

THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA



The benefits of PAWS for UWT students

PAWS offers mental health services to currently enrolled students.

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Huskies in the hallway:

If you could change one thing about UWT, what would it be?

COMPILED AND PHOTOS BY ALEX BUCKINGHAM



Nadya Veremeykina
She/Her
Freshman

Probably like the amount of time in each class, making [class time] shorter.

Jaeda Ballerd
She/Her
Sophomore

How we connect with students, like as a whole.... I feel connected to campus... because of my job as a Pack advisor.... I shouldn't just feel connected from a job.



Tessa Coleman
She/Her
Integrated Facilities Management

A stronger partnership with the city on accessibility and making buildings and areas more accessible as much as possible.

The ASUWT: What It's About and How to Get Involved

The ASUWT provides an avenue for students to voice their concerns and opinions over a variety of campus issues such as parking, safety, and housing.

By **Abi McCarthy**
News Reporter

Some students that frequent the UWT Y in the past may have noticed a lot of bustling activity around UWT 107, the Center for Student Involvement, which is also home to the Associated Students of the University of Washington Tacoma (ASUWT). The mission of the ASUWT is "to provide student representation, advocacy, and involvement," by "representing and promoting student interests, needs, and welfare, providing for the expression of student opinion and interests, and assisting the University in providing physical and social environments that are student centered".

Jada Simpson, a multimedia specialist for ASUWT, says that, "ASUWT from what I understand, are the student government for the school. They support and advocate and adhere to students' concerns about campus and community environment as well as financial environment. They advocate student voices to the admin, city and state in order to meet student needs at the univer-

sity level."

At the ASUWT, there are many team members and key positions that they hold, most of which are students. On the executive board as the Director of University Affairs, we have Jai'Shon Berry who is responsible for communicating with the student body and initiating projects for campus improvement, and we also have Albert Richardson who is the Director of Outreach and is responsible for communicating with other organizations and giving students opportunities to communicate concerns to the executive board. On the senate, there are a variety of positions representing students of different majors offered by the University.

"I think having this student body helps students feel like they can make a change or make a difference on campus and that their voice is heard," Jada continues.

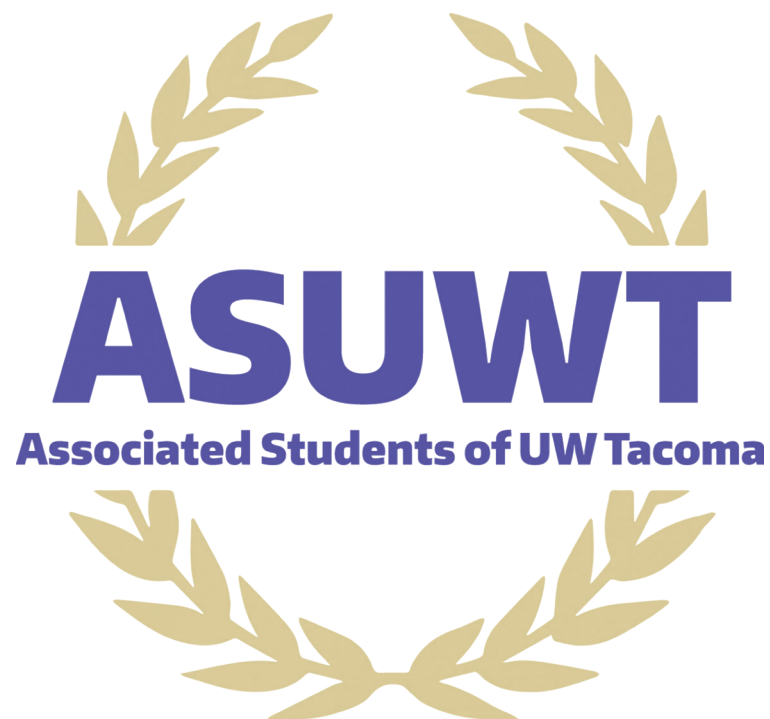
With an increasing physical presence on campus since the pandemic began, there has also been an increase in criminal incidents (sign up for safety alerts here: <https://www.tacoma.uw.edu/fa/safety/uw-alert>) so improved campus

safety, as well as accommodations for housing and support for food access and childcare are some issues on the agenda for the ASUWT.

Jada notes, for students who may be reserved about getting involved, that "ASUWT offers positions that don't just deal with politics but deal with advocating for student wellness also. Some of these include, hired positions, Senators and Director level positions. Most of the positions are centered around student advocacy. It helps to raise awareness and their voices. How are we as students able to help other students if we do not know what they need and how to best support them? ASUWT is one of the best organizations if you want to make a difference on campus and to help and support other students."

For more information on how to get involved, visit the CSI in UWT 107 or head to the ASUWT's website:

<https://www.tacoma.uw.edu/asuwt/elections>



The benefits of PAWS for UWT students

PAWS offers mental health services to currently enrolled students.

By **Kaytlyn Ruff**
News Reporter

Being a student, it is more common than you think to feel overwhelmed with the everyday responsibilities of college, work, and family. Psychological and Wellness Services formally known as CAPS, is something that not all students may know about.

Did you know, as a student, you are able to receive mental health counseling services on campus? PAWS provides confidential crisis, individual, and group counseling sessions, at no cost to currently enrolled University of Washington students.

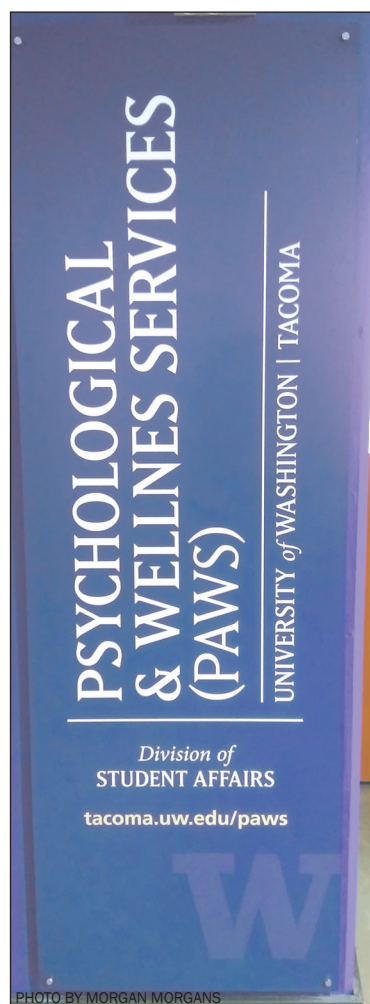
Services are provided by Licensed Psychologists, Doctoral interns, and Doctoral practicum trainees. PAWS not only provides services to students, but also to faculty, staff, and university student families as well.

There are many benefits to coun-

selling such as being able to explore your thoughts and worries without judgment, developing coping strategies for different situations, or relief from depression, anxiety or other mental health conditions. These are just a few things of what counselling can offer, but honestly the possibilities are endless to explore.

If you are a doctorate student, and pursuing a career in counseling, they also provide two training programs—the Doctoral Internship in Health Service Psychology and the Doctoral Level Pre-Internship also known as the Doctoral Practicum Program.

Psychological and Wellness Services is primarily providing remote services, as of Oct. 25, 2021. If there are students who do not have the proper technology, or a private space to speak with a counselor via zoom, they will make exceptions to meet in person.



Office hours

Monday to Thursday from
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Friday from 8:00 a.m to 1:30 p.m.
Location: Mattress Factory 354

Drop in hours

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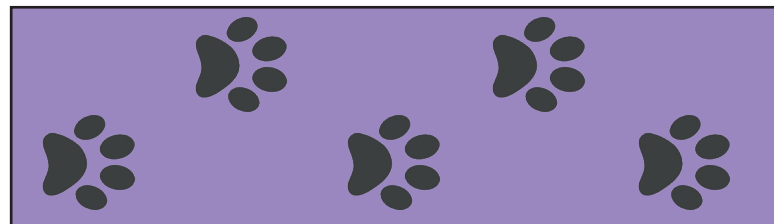
For more information on PAWS services

Phone: (253) 692- 4522

Email: uwtcaps@uw.edu

Website:

<https://www.tacoma.uw.edu/paws>



LETTER TO THE EDITOR

Title IX Resources at UW Tacoma

Submitted by Madie Brown,
UW Tacoma Health Promotion Specialist and Campus-Based Confidential Advocate

Dear Editor,

Sexual violence is a college health concern that impacts not only academic success but student well-being and sense of community belonging on campus. The concerns of students who are survivors of sexual violence are taken seriously by the UW Tacoma.

Sexual violence includes sexual harassment (unwelcome verbal or physical conduct of a sexual nature), sexual assault (any sexual contact without clear initial and/or ongoing consent), stalking (unwanted, repeated and continuing contact that causes a person to feel uncomfortable, fearful or harassed), and dating violence and relationship violence (coercive and abusive tactics to gain power and control over another person). It can be challenging to know what to do after experiencing sexu-

al violence, no matter how recent or prior the incidence occurred.

Advocacy is a safe and confidential starting point for any UW Tacoma student affected by sexual violence. Confidential advocacy is free and provided by the UW Tacoma confidential advocate staff person, who provides compassionate and empowering support to help survivors explore their rights and options for next steps, and get them connected to resources. All decisions to pursue next steps, if any, are entirely up to the survivor. Survivors do not need to make a formal complaint to receive support from an advocate, and meeting with an advocate does not automatically lead to any kind of investigation by the university or the police.

Should a survivor decide to make a formal complaint to the University, the survivor will work with the Title

IX Investigation Office. The Title IX Investigation Office serves all three UW campuses and is responsible for investigating complaints that a University student engaged in conduct that violates any of the sexual misconduct provisions of the Student Conduct Code, including sexual violence. The conduct process is designed to provide a prompt, fair, and impartial investigation process and to equitably protect the rights of individuals participating in the investigation. The UW Tacoma confidential advocate can be present and supportive during the complaint and investigation process, should the survivor want support. For a detailed explanation of the process of formal complaint and investigations, visit <https://www.washington.edu/compliance/tixio/university-policies-and-processes>.

We all have a part to play in preventing and responding to sexual violence. Students, faculty, and staff can call SafeCampus at 206-685-7233 for free consultation and support during times of safety and well-being concerns, such as sexual and gender-based violence. Caring, trained professionals are available 24 hours/7 days a week to talk callers through options and connect them with resources, such as a confidential advocate, if callers want them. Callers can even reach out on behalf of another person. All calls are private, and callers can call anonymously and share as much or as little information as they want.

Consent plays a foundational role in preventing sexual violence. Consent is an active process of willingly choosing to participate in sex and physically intimate activities of any

kind. When consent is not communicated and obtained from all parties, it could lead to sexual violence. Learn more about the ABCs of and how to communicate consent at www.tacoma.uw.edu/consent.

There are resources and systems in place for UW Tacoma students who are impacted by sexual violence. Survivors can reach the UW Tacoma confidential advocate at 253-692-4750 and uwtsva@uw.edu. Learn more about what to expect when meeting with an advocate at tacoma.uw.edu/confidential-advocate. Consider sharing this information with your peers and in the classroom, to further efforts to raise awareness of advocacy support on campus. We all have a part to play in protecting the Husky pack.

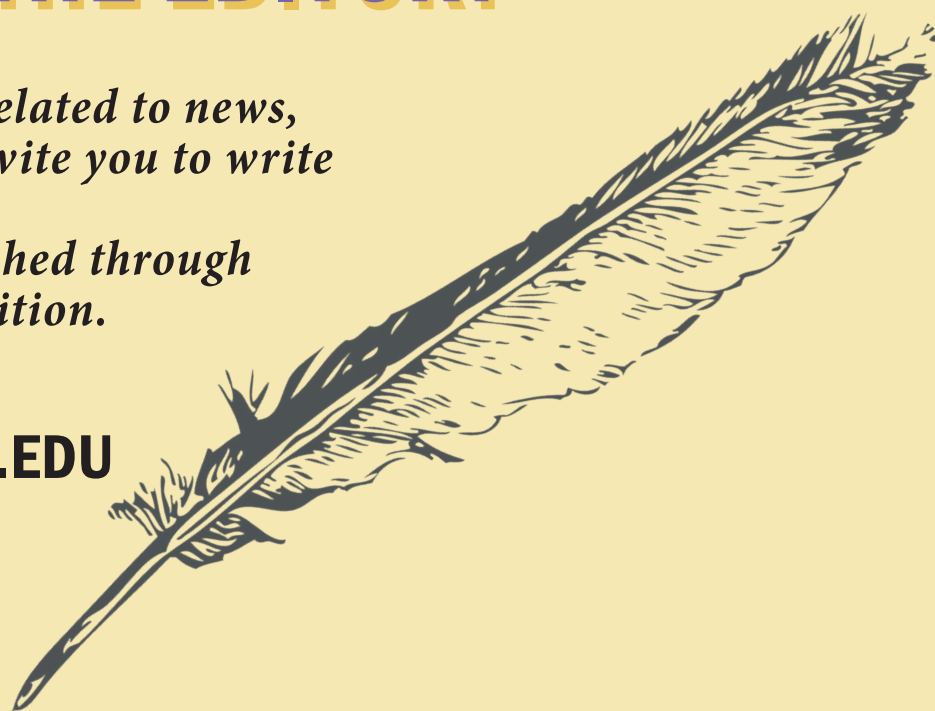
THE LEDGER IS NOW ACCEPTING LETTERS TO THE EDITOR!

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
- Word count between 300 - 500 words
- Respond to one of our articles or happenings on campus



Maya Angelou I Know Why the Caged Bird Sings



ILLUSTRATION BY JAIDA NOBLE

This book, which is a biography of a great poet, is banned, why?

Unban books, let students read

Many fiction books have been banned in classrooms for decades, why?
Which ones are worth reading?

By REMI FREDERICK
OPINION EDITOR

Books are an integral part of our society. They were the first form of communication and kept stories accurate for centuries.

Books are also incredibly important for students. They critique people or events, tell a story with some sort of moral, or just even provide a fictionalized account of something. Despite this, certain books are banned from being in school libraries or read as part of the curriculum.

It is insane. I am a firm believer that you have to learn about the history and critically think about stories like "Lord of the Flies" to prevent said history from repeating. If a student wants to read "Mein Kampf", I say let them, and I'm Jewish!

So, here is a small list of banned books that I don't think should be. I encourage you to read them if you haven't already or, if you have, read them again! I promise you won't regret it.

"The Hate U Give" by Angie Thomas, is an incredibly moving story about a young Black girl who saw her friend killed at the hands of a police officer. This book is banned, according to the Washington Post, because of "profanity, and it was thought to promote an anti-police message." However, this book gives an insight into the life of a Black teenager. I highly recommend it as it is extremely well written.

The "Harry Potter" series was banned due to "...referring to magic and witchcraft, for containing actual curses and spells, and for characters that use 'nefarious means' to attain goals," according to the American Library Association. Come on, you can't ban Harry Potter! It's practically a classic. I grew up on these stories and I want all the kids to dream of getting their Hogwarts letter or using Accio to grab something that is too far away. I honestly have no other reason for these books to be on my unban list.

"The Perks of Being a Wallflower" written by Stephen Chbosky, is an amazing book about a young man and his life. However, it was banned due to the mention of drugs and smoking, homosexuality and rape. While this book has some adult and triggering themes, I can't recommend it enough. It is a beautiful book and there is a reason it is so widely read.

"I Know Why the Caged Bird Sings" by Maya Angelou is a heartbreaking biography of her early childhood years. It has been banned due to its explicit sexual scenes. However, I think it is important to know the story of someone who has managed to create such beautiful poems. If you haven't, look up some of her poems, they give me chills every time.

"Anne Frank: Diary of a Young Girl" by Anne Frank. It is occasionally banned due to sexual material. I'm honestly appalled that this book has been banned in schools. The Ho-

locast was a horrific event and we must learn about it to prevent it from happening again.

"Looking for Alaska" by John Green. This book has some sexual themes but it's such a poetic book that you can't help but overlook them and they are hilarious, I promise. Green is a beautiful writer and I encourage you to look at his other books as well.

"Extremely Loud and Incredibly Close" by Jonathan Safran Foer. The book is about a young boy who is desperately trying to discover where a key, owned by his father who has recently died in the 9/11 attacks, goes. While this book is a little vulgar, it truly is a saddening and moving story about a young boy trying to process his grief while on a scavenger hunt all over New York.

Some of these books are at the UWT library and I'm sure you can find them all over in many bookstores, or on Amazon. Please, check them out and learn.

There should be no banned books. It is a parent's job to choose what the child reads, not ours. I was able to read whatever I wanted as a child and hey, haven't gone to jail yet! It's worth a few awkward questions to make sure that your child understands the world.

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Sudan Resists the Military Coup

Strikes and protests return to Sudan following the recent military coup. These events are part of the larger saga of Sudan's 2019 revolution. While martyrs are shot down, street barricades are built up. What's next for the revolution?

By ALEX BUCKINGHAM
OPINION COLUMNIST

On Oct. 25, 2021, the people of Sudan woke to a long-expected military coup. Civilian ministers were arrested in the early morning hours, shortly thereafter the internet was shut down and television broadcasts canceled.

By 6:00 a.m. the people were in the streets of Khartoum, the capital city, building barricades. By 7:00 a.m. the workers' strikes started. These early morning events were recently described by Sudanese activist Muzan Alneel, speaking on the panel Sudan Resists the Coup: Organizing Solidarity with Sudan's Revolutionaries. The panel can be found on YouTube.

Alneel goes on to describe how the people of Khartoum proceeded to make their way to the city center before congregating at the military headquarters, the site of a massive sit-in during the 2019 uprising. It is at this point that the first martyrs of these new revolutionary developments fell. Massive strikes and protests have continued since.

To understand this revolt, we must understand the coup and current uprising as the continuation of the 2019 revolution and the 2011 Arab spring more generally.

In 2011, the world was rocked by popular uprisings toppling long-standing dictators in the Middle East and North Africa.

These struggles were a response to the neoliberal policies of austerity these governments imposed, like the slashing of food and fuel subsidies, as well as corruption in government and an overall lack of mobility and job opportunities.

Sudan, too, was rocked by protests from 2011 to 2013. However, the movement in Sudan was not large enough to overcome the repression or to prevent the budget cuts or inflation that they were a response to. With lessons learned, organization created, and continued neoliberal rule, the Sudanese people rose up again in 2019, overthrowing the despot Omer Al Bashir.

Professor Gilbert Achcar described the fall of Bashir in an article for International Viewpoint, "Sudanese armed forces sacrificed their ousted president[s] close allies and the people and institutions most directly compromised in the abuses and misappropriations of the abhorred [regime]" while maintaining the overall ruling structures and personnel.

This led to a transitional government of shared civil and military



PHOTO COURTESY OF WIKIMEDIA COMMONS

"The woman above has written 'Just Fall' on her arm, reflecting the demonstrators calls for president Omer Al Bashir and his government to resign". Taken during the 2019 sit-in.

power. But, as Professor Achcar explains, "a key feature of the Sudanese uprising... is its open opposition to the rule of either the military or their fundamentalist allies".

In addition to the military's military and political power, it has significant economic power. The New York Times reports these assets include mineral extraction (including gold), the livestock industry, and pharmaceutical enterprises. Demands for democratic control of these state enterprises partially explain the impasse leading to the coup.

The liberal elite have attempted to use the revolution to bring themselves to power; hence, they are willing to negotiate with the military elite to find a power-sharing agreement.

But, this is not happening in a vacuum. The Sudanese people know the lessons of the Arab Spring: both civil and military governments con-

tinuing the same austerity agendas, the same agendas appeasing the U.S. and Israel, and the same agendas of repression and corruption.

Likewise in Sudan, the people have watched the shared civil/military government continue to fail them. Those put in power from the 2019 uprising haven't reversed the neoliberal agenda. They have continued to use anti-Darfur racism to maintain rule. They have failed to implement the anti-sexist aspirations of the uprising that was led by women and centered anti-sexist demands.

Even now, international calls from the United Nations and other such forces are for a return to power-sharing with the goal of a civilian government ostensibly democratic but directed by larger forces like the International Monetary Fund (IMF).

This helps us to understand how the response to the coup happened

so quickly. Not only have the Sudanese people already been fighting back since 2019 to hold the new regime accountable, but many were aware that the regime's inability to meet their aspirations would lead to a counter-revolutionary coup.

More than any other force, mobilizations and general strikes we see today in Sudan are organized by the Resistance Committees. These are neighborhood-based, popular, and democratic.

The Middle East and North Africa (MENA) Solidarity Network published a list of seven demands put out by the Resistance Committees and since endorsed by multiple opposition parties, unions, and other sections of civil society. Only four of them have space to be published here: Overthrow the military coup and hand over full power to civilians; Hand over all members of the military council to urgent and immedi-

ate trials on charges of instituting a military coup; No dialogue or negotiation with any of the members of the Military Council and members of its Security Committee, and reject any interference by foreign powers; Remove all armed and police forces from the political process once and for all, by criminalizing the practice of politics by the military.

Muzan Alneel ended her contribution to Sudan Resists the Coup by asking supporters of the Sudanese people to reject both the coup and the liberal calls for compromise, "call them out for being counter-revolutionary racists." If we believe the Sudanese people want democracy, we should respect their inherently democratic revolution.

Down with the coup and solidarity with the popular struggle!



PHOTO COURTESY OF FLICKR

Due to a narrow democratic majority, Senator Joe Manchin wields enormous power. Who does he use it for?

Senator Joe Manchin: A fossil of neoliberalism.

The Build Back Better plan has the potential to return the Democratic Party to its progressive Rooseveltian roots. However, Senator Joe Manchin all but single handedly stands in the way.

By **ANTHONY KREJCI**
OPINION COLUMNIST

This past week the eyes of the world have been fixed on the future. For many, this meant looking to Glasgow, Scotland where the first week of the COP26 U.N. Climate Change Conference has been ongoing. For others, this meant looking towards their wallets with the buzz word “socialism” droning in their brains.

“We are standing at an inflection point in history in world history, we have the ability to invest in ourselves and build an equitable clean energy future,” said President Biden as he addressed the UN conference in Glasgow, “...and in the process create millions of good paying jobs...cleaner air for our children...healthier forests and ecosystems for our planet...this is a moral imperative, but it is also an economic imperative.”

Yet even as he said these words, thousands of protestors demonstrated right outside in the streets of Glasgow, claiming Biden and other world leaders were not doing enough. Simultaneously, political rivals and even members of Biden's own party have claimed he is attempting to do too much, stonewalling his economic and environmental agenda, the “Build Back Better Plan.”

Most recognizable of the oppo-

nents of the Build Back Better bill is the Democratic state senator from West Virginia, Joe Manchin.

According to the Sept. 1 article in The Intercept by Daniel Boguslaw on Manchin, he disavows clean energy spending by warning against adding to the national deficit “Adding trillions of dollars more to nearly \$29 trillion of national debt, without any consideration of the negative effects on our children and grandchildren.” Manchin said last August, while also making an erroneous claim that eliminating fossil fuel dependency in America wouldn't alleviate climate change but make it much worse.

While I am sure Manchin is making a big show of wringing his hands and shedding crocodile tears for the poor children of the future, my sympathy for his concern is somewhat diminished by my belief that he is wiping those tears with dollars, 4.5 million of them to be exact.

Joe Manchin and his brothers started their first coal energy firm Farmington Resources Inc. in their hometown of Farmington, West Virginia, which proved so successful they formed a second firm, Enersystems Inc. The Intercept article later reveals that, since becoming a state senator in 2010, Manchin has personally grossed 4.5 million from these operations, not including stock options valued at 1-5 million collectively.

In that same period just one of Manchin's operations has been responsible for emissions associated with 18 deaths, 169 asthma attacks and 18 heart attacks annually. Costing nearly two million dollars in health damages in 2019 alone.

Given the massive profits Manchin has earned as a dirty fuel peddler, and his apparent indifference to the health of his own community, I do not think it would be too far of a stretch to say that Manchin's opposition to the Build Back Better bill has a lot more to do with concern for his profits, than any concern for the wellbeing of children.

Yet many on the right end of politics are applauding Manchin for his efforts. They paint Build Back Better as a green Trojan horse, warning that if we let it inside the city gates, Stalin, Lenin, and Castro are going to spring out of it, destroy democracy and gobble up our children.

To many, climate change has always been a communist conspiracy, designed to convince us to give up our democratic rights for the sake of an imagined threat.

However, this view is in conflict with the majority of scientific opinion. The anti-climate change view depends solely on the idea that nearly the entire global scientific community are all a part of a global

conspiracy to deceive us. A theory without a shred of evidence.

“...the allure of the quick and easy profits of fossil fuels seems to be like meth addiction...”

Often when Americans talk of socialism, they conjure images of the Soviet Union and the communist regimes of the 20th century. Many of which regressed into brutal, authoritarian police states. Yet nobody talks about the forms of socialism which work all around us.

The National Parks Service protects our natural wonders for all to enjoy. Libraries provide education and entertainment to even the poorest child. Social Security provides some degree of financial support to the elderly, people who have contributed to society long before many of us were born.

If we can mobilize our society to do these great things, we can mobilize to combat climate change. If we truly are the leading nation of the world, we have a responsibility to lead it to a better place.

The answer for the days ahead is not socialism at the expense of capitalism, or capitalism at the expense of social-

ism, but a union of both ideals. A public and private sector who equally support one another to their mutual benefit.

Powerful people like Senator Joe Manchin could be allies in this goal, they could use their financial resources and political influence to switch from fossil fuel production to clean energy production.

Billions of dollars that are spent in wars securing a dwindling resource could be spent on science, the arts, housing, and developing clean energy. People like Joe Manchin could still be leaders, could still be wealthy, but they could do some good in the world too.

Yet the allure of the quick and easy profits of fossil fuels seems to be like a meth addiction for people like Senator Manchin. In my opinion it's not even about the money.

It's about the thrill of succeeding while watching others fail. It's about knowing you forced your will on the world and took everything you could from it, no matter what it cost someone else. Like a drug addiction, it will never be enough.

I don't think it really matters to people like Senator Manchin how they get their fix as long as they don't face any consequences. However, dire consequences are coming. Manchin likely won't live to see them, but we will, and so will all those children he is supposedly so concerned for.

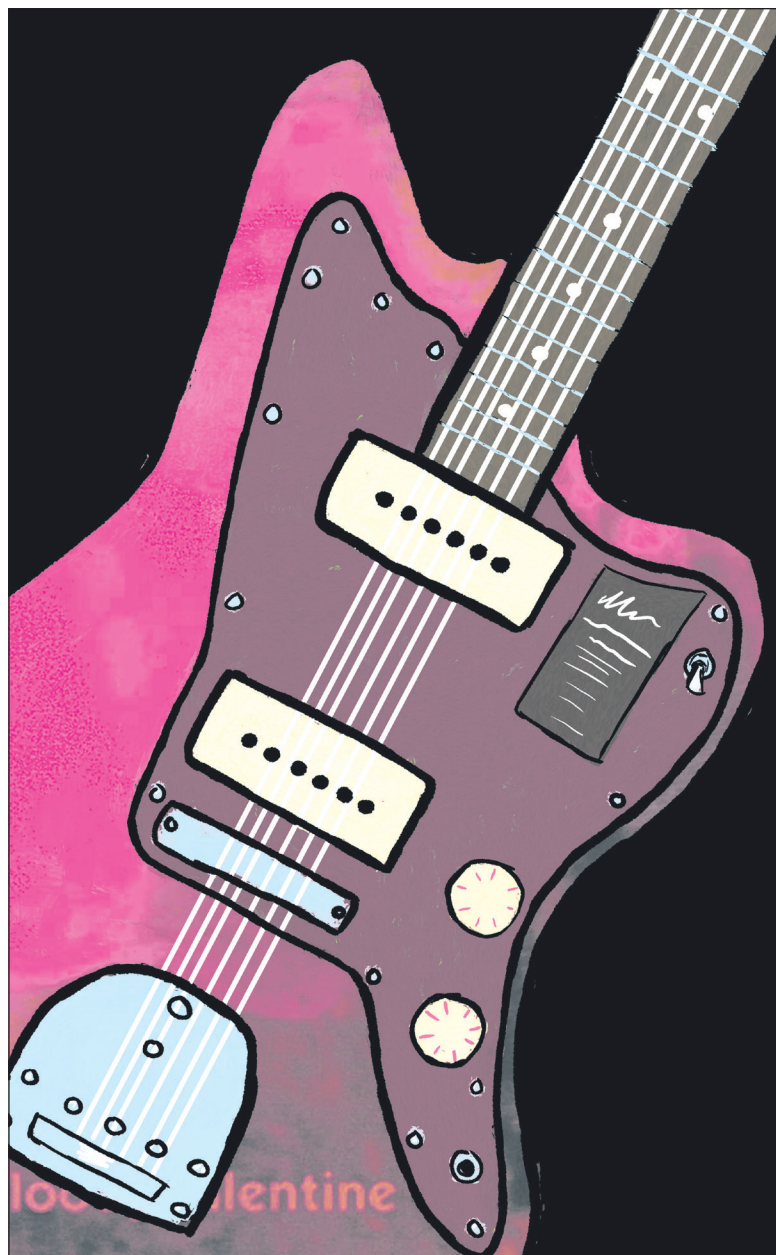


ILLUSTRATION BY JAIDA NOBLE
The famous "Loveless" abstract print on Kevin Shields' Fender Jazzmaster.

Dive into this harrowing documentary

"The Rescue" perfectly captures the frantic emotion of 2018's dramatic events.

By ELL HOBBS
FILM CRITIC

In 2018, thirteen members of a Thai soccer team — twelve players aged between 11 and 16 and their coach — were having a team outing in a local cave when a monsoon arrived and trapped them inside. "The Rescue" dives head-first into the drama, guided by the team of hobbyist cave-divers that spearheaded the rescue mission to take us through the nerve-racking events of that tragic June. In cooperation of forces from Thailand, Australia, China, the US and the UK, the team of thousands of volunteers and servicepeople worked incessantly to dam entire river systems, pump the cave of millions of pounds of water, and dive for hours at a time to locate the children and their coach. As one interviewee remembered it, "Mission Impossible" became Mission Possible. "The Res-

cue" is a story of heroism and collective humanity, and directors Elizabeth Chai Vasarhelyi and Jimmy Chin's most emotional work yet. The duo have a rare and natural flair for crafting moving documentaries and it shows in "The Rescue".

With this gripping new film, Vasarhelyi and Chin come off the heels of their critically acclaimed, Academy Award-winning biopic "Free Solo," and Chin with an earlier success in "Meru." Now shifting away from rock-climbing, their first release in three years combines their know-how of shooting extreme athletics with unprecedentedly powerful mixed-footage storytelling to create an intense tear-jerker. I haven't been this emotional at a film in a while, and for it to be a documentary makes that feat all the more impressive.

As impactful as it is, "The Rescue" does have its drawbacks. Repetition of shots and graphics do sometimes draw

My Bloody Valentine's "Loveless" has stood the test of time

Do you love the fuzzy, gritty part of Lucy Dacus' "VBS?" This album will blow your mind.

By JOSEPHINE TRUEBLOOD
A&E EDITOR

In the 30 years since its release, My Bloody Valentine's "Loveless" achieved legendary status, unanimously hailed as the best shoegaze album of all-time. Influenced by Public Enemy's mid-range sound and Dinosaur Jr's aggressiveness, this complex, "no-skip" classic album deserves a thorough listen. Released Nov. 4, 1991, "Loveless," redefined the genre's sound, steering away from the polished, hi-fi music trends of the '80s and instead opting for gritty, raw instrumental layers.

Hailing from Dublin, Ireland, My Bloody Valentine signed to Creation Records in 1988, the label responsible for nearly every iconic band from the U.K. in the late '80s and '90s. Featuring bassist Debbie Googe, drummer Colm O Cíosóig, along with guitarists and vocalists Bilinda Butcher and Kevin Shields, the band's diverse lineup heavily influenced their sound. Known for Butcher's soft, ethereal vocals and Shields' bold guitar tones, My Bloody Valentine's sound is a mix of delicately balanced elements and controlled chaos.

While the shoegaze sound is quite defined and highly recognizable - leaning towards spacious guitar sounds, reverb vocals and tons of delay, "Loveless" combines all these elements in a new way, uniquely sounding as if the album is a perfect live recording made in a loud, grimy club. Adding elements of dream pop and catchy lines, the album becomes an "ooo" singalong with some of the most guttural backing tracks ever. Raw energy is particularly present in the al-

bum, creating an "infrasound" response for the listener with the intense layering of heavy bass, guitar, drums and effects. While sometimes the listener can't tell what is synth, bass or guitar, this album is an emotional and sonic masterpiece that is unparalleled tonally.

"Loveless" fades together seamlessly from one song to the next through swelling, orchestral synth endings, emphasizing the dynamic range of the album. Opening with "Only Shallow," a MBV staple, the track sets the tone for the album with soft, sensual lyrical imagery, catchy drum parts and lush guitar layers. Each will have you singing along to every guitar line, yet "Only Shallow's" iconic guitar bends are particularly satisfying. Transitioning to "Loomer" and "Touched," two tracks heavy with modulating tones and demented fairytale lyrics that put you in a trance. These trippy interludes give the listener a rest, preparing them for the more upfront tracks to come. The shoegaze love story duo of "Loveless" first features sparkly, underwater tremolo tones in "To Here Knows When" and then the upbeat, heavy "When You Sleep," highlighting Shields' and Butcher's melodic vocals.

The album begins to shift after these few songs, with snarling, haunting tracks like "I Only Said" and "Come in Alone." Another MBV staple, "Sometimes," used during a sweet scene between love interests in Sofia Coppola's 2003 film "Lost in Translation," is a dynamic departure from the rest of the album. Showing a stripped back yet dark side to "Loveless," "Sometimes" holds the energy of the album without the intense synth and guitar of the other tracks. The next two

dancy, upbeat tracks "Blown a Wish," a dream-pop bop, and "What You Want," a harsh and ethereal song with catchy lyrics like "when you come down blue, oh I do I do I do," lead to the last track of the album, "Soon." The strong ending to "Loveless" is a time capsule to '90s bouncy guitar lines, big drum machines and loveably unintelligible lyrics that serve as another instrumental layer.

While My Bloody Valentine never achieved great commercial success, especially in the United States, countless bands that cite "Loveless" as a major influence, such as Radiohead, Slowdive, Swervedriver and Mogwai, have turned listeners toward the cult shoegaze band. The Smashing Pumpkins' Billy Corgan openly admits to ripping off key elements of the Valentine sound in his album "Mellon Collie and the Infinite Sadness." Even serving as a major influence through gear, Kevin Shields helped popularize the 1964 Fender Jazzmaster, now a prerequisite for any dream-pop band.

The Scorpio album is just as relevant today as listeners search for the perfect match to bands like Wolf Alice and SAMSAMI, and wish that dream-pop icons like Japanese House went gritty. As modern indie artists dip into shoegaze for inspiration, such as the chaotic outro in Phoebe Bridgers' "I Know the End" or Lucy Dacus' fuzz interlude in "VBS," it is clear that "Loveless" was fundamental in crafting an accessible emotional sound that pairs well with softer music. Honor My Bloody Valentine this November by listening to "Loveless."

away from the viewing, which felt more like poor editing than necessary evils. The introduction feels almost like it was made for a working cut, which pre-exposes the viewer to some of the later drama in a way that I felt minimized the impact slightly further on. The conclusion also felt rushed and not as clearly communicated as the rest of the film, which is disappointing given the level of build-up.

While imperfect, "The Rescue" is already one of the best films of 2021 so far and the first I've seen with near-certain Oscar prospects.

TITLE: "THE RESCUE"
STAR RATING: 4/5

[Available at time of writing to see in theatres]



ILLUSTRATION BY JAIDA NOBLE
The rescue coalition enlisted the help and expertise of hobbyist cave-divers to find and save the Thai soccer team.