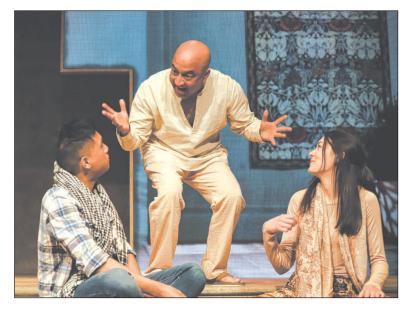


PHOTO BY DENNIS K PHOTOGRAPHY
From left to right: Wade Hicks [Lefty], Terence Mejos [Elliot], Maria-Tania Bandes B. Weingarden [Yaz], and Katie Jones [Shar].



PHOTO BY DENNIS K PHOTOGRAPHY

Wade Hicks [Lefty] and UWT student Katie Jones [Shar].



Terence Mejos [Elliot], Shailendra (Shelly) Jain [Ali] and Katie Jones [Shar].

By Madeline Hiller **EDITOR-IN-CHIEF**

According to www.history.com, The Arab Spring was a series of pro-democracy uprisings that enveloped several largely Muslim countries like Egypt, Tunisia, Morrocco, and Syria. Protests filled all of those countries as large-scale political and social movements that arguably began with a single act of defiance.

Tacoma Little Theatre (TLT), in partnership with University of Washington - Tacoma, presents "The Happiest Song Plays Last" by Quiara Alegría Hudes. Hudes is best known for writing the musical and screenplay adaptation for "In The Heights" and seems to bring that familiar energy to this play. This play is directed by Marilyn Bennett and has been running from April 29 and will end on May 15.

This two-act play is described on the TLT website as "In a barrio living room in North Philly, an activist-turned-music professor moonlights as the local soup kitchen queen. Halfway around the world, her cousin relives his military trauma on the set of a docudrama that's filming in Jordan. With the Egyptian revolution booming in the distance, these two young adults try to sing a defiant song of legacy and love in the face of local and global unrest." It takes place in Philadelphia and various places in Jordan in the winter of 2011.

While this is a big story to tell, it is told by a cast of six individuals. One cast member is Dr. Maria-Tania Bandes B. Weingarden (Dr. B) who is an Assistant Teaching Professor of the Culture, Arts and Communication division of

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LHF I FNGFR UNIVERSILY OF WASHINGTON TACOMA

A&E: The Happiest Song Plays Last

Tacoma Little Theatre and University of Washington - Tacoma partner up for a show that deals with PTSD.

the School of Interdisciplinary Arts and Sciences. In addition to Dr. B, several positions on and offstage are filled with someone affiliated with the UW Tacoma campus. Students involved with the show keep track of how many hours they put into the show and are receiving college credit for those hours. Katie Jones, who plays Shar, is the only UWT student onstage. Other student held positions include costume design, lighting design, sound design, and backstage crew.

The show is recommended for ages 12 and up due to some content warnings. These warnings include themes of PTSD and stories of the horrors of war, frequent strong profanity, a flashing light effect, simulated violence, sexual suggestiveness and smoking of non-nicotine, non-tobacco, non-tar based cigarettes.

The set was a perfect combination of a traditional theatre stage and a modernized space that embraced technology. On the traditional side, the stage had set pieces and designated spaces, which in this show was a small fully-stocked kitchen and dining room table. For the more modern side, the backdrop was an LED wall which they projected various scenes onto via a projector hanging from the ceiling. The projections were beautiful and added all the more differentiation between locations. There were several scenes projected but there is one in particular towards the beginning of the show which was a video collage of scenes from the Arab Spring.

The show begins with a strange yet intriguing guitar riff. Anand Landon proved very quickly to be a talented, experienced guitar player and added some musical vibes to the show but it was a little unclear as to why he was there. Don't get me wrong, I loved it. It was just a little confusing when he walked onstage. As a person who does frequently work in theatre, it was refreshing to hear live music during a straight play rather than the same recording 15 times in the month.

While the show has a small cast, it worked out very nicely. When you have a small cast, you are more likely to have stronger bonds and when you trust your scene partner, the scene gets even better. Cousins Elliot and Yaz, played by Terence Mejos and Maria-Tania Bandes B. Weingarden respectively, have this beautiful strong bond onstage. I don't know about you but I have never spoken to my cousins the way they do onstage due to this strong bond.

Katie Jones makes quite an entrance with a shriek you could hear from campus. Jones plays an actress from Beverly Hills who has a colorful genetic make up and is finding her way in her heritage.

You can see how she wants to learn more about her heritage but also doesn't want to make a big deal out of it by shortening her name to Shar, as living up to Shahrnush is daunting.

The amount of accuracy in this show is wonderful and all thanks to the use of a dramaturg, Lydia K. Valentine. A dramaturg is almost like a director or adviser that heavily researches the era or event the show is about. Valentine, who is also the assistant director, researched the Arab Spring and had facts on a screen in the lobby so the audience could understand what was happening better.

This show deals with difficult topics such as war, PTSD and civil unrest. Mejos' character plays an ex-marineturned-actor who suffers from PTSD, the root of which you learn later in the show. If you're anything like me, you do have a sense of what PTSD can do to a person and Mejos depicted it perfectly. You're happy and completely chill one second and the next your world is spinning and you have a single memory playing on repeat like a broken record. If the scene is hard to watch, that means it's

The show was a little hard to follow at times with two separate stories playing at the same time but both stories built each other up. Even though there are potentially triggering subjects in this show, it is definitely worth the watch. TLT puts everything into their performances and this one was no different.

Something that many theatres have taken to doing for each of their shows is specialty cocktails. TLT created three for this show for the 21+ audience members. One is "Yaz's Relaxer" which is a vodka cranberry drink. For the tropical fans, they have Agustin's Coquito which is coconut milk, coconut rum, cinnamon and vanilla for a traditional Puerto Rican treat. Finally, we have A Toast to Elliot which is a simple gin and tonic.

Chris Serface, the Managing Artistic Director, announced the 104th season of TLT which included several promising titles including the Agatha Christie classic "Murder on the Orient Express" and the next UWT partner project. The next show at Tacoma Little Theatre is "The Luck of the Irish," directed by Lydia K. Valentine. It will run from June 3 to June 19.

While masks and proof of vaccination are still required, going to a live theatre is finally acceptable again. There's truly nothing like seeing a live performance and even making a night of it. That being said, grab yourself some Frisko Freeze and head out for a night May 9, 2022 THE LEDGER — NEWS

Paw'd Defiance: the local UWT podcast

UWT runs their podcast Paw'd Defiance for over 100 episodes and continues to educate students and the community at large about multiple relevant topics.

By Andrew Anderson News Editor

Paw'd Defiance, the only official podcast affiliated to and run on the UWT campus, is a podcast that covers a range of topics in relation to campus and the greater Tacoma area. The show has a range of guests including faculty, staff, students and experts in their related fields.

The show, for the first 50 episodes, was student-hosted until effects from the COVID-19 pandemic caused changes. The current host and runner of the show, formerly the producer of the podcast, is Senior Content Specialist Eric Wilson-Edge, who works for the Office of Advancement and also manages the central social media sites for UWT.

While the goal is to return to the original student-hosted format, Wilson-Edge was available to answer questions about Paw'd Defiance.

WHAT'S THE GENERAL SORT OF CONTENT THAT PAW'D DEFIANCE TENDS TO COVER?

Eric Wilson-Edge: "We cover anything related to the UW Tacoma community, whether we're talking about students, faculty, staff, research that's happening, or initiatives that happen around campus, but we also do border community issues that could also impact the UW Tacoma community, which has allowed us to reach out to UW faculty in Seattle to talk about climate change in the Pacific Northwest and other relevant topics. Specifically our content is sort of a broad definition, but a majority of what we cover is focused on something happening at the campus or folks at the campus."

WHAT SORT OF STUDENT JOBS ARE AFFILIAT-ED WITH THE PODCAST, IS THERE ANYONE HELPING TO FIND CONTENT OR SIMPLY THE HOST POSITION?

Wilson-Edge: "The goal or idea behind it was to find a student who was interested in communications and pursuing a career in that area and then having them be host to gain experience, or teaching them how to be host if they didn't know how to already. We would teach them how to edit audio, do research, and it was essentially skill building to help those students who want to go into that field. With our first and only two regular hosts, that was what we were doing."

ARE THE EPISODES RECORDED ON CAMPUS OR IN AN OFF-CAMPUS STUDIO AREA?

Wilson-Edge: "The first 50 episodes we rented space in a studio called Moonyard Recording studio in town, which was run by Doug Mackey, who is one of the people who puts together the Channel 253 podcast. We paid to use his studio whenever we needed it, and then either myself or the student would do the post-editing. The pandemic hit and we couldn't do the studio anymore, and so we have been using Zoom ever since, and while the sound quality is better in the studio, Zoom opens up availability and options for people."

IS THERE ANYTHING ELSE YOU WANT TO SHARE OR TALK ABOUT IN RELATION TO THE PODCAST?

Wilson-Edge: "We, just a few weeks ago, published our 100th episode, and it might be helpful to know that our audience is a general audience. We might be talking about UW Tacoma, but it's not specifically meant only for a UW Tacoma audience, it's meant for a broader community, and so we have listeners from all parts of the globe listen to the podcast and learn about the work that goes on here."

The Paw'd Defiance podcast can be listened to on most major streaming podcast platforms such as Buzzsprout, Apple Pdcasts, iHeartRadio.

Updates, as well as call episodes, can be found through their UWT website page at:

https://www.tacoma.uw.edu/news/pawd-defianceuw-tacoma-podcast.

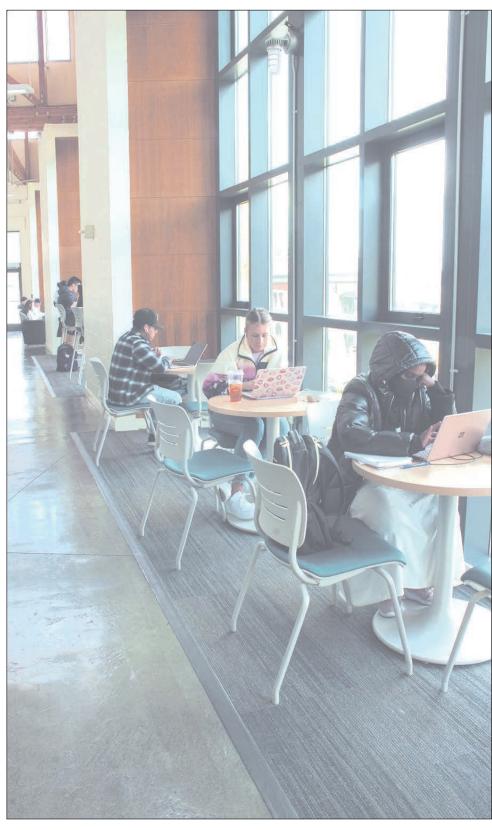


PHOTO BY ALEXA CHRISTIE

Students on the UWT campus engaged with their work in one of the various study spaces.

The Ledger

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Friday 9:30 a.m. - 5 p.m.
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NEWS — THE LEDGER May 9, 2022

Homelessness on the UWT campus

An anonymous student describes their experience alongside their family as they navigated being homeless for the first time in their life for two years.

By Leslie Gonzalez Cruz News Reporter

Amid President Joe Biden's visit to Washington on green energy and healthcare, an unforeseen removal of two homeless camps sparked controversy.

In anticipation of the visit, as reported by the Seattle Times, the city closed streets and limited access to sidewalks and 15 people were removed from the downtown encampments by Mayor Bruce Harrell.

The number of homeless people has reached over 10,000 in Tacoma alone. According to data from the homeless point in time (POT) by Pierce County, homelessness has risen from 6,664 in 2017 to 10,858 in 2020.

For students and their families who are experiencing this, it can greatly impact their future in negative ways as well as their academic success. According to a 2020 survey by the Hope Center, over one in 10 survey respondents at four-year colleges moved

three or more times in the 12 months preceding the survey.

A student, who wished to remain anonymous, was available to comment on their own homelessness situation while attending college classes. They were homeless with their family for two years.

"Whenever I was able to," the student says, "I would try to spend the rest of the day in the library, using the school computers and access to the internet and reading books. All to make sure I didn't fall behind in class."

"It's heartbreaking," they said, "Not knowing when your next meal will be, or if you'll even make it next year,

The source described feeling loss of hope and uncertainty for their future. At the time the family lost their home, the student who had just graduated high school in 2019 was questioning whether they would be able to attend UWT.

For two years they lived in their SUV, shelters and any place that would take them in. The student described visiting the UWT pantry to



PHOTO BY ALEXA CHRISTIE

The student affairs focuses on student success providing on-campus housing and resource centers.

not only feed themselves but their family as well.

"The Pantry became my favorite place on campus. They had food and small products my family needed. It felt great to be in class, with shelter and warmth, though it was temporary."

"It definitely felt weird being in class surrounded by my classmates, not one of them knowing I had spent the morning at a shelter with my family," described the student, when asked how they felt attending lectures.

The student and their family were able to receive aid from shelters in Pierce Country and currently reside in an apartment where they are getting ready to celebrate the student's graduation in 2023.

Students in need can visit the Pantry where they can do in-person shopping at no extra cost and are able

to pick up 20 items per week such as hygiene products, baby products and nutritious foods.

The Pantry is located in Dougan 104, operating Monday-Friday 9 a.m. to 5 p.m.

Job opportunities on UW Tacoma campus

With an emphasis on student workers, the UWT campus has multiple positions available for applications.



PHOTO COURTESY OF UNIVERSITY OF WASHINGTON TACOMA

By Sharlaye Dezurn News Reporter

Spring Quarter is coming to an end and with summer approaching there are a lot of places on campus that are looking to hire students from all different experiences and standings to help out.

The Center for Student Involvement, for example, is looking to hire a student center assistant, a student center coordinator, a husky life coordinator and many more positions for immediate work.

Ashley Remigio, who has been a student assistant for six months, was available to speak about the current position openings.

"As a student it's a great way for new and current students to navigate the free opportunities and services we have and it's a great way to talk to the student government about policies. It's a multipurpose place to get things done without having to go to multiple buildings for help," Remigio said.

The Teaching and Learning center is also hiring, with the TLC peer writing consultant position being open.

Gabby Brandt, who has been working there since 2019, shared her

thoughts on what they're looking for in their next employee.

"Applying here, it is a type of job working for fellow students, and if you're benevolent or want experience helping others it's a great way to get started, and hours are flexible," Brandt said.

To add, Brandt shares insight to the types of people who generally get hired with The Teaching and Learning Center.

"People who sound passionate and who can learn fast, go with the flow and show adaptability and flexibility generally get hired. They're definitely looking for people skills and familiarity with subject interests," says Brandt

Brandt adds, "My advice is be yourself and if it doesn't work out for you find somewhere that does work for you."

To find more information about these places and more job opportunities, log on to Handshake at:

https://uw.joinhandshake.com/stu



And the Nominees are...

STUDENTS' CHOICE Outstanding Student Leader

AHMED WAFAI NARJES H. AL-ALOUSEE
ALEXIS HEATH REMI FREDERICK
ANDRE JIMENEZ ROMAN GALANTI
EXITA LEALOFI SUMMER TURNBERG
HOLLY WETZEL

Outstanding Staff

NEDRALANI M LOGOTALA [Center for Equity & Inclusion]

KARIN DALESKY
[Academic Advising]

Outstanding Faculty BÁRA ŠAFÁŘOVÁ, PH.D [School of Urban Studies]

CHRISTOPHER MARRIOTT
[School of Engineering & Technology]
EMILY THUMA

[School of Interdisciplinary Arts & Sciences]

GARY VIERS

[Milgard School of Business]

TANYA VELAQUEZ

[School of Interdisciplinary Arts & Sciences]

Campus Impact

ACTIVITY OF THE MONTH
[Student Activities Board & The
University Y Student Center]

HOLLY WETZEL

[Creator & Moderator of UWT Discord]

MONDAY NIGHT VOLLEYBALL
[The University Y Student Center]

UWT DISCORD

[Online Communication platform created & led by UWT Students]

Students' Choice: Voting



Scan the code and cast your vote for our Students' Choice Awards before Friday, may 13, 2022 at 5pm

COMMITTEE-SELECTED AWARDS

RSO of the Year

ACCOUNTING STUDENT ASSOCIATION

LATINX STUDENT UNION (LSU)

PACIFIC ISLANDER STUDENT ALLIANCE (PISA)

PRE-MEDICAL CLUB

UWT PRIDE PACK

VIETNAMESE STUDENT ASSOCIATION (VSA)

RSO ADVISER OF THE YEAR

DC GRANT

[Women in Cybersecurity]

GARY VIERS
[Accounting Student Association]

TOP DAWG

ALEXIS HEATH
ANDRE JIMENEZ
HIMANSHU THAKUR
JAI'SHON BERRY
SUMMER TURNBERG

All nominees and winners will be honored on Friday, June 3, 2022 at 5:30pm in UWY 303/304 Check @UWTInvolvement on Instagram for info on how to attend

OPINION — THE LEDGER May 9, 2022 5

OPINION: The modern blockbuster is consistently lackluster

Even dumb action movies should still be creatively directed and artistically inspired.

By Anthony Krejci Opinion Columnist

The recent failings of big-budget would-be blockbusters such as "Morbius," "Moonfall" and "Fantastic Beasts: The Secrets of Dumbledore" are the most recent signs of the creatively bankrupt, shamelessly manipulative and opportunistic depths that Hollywood culture has dragged the art of cinema down to over the last few decades.

Being born in 1992, I grew up during a cross-roads in cinema. The creative, practical effects-driven blockbusters such as "Jaws," "Star Wars," "Alien" and "Terminator" were still all the rage. At the same time, new films like "Jurassic Park" and "The Matrix" were proving what CGI (Computer Generated Imaging) could do for modern cinema with spectacular success. I loved going to the movies as a kid.

Now, nearly thirty years later, I can count the number of times I went to the movies in the past three years on one hand. There are a few reasons why I have avoided the big screen, the first and foremost reason is CGI.

CGI began as a wonderful tool to tell stories in ways that couldn't be told before. Films like "Jurassic Park" and "The Lord of the Rings" trilogy used plenty of CGI but only where it was necessary. CGI was merely one of many tools which made these films great. Creative practical effects, real sets, engaging performances, solid writing and world-building were combined with the spectacle of CGI to create exceptional films.

Nowadays, the spectacle of CGI monsters, explosions and digitally crafted environments have replaced every other aspect of moviemaking and stripped it of its magic. Films used to inspire wonder, people used to exclaim "How'd they do that?" when faced with a creatively executed scene. Now, we always know how they did it, they do it the same way in every film. The sense of magic and wonder is gone.

Without that sense of wonder, Hollywood is forced to increase the spectacle with each passing year. Like a drug addiction, the American moviegoer has been trained to need a constant ramping up of stimuli to compensate for the hollow and repetitive nature of the experience. Over-reliance on CGI effects to draw crowds has replaced the need for good writing and strong characters. What was once the modern Broadway Stage has been reduced to the modern gladiator arena.

The over-exploitation of Intellectual Property (IPs) is also a huge turnoff for me. The "Fantastic Beasts" series and "The Hobbit" trilogy are some of the worst examples, but Disney's "Star Wars" trilogy is also worth a mention.

These films are the definition of corporate Hollywood beating a dead horse. These corporate committees who get their hands on a popular IP like "Harry Potter" or "Star Wars" don't really give a damn about crafting a story, they only care about profiting off of someone else's hard work and success.

This apathetic and greedy approach shows in the final result. One glance at IMDb or Rotten Tomatoes shows that these movies get middling responses at best, but by virtue of being attached to past success, they still make enough money to encourage these hacks to continue scraping the bottom of the bucket.

The actors who play in these movies are also a pretty good example of this trend in name profiteering. I began to notice this in high school when the "Pirates of the Caribbean" movies were really popular. I began to notice how after the success of these films, the once-great Johnny Depp began playing the same Jack Sparrow-esque character in every one of his films.

Ever since that time, I have developed the opinion that modern films don't really hire actors, they hire personalities. Just how different is Dwayne "The Rock" Johnson in the "Jumanji" series from Dwayne "The Rock" Johnson in the "Fast and the Furious" series? How different is Chris Pratt in "Jurassic World" from Chris Pratt in "Guardians of the Galaxy"?

I know there are probably a lot of Marvel fans on campus who will resent me saying this, but I think the Marvel Cinematic Universe (MCU) is the main reason Hollywood is in the poor state it is in today. There have been some Marvel movies I have enjoyed over the years.

"Guardians of the Galaxy"- a delightfully rare break from the MCU model - was a really fun, character-driven sci-fi adventure. "Infinity War" was undeniably ambitious and thoroughly entertaining. "Captain America: The Winter Soldier" felt like a great James Bond film with a superhero twist.

Yet overall, I think the impact of the MCU has been largely negative. It has proven that sticking to the same playbook and never taking risks pays off. All the movies are consistently the same degree of competence, but they feel more like a product coming off of an assembly line rather than someone's artistic vision.

Like a factory-made product, MCU films are cold and devoid of humanity. Any time there is even a hint of emotion, intrigue or suspense, Tony Stark has to bust out some quippy one-liner to remind us that he's Robert Downey Jr., the sexy bad boy. The jokes are rarely even funny, and even though the MCU is a universe with hundreds of characters, they all make the exact same kind of joke.

I would personally enjoy these films a lot more if they would allow me to experience a real moment of emotional engagement without it being interrupted by some played-out, childish smart-alec comment every five minutes. Especially considering that often these jokes are made when the world is literally being torn apart by some sky beam or a cube of some kind. Nobody would be cracking dumb jokes in those circumstances.

I know many of these opinions may be subjective to my own taste. Yet I think many people agree that the current course of modern cinema has felt played out and tired. The only reason these movies get made is that people keep buying into the scam.

I like goofy, action schlock as much as the next person. The 1999 "The Mummy" is one of my favorite movies because of all the delightful schlock. Even if you are making a dumb, action movie, there are intelligent and creative ways to execute it. Some films are definitely intended to be simple entertainment. Yet, regardless, entertainment is an art form and we should stop supporting corporate committees at Disney or Sony who seem to ignore that fact.



The Ledger is Hiring for the 2022/23 school year

Managing Editor: The Managing Editor assists the Editor-in-Chief with their responsibilities and focuses on increasing the quality of stories and helping writers grow.

Opinion Editor: Opinion Editors help reporters in the opinion section create persuasive articles that are relevant to the UW Tacoma campus, and edit said articles before they go on to the Managing Editor and Editor-in-Chief. The Opinion Editor is responsible for all stories and artwork in their section. They additionally produce one article per issue.

Film Critic: The position involves reviewing at least one movie (or series) per issue. Reimbursement is available for movie admission prices accrued on the job. We do not reimburse streaming subscriptions.

Opinion Columnist: Opinion Reporters create persuasive articles that are relevant to the UW Tacoma campus.

Illustrator: Graphic Designers/Illustrators create art to adorn the cover of the Ledger and accompany articles. They are responsible for completing all weekly assignments under the direction of the Layout Manager and Editor-in-Chief in accordance with Ledger style rules.

Layout/Design Manager: The Layout Manager is responsible for directing the design and layout of the student newspaper, the Ledger. The Layout Manager oversees all page designers, and works directly with the Editor-in-Chief and Managing Editor.

Go to Handshake to apply DEADLINE June 30, 2022 5:00 PM

OPINION: Why do you care what I do off the clock?

Could New Jersey be the state that helps bring change to federal laws when it comes to marijuana?

By Madi Williams
Managing Editor

On April 21, New Jersey legalized the sale of recreational marijuana in the state, as reported by NBC New York. While the legalization of recreational marijuana is nothing new, the acting Attorney General Matthew Platkin issued a memo to police chiefs and directors reminding them "that the Cannabis Regulatory, Enforcement Assistance, and Marketplace Modernization Act Gov. Phil Murphy signed into law 14 months ago says departments may not take any adverse action against any officers because they do or do not use cannabis off duty."

As many would assume there is backlash to this memo including Jersey City Mayor Steven Fulop who stated that if an officer uses marijuana even off duty it would result in termination. In Fulop's Twitter feed on the topic, he says "NJ's policies allowing law enforcement to smoke is an outlier nationally and one that will put our officers + commu-

nity at risk with impaired judgment."

Fulop does have a point that New Jersey would become an outlier nationally, if New Jersey does allow their police to use marijuana off duty it could lead to major changes.

Currently, marijuana is a Schedule I drug according to the United States Drug Enforcement Administration (DEA). To fall under Schedule I the drug is defined as "drugs with no currently accepted medical use and a high potential for abuse." Some other drugs that are in the same category as marijuana are heroin, LSD, ecstasy and methagualone.

This means that the federal government sees marijuana specifically THC or tetrahydrocannabinol as a higher potential for abuse than cocaine, methamphetamine, methadone, and fentanyl which are all Schedule II drugs that are defined as "drugs with a high potential for abuse, with use potentially leading to severe psychological or physical dependence. These drugs are also considered dangerous."

Why do federal jobs care so much about what their workers are doing on their time-off? People are able to drink alcohol during their off-time and walk into work hungover the next day, does this not impair your judgment? Why is this acceptable but smoking marijuana off duty is not?

Marijuana's effects can last from 2 to 8 hours as stated by Healthline, and many users use it to help them sleep. Dr. Matt Roman, a medical marijuana physician states "Marijuana is an effective sleep aid because it restores a person's natural sleep cycle, which so often falls out of sync with our schedules in today's modern lifestyle." Depending on when someone starts using it and when they have to get up the high is over, so they are not feeling the effects of the marijuana when they start work.

The issue with marijuana is that it (THC) can stay in someone's system for up to a month, compared to cocaine which can last two days in blood or saliva and three days in urine according to the American Addiction Centers

website. Just because marijuana stays in your system for up to a month does not mean the individual is still high; the THC molecule stays in fatty cells, which takes time to naturally get out of your system stated by Healthline.

If anything, federal workers should be able to use CBD products in their off-time, but there is still a risk of using CBD because there are small traces of THC in those products. If there is enough THC within the CBD products and taking into account how often the product is used a person could test positive on a test due to the amount of THC which is what drug tests are testing for.

Based on a report by Conrad Weaver from NAMI (National Alliance on Mental Illness) 18-24% of dispatchers and 35% of police suffer from PTSD. Many medicate with alcohol or other abusive behaviors in order to cope with the stress and trauma they encounter daily. How are these numbers, and knowing many medicate with alcohol and other substances, not putting the community at risk?

An article from Veterans of Foreign Wars says "Over the course of a year, the study found that cannabis users reported a greater decrease in the severity of their PTSD symptoms. They also were more than 2.5 times as likely to no longer meet the diagnostic criteria for PTSD as those who did not use cannabis."

If it is known to help with PTSD which has symptoms of high anxiety and sleep issues and 35% of police suffer from it then why limit them to something that will help them sleep better which in turn would help improve their work because they are getting undisturbed sleep?

What people do during their offtime should not interfere with the work that they do, even if they are a federal worker, especially when it comes to marijuana. As long as they are not coming to work high and are able to do their work, why limit them from doing something that is not as dangerous as other drugs that are on the DEA list?



ILLUSTRATION BY JAIDA NOBLE

OPINION/A&E — THE LEDGER May 9, 2022

OPINION: Section 230: Useful or harmful?

Section 230 itself has not changed much but the opinions around it are constantly at odds.

By Remi Frederick Opinion Editor

In 1996, the Communications Decency Act (CDA) was passed. It was designed to limit minors' access to pornography. It prohibited from sending any "obscene or indecent" message knowingly to a minor and showing any "patently offensive" materials to minors.

However, in 1997 the American Civil Liberties Union challenged the CDA and the Supreme Court found it to be unconstitutional because the free speech of adults was significantly impaired even while protecting minors.

Section 230 is the only portion of CDA to be removed, saved and passed as a policy.

Section 230 says that "No provider or user of an interactive computer service shall be treated as the publisher or speaker of any information provided by another information content provider."

Essentially, this means that website owners and moderators cannot be held responsible (or charged) for what the users on their website say or post.

In addition to this, Section 230 also protects website owners and moderators from when they do remove content "in good faith."

While this is all well and good, there have been debates on both sides about amending Section 230 or even repealing it.

Republicans argue that Section 230 is being used to censor too much information and that Section 230 guarantees that websites have to be politically neutral, which it doesn't but more on that later. Essentially, they think they're being censored.

Democrats argue that it gives companies a pass on actually moderating their websites and doing things such as preventing illegal drug sales and stopping extremists from organizing violence. President Biden discussed completely throwing out Section 230 because of the misinformation running rampant online before he was inaugurated but since then, not much has been discussed and no big moves have been made (publicly).

Now, my point of view on this is complicated. As you might guess, I completely disagree with the Republican argument, however, I don't wholly agree with the Democrat argument.

A study done by Mathias Osmundsen, Michael Bang Petersen, and Alexander Bor of the Brookings Institution in 2021 found that Republicans are more likely to share fake news than Democrats (however, both sides do it).

Websites like Facebook and Instagram have been cracking down on misinformation, hence why Republicans might feel like they are being censored, even if they aren't.

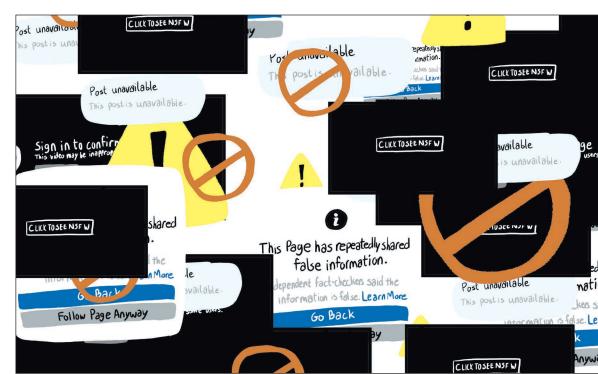


ILLUSTRATION BY JAIDA NOBLE

Section 230 itself has not changed much but the opinions around it are constantly at odds.

Moving onto the Democrats, while I agree that Section 230 gives companies a pass, I don't agree that completely removing it is in the best interest of all.

I think that companies should regulate the content found on their websites because stopping the spread of misinformation and stopping harassment is important. However, if websites are not in some way shielded, they most likely won't do much to moderate these issues

or will over-moderate and limit content severely.

I don't disagree that Section 230 should be ratified, big corporations should not be able to get away with a lack of modding which, it seems to me they have been. For example, in one of the games I play, I've repeatedly reported one player for saying the most vile, disgusting messages to me and others and no action has been taken. It's been

months and months of reporting his messages almost daily.

We must find a way to make sure that all the liability doesn't fall on the big corporations but also protect the free exchanging of ideas while weeding out the messages that aren't respectful or helpful to society.

UWT student in Rome: Classes, museums and pasta

A big lifestyle adjustment that is completely worth it!



PHOTO BY JOSEPHINE TRUEBLOOD

The UWRC overlooking the Campo de Fiori.

By Josephine Trueblood A&E Editor

Art history classes at the Musei Capitolini, visits to popular gelato spots, weekend trips to Florence and writing assignments about food and travel: here is a bit of what I've come to expect while in the UW Rome in Residence study abroad program.

Being in Rome for six weeks now. I've adjusted to being outdoors for a majority of the day - having longer classes and cultural immersion at every turn. My days often end up being long - midmorning classes, made earlier by necessary morning coffee and pastry rituals, and late European dinners. Rome is an extremely walkable city, so a twelve-hour-outside day can be a bit tiring after 23 thousand steps. However, this creates more opportunities to step outside my comfort zone and immerse myself in European culture. This week, my Italian class plans on visiting an outdoor fruit market, where our professor will help us with the names of lesser-known fruits and vegetables along with monetary exchanges with local vendors.

This class, like many others, is one of the highlights of this program, as the hands-on approach to classes and homework assignments prepare us well for living in a new place and really learning the class content. Instead of lectures, my art history class meets at a new location twice a week - from Palazzo Altemps to the Caracalla Baths. On-site visits are also common with my creative writing class: I've noticed less homework and a greater emphasis on visiting places, learning about interesting stories and trying new activities. My last big assignment was a series of food memoirs, written in 50, 100 and 150 words about one food or drink (I chose fresh Italian orange juice) to emphasize word choice. The hands-on learning has been perfect, I've found that I've really retained information that may have otherwise been lost to me, such as the complex origin stories about Romulus, Remus and the She-Wolf.

With each outing also comes the opportunity to visit new neighborhoods and eat more food. Between my art history and creative writing classes, a three-hour break, I practically ate my way through Pigna - splitting a light pesto pasta dish and a Diavola pizza with a friend at lunch. For the second lunch, I picked up arguably the best Roman street food, suppli, creamy tomato and mozzarella fried risotto balls. For the dessert lunch (I'm really not kidding), acai bowls, because I felt it was time for something a bit more nutritious, and chocolate matcha gelato. Most days are like this, hence the late dinner custom around 8:00 p.m. onward. One surprise in Italy is that different regions have specialties and very much stick to them. Rome specializes in carbonara, cacio e pepe, amatriciana and other lighter pasta dishes. For heavier ragu, I had to take a weekend trip to the North!

The program highly encourages students to visit new cities within Italy, and lots of students have paired up and traveled all over. My first trip was to Florence, where I was able to prepare with insider trips from my professors about navigating crazy museum lines and good restaurants to check out. Only an hour train ride away, I was able to see Michaelangelo's "David" at the Galleria dell'Accademia and Botticelli's "Primavera" and "Birth of Venus" at the Uffizi. To top it all off, my roommate and I had a rooftop dinner overlooking the Ponte Vecchio and tried the best truffle ravioli ever.

The lifestyle is undoubtedly different: going to school in Tacoma meant comforting daily pho, working from home and rarely walking to avoid the rain. In Rome, all my work is done in sprawling gardens, walking everywhere and occasionally breaking my strict pizza and pasta diet for mediocre packaged ramen.

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"Nintendo Switch Sports" is a great party game, both online and offline

We all could use a break so here are some stress-free shows to get you across the finish line.

By Angelo Alegre **A&E REPORTER**

Since its announcement back in February of this year, fans of "Wii Sports" and "Wii Sports Resort" have been excited for what's to come in the new "Nintendo Switch Sports." The newest game in the line, released April 29, will start with six sports: volleyball, badminton, bowling, soccer, chambara and tennis. Nintendo has already announced that an additional free sport is coming later this year in the fall season, which is golf. This is more than the original "Wii Sports" which only had five sports: tennis, baseball, bowling, golf and boxing.

"Nintendo Switch Sports" has three game modes: global online play, local play and online play. Global online play is what it sounds like, you play with people from across the globe. This is the only game mode in which you can earn cosmetic items to customize your character or sports equipment, so the more you play, the more you earn. You also won't have to worry if you are scared of losing, as to earn these cosmetics, you have to earn 100 points. Every sport has participation points. Although, you will earn points at a higher rate for how well you do in the sport, as well as if you win. The max number of players for global online play is two, so you can tackle it alone, or with a friend right by your side. Local play is also

what it sounds like, you play with friends in a local environment. The max number of players for this mode is four, so this mode is perfect as a party game among friend groups. The last mode is online play, which might be confused with global online play, but this mode is for you to play with your friends from a distance. This is the only game mode that will require multiple copies of the game; one per Nintendo Switch in use. The max number of players per Nintendo Switch is two, so you can play with your friends locally and online at the same time.

One of the great things about "Nintendo Switch Sports" is that it is very beginner-friendly. Each game will have a tutorial on how it is played when you play it for the first time. It will take you through various movements used in the game and will make you do it multiple times so you can get the hang of it. One of the things the game does not tell you, however, is that different games have a different type of controller play style. In chambara - sword fightyou can use either one Joy-Con controller or two depending on which sword style you want to use. Also in soccer, you will need two Joy-Con controllers per player, so this mode may not be the easiest to pick in a local game.

One other thing you might not like about the game is that there is a difference between the physical edition and the digital edition of the



PHOTO COURTESY OF NINTENDO UK VIA TWITTER

Volleyball is one of the brand new sports found in "Nintendo Switch Sports"

game. Besides the physical edition being \$49.99, it comes with a leg strap which is used in one specific mode for soccer. If you get the digital edition of the game which costs \$39.99, you can buy this leg strap separately for \$9.99 if you want to try the game mode soccer shootout.

Overall, "Nintendo Switch Sports" is a great game to pick up for any type of gamer. It might not be a game you can play for hours and hours on end, but it does an amazing job being a pick-up-and-play game, as well as a party game for both local and on-

[Nintendo Switch Sports found exclusively on Nintendo Switch]

What to watch now that you survived midterms

We all could use a break so here are some stressfree shows to get you across the finish line.

BY RYAN MANTLE FILM CRITIC

Summer is almost here and, if you're like me, you are ready for this quarter to end so you can finally relax. If you're putting off watching some TV shows because they are too intense, here are some that can play in the background while you fold clothes or clean the kitchen.

"WOKE"

Have you ever thought "Atlanta" is great, but I can't binge watch it because it can be too depressing?" Enter "Woke," which released its second season in early April. "Woke" hits on a lot of the same issues as "Atlanta," white allies, corporate "activism," etc. but does so in a low-stakes way. "Woke" is based on a real cartoonist who is assaulted by the police which changes his perspective on just about everything. Also, random objects start talking to him, like malt liquor bottles, trashcans, and his trusty pen, voiced by J.B.

Smoove. It is funny and light but it also has something to say about our society.

["Woke" is streaming only on Hulu]

"OUR FLAG MEANS DEATH"

Stede Bonnet suffers a mid-life crisis and decides to become a "Gentleman Pirate" but realizes that he is falling in love with Blackbeard. The premise alone sounds like some excellent hijinks could be in play, but the cast is what really makes this show so appealing. Taika Waititi, Leslie Jones, Fred Armisen, Kristen Schaal, Will Arnett, and more famously funny people make this ensemble cast ooze with potential. With plot points focusing on pyramid schemes, hunting for oranges, and identity theft, this show is perfect for keeping you entertained while the quarter winds down.

["Our Flag Means Death" is streaming only on HBOMax1

"RUSSIAN DOLL"

Maybe laughing through the quar-



PHOTO COURTESY OF WARNERMEDIA DIRECT

Rhys Darby, Taika Waititi and Rory Kinnear in Our Flag Means Death.

ter isn't what you need. Maybe you have a day off and you just want to be engrossed in something other than your life. "Russian Doll" is here for all of your binging needs. Natasha Lyonne reprises her role as Nadia, who successfully escaped a time loop in the first season and now finds a way to travel back in time and take control of her mother's body while she was pregnant with Nadia. This show will keep you guessing throughout

and it's hard not to love the characters, despite their numerous flaws.

["Russian Doll" is available to stream on Netflix]

"BOB'S BURGERS"

As they say, 'If it ain't broke, don't fix it.' Honestly, this spot could be filled with any show that brings you immense comfort and joy but for me, it's "Bob's Burgers." The show's twelfth season is currently airing, so join the Belcher family as they get into miscellaneous and wholesome shenanigans. As an added incentive, "The Bob's Burgers Movie" is coming out later in May, so think of it as studying up for what is sure to be a cinematic masterpiece.

["Bob's Burgers" is available to stream on Hulu]