

THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA



PHOTO COURTESY OF COREY OAKLEY ON FLICKR

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LSP: Discussing Tacoma's working-class history

Undergraduate intern, Casey Wagner, talks about the Labor Solidarity Project on the UWT campus.

By ROSIE MENDOZA-BAUTISTA
NEW REPORTER

With Tacoma being home to an extensive working-class history, the Labor Solidarity Project on the UW Tacoma campus is a project that seeks to have conversations about labor within the South Sound. Undergraduate Intern, Casey Wagner, spoke to The Ledger about what LSP is and what it aims to do.

"LSP is a group of professors and a couple students who are working to promote labor studies at UW Tacoma. This has been done through specific research projects, highlighting local labor events, and hosting regular guest speakers through public lecture series," Wagner said.

The circumstances under which it came to fruition can be attributed to lobbying done by a group of professors for a labor studies program at UW Tacoma. This occurred back in 2019, when UW Tacoma had no such programs on campus. Now, the project works to emphasize the importance of labor on campus.

"Labor history is an essential, but mostly overlooked part of U.S. and World history. It tells the stories of everyday people who make society function and their struggles for dignity and humane treatment from their employers," Wagner said.

While students, staff and faculty may not know it, Tacoma has a deep history of labor radicalism. This history dates back to the mid 1850s when Tacoma was a prominent port city chosen as the terminus of the Northern Pacific Railroad.

Because of Tacoma's growing population of loggers, non-specialist factory hands, longshoremen and other 'unskilled labor,' labor unions — such as the Industrial Workers of the World — staged strikes and public gatherings throughout the region. Harry Bridges would emerge as a prominent organizer for the working

class of the Pacific Northwest.

"San Francisco longshoremen organizer Harry Bridges helped lead a three month West Coast waterfront strike in 1934, shutting down every major port from California to Seattle, and resulted in the unionization of every West Coast port," Wagner said.

As a figure, Harry Bridges is still as important today. He went on to form the International Longshore and Warehouse Union (ILWU), one of the most powerful and militant unions in the country. They've staged walkouts and strikes in solidarity with the Civil Rights movement, Anti-Apartheid and Black Lives Matter.

"Tacoma has a long and deep labor history that is easy to overlook, but its effects can be found everywhere from the working conditions we have today, to the names on the street signs we drive past," he said.

Because there is so much information readily available about Tacoma's history, Casey and those involved in this project got to work. The others involved in this project are Professors Margaret Griesse, Sonia De La Cruz, Michael Honey, Zaher Kmail, Anna Lovasz, Alex Miller, Charles Williams, Ariana Ochoa Camacho, and Graduate Coordinator Adam Nolan.

The project was primarily funded by the Harry Bridges Center for Labor Studies at UW Seattle. However, in recent months, UW Tacoma's School of Interdisciplinary Arts and Sciences has been providing support. Because of the pandemic, the project was forced to take on an online platform to continue to host its events.

"We've held over twenty lectures covering topics such as working conditions within Amazon warehouses, how longshoremen helped fight apartheid in South Africa, labor organizing in the porn industry, and interviews with the stars of recent PBS documentary '9to5,'" Wagner said.

If you go on the project's website and find there's an event you missed,



LOGO COURTESY OF CASEY WAGNER

Labor Solidarity Project Logo.

you can still watch the lecture through their Youtube channel. It contains recordings of the various lectures and events that have been held under the banner of the "Labor Solidarity Project." If the speakers give the okay, the LSP typically posts the recording three to four days after it was recorded.

As for research, research undertaken by faculty with the LSP has ranged from the study of universal basic income, organizing in-home care providers, and how Norway's economic landscape compares to the United States.

Academic curriculum is also included within this project. During the fall quarter of 2020, LSP organized TIAS 305, a class linked with that quarter's lecture series. The class attended a lecture each week and then

wrote and discussed the topic covered in the following class.

Although LSP has not yet announced if another course will be held in association with a lecture series in the future, LSP still has future events and prospects in mind. There are several ways students, staff and faculty can get involved.

"The best way at this time is to join our mailing list and promote the events on social media as they come up," he said.

From this project, Casey has learned that Labor studies not only helps us frame the tentpole events in history, but gives us a peek into the everyday conditions humans have dealt with, struggled against, and overcome through solidarity with one another.

"Labor struggle is what brought us the weekend, the 8-hour workday, and

the end of child labor in the US, and yet, it is very rarely recognized. Labor struggles have culminated into mass movements which define nearly every era of our country," Wagner said.

More information and how to get involved:

View past recorded events on their youtube channel:
<https://www.youtube.com/channel/UCitHho9Uhv-vSKxZolF-7ywg>

Sign up via google form:
<https://bit.ly/3fbEGo3>

More information:
<https://labor.washington.edu/uwtacoma>

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UW Tacoma students with mixed responses to virtual commencement

Students react to this year's commencement updates and the addition of an optional, in-person celebratory ceremony.

By **GARRETT YAEN**
NEWS EDITOR

The Ledger had the opportunity to sit down with a few students to discuss their thoughts regarding this year's commencement and celebration. The former won't be without its safety checks, as Hynes recently explained the multiple layers of safety measures that are set to take place in order to protect the participants.

Students Paris Markley, Michael Din, Anna Xu and John Youngjune You are three among the multitude of others graduating this year interested in the addition of a new ceremony along with the changes to this year's virtual commencement.

Markley explained that, when asked, the students unanimously agreed they would consider using the on-campus vaccination sites.

"I like the vaccination idea," Markley said. "Me and my friends didn't really want to come until we heard of it," she explained.

She explained that safety checks for the celebration would make the event more satisfactory because people will likely feel safer with less concerns about catching COVID, which would also make it more inclusive to those at risk of COVID fatalities.

"I actually didn't want my grandma to come because she's old and at risk ... she really wanted to," she said. "The vaccinations are going to make it so much better. Especially if they're free, which might be a good thing for

people who can't afford it."

Markley and Xu also expressed their contentment with the ceremony's planned safety protocols. They were fond of the idea to remain in their cars before moving on to the second stop with their masks to receive a university souvenir.

Additionally, Xu noted that she's also happy to have the ability to get her photos taken in front of a backdrop, unlike her sister who couldn't take any the previous year.

Din noted that they're ready to see the chancellor, deans, members of student affairs and temperature-checked volunteers to safely construct a fun way to end the class of 2021's university experience.

You was also impressed by the idea of the drive-through event. As a student who's been to multiple campuses' in-person commencements, he thought the in-person celebration was necessary in conjunction with the virtual commencement ceremony — which would compensate for the lack of connection students have said they felt this past year and a half.

"When I visited [my friend's University] we were actually having a lot of fun," he said. He then explained further that there were some downsides, such as increased anxiety around the higher number of people not taking proper safety precautions, and ultimately said the worry spoiled some of the fun for him and his friends.

"I would go to [the celebration]," he said. "Why not? Especially if it's free."



Cheers for the celebration and applause for the ceremony.

PHOTO COURTESY OF PIXABAY

THE LEDGER IS NOW ACCEPTING LETTERS TO THE EDITOR!

Do you want to voice your issues of concern related to news, politics, campus issues and more? Then we invite you to write a Letter to the Editor. Letters submitted to the Ledger may be published through both TheTacomaLedger.com and our print edition.

SEND YOUR LETTERS TO: LEDGER@UW.EDU

- Your first and last name
- "Dear Editor," as the opening of your piece
- Respond to one of our articles or happenings on campus



Stand for Palestinian human rights

Israel has committed numerous human rights violations on Palestinians over the years, what happened just last week proves Israel is a colonizer.



Istanbul citizens protest in solidarity with Palestine.

PHOTOS COURTESY OF COREY OAKLEY ON FLIKR

By BENGISU CICEK
OPINION COLUMNIST

Palestine has been occupied by Israel for decades. Israel has bombed, shot, murdered and oppressed Palestinians for years. Over these years, Palestine has gotten smaller as Israel has been illegally settling in Palestinian homes and taking over their land. Human rights violations by the hands of the Israeli government is not something new, as a series of harmful human rights abuses occurred in Palestine just over a short course of time.

What happened over a week ago is a clear example of how Israel is colonizing Palestine. The Sheikh Jarrah neighborhood in east Jerusalem has been home to Palestinians since 1956, currently they are facing the threat of forced eviction by Nahalat Shimon International — a U.S.-based organization. As Israel sees this as a property dispute, the Palestinian families who are being targeted in this neighborhood have already been living there for decades. Israel is forcefully expanding their neighborhoods at the expense of Palestinians.

The planned eviction of 40 Palestinians here is unjust. This is their home and Israel was already a colonizer before, having built 237 settlements in the West Bank, which has 580,000 settlers. They have changed the names of streets, occupied land and homes while the Israeli Defense Forces mock, humiliate and harass Palestinians.

In 2020, the Human Rights Watch noted “A December 2019 report by the UN Office for the Coordination of Humanitarian Affairs (UN OCHA)

notes that 498,776 Gaza residents, or nearly 25 percent of Gaza’s population, experience psychosocial distress and have a mental health condition.”

As we look into Sheikh Jarrah, this is not the only place where Israel is actively colonizing Palestine and displacing Palestinians. Jaffa, Umm al-Fahm and Khan al-Ahmar are some of the areas in which Israel is evicting Palestinians from and establishing their own settlements.

“For decades, the Israeli national government and Jerusalem’s municipal authorities have pursued policies aimed at increasing the Jewish presence in the city and restricting the expansion of the Palestinian community. Initially, this meant expanding Jerusalem’s borders and building Jewish settlements to the east, outside of the city. Over the past decade, right-wing groups supported by the Israeli government have also spearheaded attempts to increase the Jewish presence in the Palestinian areas at the heart of East Jerusalem,” said Raja Shehadeh — a Palestinian lawyer who specializes in human rights and international law — in a 2021 article for the New Yorker.

“This is the case not only in Sheikh Jarrah, where the settler group Lahav Shomron has been pursuing the eviction of Palestinians, but also in the Silwan neighborhood, where, last November, another settler group, Ateret Cohanim, succeeded in getting an Israeli court to ratify the eviction of eighty-seven Palestinians,” Shehadeh went on to explain.

On May 10, Israeli forces raided the Al Aqsa Mosque, a holy place for worship,

and fired rubber bullets and tear gas which resulted in hundreds of injured Palestinians. Through videos posted online, smoke can be seen amidst the sounds of explosions and ammunition heard from within the mosque where Palestinians and Muslims gather to pray in the holy month of Ramadan.

“Israel’s atrocious attacks on al-Aqsa reveal how racism and Islamophobia is compounded in their policy of ethnically cleansing Palestine. It exposes the sheer and violent disregard for al-Aqsa’s sanctity — not just to Palestinians, but all Muslims — during the blessed month of Ramadan,” said Malak Shalabi, the media coordinator for American Muslims for Palestine.

A thousand rockets were fired by Palestinian militants mostly towards Tel Aviv. Hundreds of airstrikes were fired by Israel that destroyed two tower blocks in Gaza. Since Monday, 87 Palestinians, including 18 children, have died with 530 wounded in mostly Israeli airstrikes. Seven people, including two children, have died from rockets launched in Israel.

With the deaths and destruction occurring in Gaza, families being unrightfully evicted from their homes in Sheikh Jarrah and Israel attacking Palestinians in Al Aqsa during the holy month of Ramadan, these human rights violations against Palestinians need to be addressed.

This needs to stop being labeled as a two-sided conflict. Media portrayals have shown it to be both sided, and showing Israel clashing with Hamas — a Sunni-Islamic fundamentalist militant organization that do not represent all of Palestine — can cause misinterpretations leading people to believe that Israel is

fighting back against a terrorist group to protect and defend themselves.

Israel is a colonizer. Israel is unrightfully seizing and occupying Palestinian land, killing innocent Palestinians and forcing them out of their homes. This is ethnic cleansing, a genocide is occurring on the Palestinians. Israel has far more resources in terms of weapons and money. There is no “defending” themselves. There is just terrorizing Palestinians.

“The current state of affairs in Palestine does not consist of ‘clashes’ between two equal parties: it consists of the Israeli State, funded by 38 billion American tax dollars every decade, actively dispossessing and massacring the Palestinian people,” said Shalabi. “Our tax dollars shouldn’t go towards Israeli war crimes. There are domestic policy priorities in investing in our vulnerable communities. America cannot continue to abandon its own people while pursuing imperial interests abroad.”

Starting in 2019, the Obama Administration signed a military aid pact that would send Israel over \$3 billion for 10 years. The ties that the U.S. has with Israel and how damaging it is needs to be acknowledged with our new administration.

“Biden has reversed some of Trump’s more radical steps, restoring US funding for Palestinians and resuming diplomatic contacts with Palestinian officials, but other Trump policies remain, such as the moving of the US embassy from Tel Aviv to Jerusalem. The administration has also been coy about a return to pre-Trump official references to the occupied territories,” said Julian Borger in the article “Israel-Palestine flare-up has

caught Biden administration unprepared” on the Guardian.

Governments and leaders need to be on the side of humanity, which means to be on the side of Palestinians. Palestinians are going through an ethnic cleansing, their culture, people and history are actively being erased by Israel.

International Criminal Court Prosecutor Fatou Bensouda, tweeted this on May 11th: “I note with great concern the escalation of violence in the West Bank, including East Jerusalem, as well as in and around Gaza, and the possible commission of crimes under the Rome Statute. I echo the call from the international community for clam, restraint and a stop to the violence.”

Palestine is a member state of the International Criminal Court, meaning that any individual who commits a war crime or crime against humanity on Palestinian territory can be prosecuted by the ICC. We must acknowledge the war crimes and crimes against humanity being committed to the Palestinians, not just now, but for decades before.

Showing support and solidarity for Palestinians means to acknowledge Palestine, acknowledge the damage Israel has committed and listen to Palestinian stories.

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To support and to follow accurate news on what is happening right now in Palestine, follow @eye.on.palestine and @imeu on Instagram to learn more and receive updates.

Also follow @muna.kurd15 who is from Sheikh Jarrah and active on Instagram.
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The city of Tacoma proposes a public camping ban

The criminalization of homelessness is not a solution to the housing crisis.

By **ANDREA NADAL**
OPINION EDITOR

The creation of laws has never been to serve the masses, but rather to control them for the benefit of those in power. The criminalization of homelessness is a prime example of this fact. Laws that unjustly and disproportionately affect those without housing do nothing to help our communities, rather they work to further disenfranchise people in an unjust system.

Even amid a global pandemic, the city of Tacoma has decided that rather than finding a solution to the housing crisis, they would instead criminalize those doing everything in their power to survive. This effort would not go unchecked, a coalition of Tacoma organizations came together and organized different forms of protest against this ordinance, this coalition included Tacoma Housing Now, Tacoma DSA, Sunrise Tacoma, Tacoma Mutual Aid Collective and Our Revolution Pierce County.

According to The People's Assembly Facebook page "Today [April 20, 2021], we gathered in protest of proposed Ordinance 28756 which seeks to amend chapter 8.19 of the Tacoma Municipal

Code, making it unlawful for any person to 'camp' or 'store personal property' on public property and includes fining individuals who are found to be in violation of the ordinance." This action took place on the steps of Tacoma City Hall.

An amendment that clearly targets the encampments scattered around the city was proposed with no real solutions to the issue of homelessness, it's only goal is to make the policing of homeless individuals easier. To give cops even more opportunities to terrorize those that are simply doing their best to survive and hide them away for the comfort of the housed.

"What the city fails to acknowledge is the cruelty behind the act of introducing an anti-human, anti-survival ordinance in the first place," The People's Assembly went on to say. A ban on public camping is a thinly veiled death sentence. It is a declaration that the city does not care about the wellbeing of our unhoused neighbors, nor does it care about creating real lasting solutions.

The People's Assembly further explained the reasons for their protest.

"We gathered today to indict the systems, cultures, and agents of white supremacist capitalism that make it possible for such ordinance to be proposed in the face of a global health

crisis — a crisis that has exacerbated disparities faced by Black, Indigenous, poor, and unhoused people."

Later in the day some of the groups from the coalition, Tacoma Housing Now, Tacoma DSA and The People's Assembly gathered at Wright Park for a different style of protest. Taking direct action against the ban by setting up tents in the park. The coalition also gave out pizza and tents at this event. Rebecca Parson, a spokesperson for Tacoma Housing Now, spoke to the reason that the group has chosen direct action as one of their forms of protest.

"We have chosen direct action because the usual methods of advocating with City Council and writing letters, etc. haven't been working; the crisis has only been getting worse. As a result of our direct action, we got new beds added to the shelter system, hygiene stations at camps, and the warming shelter went to 24/7 and was extended by a month."

Through these efforts, we can see the very real and immediate impacts of direct action, when people come together to make a statement, those in power have no choice but to listen and do something about it.

These battles are not easily won though, and consistency and diversity of tactics is key to making change and

forcing the hand of the state. Parson went on to say that, "after our months of direct action, Pierce County finally applied for the free money from FEMA for housing people in hotels, which has been available for over a year"

"What the city fails to acknowledge is the cruelty behind the act of introducing an anti-human, anti-survival ordinance in the first place"

This is money that could have saved lives in the winter months when sleeping outside is especially dangerous, when people were freezing to death on the streets of Tacoma. It is money that advocates have been demanding be put to use since it's been available. But in light of the wins, it is more important than ever to continue to advocate for the needs of our unhoused neighbors and center their voices in our demands.

The ordinance vote was postponed until May 18. The People's Assembly has very clear demands from the city.

"We want housing. We want invest-

ment in true and equitable solutions led by community members who are directly impacted by and living through the very circumstances that the city has sought to outlaw. We want abolition of police — and certainly not the bolstering of police which would be sanctioned by this proposed ordinance. We want justice. We want redistribution of wealth. We want for our people to be free of a reality where our livelihoods are tied to systems that are intent on killing us. Nothing less."

More demonstrations will likely be planned around the date of the vote, and we must show up however we can and support the demands of those most affected by these policies. "I hope these demonstrations will inspire others to take action. There are roles in every direct action with varying levels of risk, and people can participate with a very low risk of arrest," Parson explained.

The criminalization of homelessness through fines and criminal penalties for things such as sitting, making fires, asking for money, and sleeping or camping in public spaces only further traumatizes and disenfranchises those experiencing houselessness. Criminalization is not, and never will be, a solution. We cannot allow the city to pass this cruel and ineffective ordinance.

Destigmatizing mental health through awareness

Chances are you either know someone who struggles with mental health or you have yourself. This May and beyond, work towards raising awareness about this common issue.

By **MADI WILLIAMS**
OPINION COLUMNIST

The episode "MISSING: Diane Louise Augat" from the Crime Junkie podcast tells the story of Augat, who went missing on April 10, 1998. After being gone for a few days, Diane's family knew they needed to file a missing person report. They were worried not only because she was missing, but also due to her bipolar disorder and failure to take her medications, all of which contributed to her associating with the wrong crowd and engaging in risky activities

The day she went missing Diane was seen throughout town acting strangely an hour away from where she was staying, meaning she was either walking on foot or got a ride. The family also received phone calls from Diane not long after she went missing saying "Help me" and then "Let me out" before the call ended.

A few days later a finger was found on the side of the road that matched Diane's prints. As of today, she is still missing and her family has no answers as to what happened to her.

Mental health is a very real and prominent issue that we all are likely

to deal with in some way or another in our lives.

The National Institute of Mental Health states that bipolar "is a mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks." Recognizing and diagnosing bipolar disorder can be difficult, as you have to have experienced at least one manic or hypo-manic episode in order to receive a diagnosis. However, many people may not recognize these episodes as problematic since there are often elevated moods associated with them

The National Institute of Mental Health goes on to explain that "[s]topping psychiatric medications suddenly can cause a range of symptoms ... If you suddenly stop taking lithium, one of the drugs most commonly prescribed to stabilize bipolar disorder moods, you can experience 'rebound,' a worsening of your bipolar symptoms."

Like in Diane's story, her family talks about instances in which she would stop taking her medications, noting she would go out and her behavior would also change — oftentimes making impulsive decisions that would be made during a manic episode.

This is why it is important to stay on medications and seek professional help no matter the mental illness. Medications are there to make you balanced chemically, and suddenly stopping can cause worse symptoms than before.

The sad truth is that people who have severe mental illnesses are more likely to be victims of crime. This could be partly due to the fact that they can be easily manipulated, especially if they are not on their medications, or experiencing a manic episode.

A background paper from The Treatment Advocacy Center explains that "Multiple studies have shown that individuals with serious mental illness are especially vulnerable to being victimized. Women who have severe psychiatric disease are especially vulnerable."

In Diane's case, she could have been easily manipulated to go somewhere with someone, especially if she knew the person. Add in the fact that she was not taking her medications appropriately and not thinking clearly makes her an easier target as well.

Even though this article is focused on one individual who has bipolar, it is important to know that all mental illnesses are important and all need to

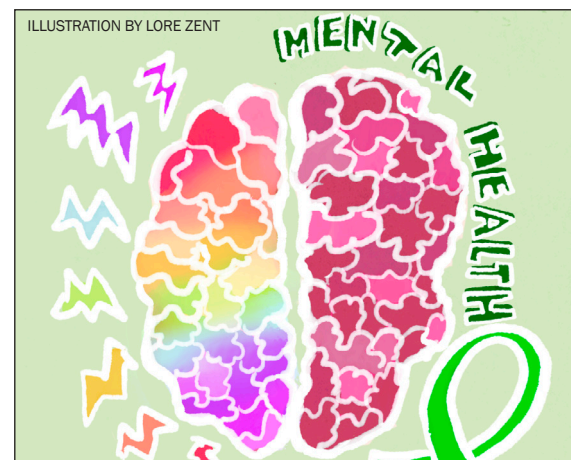
be better talked about. With the stigma that society places on mental illness, many people look the other way and blame something else, when in reality that person needs support from the people around them to get help and support in following the treatment plan set out for them.

As a society, we need to stop looking away from those with mental illness and give them the help that they need and make sure that they are no longer a victimized group for violence. We need to give them support, just like anyone else who needs it, and work needs to be done in order to destigmatize mental illness.

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May is National Mental Health Month, If you or someone you know needs help with a mental illness check out these help lines:

The National Alliance on Mental Illness HelpLine
Open Monday to Friday,
10 a.m.-8 p.m. ET
1-800-950-6264
info@nami.org

National Suicide Prevention Hotline
Open 24/7
By phone: 1-800-273-8255 (1-800-273-TALK)
By text: send HELLO to 741741
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Saving the world Mitchell-style in “The Mitchells vs. The Machines”

A family road trip with a dysfunctional family turns into a daring adventure to save humanity.

By **HENRY NGUYEN**
FILM CRITIC

Sony animations have been releasing some really great hits as of late. Their last Spiderman project, “Into the Spider-Verse,” was one of the most faithful adaptations to the Spiderman franchise that I’ve seen recently, if not one of the best Spiderman movies of all time. When their most recent project “The Mitchells vs. the Machines” was announced and the trailer dropped, I was worried that it was going to be filled with tropes and flat jokes, leaving us with another “Emoji Movie.”

Sony animations have been releasing some really great hits as of late.

However, after watching, I was pleasantly surprised by its well crafted and beautiful coming of age story.

Using the backdrop of an end of the world situation, the film navigates father-daughter relationships. Here,

the family finds themselves attempting to save the world while also trying to save their relationships.

The story begins and the audience is introduced to Katie Mitchell, voiced by Abbi Jacobsen. Katie is a film student who was recently admitted into her dream film school in California. And while completely ready to start her new life, she’s even more ready to leave the life that she currently has. Her relationship with her family, especially her dad Rick voiced by Danny McBride, is at a standstill. With every interaction, their relationship gets worse and worse.

Meanwhile, the tech monopoly company PAL is hosting a keynote to present its latest invention, which is essentially a robot that will do anything you tell it to do. Things turn sour when CEO Mark Bowman — voiced by Eric Andre — tosses his sentient smart PAL phone into the trash. The phone then hacks into the company and takes over, turning all of the robots evil.

The first thing that the audience will likely notice is the film’s amazing art style. Similar to the stylistic choices seen in “Into the Spider-Verse,” the

animation is in your face and really brings the characters to life. They’re dazzling and highly exaggerated to the point where you can tell that the animators had a lot of fun with this project.

Even though the comparison to “Into the Spider-Verse” is apparent, the film still manages to have its own style by incorporating explosive animation that coincides with the narrative of the dysfunctional family.

When films try to tackle problems dealing with technology and referencing real life websites, it’s typically painfully done and completely unrealistic. While my expectations were low, I was pleasantly surprised to find

Some of the jokes, however, are a bit hit or miss, leaving a bit of a sour feeling each time as I felt the scene become ruined by a poorly timed joke that overstays its welcome.

that the film actually feels like it is made by someone that uses the internet. Mike Rianda and Jeff Rowe, who formerly wrote the TV Show “Gravity Falls,” did a great job crafting a story that didn’t center around the central idea simply boiling down to “technology equals bad.”

However, the film is definitely humorous and I found myself enjoying most of the jokes. Some of the jokes, however, are a bit hit or miss, leaving a bit of a sour feeling each time as I felt the scene become ruined by a poorly timed joke that overstays its welcome.

The poorly timed jokes are a shame because the majority of the movie is so smartly written, including the instances that shock the viewer with clever plot devices and emotional moments that really pack a punch when they need to.

If you’re looking for an extremely over the top well animated film, then I would definitely recommend that you check out “The Mitchells vs. The Machines.” However, if you don’t enjoy a film that has a little bit of cheesiness in there, then this film might not be for you. Although I would

argue that there is something for everyone here.

If you’re looking for an extremely over the top well animated film, then I would definitely recommend that you check out “The Mitchells vs. The Machines.”

REVIEW

“The Mitchells vs. The Machines”

★★★★★

The Good:

- Incredible animation
- Fun plot
- Smartly written

The Bad:

- Jokes are hit or miss
- Emotional moments are cheesy



The Grand Cinema reopens

While things are still a little bleak, the return of a beloved movie theater is sure to bring some joy from the screen to our minds.

By **MADELINE HILLER**
A&E EDITOR

On April 30, another small glimmer of hope reappeared in Tacoma: the Grand Cinema reopened after being closed for over a year. While it provides a glimpse of normalcy, there are some guidelines that can be expected.

With Pierce County in phase two, capacity is currently allowed at 25 percent. This means there is a limited amount of seats for sale and assigned seating is being implemented. With this being said, buying tickets in advance is highly encouraged for things to go smoothly and to ensure a spot in the viewing area.

Just like many other establishments that are reopening, masks are mandatory. Also, many high-touch surfaces are being cleaned regularly — including countertops, door handles and bathrooms — which causes showings to be more spaced out to allow time for workers to clean. This also means there will likely be fewer showings than people are used to.

As of now, concessions are still available but are limited in selection, popcorn is still offered and as time goes on, other selections will be added onto the list.

In addition to the theater reopening for regular public viewings, Open Caption Wednesdays are back on. These special viewings are held each Wednesday and include captions on the screen, displaying the sounds and words said throughout the film. The Grand began offering these services to increase accessibility for all patrons.

There may not be many films playing, but below are a few that are currently available at The Grand, along with the brief descriptions that can be found on their website.

“THE FATHER”

‘A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.’

“IN THE EARTH”

‘As the world searches for a cure to a disastrous virus, a scientist and park



PHOTO BY NICKOLUS PATRASZEWSKI

As of April 30, The Grand Cinema reopened its doors to the public after being closed for over a year.

scout venture deep in the forest for a routine equipment run. Through the night, their journey becomes a terrifying voyage through the heart of darkness, the forest coming to life around them.’

“PROFILE”

“Profile” follows an undercover British journalist in her quest to bait and expose a terrorist recruiter through

social media, while trying not to be sucked in by her recruiter and lured into becoming a militant extremist herself’

In addition to these films, The Grand will be showing Oscar nominated documentaries and animated shorts in the near future. These showings will be viewed in one sitting as a single film rather than five individual ones. There

are two films, one for animated shorts and one for documentaries, each with five shorter length films.

For more information, or to keep up to date with showings and events, visit their website at

<https://www.grandcinema.com/>

Vegan gems of Tacoma

Veganism is a lifestyle and diet that abstains from meat, dairy and other animal products. You can find quite a few vegan dining options in Tacoma.

By **LORE ZENT**
A&E COLUMNIST

Vegan diets have many uses besides their ethical reasons. It's great for dieting concerns or detoxing from harmful toxins that enter your body. While many people are vegan, and more are becoming, vegan dining options are hard to come by. However, Tacoma has a few hidden gems for those who are vegan or for those just looking for something new to try.

QUICKIE TOO

This vegan business has been up and running since the 90s. Located just a few minutes away from UW Tacoma on South 13th Street and MLK Way, it poses a great potential lunch option for students. They meet their clientele with an innovative variety of food you wouldn't usually expect from a vegan restaurant. Their menu includes pasta, burgers, shakes, wraps, sandwiches, cake and southern soul food. This restaurant is also black, women and family owned for those who are looking to support their local community. It is currently open with reduced hours on Monday, Wednesday, Friday and Saturday. They offer curbside pickup and take-out.

VIVA TACOMA

Not only does this restaurant serve vegan food, all options are made with organic and gluten free ingredients as well! The restaurant focuses on the importance of nutritional health. They offer a wide variety of options ranging from American, Mexican, Italian and Asian food. If you are looking for something that makes your mouth water before going, a picture of each of their dishes can be found at the bottom of the menu page on their website. They are located in the Proctor District and are open every day of the week. They have won the Best of The South Sound “Best Vegetarian Restaurant” thrice.

CRISP GREENS

Located on the corner of Sixth Avenue and Stevens Street, Crisp Greens focuses on bringing four things to the Tacoma scene: salads, grain bowls, soups and protein packs. They are known for having inexpensive healthy options and Crisp Greens dishes are available on multiple food delivery applications, as well as through their website for pickup orders. Additionally, they also offer catering services.

HAPPY BELLY

An eatery and juice bar that lives up to its name. They primarily focus on salads, all day breakfast items,

sandwiches, smoothies, juice and bakery treats. Currently, dine-in options are closed, but take-out is available Monday through Friday. Their juice ranges from \$6 for 12 ounces and \$32 for a 64-ounce juice jug. They offer a wide array of natural flavors.

Located on South 11th Street and Market Street next to the Downtown Tacoma YMCA, it is another close-by location for students to visit during the lunch hour or to pick up some protein after working out. You can find the prices and pictures for all their items on their website. This restaurant also caters.

THE CHURCH CANTINA

Cuban styled food with a gothic themed atmosphere is what sets Church Cantina apart from the rest. While this restaurant bar isn't purely vegan, roughly half of their menu is allocated for their dietary needs with a wide selection of tacos and other dishes. The Cantina is open Tuesday through Thursday from 2-11 p.m., opening slightly earlier on Friday and Saturday at noon. You can order The Church Cantina's food on-site or through the Grubhub app.

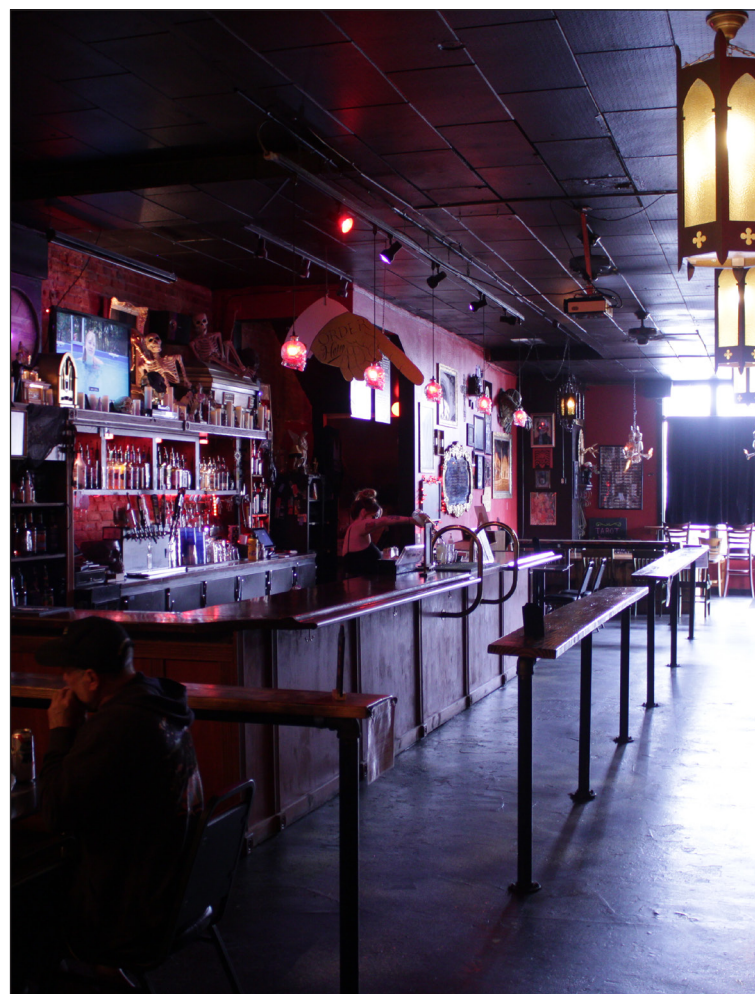


PHOTO BY NICKOLUS PATRASZEWSKI

The Church Cantina is a gothic themed bar and restaurant that serves vegan food.

2021 UW football Spring Game takeaways

The UW football spring season is officially over and we are now counting down the days until fall camp begins. Here are my biggest takeaways from the game and spring practices.



COURTESY OF UW ATHLETICS

Husky tight end Devin Culp makes a leaping catch in last Saturday's spring game. The purple team would go on to win 22-13.

By Brooks Moeller SPORTS COLUMNIST

Following the 2020 season that was canceled due to COVID-19, the Husky football team was able to play a full slate of spring practices as well as a full 60 minute spring game to wrap up the season. There is a lot to be excited about following the practices. Here are the top takeaways from the month of spring ball.

Here are the top takeaways from the month of spring ball.

THE DEFENSE WAS DOMINANT

I was able to attend two days during spring, one being a normal practice and the other being the official spring game. Both days it was clear what the strong side of the ball will be for the Huskies: their defense.

While it was expected that the defense would be the strong point of this team after losing only three starters from 2020, this year's defense may be even

better than anticipated. Two cornerback positions will have to be replaced after Keith Taylor and Elijah Molden were picked in this year's NFL draft, but juniors Trent McDuffee and Kyler Gordon are set to hold down the outside corner spots. This will likely be McDuffee's final year in Seattle as he is already getting scouted as a first round pick in next year's draft.

Replacing Elijah Molden, where he manned the nickel corner position for the last two seasons, was thought to be the toughest task of the three spots. But luckily for the Huskies, they were able to land a big transfer in Brendan Radley-Hiles from Oklahoma. Running the field and making plays similarly to Molden, Radley-Hiles stood out to me on both days. He should be a lock to win the nickel corner job once fall practice rolls around.

If you haven't heard already, the defense lost 2020 breakout star Zion Tupuola-Fetui to an achilles injury, who is slated to be out of the game until November at the earliest. ZTF was the sack leader by a large margin in 2020, which caused concern for how the defensive line would look after his injury.

But at least during the spring game, they looked just fine where eight different players tallied a sack and were causing pressure on the UW quarterbacks all day.

IT'S DYLAN MORRIS'S JOB TO LOSE. BUT STILL EXPECT A QUARTERBACK COMPETITION IN THE FALL

Dylan Morris had a very solid freshman season. In the limited action we got to see from him, his plays landed him the all Pac-12 honorable mention. However, when a 5 star quarterback with the last name Huard makes his way to Seattle, then there will almost certainly be a quarterback competition.

Being the top quarterback recruit in the country coming out of Kennedy Catholic High School, Sam Huard is the most talked about recruit in UW history. However, it is clear that Huard will go through some growing pains and may not be ready to be the starter just yet.

It was Morris and graduate transfer Patrick O'Brien who took the majority of snaps in the spring game where Morris acquired 18-28 for 125 yards and a touchdown whereas O'Brien went 11-18 for 107 yards and threw the day's lone

interception. Huard split reps with O'Brien on the gold team and struggled, for the most part, going 7-12 for 74 yards while taking three sacks and fumbling during a crucial drive in the fourth quarter. But head coach Jimmy Lake is still confident in Huard and likes where his progress is.

"Here's a quarterback coming from a system that does not go under center, doesn't have multiple checks. He's facing a defense that is throwing a lot at him that he's never seen in high school," Lake said. "He's an early enrollee that could still be in high school right now, but now he's thrust in there going against an NFL-style defense, with blitzes coming from all different directions and sticky coverages and different fronts ..."

Huard will have to have an amazing fall camp to take the starting spot away from Morris after ending spring ball still No. 3 on the depth chart. But he has the talent to do so and will continue to learn the system and how to read a division 1 defense.

RICHARD NEWTON WILL HAVE A BREAKOUT SEASON

Other than the defense, running back Richard Newton stood out to me

the most. He was already one of the Huskies' bigger running backs but looks as if he has continued to excel in the weightroom, which showed in a 15 yard touchdown run in the spring game where he broke multiple tackles. The way he runs reminds me a lot of Seahawks running back Chris Carson with power and no fear of contact.

It was a strange season for Newton in 2020 where he, despite being suited up and healthy, did not see any field action in the final two games. He showed a lot of promise in 2019 but there was clearly something off that made the coaches decide it was best not to play him. To begin the season this year, he will likely be splitting time with senior Sean McGrew, but I expect him to become the lead back sooner rather than later and Lake recognizes that as well.

"This could be his biggest year yet," Lake said, "That was an excellent run. I had a close-up look at it. That's the Rich Newton that we know and love. He still needs room for improvement, and he knows that. ... He's on track to have a huge year for us."