

FREE EVERY WEEK

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# THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA



**OPINION: Student debt is unnecessary**

Why can't the U.S. fix student debt already?

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# Tacoma community is working with UFCW 367 to clean the community

The Seattle-based program Adopt-a-Street helped UFCW 367 members be able to help give back to the local community.

By Madi Williams & Andrew Anderson  
Managing Editor & News Editor

On April 22, the United Food and Commercial Workers (UFCW) Local 367 participated in the Adopt-a-Street program at the Hilltop Safeway at 1112 S M St. here in Tacoma. Adopt-a-Street, Seattle's grassroots litter-removal program, is an open volunteer program for individuals as well as organizations.

Michael Whalen, a member of the UFCW Local 367 since 2015, pitched the idea for the event to the executive board for approval.

Mike Solberg, a Grievance Rep and Recorder for the executive board for the UFCW Local, was available for questioning about the details of the event.

**Q: WHAT MADE YOU DECIDE THAT THE UFCW LOCAL SHOULD DO ADOPT-A-STREET FOR EARTH DAY?**

A: We had a member bring it to the E-Board for approval. He, and we, wanted to bring back to the community and we saw a need. This is our first location and, if we're successful here, we want to take it to other locations.

**Q: HOW LONG DOES ADOPT-A-STREET LAST? IS THE CLEAN UP FOR TODAY OR OVER A CERTAIN**

**AMOUNT OF TIME?**

A: We're hoping to continue here and then move to more locations. This is the second time at this location and we visit here as needed. We typically do this four times a year at least.

**Q: ARE YOU PLANNING ON DOING ANY OTHER COMMUNITY CLEAN-UP TYPE OF PROJECTS?**

A: We have nothing planned, but we do have members doing volunteer work such as with homeless organizations.

**Q: THIS ARTICLE IS FOCUSED ON UW TACOMA STUDENTS IN PARTICULAR, IS THERE ANYTHING YOU BELIEVE STUDENTS SHOULD KNOW ABOUT YOUR ORGANIZATION AND THE WORK THAT YOU DO?**

A: We have a new organizing campaign that we're beginning and we also have things such as workforce development and training. It's a great thing and our members are out here doing the work.

When speaking with Whalen, he spoke about how he brought the event to the attention of the board.

"I brought Adopt-a-Street to consideration around mid-pandemic. [When getting this approved it] starts by talking to my co-workers,

then the stewards at where I work, and then I spoke with my Union Rep at the time and from there it went to the executive board where we took a vote."

When questioned as to how this could pertain to UWT students or how the UFCW Local 367 could aid them, Whalen spoke about the value of students and their hard work.

"Student worker is sometimes another name for temp workers, and I hope that UW is a place that will become stewards of worker rights and laborers as well. This gets us out into the community and it's a good first little step to continue to grow as a local and as a community."

Whalen also shared that the UFCW Local 367 is in bargaining talks with employers to improve safety conditions, working under the phrase of "Respect - Protect - Pay." They are also endorsing the Home in Tacoma project, which affects their membership as well as the community at large.

Members and Union Representatives worked together to clean the sidewalk areas around the whole Safeway building and in the grass across M. St. Everyone was happily engaged with one another soaking up the sun and helping to clean the Tacoma community. Afterwards, everyone took a group picture in front of the Adopt-a-Street sign.

# Hendrix turns 13

By Sharlaye Dezeurn  
News Reporter

On April 12, UWT celebrated its mascot, Hendrix, on his birthday. The day featured attractions like axe throwing, games, giveaways and even provided food and snacks for students. Students got to see Hendrix all over campus from the Student Y University Center all the way to the William W. Philip Hall building.

Students were able to participate in minigames and stuff-a-sasquatch where students could stuff and take a sasquatch home. Students were also able to participate in numerous surveys that focused on student opinion topics like safety, housing and accessibility to resources.

## Upcoming Events

With events like University of Washington Tacoma Blood Drive, SAB Trivia Time: Harry Potter and badminton at the University Y, UWT sets up students with different events to attend within the next few weeks.

According to the Student Activities Board Instagram, SAB Trivia Time: Harry Potter will take place on April 26 from 5 p.m. to 6:30 p.m. at the University Y in UWY 303 or on Zoom.

The University Y will also offer a series of badminton games on April 28 from 4:30 p.m. to 6:30 p.m. There will also be a blood drive on May 4 from 10:30 a.m. to 4 p.m. in William W. Phillip Hall - Milgard Room with the American Red Cross organization.

For more information about specific events and details students can contact the Center of Student Involvement by visiting

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

Office UWY 107  
Email [uwtsi@uw.edu](mailto:uwtsi@uw.edu)

Follow SAB at  
[@sabuwt](https://www.instagram.com/sabuwt) on Instagram



Students wanting to find out more about Adopt-A-Street can visit:

<https://www.seattle.gov/utilities/protecting-our-environment/volunteer/adopt-a-street>

Students wanting to find out more information about the UFCW Local 367 can visit their Facebook @UFCW367

or their website at <https://www.ufcw367.org/about>

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Office: MAT 151

Phone: 253-692-4428

Email: [ledger@uw.edu](mailto:ledger@uw.edu)

Editors

Editor-in-Chief .....Madeline Hiller

Managing Editor .....Madi Williams

News Editor.....Andrew Anderson

Opinion Editor .....Remi Frederick

A&E Editor.....Josephine Trueblood

Copy Editor.....Raj Kumar

Cover Art

by Jaida Noble

Managers

Distribution Manager.....Raj Kumar

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News Reporter.....Leslie Gonzalez Cruz

News Reporter.....Sharlaye Dezeurn

Opinion Columnist.....Anthony Krejci

Opinion Columnist.....Alex Buckingham

A&E Columnist.....Angelo Alegre

Film Critic.....Ryan Mantle

Design

Page Designer.....Trisha Carandang

Page Designer.....Anuvir Dhaliwal

Art

Illustrator .....Jaida Noble

Photographer.....Alexa Christie

Advisor

Publications Manager.....Daniel Nash



# Town hall meetings and the continuation of the five-year strategic plan

On April 13 the town hall meeting in the William W. Philip Hall gathered UWT members to analyze the SWOT model of the university and contribute fresh ideas for its continuation and improvement.

By **LESLIE GONZALEZ CRUZ**  
NEWS REPORTER

On Wednesday April 13, at the strategic planning meeting took place in the William W. Philip Hall, UWT stakeholders, students and members of the community came together in person to participate in an active session to audit the Strengths, Weaknesses, Opportunity and Threat (SWOT) analysis pertaining to UWT.

Over five years ago, UWT created the five-year strategic plan. It is centered around six strategic priorities: students, communities, scholarship, equity, culture and growth. In 2021 the COVID-19 pandemic, along with remote learning and social justice movements, posed unforeseen challenges to the strategic plan. To continue this plan in 2022 and beyond, new opportunities will be created to maximize the power of the strategic plan.

Chancellor Sheila Edwards Lange

and Joe Lawless, Chief Strategy Officer, will be participating in action planning sessions to gather community and student input on insights to better the community at large.

"This is a detailed process that we started, we've made some significant strides in moving the strategic planning process forward," said Jeff Turner, Praxis HR in relation to the SWOT analysis.

During this town hall meeting, the SWOT analysis focused on identifying external and internal constituencies and stakeholders.

A 12-step process was created to prepare and assess the plan along with keeping the plan after it has been implemented. It is a critical component in up-keeping UWT's required organizational mandates, in the 12-step process, parts 5A and 5B were analyzed in the internal and external environment.

In the assessment of Strengths, the question analyzed was "What are we doing well?"

In response, community members mentioned UWT is a low-cost conveniently-located state school, with student diversity and a state-supported system with unique undergraduate degrees and the university's connection to community partners.

For Weaknesses/Limitations the following questions arose: What do you think we could do better? What skills, competencies, services, or resources are we lacking?

The community came to the consensus and stated better engagement and coordination with student services be provided for orientation and transition to facilitate the process of incoming students to the university. Along with strong and steadfast leadership and holding folks accountable. Lastly, to operate according to today's realities.

While discussing threats the following questions came up: What might cause us challenges or problems in the future? And what obstacles might we

face in the next five to ten years?

The feedback the community gave was that not holding the correct people accountable could interfere with the mission and meeting our goals. For the question of future challenges, the false idea of academic bastions —not needing to change/adjust, as the world adjusts around us. The possible obstacles we could face in the next five to ten years come in terms of relevancy, and the object of serving the needs of students and the community.

When assessing opportunities, they answered the following questions: What influences, partnerships, and resources could be tapped to help us move forward? What demands are our stakeholders/constituencies likely to make?

The community came to the agreement of asking for collaboration and connection with functional units at other urban-serving institutions in regards to the first question. The demands our stakeholders are likely to make are

as follows, how to align investment and return, cost and return on investment, and wages in the South Sound are not up to King County.

Now through Aug. 2022, more strategic planning meetings will take place at a stakeholder, faculty and student-level to continue to collect information on new strategies to correctly serve the community and UWT.

**Additional information for future meetings can be found here:** <https://www.tacoma.uw.edu/chancellor/strategic-planning>

**Along with the 12 step process:** <https://www.tacoma.uw.edu/sites/default/files/2022-03/UW-Strategic-Planning-Process-Model20220302.pdf>

**With future Town Hall and campus updates being found here:** <https://www.tacoma.uw.edu/chancellor/town-halls-campus-updates>

## OPINION: Have you heard about these podcasts?

New podcasts are always popping up everywhere and there is one out there just for you!

By **MADI WILLIAMS**  
MANAGING EDITOR

When it comes to podcasts, there is one for everyone, podcast genres vary from comedy, historical, true crime and many others. Here are the podcasts that I enjoy and hopefully you will as well!

### UNRAVELED

A true crime podcast with host Alexis Linkletter (The First Degree) and Billy Jensen (The Murder Squad) share different stories about different crimes each season. Season one "Unraveled: Long Island Serial Killer" going into details about the case. Season two "Unraveled: The Stalker's Web" follows the story of an online predator and the women he tormented. Season three "Unraveled: Experts on Trial" looks at problems that are happening within the criminal justice system in the U.S. Season four "Unraveled: Mystery at the Mansion" is about the murder case of Bob Ward who was accused for killing his wife. Season five "Unraveled: Once A Killer" is looking at a killer who was a "one and done killer".

### AMERICAN HISTORY TELLERS

This podcast is all about history having to do with America, and if you are a history nerd, this one's for

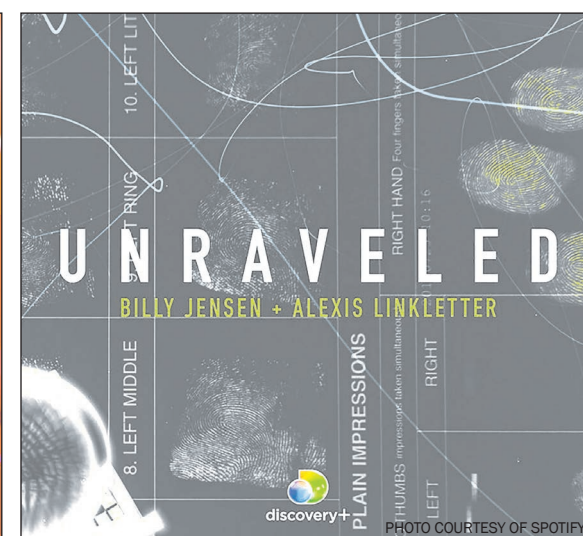
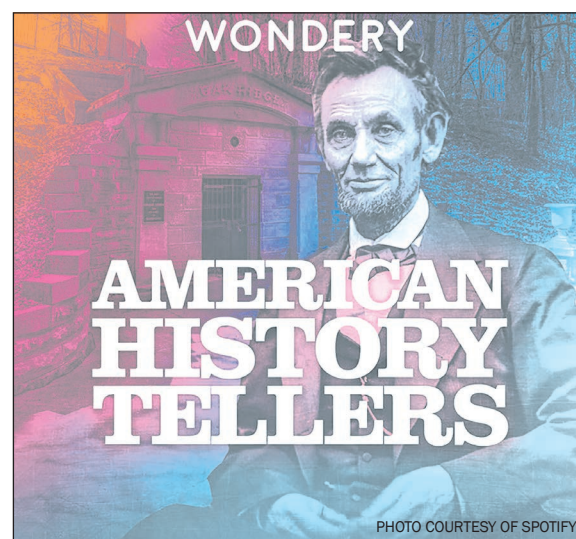
you. Some of the history topics that are in this podcast are The Cold War, The Fight for Women's Suffrage, National Parks, American Monuments, Stonewall and many more!

### THE VIRAL PODCAST

A comedy podcast with Chelcie Lynn and Paige Ginn who talk about random topics and their opinions on the matter, while also going very off topic in a hilarious way. Lynn is well known on Youtube for her Trailer Trash Tammy videos and Ginn has appeared in those videos, but she also has her own comedy aside from Trailer Trash Tammy. If you enjoy her comedy you will love this podcast!

### THIS PODCAST WILL KILL YOU

This podcast does a mix of humor and informing listeners about different diseases including the history, biology and how scared listeners need to really be. The hosts are an ecologist and epidemiologist so they know what they are talking about. A plus is that they will also give listeners a cocktail or mocktails that matches the topic.





# OPINION: Four hikes you should check out this season

Washington state provides some of the best hiking and backpacking in the country

By ANTHONY KREJCI  
OPINION COLUMNIST

Despite what the last few weeks of weather might lead you to believe, it is now spring in Washington state.

For many of us here in the great Pacific Northwest, the end of the long, gray, wet of winter and the onset of spring means two things. Firstly, we remember we don't actually hate life, it just wouldn't stop raining and we were pretty grumpy about it.

Secondly, spring means hiking and backpacking season has come at last.

With two mountain ranges to choose from and vibrant ecosystems varying from thick rainforest on the Olympic peninsula to the dry, craggy canyons of Eastern Washington, our state is world-famous for its outdoor attractions.

As I have been fortunate enough to explore many of these regions throughout my adult life, I think it's only right that I pass on a few recommendations for you all to enjoy this year.

## SWAN CREEK TRAIL:

Distance: 4.8 miles roundtrip. Gain: 325 feet. Difficulty: Mild.

Starting very local and very easy, this beautiful river valley is only a 15-minute drive from campus. This is an excellent trail for beginners and is perfect for those who lack proper transportation to more remote areas.

The trail follows Swan Creek for a while before you eventually reach a series of short yet steep switchbacks which take you up to the top of the ridge. The views won't match what you might see up in the mountains but the valley itself is filled with old-growth and second-growth deciduous trees which make this trail particularly stunning in the fall.

## LENA LAKE TRAIL:

Distance: 7.2 miles roundtrip. Gain: 1300 feet. Difficulty: Moderate.

Located on the eastern edge of the Olympic National Park and just off the Hood Canal, this one will be harder for beginners but is manageable for most. There is a serious stretch of switchbacks initially, yet once you pass these the rest of the hike is a breeze. Along the way, there are many imposing rock formations left over from volcanic activity and avalanches. The lake itself is beautiful, great for swimming and provides many camping spots.

For those who want more of a challenge, Lower Lena Lake provides an excellent base camp for the more strenuous Upper Lena Lake and The Brothers peaks. The Brothers require legitimate climbing experience and gear and should be taken on with caution and respect.

## ANCIENT LAKES TRAIL:

Distance: Depends. Gain: Depends. Difficulty: Depends

This one is a "choose your own adventure" kind of hike. Located near the Columbia River Gorge and the small town of Quincy. This Eastern Washington ecosystem will bring out your inner Old West frontiersman as you scramble over craggy rocks, stroll through wide open plains of wildflowers and sagebrush and revel in star-filled skies to the sound of a coyote's call.

If you stick to the lowlands around the several lakes scattered around the park, the difficulty is next to none. Yet surrounding these lowlands is an impressive array of high canyon walls carved out by Ice Age melting.

For those of a more daring disposition, there are many trails that lead up into the cliffs and you will be absolutely amazed at the kinds of things you find up there. Up in the cliffs, you can stroll along the edge of 400-foot cliffs and look out at the lowlands and the Columbia River gorge below. The wildlife is more abundant than you would think for such an arid region; marmots and coyotes are a common sight, as well as lots of birds of prey such as hawks, eagles, and owls.

Although the upper cliff regions are spectacular, this environment is extremely dangerous if you are not careful. The rocks are extremely sharp; one slip and you can be seriously hurt. Rattlesnakes are native to this region, so be sure to always check where you are stepping. Many of the trails become narrow catwalks that provide only minimal safety from falling hundreds of feet. If you choose to explore the cliffs, do not do so lightly. Treat this region with the utmost respect.

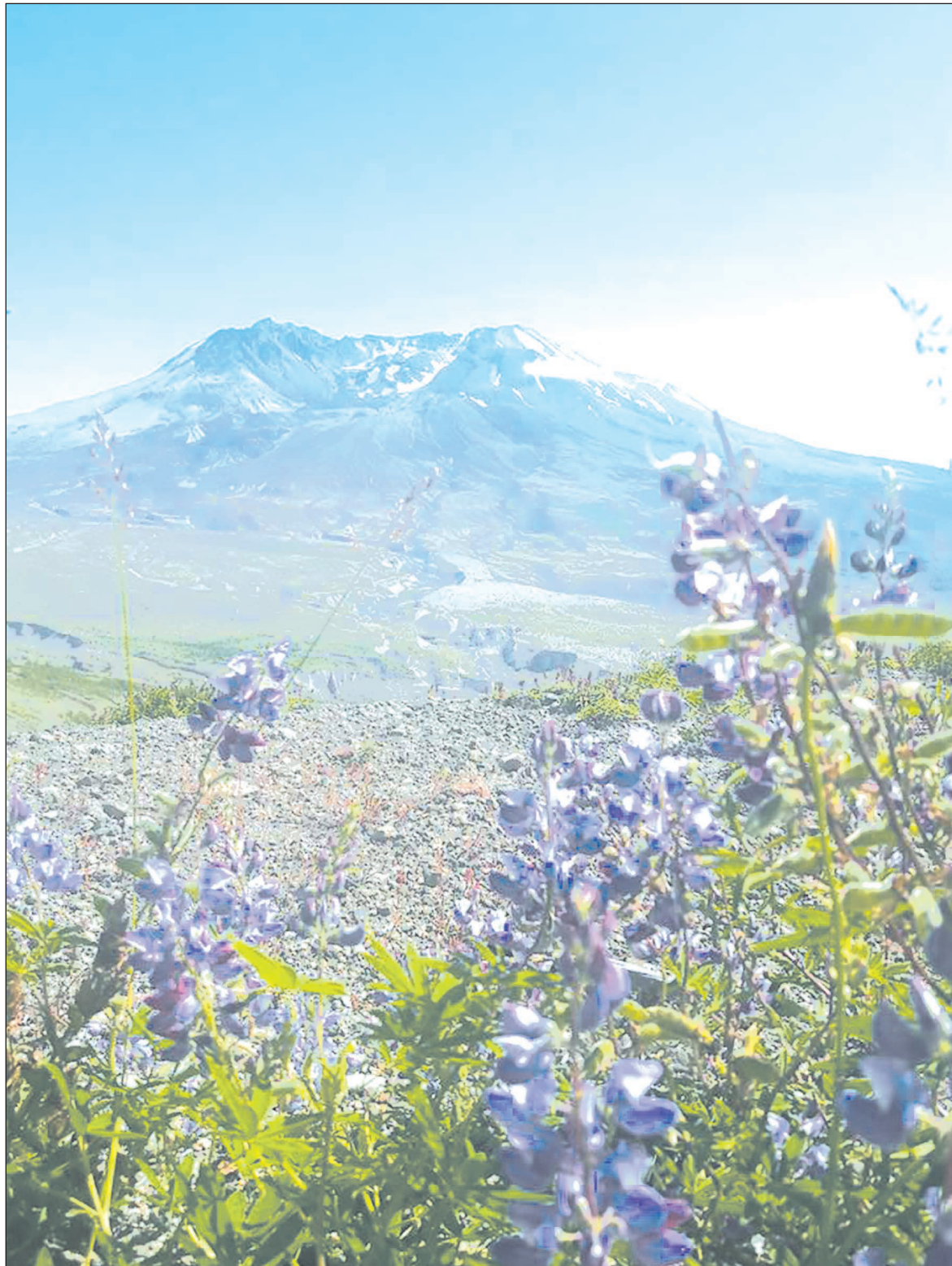
Finally, due to the arid environment, even the smallest twig provides essential nutrients for plants and animals. If you want to make a fire, bring your own wood, and spare the natural vegetation.

## LOOWIT TRAIL:

Distance: 32 miles. Gain: 6000 feet. Difficulty: Extreme, (This almost killed me.)

Finally, my all-time favorite hike as well as one of the best experiences of my life. Located in the South Cascades, this trail circumnavigates Mt. Saint Helens. You can begin this journey at either the Climber's Bivouac trailhead in the south or the Windy Pass trailhead in the northeast.

Mt. Saint Helens erupted in 1980. Hiking this trail allows you to experience every inch of an ecosystem in recovery. Each of the many valleys you will pass through is recovering in its own way, wooded glens give way to open fields of wildflowers. Blackened



View of Mount St. Helens from the Johnston Ridge Observatory.

PHOTO BY MADI WILLIAMS

lava beds glisten in the sunlight as the mist of waterfalls and rivers dance between the rocks. You will be awestruck at the power of a volcanic eruption as you see a landscape torn and broken in massive heaps of rock. Boulders the size of two-story buildings are miles away from where they should be, and impact craters filled with debris are constant obstacles for even the most experienced backpacker.

Be advised, clean water sources are few and far between, and trail conditions vary as much of this recovering ecosystem is fragile and subject to change. Many people do not complete this trail. While there are certainly more difficult hikes around, this is one of the

more serious in the state and should not be taken lightly. That being said, this is the proudest achievement of my hiking career. The three days I spent pushing myself to absolute exhaustion were some of the most spiritually fulfilling of my life. For those with confidence in their abilities and experience in backpacking, I could not recommend this experience enough.

Like any exercise, hiking isn't easy, and backpacking is even harder. Yet with my experience, I can promise it's worth the effort. Humankind was not meant to live out its days between four, sheet-rocked walls. We spent much of our history in wide open spaces, with mountains and trees being our only

boundaries. Something shifts deep inside of us when we spend a few days and nights out in the uncomfortable, wild and beautiful open world as our ancestors did.

So get out there this summer, sweat so hard you'll want to burn your T-shirt. Pretend you are Frogger as you hop logs to cross a river. Have a few beers with some friends at the top of a cliff and talk about a dope rock you found. Scamper up a ravine, fall in a puddle, skin your knee. In the end, you might just find that you are less worried about things than you thought you were.



# OPINION: Bicycling in Tacoma

Tacoma is a gorgeous city to explore by bicycle. Better infrastructure would make it all the better.

By **ALEX BUCKINGHAM**  
OPINION COLUMNIST

I love to ride my bicycle. Driving my feet down on the pedals and feeling the crank turn as the drive-chain pushes me forward is invigorating. And it holds true whether I'm struggling up the mountain that is 15th Street when leaving campus or flying across the Tacoma Narrows Bridge.

## Tacoma is a joy to explore by pedal.

One can go from eating bánh mì in the Lincoln District to riding across and up to Point Defiance for bird watching, and then down to Chambers Bay to see the kites flying, all the while using predominantly bike lanes

or residential streets.

While getting up to Point Defiance for eagle watching or sunset viewing is always a treat, I think there is something all the more rewarding when doing it by bicycle.

Not only does it make such trips feel like adventures but it feels good to get exercise while breathing fresh air.

Of course, biking is not for everyone. Not only does physical ability limit the sport's accessibility but bicycles are both expensive upfront and to maintain. Mitigating the cost prohibition is Tacoma's Second Cycle Community Bike Shop, aka, Second Cycle.

Second Cycle, located on Martin Luther King Jr Way between 13th Street and Earnest S. Brazill Street, envisions, "a world where the joy of bike riding is accessible to everybody," per their website.

They do this by getting bicycles out to people for free or at a reasonable

cost, supporting community education about bicycles and their maintenance, and providing some services for free and others at a reduced cost for those needing such support.

Unfortunately, one of my favorite services, where they work with you hands-on to address maintenance issues, has been on hold during the pandemic. Of course, I appreciate them prioritizing safety, but I look forward to being able to learn about my bike from these professionals when it is safe to do so.

## In addition to cost and ability, a lack of bicycle infrastructure limits bicycle accessibility.

While Pierce County does put out a useful map highlighting bike lanes,

bike-friendly roads, bike paths and roads to avoid, the city is clearly lacking in infrastructure.

Bike paths in Tacoma lack the regular maintenance needed to keep them clean which helps to avoid flat tires. Major commuter roads, like Union Avenue south of 6th Avenue, lack bicycle lanes and cars can be aggressive towards bicyclists in such busy spaces.

The bike paths we do have are not supported by bike-friendly streets leading to them. For instance, the Scott Pierson Trail runs along State Route 16 and crosses Union Avenue over by Target. How convenient, right?

Except, Union Avenue is miserable to ride on, and drivers entering and exiting the highway do not know that they are crossing a bike path or to be on the lookout for bicyclists.

## More bicycle infrastructure, would make bicycling in Tacoma all the more fun, accessible and safe.

Public funding for people to own and maintain bicycles would also mean more people could enjoy the adventure that is getting around by bike.

With the weather getting nicer, it's prime time to get out there. So if you like to bike, grab your helmet and I'll see you around!





# OPINION: Student debt is unnecessary

Why can't the U.S. fix student debt already?

By REMI FREDERICK  
OPINION EDITOR

The Biden administration has just made another extension on the payment of student loans.

President Biden announced on April 6 that his administration would once again suspend student loan payments till Aug. 31. This is the sixth extension since the COVID-19 pandemic began.

This begs the question, why not just cancel student loan debt entirely?

The federal government has been seeming to do just fine without the \$1.7 trillion debt held by Americans. Two years without having student debt doesn't seem to have hurt the federal government in any way I can discern.

Other Democrats call for the Biden administration to wipe the slate clean. Senate Majority Leader Chuck Schumer along with a few other Democratic lawmakers issued a press release that called for President Biden to cancel the student debt altogether.

I don't disagree with them. Student debt is a cloud that follows many around for decades after they graduate.

Melanie Hanson from the Education Data Initiative reported in 2021 that the average student borrower takes 20 years to pay off their loans.

"The average medical school graduate's salary is not sufficient to make their student loan payments," reported Hanson.

The first profession I think of when I think of making money and living comfortably in regard to finances is the medical profession. If they can't pay off their student loans, how are the rest of us expected to?

I am incredibly lucky to have my parents supporting me through college so I will graduate debt-free, however, there are many who are not as lucky as I am.

Student Loan Hero reports that as many as 46 million Americans have student debt and that around 11.1% of student loans were delinquent or behind on payments.

The University of Washington reported that 34% of the 2020-21 graduates graduated with student debt.

President Biden campaigned on the promise that he would reduce \$10,000 per borrower. He still has not fulfilled this promise over a year into his term as president.

I think it is high time that he, at the very least fulfills the promises he made before he was elected.

Student loans shouldn't be a black cloud following people around for decades after they graduate. No one should have to choose between an education and car insurance or any number of things that are piled onto student loan debt.

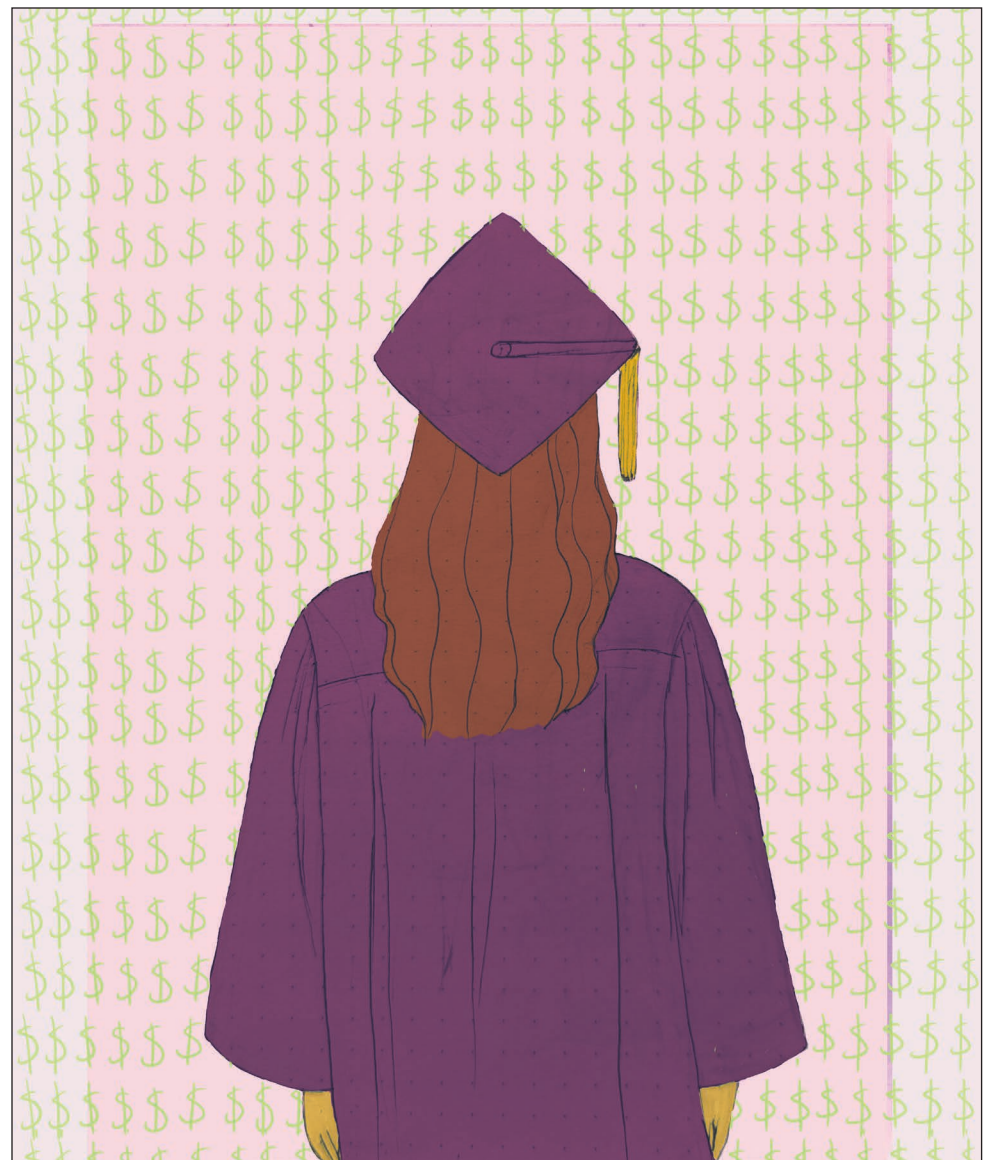


ILLUSTRATION BY JAIDA NOBLE

This graphic shows how much debt has accumulated nationally for college graduates.

# "Summer of Soul:" Come for the music, stay for the conversation.

"Summer of Soul" highlights the changing of the guard in black music; from campy to cool.



By RYAN MANTLE  
FILM CRITIC

Spring movie releases are few and far between, so let's take a step back and highlight an important film from last year. "Summer of Soul (...Or, When the Revolution Could Not Be Televised)" features unseen footage of the massive 1969 Harlem Cultural Festival with interviews of attendants and the musicians themselves.

While there are many important topics discussed in this documentary, at its heart it is about a music festival and it does not disappoint. The talent at the festival is incredible, with performances from BB King, Gladys Knight, David Ruffin, a young Stevie Wonder and many other gifted performers. The music is playing almost constantly as director Questlove highlights as much of it as he could in the two-hour runtime. That alone makes this worthy of your attention.

Of course, these momentous events are never just about music. The festival is taking place at the end of a very turbulent decade and a year after the assassination of Martin Luther King Jr. In many ways, the festival is about

healing from that wound and it featured Jesse Jackson telling the crowd King's last words followed by a performance of his favorite gospel song. It is a touching moment that is handled with care by Questlove.

One of the frustrating things about "Summer of Soul" is just how relevant the festival still is, which says a lot about why the footage of the festival was buried for so long. The film features old television interviews with some of the attendants and their statements about police violence, unnecessary wars, and interest in space travel instead of feeding and housing people that are all too applicable to our current reality. Questlove is able to build this narrative without forcing it on the audience.

However, these difficult topics do not define "Summer of Soul." A lot of the film is just highlighting Black joy: people dancing, cooking, laughing and singing along with the artists. The statement moments about society come in bursts and at times you'll just be watching incredible artists for minutes at a time with no voiceover. These music-focused moments are telling a story of their own by high-

lighting major shifts in Black music. The era of "cool" was beginning and it was being ushered in by "Sly and the Family Stone." Women were no longer confined to just singing and dancing; Cynthia Robinson announced this in the most fitting form imaginable with a trumpet and Nina Simone hammered the point home with an incredible performance on the piano. It is in stark contrast to earlier parts of the documentary that focuses on Motown and gospel artists but shows the massive range of talent that the festival attracted.

"Summer of Soul" is an absolute joy to watch with impressive music and apt discussions of racism and state violence that flow seamlessly within the film. It is a documentary about a festival but so much more than that. It deserved its Oscar win and hopefully is just the beginning of Questlove's career in film.

STAR RATING: 4.5/5

["Summer of Soul" is available to stream on Hulu and will be playing at The Grand Cinema on May 1st]

PHOTO COURTESY OF SEARCHLIGHT PICTURES & HULU





PHOTO COURTESY OF EPIC RECORDS

Album cover for Camila Cabello's latest album, "Familia".

## Camila Cabello's newest album "Familia" is not just another typical pop album

With it being over two years since her last album, "Familia" by Camila Cabello has been long-awaited by fans. Will this be another great album for the artist?

By **ANGELO ALEGRE**  
A&E REPORTER

Ever since her departure from the girl group Fifth Harmony in late 2016, Camila Cabello has had quite the solo career. Nearly six years later, she is already on her third solo album with the most recent release of "Familia." Every time Cabello has dropped a solo album, one of her songs has blown up, with her first album, "Camila," containing the hit song "Havana" (feat. Young Thug) and her second album, "Romance," having the hit song "Señorita." Fans of Cabello have long-awaited another massively popular song. Luckily, the album "Familia" has many songs that could fit that role.

One of the most popular songs in the album is "Bam Bam" (feat. Ed

Sheeran), and much like her other songs of the album like "Havana" and "Señorita," this is another collaboration song. A part of the popularity of the song could be due to the massive following Ed Sheeran has, but that does not mean that he is the star of the song. This duet makes you think about moving on from experiences that keep you dwelling in the past. A big theme in the lyrics is to move on; "I was barely standin', but now I'm dancing, he's all over me." This song, much like the rest of the album, is Latin-influenced, but "Bam Bam" feat. Ed Sheeran, is more acoustic guitar and drum-based than the others.

Another great song on the album is "La Buena Vida," which is a song about Cabello drifting away from someone she thought she was close to, making her reminisce of a good life. This song contains many lyrics that confess

her true feelings of what she thought would be, but life never goes the way you want it to. The words "...and I thought we'd be traveling the world together, making love in the afternoon, but I'm forgetting what it's like to wake up next to you" are some of the many things you can tell are coming from the heart in Cabello's song. Alongside the wonderful lyricism of the song,

**"a self reflection of Cabello rather than another love album"**

there is also a great Latin-influenced beat that will get anyone dancing. Near the end of the song, even more layers are added to the music with the addi-

tion of mariachi.

"Hasta Los Dientes" which features Maria Becerra, is a song that is fully in Spanish but does not limit what the song is conveying. Much like the rest of the album, which is more about a self-reflection of Cabello rather than another love album, this song has great lyrics that will make you think how Cabello really feels when she is in a relationship. Much of the song's lyrics are about how Cabello thinks about her lover's past experience and how that makes her feel sick. Although she has no malicious intent, she cannot help but feel these thoughts. One of the lyrics in the song clearly spells out how she feels, which is "no te quiero compartir, te quiero solo pa' mí," which roughly translates to "I don't want to share you, I want you only for me." One difference that this song has compared to the others

in the album is that there is little to no presence of an acoustic guitar. It is an upbeat, bass and drum-heavy song that gives you vibes similar to Mark Ronson's "Uptown Funk."

Overall, Cabello's newest album "Familia" has a lot to offer for fans of her music, while having much more Latin influence as it is about Cabello's roots, which happen to be Cuban-American. Songs like "Bam Bam" (feat. Ed Sheeran) are sure to be included in the The Billboard Hot 100, but there are many other songs that will make you remember this album as much more than just another typical pop album.



# Rome in Residence Study Abroad: A UWT student's perspective

I'm a long way from Tacoma!

By JOSEPHINE TRUEBLOOD  
A&E EDITOR

In late March, I hopped on my first international flight to attend a quarter-long study abroad in Rome, Italy. With course options focusing on art history, communications, architecture, creative writing and the Italian language, the "Rome in Residence" program through UW Seattle seemed like the perfect way to try something new, as I have been solely taking Milgard School of Business courses for my management major. Between the opportunity to study at a UW school abroad - the UW Rome Center - and the ability to get core courses out of the way, I was sold and eager to live in a foreign country for ten weeks.

When I first arrived, I was proud that I defeated the imminent threat of jet-lag. In a bit of a fever dream, I was able to make it to my hotel and grab some food. I was massively unprepared for Italian dining culture - things move slower here and you have to ask for the check, waiting a while for change and scantily tipping. Although, the cacio e pepe (a pasta dish made with tons of fresh pepper and cheese) was worth the momentary cultural awkwardness of accidentally leaving a six-euro tip. I checked into the program the following morning, meeting my four roommates among other students in the program and getting my first daylight glimpse of Rome.

The first day was filled with the daunting little things I forgot about when traveling - getting lunch, going to the grocery store or the pharmacy, and communicating with my new landlord. It was a huge shock at first - Europe-

an standards for appliances are quite different from the States. Small fridges mean constant grocery trips, grocery stores require you to bag, weigh and label your own produce (in Italian!). During the first week, my washer broke (dryers do not exist here!) and the apartment was without heat, hot water and a stove for days. I speak very little Italian, but I do speak Spanish - so I was able to use a jumble of the two, a language that I now affectionately call "Spitalian" to communicate with a kind repairman. Surprisingly, Rome is also covered in graffiti, despite the ancient history of buildings. It is not uncommon to be standing in an 11th or 12th-century building on a daily basis!

There have been lots of positives. My roommates are all fun, sweet and supportive. I ventured out with them to find cute cafes and restaurants, eating Nutella croissants and rigatoni all'amatriciana as much as possible. I was able to get into a routine quickly and loved exploring our neighborhood, Trastevere. Known for being a culturally immersive neighborhood with amazing food, the winding alleyways are packed with adorable restaurants, cheap gelato spots and the best flea market in the city.

So far, my highlights have been my art history class, where I get to visit a different location twice a week, like the Ara Pacis Museum, the Roman Forum and the Caracalla Baths. I am so obsessed with stracciatella wafer cookies that I shipped them home to my family, and have suddenly started drinking espresso. I will always be surprised while wandering around, looking for a good panini spot and accidentally bump into the Pantheon or the Fountain of Neptune.



PHOTO BY JOSEPHINE TRUEBLOOD

Wisteria Blooming at the Roman Forum.



PHOTO BY JOSEPHINE TRUEBLOOD

Roman Street Food from the Mercato di Campo de' Fiori - panini, fresh orange juice and a chocolate croissant.



PHOTO BY JOSEPHINE TRUEBLOOD

The Ara Pacis Augustae Museum.