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Transgender Day of Remembrance

Building safer, stronger communities that honor and celebrate the transgender community.

By **KATIE SCOTT**
NEWS REPORTER

November 20 marks the twenty-third anniversary of the first Transgender Day of Remembrance. Started by Gwendolyn Ann Smith in 1999, Transgender Day of Remembrance began as a tribute to Rita Hester, a transgender woman who was killed in her apartment in 1998. Since then, the day has been observed with candlelit vigils, conversation circles and social events honoring the lives of trans individuals who have been killed by anti-trans violence.

One of Tacoma's leading LGBTQ+ youth resources is Oasis Youth Center. Providing programs for youth 11 to 24 years old, the Oasis center focuses on providing a community space, facilitated by LGBTQ+ leaders, where youth can exist authentically while building community with their peers.

Matthew Wilson, whose pronouns are he/him, is the Executive Director of Oasis Youth Center. He explains how building safer, stronger communities to support trans individuals does not have to be complicated. He shared how seemingly simple actions to support trans individuals can have a profound impact.

Wilson suggests displaying a trans or LGBTQ+ flag in the workspace or outside your home, volunteering and partnering with local organizations who are already doing the work and putting pronouns in email signatures. This is in line with a 2020 National Survey done by The Trevor Project which found, LGBTQ+ youth who reported all or most of the people in their lives respected their pronouns were 50% less likely to attempt suicide than LGBTQ+ youth whose pronouns were not respected.

This is best represented in one of Wilson's favorite quotes from an Oasis participant; "Your sexuality and gender identity are the most boring parts about you at Oasis."

Wilson says this sentiment speaks to the heart of what it means to support and protect LGBTQ+ youth. Creating spaces that are visibly and identifiable as safe allows youth to show up authentically, and embrace the opportunity to explore all aspects of who they are and what they enjoy.

Wilson offers some other ideas on how the community can become stronger for Trans youth.

"We are always accepting volunteers here at Oasis. Making yourself both visibly and vocally a supportive person for people to come out to, and taking the responsibility to research and learn about what it means to be transgender are great ways to start," Wilson said. "There is already information out there. A good way to be an ally is to learn that information for yourself."

Challenging systems and institutions by asking questions is also a way to build safer spaces for trans individuals.

Wilson suggests "Ask things like 'How are LGBTQ+ people supported here?', 'How are you thinking about LGBTQ+ people?' and 'How are you serving them?'"

These are questions that institutions, such as UWT, can use as a scope to evaluate their services and programming in an effort to better serve members of the LGBTQ+ community.

In 2015, 1,667 Washington state residents took part in the United States Transgender Survey. Of respondents who were out, or perceived to be out, in college or vocational school, 25% reported being specifically targeted for their gender identity as well as verbally, physically, or sexually harassed. Participants also reported being denied equitable care or service while experiencing verbal

harassment, or physical attacks in many public spaces, such as retail stores, hotels and government offices.

Similar to other gender-based crimes, most hate crimes targeting transgender individuals go unreported. Although adults are often represented in anti-trans crime reporting, they are not the only demographic targeted by anti-trans violence.

The Gay, Lesbian, and Straight Education Network reports 16.2% of transgender students in schools report being physically assaulted because of their gender expression. 32.5% of transgender youth report being physically harassed in school.

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PHOTO VIA PEXELS

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Rey Ward, YWCA Pierce County Youth Advocate whose pronouns are they/them, says “One of the ways the community can support and protect trans people is, honestly, just showing up...I know there are kids that either aren’t out or are still questioning, and for them to be able to see the support of ‘trans people are legitimate, and they have a right to exist. And not only exist, but a right to thrive’ is so important.”

Ward mentions attending demonstrations, events and community gatherings that celebrate trans youth, as well as protecting trans rights when they are being targeted or threatened.

Many everyday roles offer opportunities to show up for trans youth in ways that communicate safety and inclusivity.

“There are a lot of youth workers, teachers and community members who are safe people. It’s important for those folks who are safe to make it known. Even before I came out as trans, or before I even knew, I was able to create safe spaces, and the students 100 percent gravitated towards that,” Ward said.

The 2015 United States Transgender Survey showed that 57% of participants who were out, or perceived as transgender, in grades K-12 reported being verbally harassed. Additionally, 26% reported being physically attacked, while 14% reported being sexually assaulted while attending a K-12 school. 21% of participants say they experienced such severe abuse as a transgender youth, that they were forced to leave their school to seek out alternative learning environments or drop out of school all together.

Creating safe spaces and environments where trans youth are celebrated is something quite familiar to Steph Caronna, a UWT junior whose pronouns are they/them and is studying to become a middle school educator.

“Such a huge part of trans folks’ mental health is just having people around them that will call them by their name and use their pronouns,” Caronna said.

Sharing about their years co-facilitating Queer Rock Camp in Southern California, Caronna believes that, for many queer youth, experiencing camp was the first time they were in community with other youth who identified similarly to them.

What had an additional impact was having adults running the camp who identified as Trans, Queer or LGBTQ+. Caronna explained, that after experiencing Queer Rock Camp, many of the youth participants told volunteers Queer Rock Camp was the first time they felt fully accepted.

Caronna explains, “Seeing that made me realize what a huge need that is.”

In talking about ways to better support and protect trans youth, Caronna said “There is no substitute for real-life community. That’s just something that is really kind of missing for a lot of trans people. In-person community is something that is huge for me, and I know for a lot of other trans people. Especially when we don’t have multiple people in our lives who are saying ‘you are you, and you are beautiful.’ It’s one thing to be accepting, but you also have to be actively supporting and actively fighting against the hate.”

Erin Cousins, UWT Program Support Supervisor in the Office of Equity and Inclusion whose

pronouns are they/them, expresses a similar sentiment when speaking about the celebration and remembrance of Trans individuals.

“Even outside of a Trans specified day or week, making sure Trans people feel like they are a part of the community throughout the year is important. Not just on November 20, but every day,” Cousins said.

They extend the UWT Center for Equity and Inclusion as an open and inclusive environment where everyone is welcome.

Sharing a similar goal of inclusivity, Kyle Vongkhamchanh, the Student Program Coordinator at the Center for Equity and Inclusion whose pronouns are he/him, says “If we don’t teach people about what’s happening to trans people, then it will keep going on. Spreading awareness is what I believe will help prevent Trans prejudice and Trans discrimination.”

In observance of Trans Day of Remembrance, Vongkhamchanh is hosting a UWT Real Talk event in the UWT Center for Equity and Inclusion on November 16, from 12:30 p.m. – 1:30 p.m. in the Snoqualmie building room, SNO 150. This event will focus on community building while honoring and celebrating the trans community. All UWT students, faculty and staff are encouraged to attend.

The Ledger honors and acknowledges those we have lost to transphobic violence.

The Ledger is committed to creating a safer, stronger UWT community, where transgender individuals are celebrated and protected.

To explore resources and learn more, visit:

The Rainbow Center Tacoma www.rainbowcntr.org

Oasis Youth Center Tacoma www.oasisyouthcenter.org

National Center for Transgender Equality www.transequality.org

Trans Women of Color Collective www.twocc.us

GLAAD.org

StonewallYouth.org (for WA state trans youth specific resources)

PFLAG* Tacoma www.pflagtaco.com

*Parents, Families and Friends of Lesbians and Gays (supporting all LGBTQ+)

Diversity Alliance of the Puget Sound www.diversityallianceoft-hepugetsound.org

If you are a Trans individual in crisis or needing support, please call:

Victim Support Services 24-hr Crisis Hotline: +1-800-346-7555

Pierce County 24-hr Crisis Hotline: +1-800-576-7764

Oasis Youth Center 24-hr Crisis Hotline: +1-253-988-2108

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2022 Tacoma dates and events celebrating Transgender Awareness week and Day of Remembrance:

November 8: Tacoma City Council acknowledges Transgender Day of Remembrance with a Proclamation

November 12: Tacoma City Building raises Trans flag

November 13th – 19th: Transgender Awareness Week

November 16th: UWT Real Talk - Transgender Day of Remembrance and Celebration

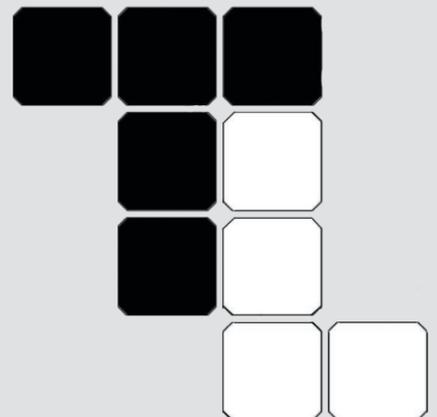
November 19th: Panel and candle light vigil @ Alma Mater 3-6pm

November 20th: Transgender Day of Remembrance

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The Peace Bus: The Last 2 Years

Kwabi Amoah-Forson will be hosting a live-taped talk show November 16, that will center on the conversation of race and racism.

By DESTINY VALENCIA
NEWS EDITOR

Join Kwabi Amoah-Forson, founder and creator of The Peace Bus, for the live taping of their new production, “The Last 2 Years,” on November 16 at the Washington State History Museum. This will be the first production of the show and will feature a variety of guests such as comedian Nate Jackson, rapper Travis Thompson and motivational speaker Amy Minh Hanh Corey.

Tickets for the show are on sale now and reduced-price tickets will cost \$10 for college students, but make sure to bring your college ID when entering the show.

The Peace Bus has been a local and humanitarian effort led by Amoah-Forson who has overseen a variety of campaigns such as delivering socks to the homeless, driving across the country and giving books to children and Every Kid Eats, a campaign that got local Tacoma restaurants to provide food to children over the summer.

You may often spot The Peace Bus driving around town. It’s hard to miss as it is a baby blue van with “The Peace Bus” written on the side.

This first episode, which Amoah-Forson will use to pitch to PBS, will focus on the ever-changing conversation of race and racism. While the discussion of race and racism may be a polarizing discussion for

some, Amoah-Forson wants to make it clear that anyone can start these discussions.

“The only way that we are going to go about bringing peace, is if we can speak freely about the subject and be as honest and truthful as we can,” Amoah-Forson said.

The date of the show is also of significance to Amoah-Forson as it is November 16, a little over a week before Thanksgiving, when families will gather for the holiday and most likely will hold similar discussions around the dinner table.

“I hope that the panels and myself can mimic a cordial conversation about a very polarizing topic in hopes that people will pick up on that and maybe have a peaceful conversation on Thanksgiving,” Amoah-Forson said.

Amoah-Forson links the success of some of his earlier campaigns to the fun that having The Peace Bus around creates.

“That’s the idea I’m bringing to the table, these necessities of life are something that doesn’t have to be dreary, it can be fun, educational, and uplifting,” Amoah-Forson said, reflecting on his summer campaign Every Kid Eats.

Amoah-Forson is focusing on a few projects at the moment, such as obtaining his pilot’s license so that he can have a “Peace Plane” in the future, attending the Nobel Peace Prize ceremony in Oslo, Norway this December, and focusing on the future and hopeful success of the talk show for PBS.

“Maybe this can be a platform to really get the message of peace out there, because [The Peace Bus] has always been a twofold program. One is humanitarian aid which will never go away, that’s the heart of peace. We can’t just talk about things; we have to do things. Also, bringing the conversation of peace out there so people can get engaged and speak about it,” Amoah-Forson said.

Amoah-Forson is excited for the turnout and looks forward to the variety of voices and experiences individuals will bring to the show towards the discussion of race and racism.

“Peace is exploration on the social front... I really love seeing people from all different walks, colors, and creeds coming together, it’s everything to me,” Amoah-Forson said.

When asked what Amoah-Forson looks forward to the most with the special, he said, “Discovering peace, it’s the final frontier.”

The show will be held at the Washington State History Museum on November 16. Doors open at 5:30 p.m. and the show begins at 6 p.m. To find out more or purchase your student tickets you can go here for more details:

<https://www.eventbrite.com/e/the-peace-bus-the-last-2-years-live-audience-talk-show-tickets-444378356627>



PHOTOS BY KWABI AMOAH-FORSON VIA FACEBOOK

Amoah-Forson is known for humanitarian efforts and, most famously, The Peace Bus.



Seeing beyond Dia De Los Muertos

The celebration Dia De Los Muertos is a traditional Mexican holiday that brings together a community on campus to celebrate their loved ones.

By LESLIE CRUZ
NEWS REPORTER

Dia De Los Muertos is a traditional holiday that is widely celebrated in Mexico, the U.S. and in many Latin American countries. The holiday celebrates and remembers the lives of loved ones that have passed on.

To celebrate the lives of the deceased, many set ofrendas, an altar filled with pictures of the deceased with food and drinks they once enjoyed to welcome their spirits back. Starting from November 1, the spirits of children reunite with their families while the spirits of adults rejoin their families on November 2.

At the UW Tacoma campus, the Latinx Student Union held their own Dia De Los Muertos celebration in which students got to attend the second annual event to celebrate their own loved ones that have passed away.

Students had an altar with pictures of icons of Hispanic and Latin descent that have passed on such as Selena Quintanilla and Vicente Fernandez. Students were also able to add their own pictures of their pets and the family members they wanted to remember.

Diana Sanchez is a sophomore with a major in psychology and a minor in Spanish language and cultures and secretary of the Latinx Student Union.

“We do our altars (at home) with mezcal, cempasúchil (marigold) flowers, pan de muertos (sweet bread for the dead), we also go to the cemetery and drink. We all just celebrate our dead at the cemetery for one day and our altars just stay up until the mezcal is gone,” said Sanchez.

“I think it’s very important to know that there is a community at a university that’s very diverse, we have a lot of cultures here everywhere. The Latinx Student Union

disappeared before COVID and didn’t become active until last year,” said Sanchez.

“We’ve built a community, this is the most I’ve seen people from my own culture,” said Sanchez.

“By developing a specific community, we want to have a safe space for anyone who is Latin-identifying. Personally I’m not a typical Latinx, I’m bi-racial so it kinda just gives me a sense of community,” said Ashley Lowy, the Student President of the Latinx Student Union.

The Latinx Student Union invites all students to join regardless of whether they identify as Latinx or just want to learn more.

Meetings are held bi-weekly in the Snoqualmie building room CEI from 12:30-1:30 p.m. You can find more information available on their Instagram @lsuwt.



PHOTOS BY @LSUWT VIA INSTAGRAM (ABOVE) AND VIA PIXABAY (BELOW)

Student add pictures of loved ones they have lost and are remembering on ofrendas.





UW Study Space

PHOTO BY ALEXA CHRISTIE

College Professors

Is there a difference between STEM and Liberal Arts professors? Do these differences deter some individuals from the field?

By CELIA WILLIAMS
OPINION EDITOR

As someone who has changed from a STEM major to a liberal arts major, I can say there is a huge difference between the two. Not only are the programs vastly different in subject matter, the teaching approach is also very distinct in each. To preface, I don't think that STEM is a horrible field and I think that it's a perfect fit for some. With that being said, there is a lot that I've noticed that might deter one from the field.

For starters, grading seems to be rather harsh. I've noticed that in most STEM classes I've taken, many professors will allow for two missed classes. Sometimes they go as far as to punish students for being late. While I do think that students have a responsibility to themselves to make sure that they are making the most of their tuition dollars, that looks different for everybody. This grading style is one of the first things that I had to adjust to when I had first thought about going into STEM. Not to mention the term "weed out class," which basically means it's a class designed for people to fail or struggle through, is commonly used in the STEM field. That then begs the question, why are we trying to make it so hard for people to get an education in something they are passionate about?

Attendance is something that I have personally struggled with due to a number of reasons. However, I don't think that makes me a bad student. Nor do I think that it's fair to punish students for needing to take care of themselves, whatever the reason may

be. From doctors appointments to mental health days, there are a lot of reasons a student might need to miss class. After all, we are all human beings with a separate life from school.

I've also found that very few STEM professors allow late work. Of course there are some standards that should be upheld between a student and professor, but there should still be understanding when life gets in the way. Just because an assignment is a day, or even a week late, doesn't mean the student didn't put their best effort into it.

Sometimes students learn at different paces and need more time to understand the concept. Sometimes students have a lot going on in their personal life and school gets pushed to the back burner for a short time. Whether it's mental health or physical health, everyone deserves a bit of understanding. Students shouldn't have to choose between their grades and taking care of themselves.

Another thing I've noticed is the overwhelming amount of busy work professors often assign. That's not to say that all assignments are busy work, of course some are helpful to learning the concepts being taught in class. Students spend hours, even days, on one assignment that is supposed to be helping them, but in reality it creates more stress. With more stress there is a greater chance of students cheating, plagiarizing, or even giving up completely.

In short, it seems that STEM professors may have a bit of a lack of empathy when it comes to students putting their needs before school. As for liberal arts profes-

sors, the approach to teaching is much more desirable.

I've been a liberal arts major for almost a year now and I can say that transitioning from a STEM major was almost like a culture shock. Everything from grading, to assignments, to the structure of class was different.

I've found that liberal arts professors are very lenient about late work and needing to miss a class to take care of yourself. More often than not, they don't have any policy that affects a student's grade for missing a class or turning in an assignment late. They will usually have a separate assignment that will help make sure the student didn't miss anything important, but very rarely do either affect the student's grade.

Another thing about liberal arts professors is the amount of time they put into assignments. I can honestly say that over the last year every assignment I've been given has been for a reason and furthered my knowledge on a vast variety of social issues. I feel like each assignment has had a purpose and moves me towards understanding what is being discussed in class.

In short, STEM is a field that has become inaccessible to many for a number of reasons. From the lack of understanding to the overwhelming amount of homework and busy work provided, many aren't able to learn efficiently in that class structure. This does not mean that STEM is a "bad" field, it just means there is a lot of growth that needs to happen within the field.



UW Study Space

PHOTO BY ALEXA CHRISTIE

The vulnerability of asking for help

HuskiesCare is an online resource hub for many common issues college students face.

By RUTH OGDEN
OPINION WRITER

In mid-October this year, some family issues I've been dealing with reached a crescendo. Until this year, I didn't know that stress could literally make you physically ill. Despite this, I wanted to keep going like nothing was wrong. After all, I thought to myself 'I am in my senior year and I don't want to miss out on any academic opportunities or extracurriculars.' However, despite my best efforts, I missed an important assignment. My grade went from 100% to 66% overnight. I felt embarrassed and ashamed, and wanted to crawl into a hole and hide. Instead, I reached out to my professor and explained the gritty details of what was going on. I expected to be rebuffed and told to "suck it up."

Instead, she offered me an extension without penalty and referred me to on-campus ser-

vices that could help me with my home situation. After asking for help, I felt an immense sense of relief, like I had managed to free myself from a tight binding around my ribcage. I could literally breathe easier. Between my support system and campus services, my outcome has begun to look brighter. I feel so lucky to belong to a community that cares for one another. This whole experience taught me two things:

First, asking for help is the biggest hurdle to getting help.

Telling a professor you are struggling is intimidating. Students can feel too vulnerable to talk to a perceived authority figure about their home life, especially if it is a situation that feels embarrassing or awkward. However, it's important to remember that professors are here to help you succeed. They too have been in college, and know that the stressors aren't limited to attending class and

doing homework. It also helps them put a reason behind unexplained absences, subpar work, and missed deadlines. Letting a professor know what is going on behind the scenes helps them see you as a person.

Secondly, prioritizing yourself is a sign of strength, not weakness.

Strong people know when it is time to take it easy. As college students, we are encouraged to take on opportunities as they arise - assisting in research, taking an on-campus job, volunteering and signing up for internships fill up our time outside of class. I've learned just because an opportunity arises doesn't mean you have to take it. You don't have to pick up that extra shift just to be nice to a coworker, and you don't have to do the extra credit assignment. First generation college students are especially affected by imposter syndrome: we feel like we don't belong and thus work even

harder to prove our worth. This is a toxic mindset.

If you need help and aren't sure what resources there are for you, I highly encourage you to reach out to the Office of Student Advocacy. It is as simple as filling out a short form, and you can expect a response within a few days. You can meet with a social worker who will direct you to both campus and community resources related to whatever you are dealing with.

If talking to someone feels too awkward or you are not in a safe situation to do so, University of Washington Tacoma has recently launched HuskiesCare, a virtual resource hub for University of Washington Tacoma students. The resources they have are broad and address topics like immigration status, housing insecurity, financial troubles, domestic violence, and even wifi accessibility. It is an easy to navigate, one-stop location for almost every resource

you might need. It even has a button where you can immediately exit the website to the Google homepage, in case you would prefer people to not know you were seeking help.

Check out HuskiesCare and get familiar with the resources available to you - even if you don't need it now, you or a person you know might need them in the future.

Asking for help and taking time to prioritize self care aren't things to be ashamed of. You'd be surprised how many other people are dealing with something similar.

HuskiesCare:

<https://uwtacoma.concerncenter.com/>



ILLUSTRATION BY STEVIE ESTEBAN

Me looking at the current astrology to confirm my mood swings



Boredpanda Zodiac Memes

PHOTO BY BORED PANDA.COM

Should your zodiac sign depict your way of living?

When astrology borders delusion about personality and mannerism.

By **KIARRA BLAKELY-RUSSELL**
A&E EDITOR

Trends in media tend to change on rotation. One week, there is a popular song by Paloma Faith, about how love can hurt circulating around TikTok. The next week a new voice filter takes over—even new sayings tend to fill our vocabulary in our daily lives. But the one trend in media that has grown and continues to, is astrology. Along with the rise of TikTok in 2020 came the rise of interest in astrology, and all of its intricacies.

According to the Oxford dictionary, astrology is, “the study of the movements and relative positions of celestial bodies interpreted as having an influence on human affairs and the natural world.”

Depending on your own feed on any given social platform, astrology may peek its way through. But for those who find these posts more often, you will be met with possible TikTok astrologers who make sure you know you aren't just your sun sign.

Zodiac signs are based on the month you were born, and the time of your birth is said to affect a person's personality; the quick “why am I like this?” question. The sun sign is what is commonly known by people.

According to the New York Post, “In fact, you have many other placements that are also deeply insightful: your Rising Sign/Ascendant, Moon Sign and beyond. After all, astrology teaches us that you are cosmic because you have all the stars inside of you.”

It is only when you dive deeper into your 12 houses of your birth chart would you learn more. No one would expect zodiacs to be as complicated as just a name, rather than affect a whole personality as social media might heighten.

But the real question comes down to if you think you should make your zodiac sign your entire personality.

When speaking to students about zodiacs, I was able to learn their stance. Quintin, a senior here at UWT states his sign is Capricorn.

When asked if he felt his zodiac sign defined his personality, he said, “Me personally, I don't think it really does. I looked up what my “traits” were and I oddly agree with some of them,” said Quintin, “But do I think a sign can define who a person is? I don't think so. I think we all make decisions and have experiences in our life that make up our traits.”

Whereas when asking another student named Intisar, being a Sagittarius, they answered the question saying “I can't really say it does. I don't know much about astrology but I did look into what a Sagittarius was and it didn't quite fit me to the dot.”

Both students did not believe in astrology, both for different reasons, respectfully.

However, when asked how it played a role in media, Quintin states, “I've probably seen it a few times in movies or a show, but used in a comedic point. In social media I don't see anything about it, but that may be because of the social media algorithms I'm in. I feel like you only see

that type of content if you look for those things. Don't they post zodiac signs in newspapers?”

Intisar says, “It's like an obsession on the media like I see it everywhere! I even see people discussing signs and which signs are considered bad or good. Like I don't mind it at all but some people are so mean about it too.”

It seems that the algorithm does play a huge role in what we see and take in. When scrolling through TikTok, I find myself getting lost in tarot cards, zodiac discussions and assumptions. Although this can be fun, how much can you justify until it becomes harmful to others?

When asking both Quintin and Intisar if they believe people take zodiacs too far, or is all for fun, Intisar said, “I see people take fun in it but some do take it to another level. Like refusing to associate with certain signs. It's never happened to me personally but I've seen some TikTok's about it. But

TikTok might not be a reliable source of information.”

Quintin said, “I believe people can think whatever they want to think, but like I said before, you can't really judge a person based off their zodiac sign. I do have friends that believe in zodiac signs, and it doesn't change our relationship one bit,” said Quintin, “I think people like it because it allows them to have an answer for a reason or action. Every instance I've come across that's mentioned zodiacs always stated stuff like, ‘oh he's a Taurus’ ‘she's a Leo’ etc. To me it seems like they're looking for alternative ways to justify things.”

Although astrology may be heavily speculated, why not take the time to learn more about it anyways for fun? There are websites online that allow you to learn about your chart, and horoscope, such as Cafe Astrology, horoscope.com and multiple news outlets.

Songs to make you remember those good old days

We all get in the mood for a throwback song or two every now and then.

By ANGELO ALEGRE
A&E REPORTER

Listening to throwback music is a great way of feeling nostalgic. Everyone will eventually get in the mood for such songs, but there are too many to remember, here are some songs ranging from the late '90s to early 2010s that you should add to your playlists.

"No Scrubs":

'90s babies will appreciate "No Scrubs" by TLC more so than others. This song will make you remember the simplicity in music as "No Scrubs" has a moderate tempo and catchy lyrics, with a futuristic beat for the time. This idea of being futuristic for its time is also helped by its music video, where TLC had defied the laws of physics with floating cameras and standing on the walls with no regard to gravity. The members that made up TLC were T-Boz, Left Eye and Chilli. Sadly, Left Eye passed away in 2002, but that did not stop the group from creating music; their members learned to move on and persevered.

"Bye Bye Bye":

The boy band era has massively declined since the early 2000s but their impact in the music scene will never be forgotten. "Bye Bye Bye" by NSYNC is a song that is the embodiment of boy bands; it includes fun and catchy lyrics with high energy dancing. If you end up wanting to listen to more of their music, sadly the band has not released a new album together after their 2002 hiatus.

"Lovefool":

As a slower-paced love song; "Lovefool" by The Cardigans, a Swedish rock band, shines in the aspect that it is simple, but just as good. The chorus is sung slowly, but not to the point where

it becomes a slow jam. There is no hidden meaning behind the lyrics, it all can be taken at face value. And overall, the lyrics are just catchy and repetitive. Nothing beats simplicity, whether it is found in the lyrics, or the music being played by the band.

"Ridin' Solo":

Jason Derulo's early career had a sort of charm that made him stand out in the R&B genre, but his recent songs are devoid of that charm. "Ridin' Solo" is a great example of that early charm that Derulo had. The song is filled with unique repetitive choruses and finger-snapping music. Derulo now releases pop and dance singles that conform to mainstream music.

"...Baby One More Time":

"...Baby One More Time" became one of Britney Spears' most popular songs, and rightfully so, as it is just good. Not just the lyrics or the rhythm, but something about the vibe of the song makes you just want to sing out loud as if you were Britney Spears herself, and that is a great thing about her music. However, she has become an artist you don't really think of much nowadays, but why is that? She had such a large following when her career started, but in 2008, she was placed under a conservatorship by her father, Jamie Spears, who gained the right to be in control of her and her estate's finances.

"The Real Slim Shady":

Slim Shady, otherwise known as Eminem, is not the same person now as he was back when his career first started. His career only started with the chance that Dr. Dre took by signing him on his record label, but that decision was one he will never regret as Eminem became one of the most

renowned rappers of all time. "The Real Slim Shady" is one of the first songs you would think of when you want to listen to old-school Eminem. This song will remind you that Eminem was a troublemaker in the past, where he would rap about things people wouldn't dare to.

"Billie Jean":

No throwback song list can be completed without the king of pop himself, Michael Jackson. There are too many songs of his to choose from, but "Billie Jean" is a great choice, as well as my favorite. It also represents what Michael Jackson music was: a wide vocal range, repeating rhythms

and his signature falsetto notes.

The purpose of listening to throwbacks is not just to enjoy the music, but to remember how you felt when you first listened to it. The lists of throwbacks are endless, but this list should help you find what to look for when you are in the mood for nostalgia.



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'The Banshees of Inisherin' is simple and effective

This film is a breath of fresh air, combining a unique plot with dark humor and a fantastic cast, making a triumphant reunion for Colin Farrell and Brendan Gleeson.

By **EMILIA BELL**
FILM CRITIC

"The Banshees of Inisherin" marks the return of the collaboration between actors Brendan Gleeson and Colin Farrell with writer-director Martin McDonagh. This trio is best known for the 2008 dark comedy "In Bruges."

"Banshees" follows Pádraic (Farrell) as he tries to understand why his longtime friend Colm (Gleeson) no longer wants to be friends with him. Taking place on a fictional remote Irish island in the 1920s, the film is subtle but still brings the dark humor that is expected from McDonagh. Though it is not as intense as McDonagh's previous work, it is absurd in the best ways.

Farrell's performance perfectly captures a sweet but clueless man who cares deeply for those around him, especially animals and his beloved donkey. While the movie is simple, Farrell's performance reaches many levels, from gentle to angry to hurt and confused.

Gleeson puts in a fantastic performance as well, actually playing the fiddle himself in some scenes. His character is gruff and offers less of a range of emotions, but he finds many nuances in his delivery. The audience can see that his character is a man who seems normal but may have a few screws loose.

Farrell and Gleeson have a distinct chemistry, and the audience can feel a history between them, despite the film beginning with Colm effectively breaking up with Pádraic as a friend. Every scene showing their interactions demonstrates this. Farrell's naive kindness plays well off of Gleeson's firm aloofness.

The cast also includes Kerry Condon and Barry Keoghan in supporting roles. This marks the third time Keoghan and Farrell have acted together. Condon is warm, sharp and witty as Pádraic's sister, Siobhán, while Keoghan flawlessly portrays the awkward, stunted and shifty Dominic. Both are simultaneously funny

and depressing in spite of their characters largely differing.

The setting and score of the film add to the bleakness of the story, as it seems to analyze the behaviors of small-town communities. In addition, it addresses male emotions and how depression can manifest, especially in a time when it was less socially acceptable. Characters reference depression as though it were a bad word throughout the film, which provides commentary as well as humor.

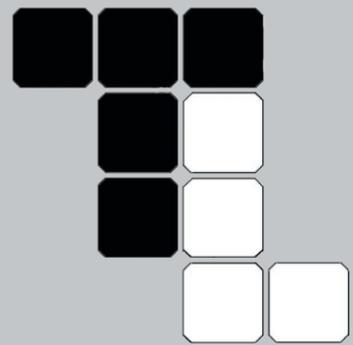
Overall the film doesn't overcomplicate things nor does it shy away from weirdness and taking risks. For those who appreciate dark comedy, eccentric films and quirky characters, it is a must-watch, but could be a good introduction to dark humor for other viewers. It is currently playing at the Grand Cinema in Tacoma and the Century Theater in Federal Way, among others.

★★★★★



PHOTO BY SEARCHLIGHT PICTURES
A screenshot (left) and movie poster (above) of "The Banshees of Inisherin."

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