

UWT Child Assistance p.3



Silent
Quitting
p.4



M3GAN Review p.7

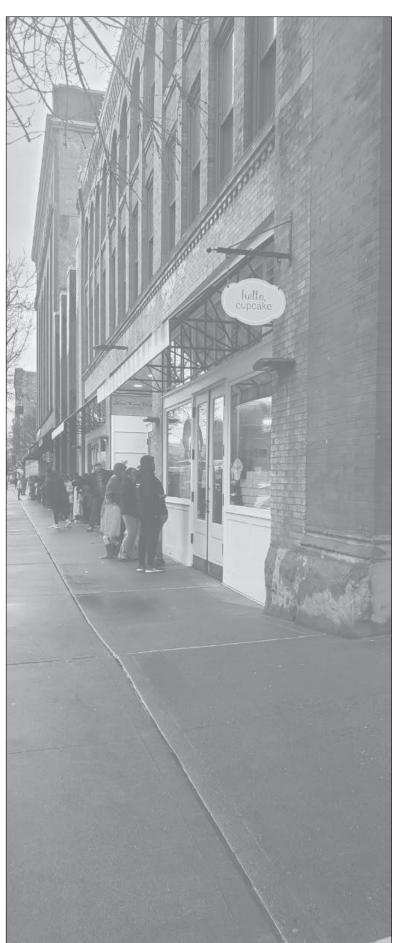
# **LHE LEDGER**

UNIVERSITY OF WASHINGTON TACOMA

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# A Time of Self-Care

Whether you need child assistance, up-to-date information on trends in the workplace or even a reminder to drink, it's time for some self-care.



People wait in line for a final cupcake from Hello, Cupcake on January 8th.

# **LATEST NEWS:**

# Hello, Cupcake Last Day & UWT Child Help



New: See p.8 for our new word search and spotify playlist!



PHOTOS (ABOVE AND BELOW) BY ALEXA CHRISTIE

# Goodbye, Cupcake

After 15 years on Pac Ave, cupcake bakery Hello, Cupcake sells its last cupcake.

By Destiny Valencia **News Editor** 

Tacoma residents from far and wide lined up in the rain last Sunday morning for one final cupcake from beloved cupcake bakery, Hello, Cupcake.

Hello, Cupcake, which has been a part of downtown Tacoma for the past 15 years and has been owned by Allix Weber since 2014, is now one of the many businesses that have had to shut its doors within the past few years on Pacific Avenue.

Weber announced the store closure on social media on January 4 and cited a variety of factors for the store closure such as a rising cost for ingredients, economic hardships and other causes that stem from troubles many businesses have faced at the hands of the pandemic.

Tacomans have showed up in droves to get their last cupcakes since Weber announced the store's closure, selling out every day since and leading up to January 8, the store's last day open. There were two long lines, one for preorders, and one line for in-store cupcake purchases

starting from Hello, Cupcake's doors going all the way past The University Bookstore and almost reaching Subway.

Some individuals who waited in line were prepared with umbrellas, foldable chairs and blankets. Some of these people started gathering as early as 6:50 a.m. while they waited for the store to open at 10 a.m.. Overall, some individuals ended up waiting four hours for their cupcake fix, as some social media posts suggest.

"Hello, Cupcake is a dear bakery for us, my husband went to UWT when they opened... We got here at about 9 o'clock," said Kathleen Seaton.

Individuals who were lucky enough to preorder some cupcakes, such as Toby Ensign, were excited to get their hands on Hello, Cupcake's goodbye variety pack of cupcakes, but expressed their sadness to see the store close.

"I've been coming here for years and have been giving [cupcakes] to friends and relatives and I am just sad to see them go."



After about an hour of people waiting in line for cupcakes, Weber came out to inform the crowd and give them updates on wait times for those in the non-preorder line and informed the line that workers were still fulfilling preorder pickups.

"We are gonna bake until we are out of ingredients," Weber told those waiting in line, eager for their final cupcakes.

The community support for Hello, Cupcake can be seen all over local social media with locals reposting favorite memories at Hello, Cupcake, favorite

flavors and a sadness to see a beloved bakery close.

"The outpouring of support has been overwhelming, to say the least! Customers have been showing up in droves to purchase cupcakes one more time and to share their stories about what Hello, Cupcake has meant to them. It's bittersweet in light of the circumstances, but very heartwarming to know how much our customers care about us," Weber said.

This will not be the only store closure on Pacific Ave as The University Book Store announced it will be closing in January, making that two businesses to close their doors the first month of the new year.

Representatives for UWT have expressed a desire to "reactivate and reimagine spaces" on Pacific Ave but what this means is not clear. A representative for the school has also stated in previous interviews that the school has been "leaning in" to help businesses.

For business owners like Weber, what this could look like is more communication between the businesses and the school if they may be struggling.

"I think communication is always the best place to start. Business owners have to communicate when they're struggling and reach out for help, which is something I wish I had done sooner. I think if the University is checking in with their tenants and keeping lines of communication open, a lot of good can come out of that," Weber said.

While saying goodbye to Hello, Cupcake has been bittersweet, Weber remains optimistic.

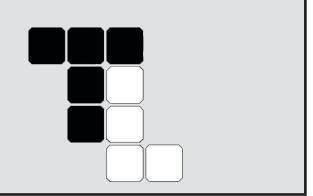
"Hello, Cupcake has been like a second home to me over the last 10-plus years, and I will miss it dearly. As hard as it is to say goodbye, I'm just focused on finishing out this week and staying optimistic about what opportunities I will pursue next."

For now, Tacoma residents will need to find somewhere else to satisfy their sweet tooth. Goodbye, cupcake.

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# **The UWT Childcare Assistance Program is** open for applications

If you are a student caregiver with children in childcare, you may qualify for reimbursement aid.

By KATIE SCOTT **News Reporter** 

The UWT Childcare Assistance Program is now accepting applications for the 2022-2023 school year. Made possible by funding from the Student Activities Fee Committee, the Childcare Assistance Program provides funding reimbursements to student caregivers who have children in a qualifying state-registered childcare facility. Funding is available for children from birth to twelve years and eleven months of age.

Kelly Tyrrell, UWT Program Support Supervisor for the Office of Student Affairs, says applications usually take up to ten business days to process and funds are dispersed via direct deposit once an application has been approved. Though Tyrrell explains, currently, the processing time from submission of an application to disbursement of funds is closer to five business days.

All three UW campuses offer the Childcare Assistance Program, though each campus has its own online application. Because the programs function independently of each other at each campus, Tyrrell suggests taking a close look at which UW location you are applying to before clicking on the submit button on your online application.

To qualify for funding childcare providers must be licensed through the Washington Department of Child and Family Services. Applicants will include the provider number with their application and the childcare facility will be verified through the Washington Department of Child and Family Services provider system.

If the chosen provider is not registered with the state, Tyrrell encourages student caregivers to contact her directly to share their specific situation.



Children and families participating in CAP sponsored events

"Sometimes there are exceptions available to particular situations, so I encourage student caregivers to get in touch with me so we can talk about their specific

needs," Tyrrell said.

The childcare assistance program application covers autumn, winter and spring quarters. Funding is not available for the summer quarter. Student caregivers have the option to apply for one quarter or multiple. Applicants need only apply once during a school year, and the remaining quarters are automatically included in their application.

Approved applicants receive a \$600 reimbursement per quarter for UWT students enrolled fulltime, and a \$400 reimbursement per quarter for UWT students enrolled part-time. Though these rates are standard, Tyrrell shares there may be room for further accommodation, depending on a student's needs.

"Oftentimes we do have student caregivers who need a little extra (funding), so I always try to make sure they know about the emergency aid option, available through the financial aid office," Tyrrell said.

Applications can be submitted online. There is currently no waitlist for the program.

For a full list of requirements and to read more about the program, visit the UWT Childcare Assistance Program webpage at https://www.tacoma.uw.edu/ cfss/application

To submit an application, visit the application page at https:// docs.google.com/forms/d/e/ 1FAIpQLSc7Qlg0hmS7f5M9et-6A1LuJcf5cmCPJbOeDTc-85gIqNb0VDSw/viewform

To contact Kelly Tyrrell directly, send an email to KTyrrell@

#### Eligibility

The Childcare Assistance Program (CAP) is intended for UW Tacoma students who meet low-income requirements through Financial Aid. Students must have an up to date FAFSA application completed and on file with the University of Washington Tacoma in order to verify qualifications and before applying.

Additional Childcare Assistance Program requirements include:

- Must be a UW Tacoma student who pays the Services and Activities Fee (SAF)
- Must be UW Tacoma matriculated (degree-seeking) student from any undergraduate, post-baccalaureate or graduate program
- Must be enrolled full-time or part-time. Any changes may affect status.
- Child/children must be in the care of a state-licensed child care provider through the Department of Early Learning (i.e. home, center or after-school program). Private school tuition, kindergarten fees, nannies, meals, registration fees or other special fees are not covered.
- Child/children must be in the student parent's legal and physical custodial care and must reside with the student parent for more than of 50% of the time

Students who utilize the tuition exemption program do not qualify. (Exceptions may apply based on degree program; contact our office for details.)

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Letters submitted to the Ledger may be published through both TheTacomaLedger.com and our print edition.

## Silent quitting

The new wave of Gen Z service workers are changing everything about the industry as we know it.

BY CELIA WILLIAMS **OPINION EDITOR** 

Since the pandemic began in early March of 2020, things have changed drastically across the globe. From the way we interact to what the new trend is, a lot has evolved since then. A major ideology that has spread quickly in the customer service industry, especially among Gen Z, has been silent quitting. A number of news sources, including Forbes, report that over half of the U.S. workforce is comprised of silent quitters. Simply put, customer service employees don't get paid enough to care.

As a former customer service employee myself, I can say that it is one of the most exhausting and dehumanizing jobs one can have, and this isn't because of the actual job. Oftentimes, employees are expected to do more than they are being paid for or even agreed to when taking the job. Not to mention, the mistreatment employees re-

ceive from both supervisors and customers alike. This pattern has become noticed by younger generations, and the response was amazing to say the least.

To elaborate a bit, many customer service employees have begun to "act their wage" and are simply refusing to do more than they are being paid for. The concept, which makes total sense and seems like a no-brainer, has sparked some changes within the industry and many are starting to see them within their own workplaces. I mean who wants to work in a terrible environment for free?

workers aren't willing to put up with any of it. They are demanding livable wages for all jobs and fair treatment in the workplace. Companies like Starbucks have been at the forefront of this debate for a while now with their continued union busting and unwillingness to work with unionized stores.

Why is it so much to ask

that every aspect that keeps our fast-paced society running be treated as such? Why is it that a livable wage is something someone has to fight for rather than an inherent right?

Customer service employees are one of the most important things in our dayto-day lives. Imagine going to Starbucks and there are no baristas, or McDonald's and there are no cooks or cashiers. This would undoubtedly cause a major uproar in society, as there are many who do not have the skills or materials to make the foods and drinks they enjoy from The new generation of fast food and higher-end places.

> With all that being said, be nice to customer service employees. Think about the last time you had a hard day and had to go to work and be welcoming and friendly to a line of strangers who rarely care to do the same. It's not easy, no job is. Why make it any harder?



Starbucks workers marching at the ralley.



# Feeling thirsty? You're already dehydrated

If you're reading this, go drink a glass of water.

By Ruth Ogden Opinion Writer

Dehydration is when you don't have enough fluid in your body to replace what is lost during vital functions. It worsens existing health issues and, in some extreme cases, can lead to kidney damage. Dehydration is also associated with poor academic performance, skin issues, chapped lips, headaches, and fatigue. Dehydration is extremely common, and health professionals estimate that up to 75% of Americans are chronically dehydrated. The worst part is that if you're feeling thirsty, that means you are already dehydrated.

Dehydration is worsened when you consume fluids that aren't water. Soda, coffee, sparkling water, juice and milk are all tasty, but do not provide you with enough water to rehydrate you. In fact, drinking too much of these can send a signal to your brain that you are satiated when you are actually still dehydrated.

The US National Academies of Science, Engineering, and Medicine recommend that an adult should consume between 2.7 and 3.7 liters of fluid a day (that's between

11.5 cups and 15.5 cups of fluid!) If you're exercising a lot, living in a hot environment, or have other health considerations, you may have different hydration needs. Overhydration can occur, but this is rare.

If you're concerned about dehydration, you should also consider a lower sodium diet. The Food and Drug Administration recommends that adults should consume no more than 2,300mg of sodium a day. Unfortunately, the Center for Disease Control reports that the average American consumes upwards of 3,400 mg of sodium a day. A majority of excess sodium comes from poor quality processed food. If you can, consider avoiding prepackaged foods. Too much salt in your diet pulls water out of your body's cells and causes bloating, an upset stomach, lethargy, and yes, you guessed it: dehydration.

For me, the easiest fix is to carry around a reusable water bottle. It's nothing new or revolutionary, but a simple commitment to sipping on water all day helps me avoid feeling gross, tired and unfocused.

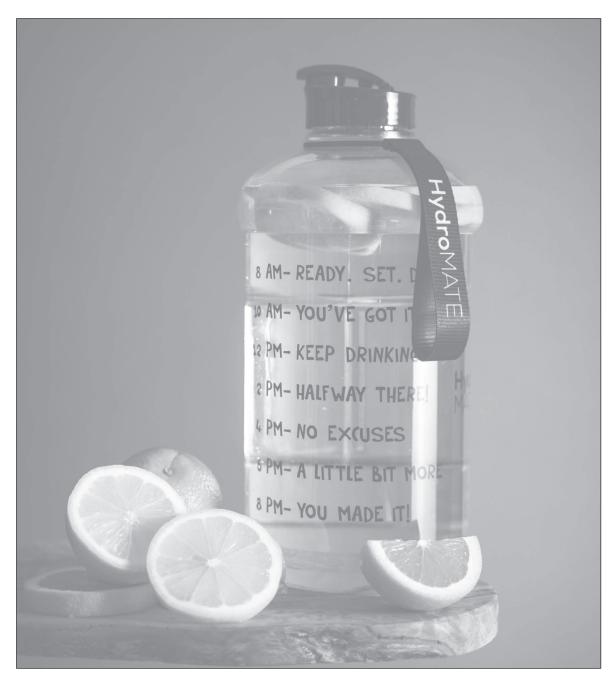


PHOTO BY ALEX AZABACHE

Drinking water avoids dehydration.

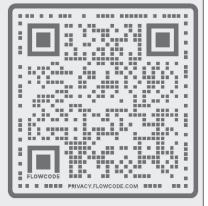
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RIMON-Build Me A House Feat. @TdiggsDaAuthor (Official Music Video)

# Find your stable ground from the chaos in "Build Me A House" by RIMON

Shows transparency in the midst of all chaos, in its own universal and experimental Soul/R&B sounds.

By Kiarra Blakely-Russell **A&E EDITOR** 

genre-blending, sooning, soulful artist appeared on my For You page on TikTok from a video called "Singers you probably didn't know." The song captured my attention and felt like a refreshing hint into the mystery that is RIMON. So with that, here's a not-so-new but not-remotely-old tune by the up and coming R&B/ Soul artist named RIMON, who tells a story in "Build Me A House" with Tiggs Da Author alongside producer Mike Hector.

RIMON explains her sound as "expressive, smooth and empowering," in her interview from Schön Magazine. Born in Eritrea, RIMON found her way into music through her perseverance and knowing that she could do whatever she desired. She credits her environment, her friends and her disadvantaged upbringing for in-

fluencing most of her sound; also I just wanted you to know that crediting Alicia Keys, Beyoncé, I ain't ready yet/ Because I want Kendrick Lamar, and Jazmine more, always more." Sullivan, Most recently, she was With harmonized inspired by Kendrick's new album, "Mr. Morale & the Big Steppers," in terms of storytelling and vulnerability.

As with some R&B and soul music, we are told a story, and RI-MON recreates chaos as a woman who feels peace in discomfort. In this song, RIMON focuses on the unstable and unhealthy parts of her upbringing. RIMON captioned a September Instagram post for the song "May we all find home one day."

The first verse is introduced to the listener with soft, euphoric but bluesy instrumentals, filled with a reverb vocal fading in the background. As the song slowly grows louder, with a dreamy airy synth, she sings, "Traveled all over the world, to get all the bricks, to get all the stones/ but

and a slow-eased stop, RIMON jumps into the chorus. She begins with a smooth drop with a deep bass and what sounds like a crash cymbal, revamped and looped. "If you build me a house I might run away/ 'Cause there's places that I know my spirit never stays/ Never knew what home is, till you know what home is," RIMON sings and repeats.

Echoing vocals are faint but melt into your ears as she begins the second verse, singing "I find comfort in discomfort/ Pretty strange the moment I settle down the second I want change/ Coping mechanisms that always remain/ When you're used to self-destruction who's the one to blame," RI-MON sings as the beat builds back into a stable and repetitive nature "I've known chaos all my life, so

chaos what I chase/ My told me RIMON (slow down your pace)/ You've got plenty love to give but now it's time to take/ You deserve the white painted walls, the flowers in the hallway."

The pre-chorus later goes on to speak about her vices and hope for her current partner: that they should not waste their time and find a love that's a bit less unrequited. She begins to rap "Cause you be too nice, nice, I be too rough, rough/ You be polite-like, I just be stuck/ Got rid of my backpack loaded with big rocks/ Cause I can't paint a picture that ain't mine.

The chorus repeats, but this time it is more aimed toward her said lover. "Now you build me a house and I run away/ Hope one day you understand why I just couldn't stay/ Hope I know what home is, uh/ but for now I'm homeless," RIMON sings.

The video for "Build Me A

House" is "A homage and heavily inspired by Erykah Badu and her iconic 'Window Seat' video and through her by Matt and Kim," said RIMON.

She walks through a chaotic atmosphere with cuts on her face and fighting in the background. She slowly undresses until she is nude, showing her vulnerable side to her fans through this song. As she said in her COLORS interview, "Everything should be fine if you look at the picture, but then, it's never fine for me. I tend to run away because it just feels too stable or too safe." when speaking on

If you need an escape to relate to or a possible musical therapy session, RIMON's "Build Me A House" can be streamed on platforms such as Apple Music, Spotify, YouTube, SoundCloud and can be purchased on iTunes.

# 'M3GAN' impresses with realistic effects and a genuine story

This film may not be traditionally scary, but its message and acting keep it from being boring- and as a bonus, Seattle is the setting!

BY EMILIA BELL FILM CRITIC

"M3GAN," directed by Gerard Johnstone and produced by James Wan (known best for a horror staple: "The Conjuring"), is a cautionary tale that warns against the reliance of technology and artificial intelligence. This is a more relevant topic than ever in 2023. Gemma, played by Allison Williams, a talented roboticist based in Seattle who must take care of her orphaned niece, Cady, played by Violet McGraw. In an effort to help Cady work through her grief, Gemma provides her with a realistic robot, M3GAN (a stylized version of the name Megan, short for "Model 3 Generative Android"), whose duty is to protect Cady and be her friend. It seems she can do it all - M3GAN is seen dancing, playing, reading bedtime stories, reinforcing rules, you name it. As the film progresses, it becomes clear that M3GAN's intelligence is dangerous, as is Cady's attachment to her.

The film is primarily science fiction, driven by technology in Gemma's profession and its position on AI. It has a campy and over-the-top quality that helps sell the strange plot and visuals, such as a lifelike doll galloping through the forest.

However, while the film is categorized as horror, it is not particularly scary. The focus is on the effects and concept, along with action sequences that were enjoyable and at times intense. The acting overall added a genuine quality to the film and the execution was polished and en-

tertaining. There was plenty of attention to detail with the design of M3GAN herself as well as costumes and sets.

The film examines loss and attachment in an intriguing way, and its warnings against technology avoid anything too cliche. The film is not overly serious, intentionally bringing humorous images and situations to its action sequences, such as M3GAN's menacing dancing, now practically iconic. This helps it flow and makes it more fun to watch. Many have said it is hilarious, but the funny moments are used sparingly, and the film was more subdued than expected. It never goes too far as to be obnoxious or unappealing, as it is still grounded by the acting and story.

Overall, the film is solid but not terrifying or gripping. It spends a lot of its time on set-up and establishing characters, which is not a negative, but it doesn't leave a lot of time for horror elements, which is what it is marketed as. Ultimately it finds itself to be closer to a dark comedy than a horror flick. M3GAN as a character is entertaining, and the storyline is genuine enough that it was a perfectly acceptable experience.

"M3GAN" is currently playing in theaters. With the production company's past it is likely that it will be available to stream on Peacock in the future.

3.5/5 ★★★★★

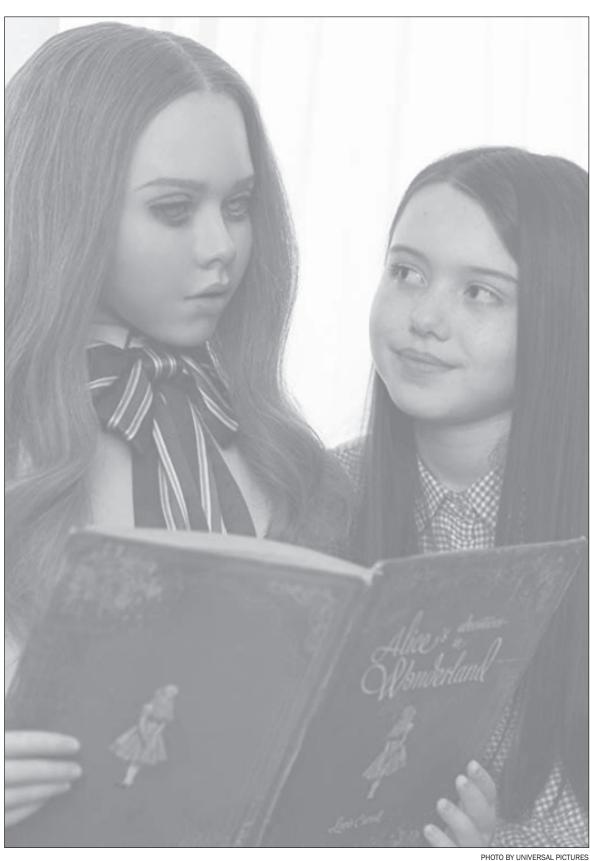
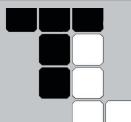


PHOTO BY UNIVERSAL PICTURES

Violet McGraw in "M3GAN"

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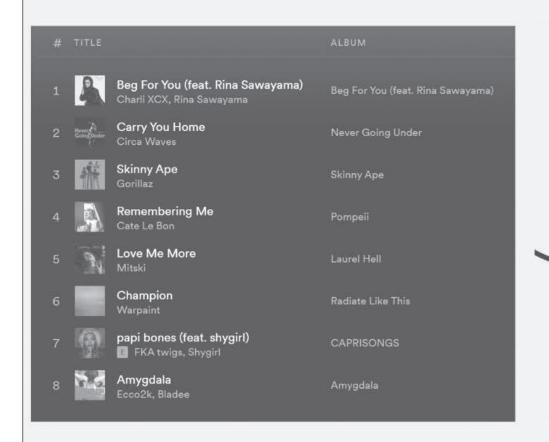
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# WEEKLY PLAYLIST

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TKLJSJQZGZWODLOHEHWZ YDHMIVHSFGRNNZULFOEA HRHOUSEPDKMLGBZWCIYT J D H V D C T P R H L W Z A W E D Q L V | MAINEDURGRIGCFGLUXC UNTGWXHJXZFYYWMNAIQD CENAQLHYOLDSKJWQLTVB ZQKKCANCDCUPCAKEFTZR LWCSKOSOSRWPAEGIAIIB EAMHIQMSJEAYHDUBWNFL DUBQILRAITATSKHREGHS G H M N D L E G D S L T I B J Z D W E Y ECKFIQDNEKSKTORFOLLC RALFGLXCTHNTJLNIICLA ZWLYRICSAXUWAJETMUOD BBAJCBAKERYUQNZZPOVY KVITLKYCZDEFHCCVCANP V D S V E U I E M I L T T Z R E L C L A DVDXQRLIFTVTFQYAVUKS QJPDOKXYOKTPXDKIQFTH

DEHYDRATION	ASSISSTANCE	CHILDCARE
QUITTING	SEATTLE	LYRICS
CUPCAKE	BAKERY	SILENT
TACOMA	HOUSE	RIMON
WATER	LEDGER	HELLO

CADY

### **Answer Key**

CADY		
WATER	LEDGER	НЕГГО
TACOMA	HOUSE	RIMON
CUPCAKE	BAKERY	SILENT
QUITTING	SEATTLE	LYRICS
DEHYDRATION	ASSISSTANCE	CHILDCARE
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