

FREE EVERY WEEK

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THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA



COVID-19 guidelines and the 2022-23 academic year

Page 3

Summer job opportunities for students

Page 3

This year’s new registered student organizations

The 2021-22 school year saw the birth of multiple student clubs and organizations that intend to carry on into the next school year.

By **ANDREW ANDERSON**
NEWS EDITOR

UW Tacoma is home to over 100 registered student organizations and clubs that provide students with opportunities to engage with the Tacoma community, connect with alumni and possible job opportunities or simply interact with their fellow classmates. While some organizations did not return for the 2021-22 school year, others were created.

One of the new clubs created this year was the “Bark No Bite” Public Speaking Club, a club that was formed with the intention of encouraging students to practice and improve on their

public speaking. Their meetings are held at the University Y in room UWY 307 on Mondays.

The Wordlings Club, which is a literary-based organization that encourages creativity, is also new this year. The group meetings take place in the Tacoma Paper and Stationery building in TPS 110 every Tuesday where they share weekly prompts and readings.

“I would say my experience running a club,” Elijah Prater, the president of Wordlings said when asked about his experiences, “...can be summed up by us doing and attending as many events as we can, because the hardest part about reviving the club hasn’t been managing everything, but instead getting new

members in the first place.”

Another new club that was formed this last school year is the Formerly Incarcerated Students Association (FISA) which was made to support the people, programs and priorities of the formerly incarcerated student community. Their main goals are to create a community for such students to improve retention, degree completion and to make a positive impact on the campus and community. These meetings are held in the University Y as well in room UWY 105.

For students with an interest not supported by one of the organizations on campus, however, there are steps to create one of their own, although all new organizations require to have five

currently enrolled UW Tacoma students to serve as officers, a UW Tacoma faculty or staff member willing to serve as an advisor and must create a written constitution for the organization.

Approved clubs need to have at least two officers attend orientation sessions held throughout the school year or at Club Camp, a program held in mid-September each year. Along with Club Camp, Student Involvement hosts a variety of events for and alongside student organizations including involvement fairs, a block party, and others.

Those wanting to learn more about the Student Involvement events can find more information here at:

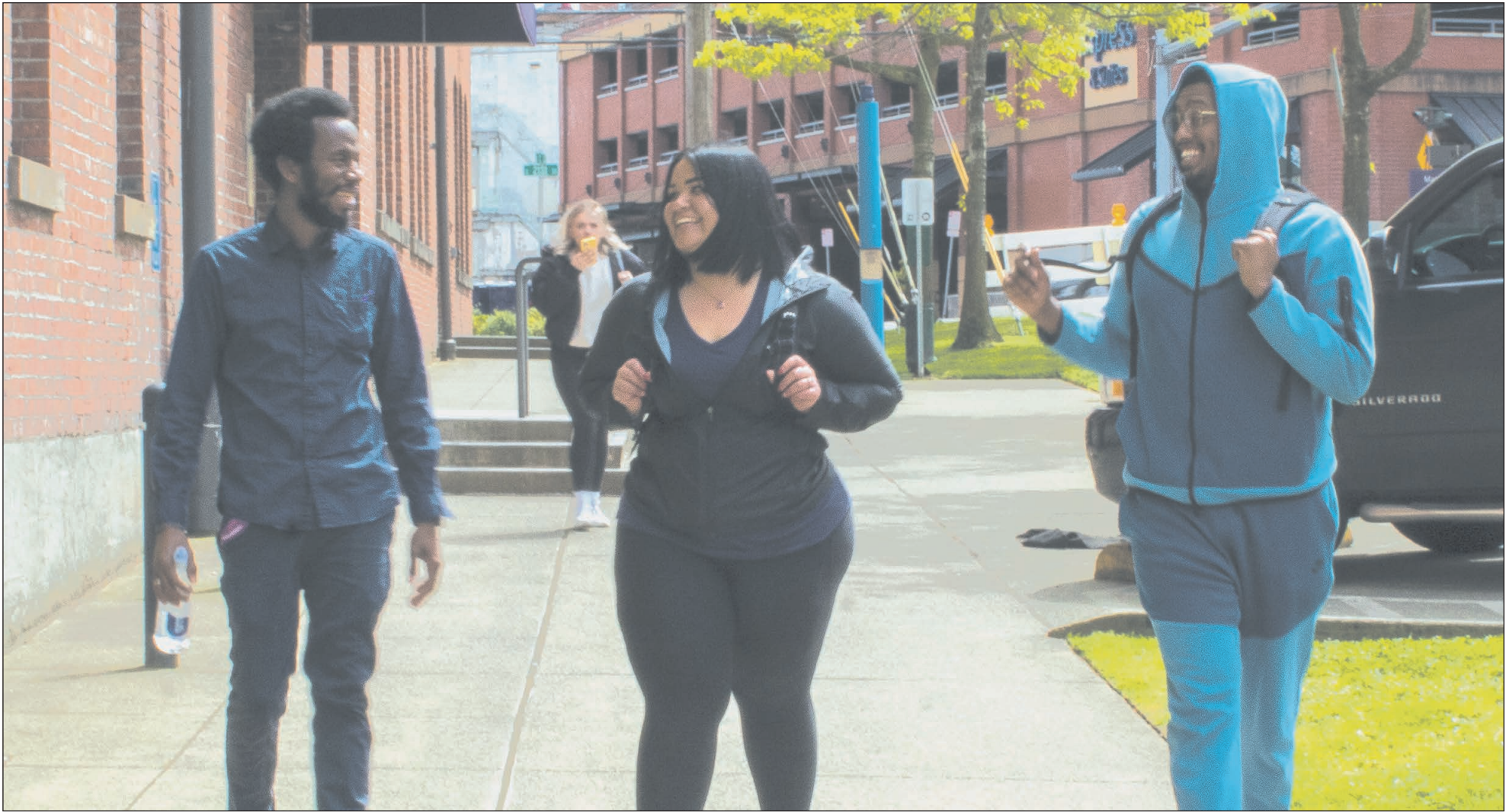
<https://www.tacoma.uw.edu/involvement/rso-events>

Students who wish to register an organization can find more information and help at:

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

Students wanting a complete, current list of student registered organizations and their contact information can find them here at:

<https://uw-tacoma.presence.io/organizations>



A photo of three students laughing and walking by the Mattress Factor towards the rest of the UW Tacoma campus.

PHOTO BY ALEXA CHRISTIE

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Summer job opportunities for students

With the school year coming to an end multiple job opportunities and internships have become available for students.

By ANDREW ANDERSON
News Editor

The 2021-22 school year has drawn to a close with classes ending for students, but many job opportunities for students in the summer and the 2022-23 school year have begun to open up.

The Student Activities Board has opened applications for students who want to become a coordinator for the organization. The three positions they have open are the Staple Events Coordinator, the Husky Life Coordinator and the Mascot Ambassador. All three positions are paid positions and can be found online at the Handshake portal for UW Tacoma.

There are also various internship opportunities for the summer listed through the Handshake portal as well as some open to students of all programs. Examples are the Social Justice Summer Internship Program by the Center for Equity and Inclusion and the New Directions Internship by the Community Youth Services.

Students who want more knowl-

edge and information in general about student work opportunities and how to develop their career on campus can also visit the UW Tacoma Career Development & Education center online or email questions to tcareer@uw.edu.

Last week Mindy Kornberg, the Vice President for Human Resources for UW, sent out an email to students advertising UWHR's new student employee website portal that gathers all information relevant to student employees and their managers. The website offers information about student employment in general, getting started as a student employee, finding work and more.

Those wishing to focus on work for the summer specifically can learn more on June 23 when the UW Career and Internship Center will host the UW Tri-Campus Summer Job and Internship Fair remotely via Handshake. Student registration will open on June 2 at 8 a.m. and those with questions about the event can email the Center at cicevents@uw.edu.

Students wanting to visit the UWHR student employee portal and find employment relevant information can visit the website at:

<https://hr.uw.edu/studentemployment/>

Any student wishing to look at student job opportunities that are currently available and accepting applications can visit the Handshake portal at:

<https://app.joinhandshake.com/stu/postings>

Those wanting to learn about UW Tacoma student career opportunities or development can visit the Career Development & Education center at:

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



PHOTO BY ALEXA CHRISTIE

A photograph showing West Coast Grocery on the UW Tacoma campus.

COVID-19 guidelines and the 2022-23 academic year

As COVID-19 continues UWT will be taking the necessary precautions to keep students, faculty and staff safe along with following CDC guidelines.



PHOTO BY ALEXA CHRISTIE

The Husky Coronavirus testing center has self-test kits for pick up along with an option for students to report their symptoms.

By LESLIE GONZALEZ CRUZ
News Reporter

As the 2021-22 academic year comes to an end, the 2022-23 academic year approaches along with new COVID-19 guidelines.

This academic year the COVID-19 guidelines allowed the return to in-person classes after over a year of online classes and mandatory use of masks to the now optional but recommended use of masks on campus for spring quarter.

As reported by the Centers for Disease Control and Prevention (CDC), COVID-19 cases have been declining and continue to decline, thus minimizing the need for mandatory measures.

As COVID-19 cases continue to decline in Pierce County, UWT will continue to work alongside the county and the CDC to implement guidance as needed.

With fall quarter beginning Sept. 28, 2022, UWT will continue to recommend the use of face masks such as KF94, KN95, N95 or surgical masks to keep each other safe. The use of masks inside will not be mandatory but is strongly recommended.

"I do think we still need to try and social distance though," said Alex Mathena, in response to UWT's 2022-23 COVID-19 guidelines.

Due to high vaccination rates at UW and broader communities, the CDC framework for public health guidance asks for the public to remain up to date with vaccinations and booster shots, while UWT will still be requiring all students and employees to be vaccinated against COVID-19 unless medical or religious exemptions are provided.

Though the new fall quarter will continue to have in-person classes, flexibility among classes will vary.

As COVID-19 continues, the university's researchers along with top health experts will continue to guide the university. Should new COVID-19 problems surge, the university will implement needed guidelines.

UWT recommends students to stay home if they are experiencing symptoms or have been exposed to the virus, along with wearing masks and getting vaccinated.

For students who are seeking more information on COVID-19 testing on campus they can visit:

<https://www.washington.edu/coronavirus/testing>

Further COVID-19 resources can be found at:

<https://www.cdc.gov/vaccines/covid-19/index.html>

LETTER TO THE EDITOR

TWRT 388 Writing for Social Change

Submitted by students of TWRT 388

Dear Editor-in-Chief,

This spring a group of 23 students in Dr. Cassie Miura's TWRT 388: Writing for Social Change course completed a short unit on Indigenous Rhetorics which was developed as part of UWT's inaugural Indigenizing Pedagogy Institute directed by Dr. Robin Starr Zape-tah-hol-ah Minthorn. Student groups researched land and language reclamation, two-spirit people, and embodied rhetorics such as fasting, protests, and flash mobs. We are writing to share our collective reflections about what we have learned, what we have unlearned, and what we would like to learn and do more about.

Learning and Unlearning:

I learned that history about indigenous people is intentionally erased. The renaming of lakes erased their significance and culture as well as their presence on their own land. What I have unlearned is that each tribe is not the same. Each one embodies a different cultural significance and faces their own challenges. I'd like to learn more about what we can do as a community to actually help the indigenous communities that we live among. - Leslie

I personally learned more about embodied rhetoric and how it is used to promote social change. I've definitely become more willing to participate in embodied rhetoric now after learning more about the spe-

cifics that go into it. As far as what I've unlearned, I think I've grown to be more comfortable with the idea of embodied rhetoric; after all, that is the whole purpose. -Celia

I have learned that the lens by which we look at things needs to shift, I can never know what it is actually like to be in the type of situation the indigenous were and are in.

I have unlearned my colonial perspective of land and that it means a lot more than the resources within or on it. -Scott

I want to learn more about the value of native peoples lands in America and how to provide more land and resources to the tribes with limited land and resources. - Max

My favorite example of embodied rhetoric is the flashmob in the mall at Redding, California- Trinity.U.

That these communities have more history than what people teach in public schools- Alex

I unlearned peaceful protests are the only ways to make social changes and fight back.

I learned about the Puyallup tribe in much more detail through these presentations. A great way to learn about why the language, Lushootseed, needs to be reclaimed is by watching the Cushman Boarding School Project by the Puyallup Tribe.

I learned about what embodied rhetorics are and how they can be utilized to create awareness about pressing issues and call for action. - Frank

I unlearned that National Parks

were just empty land. They were home to multitudes of Native American tribes and communities. - Frank

I learned that transcribing language is important for future generations to be able to learn/study it.

Some new information I learned is how the trade/purchase/lease happened between settlers and natives. There was information about the misunderstanding of what the deal was, and some deals were not fair.

I'd like to know more about how land reclamation works. Would renaming and relocating lands be more symbolic, or would entire national parks (like Glacier National Park, as was discussed in class) be given back to native people?

I learned that land acknowledgements are not as impactful as they should be. If we acknowledge that we are stealing native people's land, then why don't we just give it back to them instead of keeping what is not ours in the first place?

The thing that I unlearned is the fact that two-spirit people is not just a term for people who identify themselves as both male and female, it's also for people who have combined traits of male and female or none.

Flash mobs are actually effective, I was taught that these types of embodied rhetoric never work and were just for attention but in reality, they work pretty well. I want to learn more about traditional dance. -Alex

I learned that in many land deals, indigenous tribes thought of the deal

as a lease rather than a permanent sale. This led to many tribes such as the Blackfeet, Seminole, and Miwok tribes' boundaries getting pushed back and they were not allowed back to the places they once used to hunt, gather and worship.

I unlearned the fact that I own the land that I live on, that my house doesn't belong to me, or my parents. The house I live in belongs to the indigenous peoples' that roamed this part of the country, along with everything else in the city. We need to pay our dues.

I would like to learn more about the specific tribe that I grew up with in Ferndale. Lummi Nation is a tribe north of here, and I had a lot of friends who lived on the reservation. I would like to know more about their teachings, their culture and their overall history and compare it to other tribes I learned about in class.

I would love to learn more about the language, Lushootseed, and look more into the resources that different tribes provide to learn more about this language.

I learned how hard it is for the Indigenous tribes in our country to be heard and how involved the Federal government is in the whole process— particularly with land reclamation -- even IF the name of Mt. Rainier is proposed to change, the Bureau of Land Management and Congress have the final say.

I would like to know more about

Two Spirit People... Particularly which tribes recognize two spirit people and which don't.

Action:

UW can definitely afford to pay real rent- Seattle campus, I'm looking at you! - Alicia, Malina

No kidding! I love that idea. Like, if we are going to really acknowledge the land, let's REALLY acknowledge the land. I would be proud to be attending a school that did something like that - Brian Rolstad

I third that sentiment. Every public University should be paying rent. -Scott

EVERY professor should include a Land Acknowledgement at the beginning of every quarter and in the syllabus. Additionally, A Land Acknowledgement could be done at the beginning of every event and posted publicly for display. - Ellen

UW Tacoma budget should be re-directed in ways beyond student fees to support Native American communities such as hiring more faculty and staff representing various tribes and scholarships for Native American students. - Ellen

We should have community signs around UWT acknowledging the Puyallup Tribe in English and Lushootseed. - Trinity U.

Two Ledger staff members are enrolled in the class that authored this letter

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.

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A&E Editor: A&E 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 A&E Editor is responsible for all stories and artwork in their section. They additionally produce one article per issue

Distribution: Distributes paper around campus at The Ledger newspaper stands. Keeps track of how many copies are being taken from the stands.

**The Ledger is Hiring for the
2022/23 school year!**

**Go to Handshake to see all open positions and apply!
DEADLINE June 30, 2022 5:00 PM**

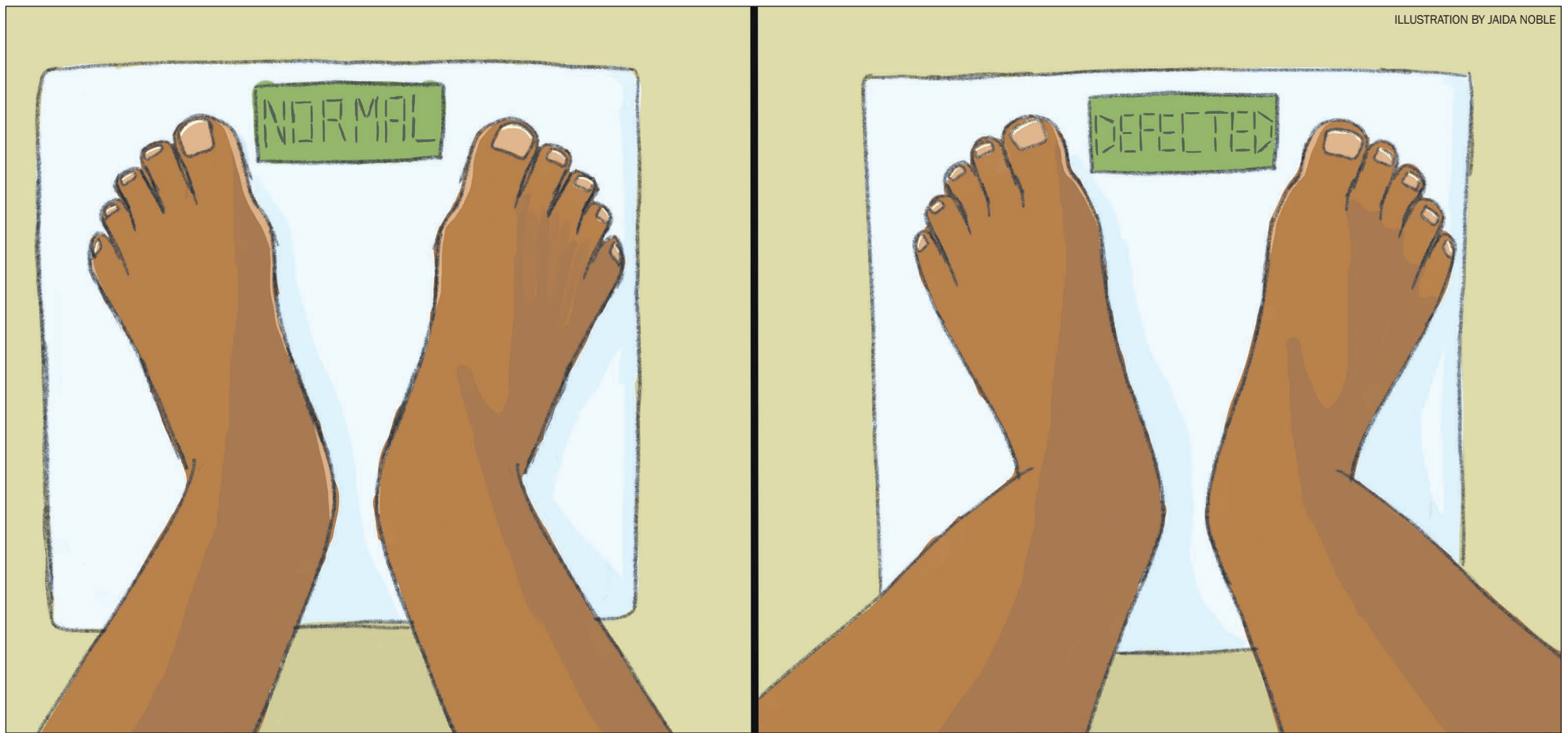


ILLUSTRATION BY JAIDA NOBLE

OPINION: Fatphobia and the medical bias that surrounds it

The fact of the matter is that doctors would rather treat all cases of being overweight as the disease itself rather than a symptom.

By **ANDREW ANDERSON**
NEWS EDITOR

When I was 16, both of my parents and I saw an informative documentary about gastric bypass surgery and how it can help save the lives of those who are morbidly obese. I was in the living room, sitting on the couch, and watching the two discuss the possibility of getting it for me, listening to them say, “Maybe it would be good for them to get the surgery. It will help them stop eating so much all the time!”

For a sixteen-year-old who had no support network outside of their immediate family, if they wanted to get me the surgery, then I would have been unable to say no and, as a child, they had the final medical say.

Gastric bypass surgery is a procedure in which they surgically change the size of your stomach to make it smaller and thus feel full with less food. My parents’ reaction to my overweight size as a teenager, when my body didn’t respond like it supposedly should have to doctor-suggested diets, was to consider surgery.

After they saw the insurance wouldn’t pay for it, they put me on weight loss pills. This led to me losing 100+ pounds in under a month and being unable to gather the energy to even leave my bed. After going off the pills I rapidly gained the weight back as my body was allowed to eat and process the food correctly. A few months after that, my parents

wanted me to go back on the pills.

This is only a small example of the fatphobia that exists across our country.

There is a very distinct bias against overweight people when it comes to asking for and receiving medical care.

The majority of doctors will treat being overweight as the disease itself rather than a symptom, as it can be in multiple diseases, issues and chronic conditions. An example would be someone with breathing problems who is overweight being told to lose weight rather than being tested for asthma. Spoiler alert: this was me and yes, I had asthma.

A large number of claims that are said to be common knowledge are actually ones that, with research, have been disputed or proven false.

A research article by Paul Campos, Abigail Saguy, Paul Ernsberger, Eric Oliver and Glenn Gaesser titled “The epidemiology of overweight and obesity: public health crisis or moral panic?” published in Volume 35 of the *International Journal of Epidemiology* does an excellent job as an introductory resource towards combating fatphobia in the medical field.

The article argues against claims such as there being an obesity pandemic, obesity increasing mortality rates and significant long-term weight loss being a practical goal for better health. All of these claims are supported by the research that was available when it was published in 2006. While the article is roughly 16

years old, it can be used as a base for doing further research on the argument that the medical fields are dismissive of overweight people.

Other research studies, such as a study done by the Ohio State University and reported on by Science Daily in 2021 titled “Survival tip: Start at normal weight and slowly add pounds” discusses how adults with a normal body mass index (BMI) who later move to being labeled as overweight in their later adult lives tend to have a higher life expectancy. This does not include those who are labeled as morbidly obese or have overweight BMIs in early childhood or adulthood.

Another article on the American Psychological Association published in 2018, titled “Why do dieters regain weight?” and written by Traci Mann, a psychology professor at the University of Minnesota, reveals that calorie deprivation such as those seen in dieters leads to changes in hormones, metabolism and cognitive/attentional functions that make it difficult to enact the behaviors needed to keep weight off.

All of this is not to say that being morbidly obese does not come with its own dangers. There are times where weight loss surgery is a valid and even safe option for people to consider, especially if they’re hundreds of pounds past the ideal and healthy weight for their body specifically. Those with a BMI of 40 or higher, which is when one is labeled

as morbidly obese, do face health concerns. The problem is when that weight is not a simple case of overeating or overindulging.

The truth is that many doctors are either not trained to look past those with higher weights or do not inform their patients of cases where that weight is a symptom.

In my own personal case, I have what is known as insulin resistance, which both myself and my parents were aware of when they discussed gastric bypass surgery. Due to doctors not informing us what this truly meant, we didn’t understand how it affected me. I didn’t learn until my third year of college that being insulin resistant meant my body did not break down food correctly.

I was not diabetic like many, including some doctors, believed. My body still produces insulin, but it does not know how to correctly use it. Instead of storing half the caloric energy from what I eat and processing the other half like in the average, healthy body, my body would store everything. This meant that all food I ate went directly to my fat stores and I was constantly left feeling faint and weak as my body broke down those fat stores rather than getting energy from what I immediately ate.

My body is genetically designed to delay any energy I get while making me fat. So when I was on weight loss pills that made me unable to eat, it meant that I had no energy and no reserves to get backup energy and

was unable to even stand or move from my bed. The doctors never explained this to me. Instead, they said, “Try losing 20 pounds and come back after that.”

When genetic arthritis began appearing in my body, instead of x-rays or any medical tests being done, the doctor looked at my weight on my chart and said the pain in my knees was from being overweight. I lost 60 pounds over the next seven months and the pain grew worse, but upon going back they told me to try losing another 20 pounds.

From the doctors to the world around us, the world is not designed for those who are overweight.

Seatbelts on airplanes often require extenders, of which there are only a few on board, rides at amusement parks are unable to be boarded or attendants have to ask people to step off the ride, and even plus size clothing stores will tell overweight people to look online for the right size.

The truth, or at least what feels like the truth, is that the average doctor would rather their patients die skinny than live fat.

Anyone interested in learning more about fatphobia, the dangers of how it affects people and their mental health and how to combat the stereotypes surrounding it can read a recommended list of books here at: <https://www.charisbooksandmore.com/anti-fatphobiabody-imagefood>.

OPINION: Abella Pizzeria or Zeeks: The Ledger staff is split

Zeeks pizza is the best pizza near UWT and I will die on this hill.



PHOTO BY ALEXA CHRISTIE

Abella Pizzeria is located on the corner of Pacific Ave. and 21st. Zeeks is located on the corner of Pacific Ave. and 17th.

By REMI FREDERICK
OPINION EDITOR

There has been a huge debate in The Ledger office recently. It all started with a debate between the website editor and layout manager, Morgan Morgans and me about the best pizza place near campus. This has led to several heated discussions and snide comments, always done with love of course.

So, I write this to decide once and for all which pizza place by campus is better: Abella Pizzeria or Zeeks.

In total transparency, I had never had Abella's before pitching this article idea but- and hear me out here- I'd already tried Zeeks and fallen in love. I have since tried Abella's and I defend my position.

I also got as close to the same pizza as possible. I love Zeeks chicken club pizza with no red onions so I got Abella's chicken bacon ranch pizza. Both of these pizzas have very similar ingredients but Zeeks has in addition to bacon, chicken and ranch, spinach and red onions.

Before I explain my reasoning for my position I would like to say that both pizza places are very good and this article is only made for fun and in jest.

Abella's is good and in fact, most of The Ledger staff and their friends prefer it over Zeeks. In fact, on a tally made on The Ledger whiteboard for Ledger staff, Zeeks polled at two tallies and Abella's had five tallies.

In addition to this, a poll put on the Ledger Instagram account came out to be 14 votes for Abella's and 8 for Zeeks. Which isn't as bad a loss as I thought it would be.



PHOTO BY ALEXA CHRISTIE

But here is why I disagree with that ruling.

For one, the pizzas themselves are similar but still have their differences.

The pizza I order at Zeeks comes with spinach already on it whereas Abella's considers spinach an add-on and it costs about a dollar more. Though the Abella's pizza isn't super expensive, I am of the opinion that spinach shouldn't be a dollar to add to a small pizza.

In addition to this, Abella's ranch is not my favorite. It feels like a bland ranch to me. I also prefer

the way that Zeeks presents their ranch, they put it on the side whereas Abella Pizzeria doesn't.

Though Zeeks does get a mark off for frequently forgetting that I don't want red onions on my pizza. This could be a serious issue for someone who has an allergy and if they don't notice the ingredient on their pizza.

Abella's wins in pricing though. When I go to Zeeks, my pizza and tip comes out to around \$22. I went to Abella's and it was around \$17. Abella's small pizzas are 10 inches and Zeeks are 9 inches

which may not seem like much but getting more for cheaper is a big win for Abella's.

By my count, this is two wins for Zeeks and two wins for Abella's. So, the tiebreaker is up to you, which one do you think is better?

Ultimately, my opinion doesn't really matter. These are both really good pizza places that are close to campus and relatively affordable.

An anime that went under the radar: “Ya Boy Kongming”

Music anime is underappreciated as there is an abundance of idol music but less representation of other genres, but “Ya Boy Kongming” challenges the norm and does its own thing and does it great.

By ANGELO ALEGRE
A&E REPORTER

It is now seven weeks into the spring season of anime and every show that was expected to be good turned out great. As people tend to be drawn towards the big names of this season such as “Spy x Family” and “Kaguya-sama: Love Is War,” it was easy to miss out on some shows that don’t get as much attention. “Ya Boy Kongming” was one of those shows that was not talked about much at the start of the season and it is still not talked about enough now.

There are two major reasons why it has fallen under the radar for many anime watchers: the genre and its streaming platform. The genre of the anime “Ya Boy Kongming” includes music and reincarnation. Both genres perform well when done on their own, however there have almost been no preceding anime that combines the two genres as “Ya Boy Kongming” treads uncharted waters. The other big thing is where the anime is being streamed, which is the platform called HIDIVE. It has a much smaller library of shows when compared to its competitors, Crunchyroll, Funimation, and Netflix. With the smaller library,

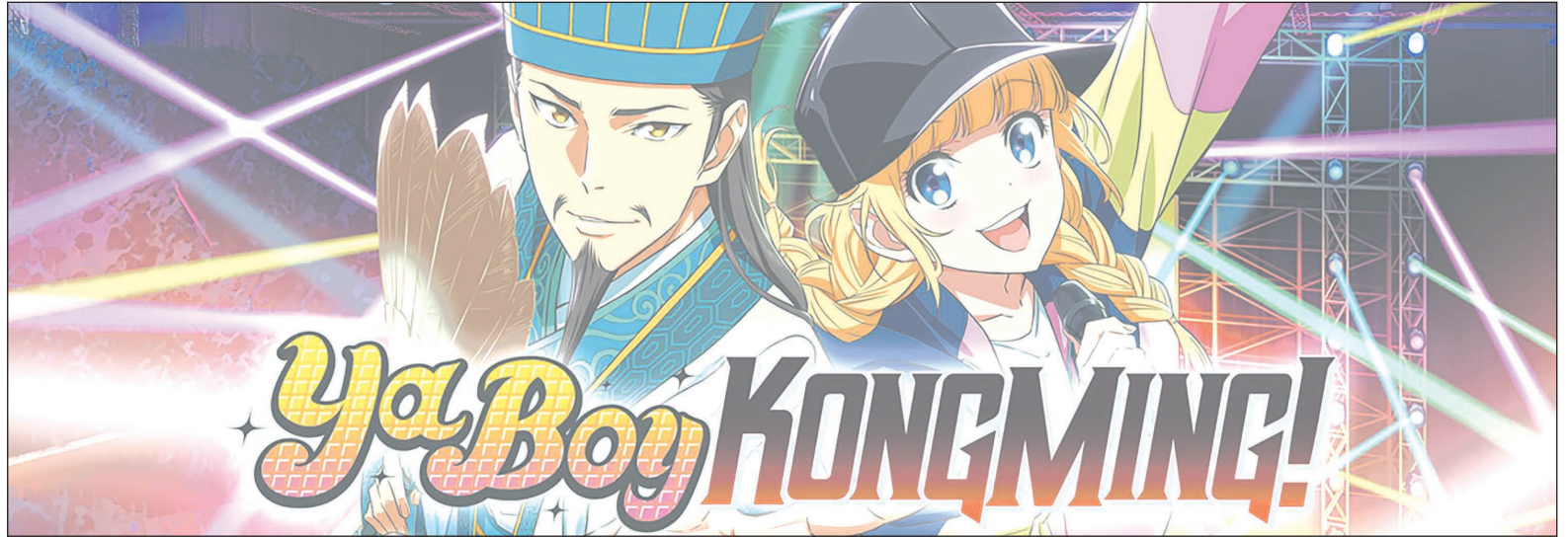


PHOTO COURTESY OF P.A. WORKS VIA HIDIVE

Show Poster of “Ya Boy Kongming”

it makes sense that the anime has not reached the eyes of as many people as the more mainstream anime.

For those who don’t know what “Ya Boy Kongming” has to offer, it is about the reincarnation of Zhuge Liang, otherwise known as Kongming, who was a military strategist during the Three Kingdoms period. During his previous life, he had a plethora of strategies

to attain victory, and in his new life, Kongming has decided to use these strategies to aid a young and upcoming singer named Eiko Tsukimi. Kongming decided to help her as when we awoke to the current era of Tokyo, 1800 years after his original life’s death, he believed that he woke up in hell. The one thing he found salvation in during the night he woke up was the singing of Eiko;

however, when he learns that Eiko is discouraged as she does not have many fans, Kongming appears and tells her that she is standing in front of one. With this newfound motivation, Eiko decides to not give up on her dreams and is now doing all that she can with the help of Kongming to get there.

Although this may sound like a huge chunk of spoilers, all this hap-

pens and more in just the first episode. With six more episodes after this, and five more to be released, there are many more topics to be touched on such as rap and rivalries. With this interesting premise, it should without a doubt be in the watchlist of many people across the globe, but with factors such as the genre and streaming platform, that idea may never come to fruition.

Rome Study Abroad comes to an end

Already missing the food.

By JOSEPHINE TRUEBLOOD
A&E EDITOR

As my ten weeks in Rome come to an end, I am so glad I decided to join a study abroad program, mostly for the chance to live like a local outside the United States for a short period of time.

Here are the things I will miss most about Rome and definitely keep in mind for daily life in the States.

Roman grocery stores are small and maze-like, often in basements and have a limited selection of each item - practically the polar opposite of massive stores like Costco and Walmart. While you can only walk through one way- and don’t dare try and go backwards- the Italian grocery store aesthetic is unparalleled. Pink-lit salami fridges, amazing produce, every kind of pesto imaginable and massive chunks of pecorino romano for \$3; they are pretty much a dream. Everything is shockingly inexpensive compared to American grocery stores. It is rare to find an item over three or four dollars, and weekly grocery trips often cost me less than \$30. I will deeply miss the fresh pasta section, gorgeous artichokes and perfectly sweet yogurt. But I will definitely keep with the Italian trend of using what is in season by learning

more fun recipes.

On the subject of food, being able to stumble into any restaurant and get a fantastic meal is something I take for granted here. Fast food is pizza made with quality ingredients; suppli, which are fried mozzarella, rice and tomato balls; along with fresh fruit vendors scattered across piazzas and farmers markets. Simple, good ingredients are valued all across Italy, and I strongly notice the difference from the US, both in how I feel and how easy it is to venture out.

Taking a step back from the American lifestyle allowed me to notice how “stuff-driven” life is in the States. Even the nicest apartments in Rome don’t have much furniture, opting for function over style and an aesthetic that Americans would see as extreme minimalism. Cheap, accessible furniture stores don’t really exist here, like TJ Maxx and Target. Instead, gorgeous tile, stained glass, long windows and high ceilings are staples of Italian apartments, not an excess of material things.

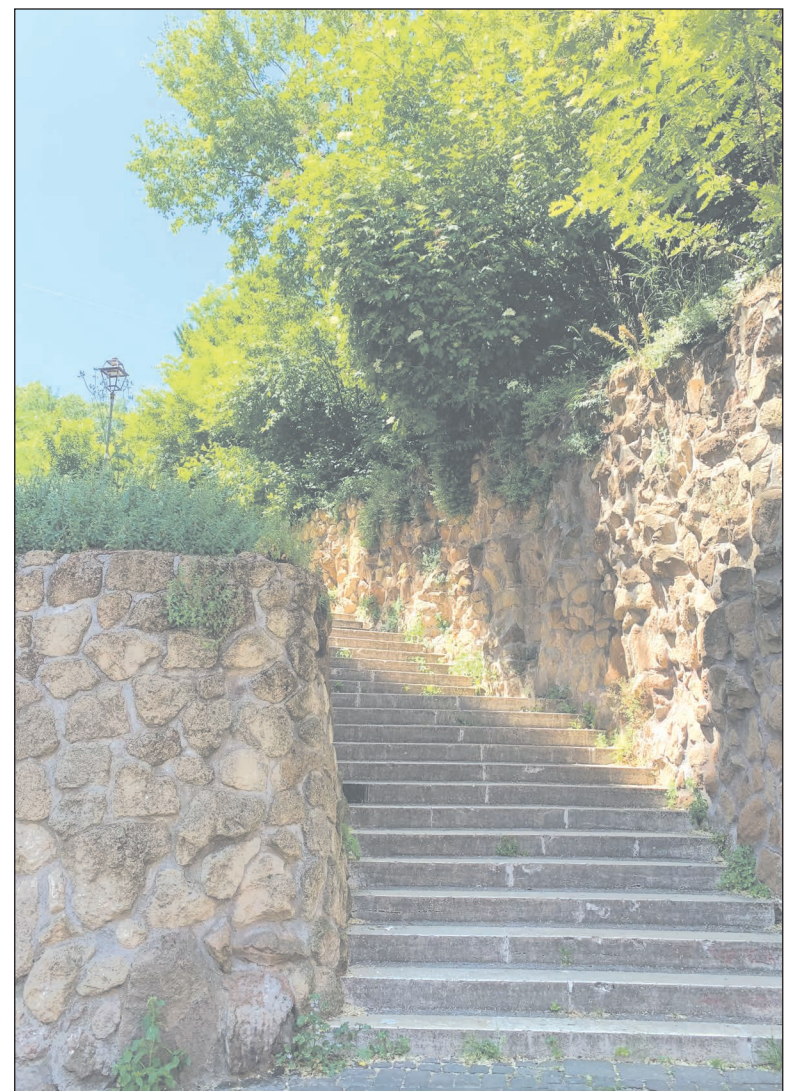
I think some additional pieces to my successful study abroad were walking everywhere and getting more sun. Rome has basically been a Vitamin D reboot, and I’ve learned the importance of staying active even when Tacoma is rainy

and horrible. I had to persevere through the first few weeks of rain, attending outdoor classes at the Roman Forum drenched and still walking to the grocery store every day. I hope to continue walking everywhere and staying active on campus during the winter.

When I return to Tacoma, I’ll immediately be getting pho from Pho Bac on Hilltop. But in the long term, I will be trying to incorporate more aspects of my amazing study abroad into my daily life.



Sunny Day in Trastevere.



PHOTOS BY JOSEPHINE TRUEBLOOD

“Dance Fever” is an emotional ride worth taking

I don't see many people dancing to it, but “Dance Fever” is Florence at her best.



PHOTO COURTESY OF POLYDOR RECORDS

“Dance Fever” by Florence and the Machine

By RYAN MANTLE
FILM CRITIC

After a four-year break, Florence and the Machine recently released their fifth studio album, “Dance Fever.” It is an interesting name for an album that does not have many truly danceable songs, but it builds off of the sadness and hunt for joy in little things that the last album, “High as Hope,” featured in a beautiful way.

The album seems to be divided into distinct sections with certain themes running throughout. The first section ends with the song “Choreomania,” and subsequently ends the dancing theme of the album. It builds the good vs evil narrative that weaves throughout the sections and ties it all together. This dancing section features bright, fast-paced instruments that mask the anxiety-ridden lyrics.

The second section changes the tone of the album completely, with slower songs like “Back in Town” that slowly build into the finale of “Dream Girl Evil.” Florence relies heavily on her vocals to replace instruments, which is a good game plan if you can sing like her. The good vs. evil narrative plays

out through frequent reference to God and the devil, with Florence seeming to lean towards the latter in a world that is full of so much suffering.

The third section sees the use of Florence haunting each song with quivering background vocals. The songs continue the use of God and the devil to represent good and evil, but the tide begins to turn as there are hints of optimism culminating in “Daffodil.”

The final section seems like an awkward fit with the rest of the album. The songs are enjoyable, but they lose some of the magic that the middle of the album possesses.

FREE

One of the poppier songs on the album, “Free” is touching on Florence’s anxiety and the guilt that comes with it. The upbeat tune contrasts with the chorus of “...it picks me up, puts me down a hundred times a day.” Anxiety can be crippling and with lyrics like “to exist in the face of suffering and death and somehow still keep singing?”, she is revealing how frivolous it seems to make art when there are people dying senselessly. The music video was filmed in Kyiv shortly before Russia’s

invasion, making the argument even stronger. Ultimately, everyone has to find a way to get past that guilt and Florence does that through dancing. It’s a heavy subject but the song never really feels that way when you’re listening because it’s easy to get caught up in the drum line and the punchy guitar.

CHOREOMANIA

A reference to an obscure, but real, plague in 1518 where people uncontrollably danced until they collapsed is music to this history major’s ears. However, this track is highlighted by peaks and valleys. The chorus is catchy and enjoyable, but I can’t help but giggle when I hear the verse “like if Jesus came down in a beautiful dress, and all the evangelicals were like oh yeah, oh yes.” It could be such a powerful thing to imagine if Jesus came back as a woman, but then the lyrics end the thought with the equivalent of sad trumpets.

GIRLS AGAINST GOD

A simple guitar line and lyrics about being in quarantine, what is this, a Bo Burnham special? Nope, it’s better. I am not ashamed to admit that I cried in the car while listening to this song. This

song taps into feelings of a deep depression and isolation, or what I like to call my early 20’s (too much?). The chorus lines of “and it’s good to be alive crying into cereal at midnight,” and “when I decided to wage holy war it looked very much like staring at my bedroom floor” captures a low point and the perseverance it takes sometimes to simply exist. A subtle harp and more of Florence’s voice in the background complete this near perfect song.

DREAM GIRL EVIL

This is officially a petition to have Stevie Nicks sing “Dream Girl Evil” with Florence. Hearing this song makes me think of “Gold Dust Woman” by Fleetwood Mac, which is a compliment of the highest order. “Dream Girl Evil” eviscerates the expectations that society puts on women with a mocking tone on lines like “did mommy make you sad.” Florence uses the theme of good vs. evil to highlight how society wants women to just be like their mother was, hinting at an Oedipus complex, and firmly rejecting the role.

DAFFODIL

A beat that seems fit for the big screen, Florence alternates between high and low notes to add to the complexity of the song. Where “High as Hope” showed Florence finding joy after getting sober, “Daffodil” is about how COVID put a stop to that. Simple activities were no longer accessible and the constant change from lockdown to maybe, possibly opening up again, followed by more lockdown, weighs on the song through references of a possible spring. The ending is the loudest part of the album and feels like a catharsis of pent-up frustration.

“Dance Fever” is just another example of Florence and the Machine’s continued excellence. Florence Welch has a voice that would allow her to coast with generic songs, but she chose to dive deep into complex emotions and situations to make truly incredible music. Let’s just hope the next album doesn’t take another four years to make.

STAR RATING: 4.5/5