classmate could be a future coworker at an accounting firm by making connections now.

"Networking with already successful business professionals can help you as well because they could possibly help you take that next step to connecting with that recruiter and maybe getting an interview," they said.

Rowland said a common subject of discussion during meetings was being proactive by learning outside the classroom.

"The biggest thing we discuss during meetings is learning your field," they said. "Learning what it's like outside of taking your classes. It's easy to take your classes and go home, but it's a very small picture compared to what you're actually gonna see once you graduate."

Rowland said they knew this because many business professionals explain that the content students learn during their time in school is very minor compared to what actu-



PHOTO COURTESY OF JACOB ROWLAND

Although ASA has gone fully virtual, they are still fully dedicated to helping students.

ally goes on outside of the classroom. They then elaborated on what exactly goes on during meetings with professionals and what they typically learn about the industry.

"We try to keep it as similar as we could to in-person meetings," Rowland said. "They talk about their business, maybe a specific part of their business, or the difference between private or public, why it's valuable to get a CPA, or they may mention internship opportunities and then leave it to Q & A."

Rowland explained that the question and answer segments are the most important part of the meetings due to the knowledge incurred that helps members develop experience in contacting professionals and knowing how to ask the right questions.

Rowland also wanted to point out that students don't have to be in the accounting field to benefit from these

meetings, that it can be beneficial for any student to hone their skills by attending the meetings.

"For students who are outside of the field of accounting, I would say it's valuable just because I think they learn good professional skills from the speakers," they said.

Rowland said that for students to face maximum opportunities, they also must face their fears.

"If I'm being honest, I can relate to a lot of people who think walking up to a business professional is intimidating," they said. "But that's how you're going to get the most out of those situations."

Students interested in learning about the accounting field or honing their networking skills may attend their zoom meetings every Wednesday from 12:30 to 1:20 p.m.

The club is hosting three virtual events this month. An event discuss-

ing the distinction between government vs. public accounting on Feb. 10, a meet and greet with Weyerhaeuser Industry representatives on Feb. 17 and another meet and greet with Davida Kidney Care's accounting sector representatives on Feb. 24.

Giving their final thoughts, Rowland talked about how ASA helps to put students in a position to help themselves succeed.

"We do try to make a positive impact and give accounting students every opportunity in our power to succeed and gain valuable knowledge and give students the best opportunities we can," they said. "We want to help them succeed in their academics and their careers, but it's ultimately up to the student."



# Know your rights; stay firm and be practiced

Don't cooperate with police officers or federal agents, upholding the power of the state gets us nowhere fast.

By **ANDREA NADAL**  
OPINION EDITOR

In the weeks following the insurrection by right-wing extremists, it was a common occurrence for people on the left to dox those that took part in the uprising — a practice in which the personal information of an individual is leaked online. However, with the federal government looking for information about the incident and those involved, some decided not to release the information to the public and instead to work with law enforcement to give the names of those involved with the insurrection directly to agencies investigating the incident. This was a risky choice that many on the left did not support.

We do not get to pick and choose when and how the state exercises its power, and we cannot be complicit in the use of state power in any way. The enemy of our enemy is not our friend. The cops and the state are never our allies, and allowing them to exert their power over anyone only works to justify their use of power as a whole.

Law enforcement didn't just wait around for voluntary information to be given. They went out to see what

they could dig up, and many prominent leftist organizers reported that they were contacted by Federal Agents, some even had agents come to their door looking for information. Experienced organizers know better than to work with law enforcement, and they know what to say and do if they come snooping around. But some of us aren't as practiced, and might not know what to do in this situation that could lead to unintentional disclosure of information that puts others at risk.

With recent events in mind it's important to emphasize that you should never talk to cops. Do not put yourself in a potentially compromising situation by giving away information that you don't have to. Cooperating with the state and state actors only reinforces the power that they have over us. So, here are some things to remember when dealing with the police and federal agents:

Do not speak to them or answer any of their questions. You are not, and are never, required to talk to cops without legal representation present. Anything you say will only be used against you later in legal proceedings should they decide to arrest you. Be clear and inform them "I would like to remain

silent." Never lie, this will only get you in more trouble. You are under no obligation to explain yourself to officers and your best bet is to remain silent, with only three exceptions.

The first exception is when you are asked to identify yourself. The laws around this vary depending on the situation as well as the state, but if you are unsure about the specific laws, then it's best to just bite the bullet and identify yourself. Jim Chanin, a prominent civil rights lawyer in Oakland, Ca. advises this route to avoid arrest in the case that it is illegal. According to Burg Criminal Defense's "Know Your Legal Rights" page, in Washington state "a law enforcement officer may require you to identify yourself."

The next exception is to ask "Am I being detained?" If you are not, then leave. If you aren't being detained then your best option is to walk away in order to avoid further interaction with officers who are looking for an excuse to detain or arrest you in an effort to force your compliance.

And finally, never consent to searches of any kind. An officer is not legally allowed to search you, or your property, without your consent — unless they have a warrant or claim

"reasonable suspicion" of a crime. And remember, just because it isn't legal for them to, doesn't mean they won't do it anyways. Inform the officer clearly "I do not consent to a search." This will help you later if they find anything they deem suspicious.

When possible record your, or others', interactions with police. They won't like it, but it's your best bet to hold them accountable for what goes on during that interaction — body cam footage is unreliable considering they are the ones who have control over it.

Now, if you actually are arrested there are some extra steps that you need to take to ensure your safety and the protection of your rights:

Do not resist arrest, even if it is unjust. Police will use any form of resistance as an excuse to use force in the arrest, and the court tends to be sympathetic towards the officer. Your best bet is to comply with the officer at this point, they may use more force than necessary, but fighting back will only lead to more injury to you and your case.

This next step goes back to not talking to cops. Say "I wish to remain silent and I would like to talk to a lawyer." After this, shut up and don't say

anything else. Remember, you are under no obligation to explain yourself to the cops and you should say nothing, sign nothing and make no decisions without a lawyer present from this point forward. If you can't afford a lawyer you are entitled to one regardless by law.

After you are arrested you have the right to make one local phone call. If you call a lawyer, the police are not allowed to listen to your call. Most of us don't have a lawyer on retainer though, so you'll likely have to wait for arrangements to be made. This can take a long time so be prepared to be in custody until your lawyer arrives and continue saying nothing to anyone.

The premise seems simple enough, "Don't talk to cops." But knowing your rights is not enough. It's easy to know your rights when you are calm and not in danger, it's an entirely different world to actually exercise them in the moment. Stay firm, and be practiced. It feels ridiculous, but practice this stuff. You have to be able to exercise them when put on the spot and under pressure. You need to have a working knowledge of what to say and when to say it, it should become second nature to you. This is the best way to protect yourself and others.



ACAB/BLM Graffiti in Cal Anderson Park, taken June 5, 2020.

PHOTO BY ANDREA NADAL



# You are love worthy; overcoming personal obstacles

We have unsolved traumas, depression, anxiety and more that we may think is a barrier to living a happy and healthy life, especially when it comes to finding love.



ILLUSTRATION BY LORE ZENT

**By BENGISU CICEK**  
OPINION COLUMNIST

As we explored in my last article on childhood traumas, the focus of this piece is to examine some ways we can overcome our past, intrusive thoughts and progress towards healing.

Living with mental illness, especially during a pandemic when some of us may have to deal with overthinking, intrusive thoughts, worrying too much about the past or the future, coping with depression, suicidal thoughts, wondering if we are a good person or questioning if we're worthy of love is very difficult, as we are often alone when these thoughts occur.

We may come across these intrusive thoughts when we begin to seek love. These thoughts can range from if we are good enough, if our partners really love us, if they will cheat on us, if they will leave us, etc. We may experience fear when it comes to being vulnerable and bearing our emotions with another person. We might be scared to open up to them about our mental disorders or compare ourselves to other people and couples.

Our fears are something we can overcome with healing and help. Does this mean we have to be flawless before

finding love? Absolutely not. We are loveable just the way we are, and our partner should understand and acknowledge our struggles along with our journey to self-healing, self-love and self-growth.

One obstacle we might come across is our intrusive thoughts. These thoughts can range over a variety of things and become scary at some points. Martin Seif Ph.D. ABPP and Sally Winston Psy.D. share some steps on how to overcome these thoughts in their article "Unwanted Intrusive Thoughts" on Psychology Today. You need to learn to accept and allow these thoughts in your mind, to not push them away. To label them as intrusive, you need to remind yourself they are "automatic, unimportant, and not up to you." They encourage you to try not to engage with the thought or try to figure out what the thought means. Remember, these thoughts do not reflect you as a person and they are temporary, you know who you truly are and that these thoughts are not yours.

Practicing these techniques and acquiring professional help is a way to overcome these thoughts. Additionally, waking up every morning and looking into the mirror to say positive affirmations can be another way to heal.

"I am beautiful," "I am loved," "I deserve happiness and success" and "I am a good person" should all be some of the words we hear from ourselves. Nobody can heal us but ourselves.

"We're only as old inside as the wounded child who sustained our oldest hurts – neglect, ridicule, criticism, sexual abuse, etc. If we hide our personal history from ourselves by insisting on focusing at all times on the present and/or the future, we can't help that child heal and grow into the adult we're meant to become," said Tina Gilbertson LPC, in her article "Why Your Past Matters" on Psychology Today.

We all have different pasts and environments we grew up in as children. Rather than running away from our past, it is time to confront it, learn from it and not allow it to control us in the present as well as the future. If we don't confront these traumas, they can show up again in our lives.

An example of this can be seen in a new Turkish show called "Masumlar Apartmanı" that is based on a true story, from Dr. Gülseren Budayıcıoğlu's book "Madalyonun İçi." An abusive mother reflects some of the abuse she endured from her mother onto her children. Her daughter, who endured

the most from her mother, grows into an adult and stays in her home with her other three siblings who have psychological disorders. The oldest daughter has a disorder where she cleans the entire house, doesn't leave and has flashbacks of her dead mother commenting on the oldest daughter's actions, especially when her childhood boyfriend moves to the hotel right across their apartment. The oldest daughter is now mirroring some of the actions and comments of her mother and acting these out against her siblings.

Trauma may not just come from our past, transgenerational trauma can be transferred in between generations. Family karma is another term used as well, and there are ways we can heal and release energetic ties from our ancestors. Identifying our own traumas and how we can stop it so there won't be a possibility of it transferring to our children is a step towards healing ourselves for the sake of ourselves as well as with the people who love us. When we identify and acknowledge what happened in our past, and accept that healing will help us overcome it, then it will end the transference of that generational trauma into our future.

We may feel stuck in the past because we have unresolved traumas, either from our childhood or throughout our life. Our past does not define who we are, they are merely lessons and a part of life. We cannot change the past, but we can change how our past impacts our future. When we connect with our inner child and accept our journey of healing, we do not need to restrict ourselves from living a happy life. We can travel, get the job we have always wanted, earn the major we love, eat the foods we have been craving and connect with ourselves spiritually or religiously. We don't have to be a completely healthy person free from all disorders and traumas in order to enjoy the many beautiful aspects of life.

Mevlana Celaddin-i Rumi was a 13th century Muslim poet, and I want to conclude on his quote:

"Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place."





ILLUSTRATION BY LORE ZENT

Many people with anxiety disorders think heavily of the risk of COVID when needing to leave the house.

# COVID and its effects on anxiety disorders

As the Pandemic drags on and pre-COVID life continues to evade us, mental health is more important than ever to consider.

By MADI WILLIAMS  
OPINION COLUMNIST

COVID has hit everyone in one way or another. People are not only worried about contracting the virus themselves, but also how it will change everyday life along with its effects on people's livelihoods with ongoing lockdowns. Along with these worries, there is also the concern about the effects this pandemic has had on people's mental health.

**Agoraphobia is an anxiety disorder, the Mayo Clinic describes it as "... cause[ing] someone to fear and avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed.**

The number of people experiencing anxiety or anxiety disorders has been on the rise since COVID started hitting the U.S., causing most of the country to go into lockdowns which lasted through the year. Due to this,

people are staying home more and in-person connections with others have come to a sudden stop for most.

CDC Report Reveals "Considerably Elevated' Mental Health Toll from COVID-19 Stresses" by Joan Stephenson, PhD said "... the CDC had found a substantial increase in anxiety disorder and depressive disorder symptoms in the United States during April through June compared with the same time frame in 2019." Research conducted by the CDC also reported that "Nearly 31% reported symptoms of an anxiety or depressive disorder."

It is important to note that anxiety disorders manifest in many different ways depending on the individual and specific disorder. It is also important to note that there are subgroups of phobias that are also related to anxiety disorders.

With the number of anxiety disorders having spiked, and are continuing to do so with COVID, it is important to recognize what they are and their connection to the pandemic.

Agoraphobia is an anxiety disorder, the Mayo Clinic describes it as "... cause[ing] someone to fear and avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed. The fear can be so overwhelming that you

may feel unable to leave your home." COVID has caused people to minimize their time outside of the house, only leaving for essential trips. But with the ongoing pandemic and the seemingly never ending cases, now even these small trips to the store can feel like a risk.

A grocery store, no matter how large, can start to feel crowded. In more severe cases people may fear leaving the house in general because we have gotten so used to being at home that leaving at all can be anxiety inducing.

Germaphobia is the fear of germs that oftentimes has a connection with obsessive-compulsive disorder, which is when someone has a "... common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and/or behaviors (compulsions) that he or she feels the urge to repeat over and over," as stated in Ruben Castaneda's article, "Coping With Germaphobia During the Coronavirus Crisis."

It is important to recognize that germaphobia and OCD are two different disorders. Despite the fact that the two can be related, this does not mean that every person with OCD has fixations on germs and cleanliness. In his article "Coping With

Germaphobia During the Coronavirus Crisis," David Turner talks about his personal experiences as a self-described germaphobe who also has obsessive-compulsive disorder, with in the article experts talk about how these two diagnoses are being shown hand in hand.

Mark Mayfield states that "... people in the U.S. who, like Turner, live with OCD, the coronavirus outbreak is amplifying their pre-existing fears of germs."

Mayfield continues by saying, "The coronavirus crisis definitely exacerbates the fear germaphobes have about getting sick, and it escalates their isolation, anxiety and depression." This shows how someone with OCD who already had a fear of germs can have these fears amplified due to something like COVID.

When connecting this to COVID, people who have OCD that is predominantly focused on germs have a hard time doing anything outside of their houses because they don't have any control over who has touched what, if things around them have been cleaned properly and if individuals in the area are healthy or not. In David's case, when he would leave the house he would sit on a plastic bag in public spaces and when he got

home he would change out of his clothes and turn them inside out before taking an hour long shower.

It is important to realize that because of COVID and the restrictions that have been in place for almost a year now, people with anxiety disorders have been getting worse, especially if their anxiety is caused by germs or sickness.

With some counties in Washington slowly opening up, the question that comes to mind is how are people who suffer from anxiety disorders going to cope with this sudden change of trying to go back to how life was before? For people who have anxiety that has gotten worse due to COVID, how are they going to cope with everything? Are they going to have the support and understanding that they are going to need?

As a society, we need to strive to become more understanding and support people who have now developed these diagnoses. Having the support from people in their lives but also being able to have the resources available to help them find techniques to aid them in overcoming these fears are also very important in their journey towards recovering from these worsened symptoms.



# Larry King: “Instead of goodbye, how about so long”

Radio and Television Host Larry King passed away Jan. 23.

By LORE ZENT  
A&E COLUMNIST

On Saturday, Jan. 23, broadcasting giant Larry King passed away from sepsis after recovering from COVID-19. King was born on Nov. 19, 1933 in Brooklyn, New York. His parents were Orthodox Jews who immigrated to the US from Belarus in the 1930s. While proud of his ethnic heritage, King had declared himself a full atheist.

From a young age, King knew he wanted to work in broadcasting. After receiving a tip from a CBS staff announcer about the upcoming market in Florida for inexperienced broadcasters, he moved to Miami and landed his first job on the radio as a disc jockey for WMBM. His first broadcast dates back to May 1, 1957. Throughout his career, he worked at various other local broadcasting locations after he began to venture down this path.

On Jan. 30, 1978, King began broadcasting nationally, inheriting a talk show slot on the Mutual Broadcasting System

titled the “Larry King Show.” In June 1985, he began hosting “Larry King Live” on CNN from 9 p.m. to 10 p.m. each night. For a section of his career, he hosted both of these shows simultaneously. While the “Larry King Show” ended in 1994, King worked for 16 more years before retiring from “Larry King Live” in 2010.

His time at CNN earned him the Guinness Book Record Award for “longest-running television show hosted by the same person on the same network and in the same time slot,” as well as a Peabody Award. On the “Larry King Show,” it wasn’t uncommon for him to host call-in segments as a nod to his roots as a disc jockey. King also wrote for USA Today for 19 years — from 1982 to 2001. He often guest-starred in family films and television shows such as three “Shrek” films, “The Simpsons,” “Ghostbusters” and the “Bee Movie.”

After retiring from CNN, King founded his own digital television network and studio ORA Media. Through these channels, he produced 1,000 epi-

sodes of “Larry King Now” from 2012 to 2017. Through the network, ORA TV, he also produced “Politicking with Larry King,” which ran from 2013 to 2020 containing 257 episodes and both shows can also be found on Hulu.

While hosting national talk shows, King introduced a wide range of guests. He was well known for interviewing elusive figures and stars. Some of the guests on his shows included: Clinton, Nixon, Putin, Sinatra and Mandela.

Associated Press states they estimate that he conducted over 50,000 interviews over the span of his career. He was known for his unique, breezy interview style and his abundant curiosity where he often gave interviewees softball questions, allowing them to avoid contentious topics. This approach relaxed guests and made him relatable to his view-

ers and listeners.

King often bragged about not preparing for an interview. In one of his memoirs, “My Remarkable Journey,” he stated, “There are many broadcasters who’ll recite three minutes of facts before they ask a question. As if to say: Let me show you how much I know. I think the guest should be the expert.”

Despite his successful career, his wife of 22 years Shawn King said his proudest legacy was his family. King was mar-

ried eight times, had five children and nine grandchildren. He is survived by his and Shawn’s two sons, Chance and Cannon. As well as his son Larry King Junior, from a previous marriage to Anette Kaye. Last August, he had lost two children, Chaia and Andy, within two weeks of each other.

Larry King was a well-known talk show host. A suspender-sporting everyman with a golden baritone voice. He will surely be missed.



COURTESY OF LARRY KING LIVE

King made national debut on the Larry King Show with the Mutual Broadcasting System.

# Betrayal and injustice in “Judas and the Black Messiah”

Daniel Kaluuya and Lakeith Stanfield give it their all in this devastating retelling of history.

By TALIA COLLETT  
& HENRY NGUYEN  
EDITOR-IN-CHIEF  
FILM CRITIC

This past week, the Ledger received a special invitation to attend a virtual screening and follow-up summit regarding Warner Bros. latest release, “Judas and the Black Messiah.” Stemming from a story by Kenny and Keith Lucas, Will Berson and Shaka King — who also directed the film — co-wrote the screenplay. “Judas and the Black Messiah” is a biopic that tells the story surrounding the betrayal of political activist and Black Panther Party Chairman Fred Hampton by FBI informant William O’Neal.

As the awaited birth child of the Lucas brothers, the story has been a long time coming since their time spent taking an African-American studies course together in college.

“Before that, we hadn’t known anything about him or his story, it’s not really taught where we’re from,” said Keith Lucas. “We read his story and it just blew us away. And no one was really talking about what an injustice it was.”

“You never forget it, it sticks with you,” added Kenny. And that is exactly what this movie does; sticks with you.

“Judas and the Black Messiah” marks Shaka King’s departure from the comedy focused films his name has become acquainted with where he instead dives into more serious and plot driven storytelling.

As producer Ryan Coogley had point-



COURTESY OF WB FILMS

Daniel Kaluuya, portraying Fred Hampton, provides a powerful performance in this carefully crafted biopic.

ed out, “I think this was the film Shaka was born to make, to be honest ... The film brings up things that are still bothering us, things that need to be addressed. Putting this in Shaka’s hands made sense in a way you couldn’t put your finger on — kismet. Even down to the fact that every actor Shaka wanted, we were able to get. No one passed, or wasn’t available, down the line. From the start, it was incredibly unique and special.”

With a star-studded cast at work, the film begins with the introduction of William O’Neal — played by Lakeith Stanfield — who receives a plea bargain after being arrested for stealing a car and impersonating an officer. The deal includes a plan to infiltrate the Black Panther Chicago chapter in order to gain intel that will lead to the FBI’s hopeful arrest of chairman Fred Hampton. Hampton, played by Daniel Kaluuya, was an outspoken, educated activist and member of the Black Panther Party in the late 1960s, which made him a high level target of the

Chicago police department.

This film highlights the harsh truths that face Black Americans faced, and still do face, every day. It brings forth the marginalized and misrepresented stories in American history and presents them in a way that is completed with thoughtfulness and consideration for all parts and players involved.

The depiction is careful and so well done to the point that it’s difficult to believe that most of the events that take place in the movie actually happened roughly 50 years ago. The movie doesn’t hold back in conveying the frustrations, blunt truth and violence that reveals a lot about our corrupt institutions along with the consequences of the embedded racism festering within them.

It is clear that each frame was crafted with careful intention and research to truly capture 1960s Chicago under its political and social turmoil. Costuming design, with credit due to Charlese Jones, was excellently crafted, as it also successfully captured the look of the time. The

film’s visual direction is overall very stylized with orange hues and neon lights that have since become reminiscent of the time period.

Stanfield’s acting chops truly stood out as he plays the on edge, existential O’Neal. As the Lucas brothers mentioned during the summit, “When we were thinking about the story we were like, ‘We need Lakeith to play William O’Neal.’ You’re the only actor we thought we trusted with that role,” said Kenny to Stanfield. “... Because it’s such a complex character. Probably one of the most complex characters that I’ve ever seen on the screen,” added Keith.

And while both Kaluuya and Stanfield were expertly cast for their roles, Dominique Fishback’s casting is another that can’t go without praise. Fishback provided the poetic and loving nature of Deborah Johnson — Mother Akua — while also making sure to hone in on her loyal, unyielding and steadfast behaviors to completely encompass the role.

While there was a lot to fit into the

## REVIEW

### “Judas and the Black Messiah”

★★★★★

#### The Good:

- Careful depiction of a true story
- Incredible Acting
- Stylized and well crafted depiction of setting

#### The Bad:

- Some roles could have been brought out more

126 minute runtime, some adaptations were necessary that in turn left more of these intimate scenes to be desired and important characters left without a lot of screen time. The film introduces other important members of the Black Panthers, like Bobby Rush, but then pushes them to the background.

“Judas and the Black Messiah” is an important film that brings up and truthfully retells a sensitive time in U.S. history that is often overlooked and deserves to be told. Its themes are still very much applicable to today’s current events. Through its portrayal, comes a story that is inexplicably devastating, especially if viewers aren’t previously aware of the events that this film is based on before watching. If you’re not interested in history or biopics then, at least, give this film a viewing due to its relevance.

# Larry Scott to step down as Pac-12 commissioner

The day Pac-12 fans have been praying for has finally come. What does this mean for the conference moving forward?

By **BROOKS MOELLER**  
SPORTS COLUMNIST

A conference that has been on a steady decline in relevance over the last 10 years can finally say that they're on track to dig themselves out of the hole they are currently in. On Jan. 20, it was announced that Larry Scott's 11-year run as Pac-12 commissioner would come to an end this upcoming June.

There are few positive things I could say about Scott's tenure as commissioner as he quickly became a joke to Pac-12 fans everywhere. In almost every game you could hear the crowd chant "Fire Larry" at some point, and it was well deserved.

Scott's first few years as commissioner gave fans and university presidents hope moving forward that this would be a good hire. He was able to strike a television deal with FOX and ESPN that, at the time, was the largest of any other conference. He also expanded the conference to 12 teams by adding Colorado and Utah while simultaneously creating the Pac-12 television network.

However, there was a lot of bad mixed with the good and people were already questioning some of the decisions Scott was making as the conference's leader.

One of the most questionable decisions he made was choosing downtown San Francisco as the location of the conference's headquarters. This past year, it cost the conference \$6.9 million in rent with \$11.7 million in deferred rent, making it by far the most expensive conference headquarters in the NCAA. It seemed as if Scott's motives were tailored to himself being close to his San Francisco estate as well as the tech companies he has relationships with.

On top of this, Scott's salary is the second highest of conference commissioners at \$5.4 million with an additional \$1.9 million loan from the conference. What is the loan for? No one actually knows.

These and many other factors have affected the conference competitively and financially that now leaves them in a deep hole that will be very hard to get out of in the near future. Thankfully, it is not impossible. So what will

need to happen to bring the conference back to national relevance?

The first step, that has already been taken care of, was to find new leadership. The conference has not started an official search yet but the names of possible replacements have been ones I like hearing that include Alabama athletic director Greg Byrne and Ohio State athletic director Gene Smith.

The number one focus of the new commissioner has to be football. Football is by far the biggest revenue generator of NCAA athletics and helps fund other college sports. Having a strong football reputation can bring any school's relevance to a national level.

Since the expansion of the college football playoff in 2014, the Pac-12 has only had two representatives, none of which went on to win a national championship. The last Pac-12 representative came in 2016 when Washington was selected to take part.

The conference has become an afterthought in the college football landscape, additionally, how this past season was run did not help at all. Scott went back and forth between

starting the season and postponing it and at one point believed that a spring season would be the best option during the pandemic.

They ended up starting the season on Nov. 7, leaving room for only six games with no bye weeks in between for the possible scheduling of makeup games due to COVID related cancellations. This almost certainly gave no team a chance to make the playoffs.

Following the conclusion of the regular season, Washington and USC were left standing as the winners of their respective divisions. However, Washington was hit with a wave of positive COVID cases that forced them to back out of the Pac-12 championship game. The conference's answer was to give the spot to Oregon who finished second in the conference but had lost to two unranked opponents the two weeks before.

USC was the lone undefeated team left and was put in a spot where they, at one point, were having to prepare for three possible opponents in the championship game. Oregon ended up being the chosen opponent by the

conference when they were coming off a bye week while USC would be playing on a short week after a Sunday matchup with UCLA. Oregon went on to upset USC and was declared the conference "champion" to eventually be throttled by Iowa State in the Fiesta Bowl.

This sequence of events summed up Scott's time as a commissioner and paved the way for new leadership to be chosen in the following months.

The conference is not doomed. It has so much potential to be one of the premier conferences in the country with academically strong schools, large booming cities, great weather and presidents committed to social change for the good and betterment of the athletes that represent their universities.

The biggest moment for the conference will be before the 2024 season, where they will be due for a new television rights agreement. This is where the most money comes from that can be distributed to the schools to help better their programs. A good and positive deal here can set the conference up for success moving forward.



Larry Scott has been head of the conference since 2009 and leaves behind a large mess to clean up.

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