

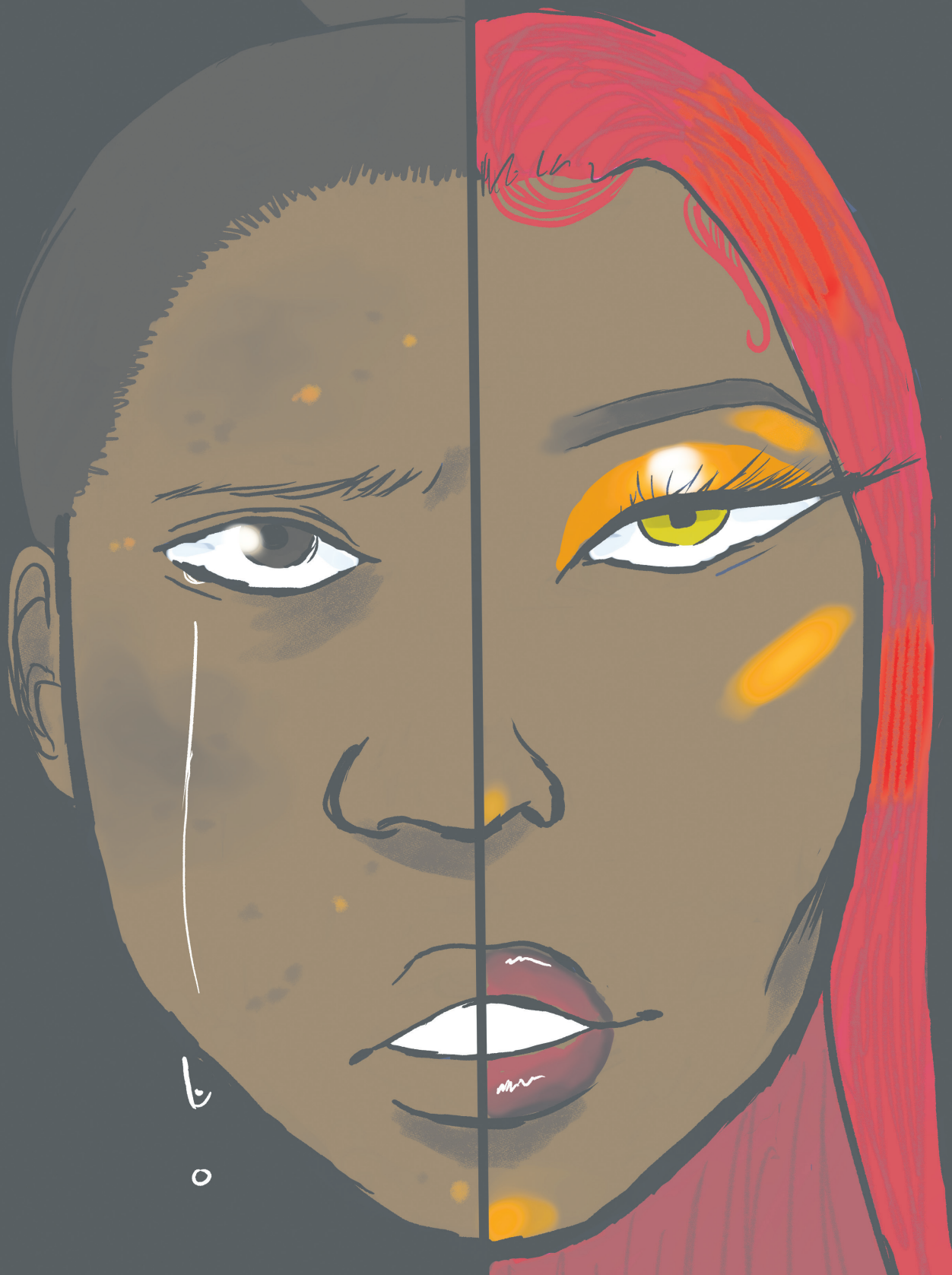
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THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA



OPINION | Filters: fun or damaging?

The recent emergence of a Facebook whistleblower has brought the idea of social media as harmful back into the spotlight.

What's in store for Tacoma and Green Living Efforts?

A recent Town Hall meeting with Tacoma DSA and Sunshine Tacoma listed plans for the future.

By **NICKOLUS PATRASZEWSKI**
PHOTOGRAPHER

The Tacoma chapter of Democratic Socialists of America paired with Sunshine Tacoma to develop and prioritize their mission going forward for achieving a Tacoma Green New Deal, including affordable social living, in a town hall on Oct. 23rd, 2021.

During the town hall, the mission statement began with the desire for Affordable Housing For All, enough by 2030 to ensure all Tacoma residents long-term housing for no more than 30% income, which they wish

to be publicly owned and democratically managed. But housing affordability isn't all that is involved, as they also wish to hold buildings such housing to the highest efficiency standards, in order to minimize the carbon footprint for the anticipated growth of our region.

Such developments would also be designed with walkability in mind, incorporating public transit and several necessary public facilities, such as childcare, clinics, and grocery stores to minimize diesel based commutes and improve living standards.

Alongside new developments, this

proposed plan by the groups would also include retrofitting current homes to fit high efficiency standards and not rely on fossil fuels as much, if at all.

To fulfill the high goals, they wish to establish union-backed labor and new jobs within marginalized communities to develop these new housing buildings and facilities. As for the funding, that would come from the increased taxes on the super-rich and the big businesses that regularly avoid them, and not from the common working class this new deal seeks to benefit.



Huskies in the hallway:

COMPILED AND PHOTOS BY NICKOLUS PATRASZEWSKI

How much do you know about the day of the dead?



Ashley C.
She/Her
Freshman
Psychology

“Well I’m half-hispanic, and a part of LSU, so I know a lot!”



Anna N.
She/Her
Junior
Social Welfare

“Yeah, I know a little bit about Dias de la Muertos, I know they have sugar skulls and camellia flowers that lead the spirits to the ofrendas, and they celebrate life.”



Quinn C.
He/Him
Junior
History

“I took a Life and Death class, and it’s really interesting how cultures treat it. People will go to their families gravesites, and feel that their family is still among them, and they’ll celebrate together, leave food for the departed family, it’s a lot like a family reunion.”



Bridget H.
She/Her
Senior
Urban Studies

“I know it’s a Mexican holiday about honoring the dead. I think it’s interesting because we Americans struggle with mortality and death so to have a big party about people who have passed can feel strange.”



Kalyn J.
She/Her
Writing Center

“I know it’s a traditional hispanic holiday where they put ofrenda and flowers, on altars of family, and the spirits of the family are supposed to be able to follow that back, and they also wear traditional face paint.”

The Ledger

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Monday 9 a.m. - 5 p.m.
Tuesday 9 a.m. - 12:30 p.m. & 1 p.m. - 5 p.m.
Wednesday 9 a.m. - 4 p.m.
Thursday 9 a.m. - 10 a.m. & 11 a.m. - 2 p.m.
Friday 9 a.m. - 5 p.m.
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Building green energy infrastructure is foundational to a just transition.

PHOTO COURTESY OF PIXABAY

Why reproductive justice requires a green future

The pro-choice movement is hobbled if limited to abortion access. Rather, we should embrace calls for reproductive justice to broaden our ideas of choice to include safe neighborhoods, clean environments, economic stability, and bodily autonomy.

By ALEX BUCKINGHAM
OPINION COLUMNIST

Reproductive Justice is a framework developed by Black feminists to expand the pro-choice movement beyond the limited scope of abortion access. While the right to abortion access is a basic requirement for equality, limiting our movement and demands to abortion access ignores the many ways our reproductive lives are restrained.

Indeed, our pro-choice movement should oppose coerced sterilizations and contraception. We should demand free, safe, and public childcare for all. We should be free to raise our children without fear that we or they will be locked away in prison or killed by the police. We

should be free to raise our children in safe and healthy environments with clean air, water and food. We should be free to raise our children without fear of homelessness or joblessness. Only in this way can we be free to choose to have a child or not without economic or social coercion.

By broadening the ideas of choice with the framework of reproductive justice, the struggle for gender liberation is better able to be intersectional. One's demands can be more inclusive, and one can more readily engage in coalition with others. For instance, one demand for reproductive justice is universal healthcare. Therefore, activists for reproductive justice and activists for universal healthcare share a demand and can work together.

With such a framework, abolitionist demands like "defund the police" or "abolish ICE" become reproductive justice demands. For example, those fighting for reproductive justice have an interest in closing the Tacoma Northwest Detention Center as the center actively separates families. Furthermore, by detaining individuals, the NWDC limits the reproductive choices of people.

Just as abolition is a reproductive justice issue, so is the green new deal. The green new deal is an anti-neoliberal agenda to publicly fund the retooling and reorienting of the US economy. The deal calls for a just transition to clean energy that prioritizes a massive jobs program that is publicly accountable, and community-directed.

The cleaning up of our neigh-

borhoods, the weatherizing of our homes, buildings, and infrastructure, a just transition to clean energy, and the investment in weather mitigating infrastructure, all done through a green jobs program, are demands that can fit into a reproductive justice framework.

Reproductive justice demands must be international in scope. We don't just want cleaner air and parks in our neighborhoods; we want the US to stop funding the bombing of Palestinian people and children; we want the US to stop deporting refugees; we want reproductive justice for all.

The green new deal's just transition is an important framework for such demands. We should defund the Pentagon but also have a well-funded

training and jobs program for those who currently depend on the military for work, insurance, etc. Just like coal miners shouldn't be ignored, nor should workers for Boeing or Lockheed Martin. Instead, these industries need to be retooled and repurposed for a green and just future.

The fight for the green new deal and for reproductive justice overlap and reinforce each other. Those of us fighting for reproductive justice should welcome the movement for the green new deal and add our voices to it. Likewise, those campaigning for the green new deal would benefit from engaging with the ideas and movement for reproductive justice.

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



Correction from issue 6:

In the article "What's upcoming for our Library?" on page 3, we referred to the Snoqualmie Building as the Snoqualmie Library.

Filters: fun or damaging?

The recent emergence of a Facebook whistleblower has brought the idea of social media as harmful back into the spotlight.

By REMI FREDERICK
OPINION EDITOR

For years, people have been editing their faces and bodies on social media to make themselves seem more conventionally attractive. This practice has been detrimental to many people, not just young girls. Some filters are just harmless fun, like the ones that turn your face into a clown or put rainbows all over your face. Others perpetuate a harmful beauty standard that causes young people to hate their appearance.

A study done in April 2021 by, Keisha Gobin et al. called “The effects of self-disclaimer Instagram captions on young women’s mood and body image: The moderating effect of participants’ own photo manipulation practices” found three main conclusions regarding the effect on women when viewing the ideal thin woman on Instagram.

The researchers concluded that “exposure to thin ideal images... was associated with decreased body satisfaction, happiness and confidence...” self-disclaimers, a disclaimer in the caption noting that the picture has been edited, were neither helpful nor harmful to the women’s negative changes about themselves after viewing the images and, “the specific self-disclaimer had a protective effect for those who frequently alter their own photos...”

“Americans spent \$16.7 billion on cosmetic surgeries, during a pandemic no less.”

To sum it all up, this study shows that editing images has a negative effect on the viewer, though primarily they studied women, one can assume that the message can be applied to all people.

Plastic surgeons are seeing people come in with edited pictures of themselves or with a Snapchat or Instagram filter on them when, before people would come in with a celebrity photo. Some may say that this change is good, however, I say that this evolution of using yourself as a reference photo is bad.

It can cause someone to develop a condition called body dysmorphic

disorder (BDD). The Mayo Clinic describes BDD as “a mental health disorder in which you can’t stop thinking about one or more perceived defects or flaws in your appearance — a flaw that appears minor or can’t be seen by others,” this can cause anxiety in social settings and depression.

When you bring in a filtered or edited version of yourself, it could cause you to starkly see the differences between your filtered ‘ideal’ body and the real-life ‘imperfect’ one. This is a dangerous mentality and one that we should not be perpetuating.

According to the American Soci-

“...harmful beauty standards that causes young people to hate their appearance.”

ety of Plastic Surgeons, in 2020 Americans spent \$16.7 billion on cosmetic surgeries, during a pandemic no less. Compare this to the only \$8.2 billion spent in 2019. It is apparent that the plastic surgery industry is booming and one factor is the widespread use of filters and editing.

Recently, there was a Facebook whistleblower, Frances Haugen, revealed that Facebook knows because of its internal research, that young women fall down a cycle of depression and hateful thoughts around their bodies, and as those feelings increase, so does the use of Instagram, which then leads to these young girls consuming large amounts of content that could trigger eating disorders.

Haugen added in an interview for 60 Minutes, “Facebook’s own research says it is not just that Instagram is dangerous for teenagers, that it harms teenagers, it’s that it is distinctly worse than other forms of social media.”

I’ve been one of the social media users who edits her pictures. It made my insecurities so much worse. I hated my face so I fixed it. But then I focused on the parts I hated instead of focusing on the parts I love. I encourage you to find three parts of yourself that you love and focus on them. Tell yourself that you are beautiful and are perfect without any editing or filters.



ILLUSTRATION BY JAIDA NOBLE

Editing and filters can be very harmful to one’s self esteem and personal body image.

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PHOTO COURTESY OF PIXABAY

Social media is undeniably beneficial, but how much power are we giving those who run it?

Facebook: A legacy of broken promises in the New Gilded Age.

Facebook Whistleblower Francis Haugen gives testimony and evidence to Facebook's deliberate disregard for public safety.

By **ANTHONY KREJCI**
OPINION COLUMNIST

Some, including myself, are of the opinion that we are living in a New Gilded Age. One where Mark Zuckerberg and Jeff Bezos have become reincarnations of John D. Rockefeller and Andrew Carnegie, while public safety has taken a back seat to private interest and economic growth. A time where regulation is a dirty word to half of the political spectrum and many applaud Big Tech executives as paragons of American freedom. Yet at the same time, you can't throw a penny in a crowded room without hitting someone who thinks social media has had a negative effect on our society. The question for many is whether anything should be done about it.

On Oct. 5, Facebook whistleblower Frances Haugen delivered a damning testimony before Congress against her former employer, claiming that Facebook has valued its profits over the safety of its users. I believe her testimony is proof that we must curtail the power of corporate influence.

Haugen earned a degree in computer engineering as well as a Harvard Master's degree in business. Out of college she first worked for Google, then Pinterest, before starting with Facebook in 2018. In her 2021 testimony, Haugen claims "...I joined Facebook because I think Facebook has the potential to bring out the best in us. But I am here today because I believe Facebook's products harm children, stoke division, and weaken our democracy."

Haugen worked directly with Facebook's algorithm designers in charge of tracking misinformation and developing new security measures. Before the 2020 election, efforts to crack down on misinformation were reinforced, but according to Haugen the new efforts ceased the moment the election was over. This move is described by Haugen as a "betrayal of democracy," and sure enough misinformation inspired by the StopTheSteal movement eventually exploded into the deadly Jan. 6 attack on our capital.

Facebook profits off of viewer attention, the more a viewer scrolls, the more money they make. Social experiments

conducted by social media companies have learned that fear and outrage generate the most attention from viewers. So, it doesn't matter to Facebook that #StopTheSteal encouraged hate and violence, the only thing that matters is that it got people scrolling and it only gets bleaker with a global perspective.

Haugen later claims that despite the fact that only 9% of Facebook users primarily speak English, a whopping 87% of Facebook's investment in integrity is devoted to English speaking countries, a state of affairs which is as blatantly racist as it is imperialist.

So, if we are receiving the large majority of protection but we are still contending with hatred and violence like the Jan. 6 attack, what does that say about the stability of other countries? Well, according to The New York Times in "Where Countries Are Tinderboxes and Facebook is a Match", online misinformation has been linked with the rise of authoritarian regimes in the Philippines, and Brazil, as well as ethnic and political violence in Nicaragua, Indonesia, Ethiopia, and Myanmar.

The case of Myanmar is particularly

troubling. As revealed in the BBC report: "The Country Where Facebook Posts Whipped Up Hate", internet use is still growing in Myanmar, with about 18 million users by 2018. Facebook's lack of moderation has led to a flurry of hate and violence towards the Rohingya Muslim minority population. This culminated in ten thousand deaths and as many as a million Rohingya fleeing the country, becoming refugees.

The crisis in Myanmar was one of the many reasons Mark Zuckerberg testified before congress in 2018. Throughout the two-day hearing Zuckerberg apologized, or gave half answers to accusations, and made many promises that his company would review their safety guidelines and practice better self-regulation. Well with Haugen's testimony, and authoritarian regimes toppling democracies all over the world, I can say with confidence that Zuckerberg has not lived up to his promises.

Back in 2018, we all laughed at the memes of Zuckerberg looking like a bargain brand Data from Star Trek. Congress did their fair share of finger wagging while Zuckerberg twiddled his

thumbs and looked at his feet.

Yet very little was done about it. We all laughed, shook our heads, and moved on with our lives, trusting that Facebook would self-regulate, and there lies the real problem. In this New Gilded Age, we have abdicated more and more power to corporations, relieving them of any oversight or supervision. Putting our government in an increasingly advisory role, subservient to a private sector which only grows more emboldened every year.

The average citizen is too jaded to do anything but make memes about it and the government is too corrupt and disinterested. However, I urge anyone who will listen to not continue to laugh about it.

What we are seeing in the world has happened before. I don't think I need to remind you how the Roaring Twenties ended, but just in case I'll give you a hint. It was a little depressing.

Biden is inhumanely fighting immigration on two fronts

Critics across the political aisle have accused the Biden administration of ineffectively attempting to play both sides on immigration. Some on the left see Kamala Harris' "point of problem" approach as an alternative.

By ELL HOBBS
FILM CRITIC

The Biden administration has come under fire for its handling of immigration policies, with opponents across the political spectrum charging it with poor handling of continued crises at the border. While some reforms have been made, particularly for immigrants already living in the United States, asylum seekers continue to be held in inhumane conditions or deported en masse.

According to Vox, "The Biden administration has clung to pandemic-related border restrictions enacted by Trump, known as the Title 42 policy, under which the US has expelled hundreds of thousands of migrants without giving them access to their legal right to apply for asylum."

In September, during the onset of Haitian refugees' arrivals at the southern border, NPR cited Human Rights Watch's US Program associate director and border policy specialist Clara Long in saying, "Biden's message has been confusing, both trying to be more welcoming to migrants and continuing some of Trump's hard-line immigration policies."

Amid public backlash, the LA Times reports that "Biden and Harris are attempting a difficult political feat: criticising the actions of their own administration"

While the blame for significantly worsening the immigration crisis falls squarely on the shoulders of the Trump administration, it is just as clear that Biden has been inactive in course-correcting, let alone remedying the decades of racist policies that have preceded both presidencies. Internationally, though, Kamala Harris has taken a more definitive approach and been lauded for it.

In February, Harris took the helm for the administration's Root Causes Strategy, the details of which were made public in July. The White House website states, "This Strategy identifies, prioritizes, and coordinates actions to improve security, governance, human rights, and economic conditions in [Central America]. It integrates various U.S. government tools, including diplomacy, foreign assistance, public diplomacy, and sanctions."

The move has been supported by some on the left who see it as a holistic attempt at improving lives of would-be migrants, before they even attempt to reach the US.

The plan is organized into five pillars according to the White House:

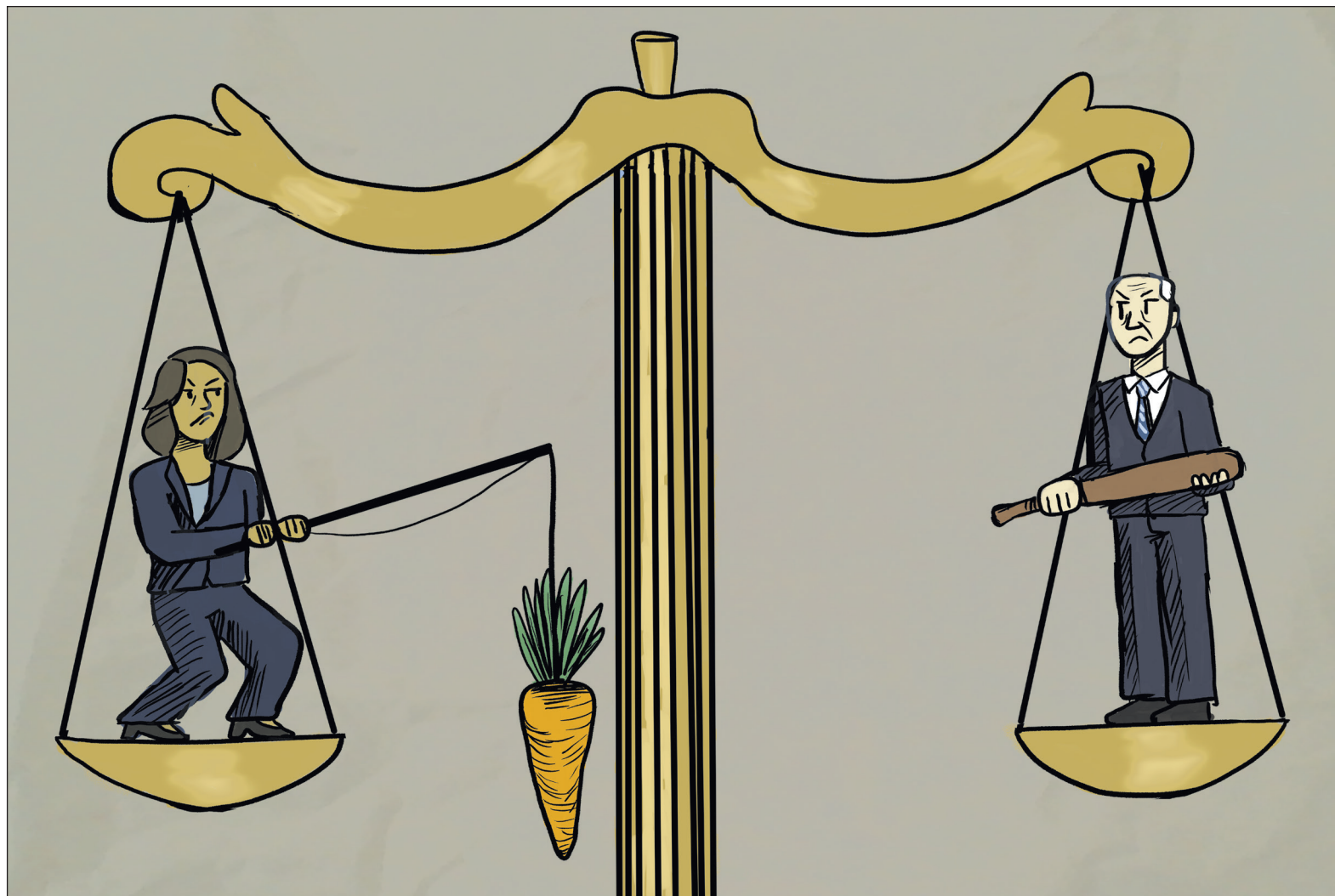


ILLUSTRATION BY JAIDA NOBLE

Biden and Harris have each overseen comparably problematic immigration policies.

"Addressing Economic Insecurity and Inequality; Combating corruption, strengthening democratic governance, and advancing the rule of law; Promoting respect for human rights, labor rights, and a free press; Countering and preventing violence, extortion, and other crimes perpetrated by criminal gangs, trafficking networks, and other organized criminal organizations; Combating sexual, gender-based, and domestic violence." Yet behind this attractive facade, the reality is more sinister.

Coupled with humanitarian aid are brutal and ineffective measures to quell immigration at all costs. A New York Times article found that, "Urged by the United States, Guatemala agreed to increase the number of troops [...] at its borders to block people from fleeing north and stop migrant caravans before they made it to Mexico. Guatemala ended up beating migrants [...] with batons and spraying them with tear gas."

Spending via the Root Causes policy combined with political pressure used to bolster armament on the borders of the Northern Triangle states (Guatemala, El Salvador, and Honduras) has even relied upon the coopera-

tion of the very officials who continue to stoke the humanitarian crises of violence and poverty.

The New York Times reports that "The Biden administration has often been slow to back up its condemnation of corruption with retribution for bad actors in high places. Now, [policy agendas are] being filled by Central America's strongman leaders, who have spent months tightening their hold on power and systematically targeting opponents who stand in their way."

When the administration should be using spending to directly improve conditions in detention centers and more speedily process visa and asylum requests, it is instead finding new and creative ways to further brutalize immigrant communities in collaboration with increasingly right-wing-authoritarian leadership. This is entirely antithetical to Biden's campaign promises, though not wholly unexpected.

What these policies come down to is the executive office marketing two concurrent bad options; either commit acts against humanity at home or commit them abroad where they are easier to ignore.

Migrants attempt the most daring of journeys which no one should be forced to endure, giving up everything for just a chance at being granted asylum in a country where they do not have to fear for their lives on a daily basis. Now, as throughout the United States' history — which itself has contributed to the social erosion of the nations in the Northern Triangle — our country is actively inflicting suffering against would-be immigrants.

From the AP article, "Migrants find themselves stranded by new US policy," there is even evidence that mass deportation flights under Title 42 fail to screen for COVID-19 before re-entry into home nations, though 42's entire purpose is to mitigate the spread of dangerous contagions.

The extent of these policies may be new, if not more extreme, but continue an interesting dynamic between US politics and immigration. Just look at the Obama administration, which was primed to be a major reformist, but ended up favoring number optics and escalated what was an already shaky undertaking at the border and in detention centers. Biden is coming across as too similar; he wants to show that we have moved

away from violence and heartlessness, but wants numbers to drop too. No one spends political capital without some personal benefit. In this case, Biden and Harris are allowed to take credit for the boost in humanitarian aid, and punt responsibility for border militarization and brutality to other governments.

As the political and social trial that is immigration continues, it is important to recognize that it all comes down to fear. For too long the narrative of immigration has used this fear for political viability, and it's important that we look past it to see what's really going on in places we'd sometimes rather ignore. There is no need to spell out the contributions that immigrants have on the US economy and society, though they are many, because frankly these are not political pawns or statistics but human beings who deserve the same rights and fair treatment as any other.

Echoed in Harris' now famous discouragement to migrants, "Do not come. Do not come," the Biden administration has been more concerned with deterring immigration than ensuring human rights.

Haley Heynderickx I Need to Start a Garden



PHOTO COURTESY OF PITCHFORK

The guide to sad girl autumn

From '60s alternative songwriters to modern dream-pop artists, women write some of the saddest anthems of all time.

By JOSIE TRUEBLOOD
A&E EDITOR

With highly-anticipated music releases from Taylor Swift and Adele scheduled mid-November, social media's response is "sad girl autumn." The seasonal music trend features sad lyrics, beautifully-haunting melodies and slow instrumentals. If you're tired of listening to Phoebe Bridgers' "Punisher" over and over again, here are some recommendations for other sad girl tracks.

Phoebe Bridgers, Lucy Dacus and Julien Baker's collaborative project, Boygenius, released its self-titled EP October 2018 and every track still

holds-up. The first track, "Bite The Hand," is the outlier of the six - showcasing a grittier, borderline-shoegaze sound with the catchy chorus "I can't love you how you want me to..." an on-brand sad girl autumn lyric. From "Me & My Dog" to "Ketchum, ID," the rest of the EP features the harmonies of the three members and beautifully spacious acoustic guitar.

"Soft Sounds from Another Planet" by Japanese Breakfast is the ethereal, dream-pop record to play on a rainy Tacoma evening. The 2017 album does it all, showing an impressive range of hyper-dream pop, sparkling instrumentals, catchy shoegaze and soft acoustic songs with flowing

strings. Tracks like "This House" and "Till Death" highlight Michelle Zauner's lyrics with powerful backing tracks. "Road Head," a Japanese Breakfast staple, combining the best elements into the perfect autumn shoegaze singalong.

Haley Henderickx' 2018 album, "I Need to Start a Garden" is full of stripped-down songs with emotional vocals and intricate acoustic guitar lines. Arguably the saddest album out of the bunch, songs like "Show You a Body" and "Worth It" are stand-alone performances with perfect vocals. "Jo" is a melancholy love song with melodic vocal lines such as "I slept like a baby with you in my

arms." Full of "oo's" and white space, this album is the perfect soundtrack to a hot bath post-studying.

"...sad girl autumn. The seasonal music trend features sad lyrics, beautifully-haunting melodies and slow instrumentals."

The seemingly sudden explosion of women in the sad girl autumn

genre wouldn't exist today without contributions from artists like Aimee Mann, Bjork and Neko Case. The shoegaze sound in the genre, heard in My Bloody Valentine's "To Here Knows When" and PJ Harvey's "To Bring You My Love," was pioneered by women of color like Sister Rosetta Tharpe and her heavily-distorted electric guitar in gospel songs like "Up Above My Head" in the late 1930s. This sad girl autumn, check out new artists like beabadoobee and bb sway along with paying homage to the artists that paved the way for them, like Lynn Castle, Dusty Springfield and Alice Coltrane.

boygenius



PHOTO COURTESY OF PITCHFORK

JAPANESE BREAKFAST



SOFT SOUNDS FROM
ANOTHER PLANET

PHOTO COURTESY OF PITCHFORK

This French horror takes weird to new levels

Julia Ducournau becomes the second woman in history to win the Palme d’Or at Cannes with her second theatrical release, “Titane”.

By **ELL HOBBS**
FILM CRITIC

First and foremost, “Titane” is graphic. And I mean seriously, flinch-inducingly graphic. Is it also extremely unpredictable and weird (actually disturbing might be a better choice of words)? Very, but that has to be secondary. Cinema never ceases to amaze with the sheer number of novel ways they can kill people. Alexia’s methods are undeniably, and quite viscerally gruesome (I still have phantom pains thinking about it). As far as horror goes, the first half’s guts and gore is more than enough. However, by the second half the style of horror changes completely. Moving away from blood, “Titane” turns psychological, with more focus on a demonic, black ooze-causing pregnancy, and the strange plot change that is “Adrien.”

Alexia is a 20-something exotic dancer with a metal plate in her head since a car accident as a girl. Her world implodes when an interaction with a

“fan” leads to murder. In no time, she turns into a full-on serial killer with a lust for violence. On the lam, Alexia disguises herself as Adrien, a young boy that went missing years ago and would now be an adult. The ensuing half of the film is a convoluted and extremely creepy dynamic between “Adrien” and his steroid-loaded firefighter father. In the background of all of this is an inferred exploitative relationship with Alexia and her father, the demonic pregnancy, and sex with cars. Do I understand most of it? I won’t pretend to.

The question now is whether “Titane” is any good, and I find that very difficult to answer. Alexia is a very interesting anti-hero, but her motivations beyond the first murder seem flimsy, or at least lacking context. You certainly won’t find the overt kind of direct back-story as in “Promising Young Woman” here. The violence almost seemed like it was written before director and writer Julia Ducournau knew where the film was going, and yet at the same time only seemed to exist for the sake of fa-

cilitating the transition into the more complex second act.

Some of the character relationships are captivating, but they don’t always make a ton of sense. In fact, even though I tried to let myself go and simply experience the film without overanalyzing, I felt more untethered from the story than absorbed by it. And still, questions that lead to non-answers and even less directional questions like “What does the metal plate in Alexia’s head have to do with anything?,” “What is she killing all these people?,” and “What’s up with the cars?” are unsatisfying, and frankly aren’t supplied with enough fodder to make them worth investing in after the credits roll.

I anticipated really liking “Titane” — I wanted to — but I just couldn’t. At least it was weird, but this weirdness felt directionally thin.

TITLE: “TITANE”
STAR RATING: 3/5
[Available at time of writing to see in theatres]



Alexia is the murderous antihero of “Titane”.

PHOTO COURTESY OF KAZAK PRODUCTIONS