THE LEDGER

No Taxes for the NFL

IS IT TIME TO TAKE AWAY THE NFL'S NONPROFIT, TAX-EXEMPT STATUS? | P. 5

The newest craze is drinking butter in coffee... say what? | p. 3

The Faces of Homelessness | p.5

First-ever theatrical production comes to campus | p. 8

UWT'S FREE WEEKLY PUBLICATION
October 13, 2014 | Volume 19, Issue 4
thetacomaledger.com

The Ledger

UWT's weekly student publication
Oct. 13, 2014 | Vol. 19, Issue 4

Please send all feedback and submissions to:
ledger@uw.edu

Editors
Editor-in-Chief ..... Eva Revear
News Editor ..... Chelsea Vitone
Opinion Editor ..... Brittany Hale
A&E Editor ..... Matthew McIlnay
Copy Editor ..... Joanna Sappenfield

Staff Reporters
Reporter ..... Christine Maggi
Reporter ..... Cliff Bennett
Reporter ..... Helena Williamson
Reporter ..... Jakob Coffelt
Reporter ..... Kristin Della Vecchia
Reporter ..... Paula York
Reporter ..... Sandra Kalebu
Reporter ..... Sydney Conrad
Reporter ..... Sabrina Burns

Art & Design
Layout Manager ..... Danielle Burch
Page Designer ... Sean Ferrell-Wyman
Page Designer ..... Amanda Riddle
Photographer ..... Allison Pham
Graphic Artist ..... Felicia Chang

Advertisements
Ads Manager ..... Sonya Hunt
Ads Assistant ..... Melissa Mason

Distribution
Dist. Manager ..... Andrew Crew

Advisor
Publication Manager .... Niki Reading

Cover Art
by Felicia Chang

Check out all the stories printed here plus more content online!
thetacomaledger.com
facebook.com/uwt.ledger
twitter.com/UWTLedger

Office: MAT 151
Phone: 253-692-4428
Email: ledger@uw.edu

We're looking for more writers, illustrators, and page designers.

Interested? Shoot us an email at ledger@uw.edu



PHOTO BY ALLISON PHAM

Learning Where You Live

The Court 17 Apartments are part of an emerging Residence Life plan UWT hopes to expand.

By Joanna Sappenfield
Copy Editor

As UWT grows and expands as an urban campus their aim is to grab the attention of the traditional college student, the fresh out of high school student just leaving home. In doing that, the university acknowledges their needs and the challenges that stand before them.

The plan to form the Residence Life program begins with gathering data and research, finding out what will work best for UWT and its students. The challenges in growing the housing program begin in needing to know the demographic of incoming students. Are they traditional? International? Out of state?

When UWT first began, the two-year university was a resource for local nontraditional students. Now things are changing. According to Surtida Shelton, Associate Director of Student Development, "we need to know [the demographic] so that we can be prepared. We are starting to see a shift."

If UWT becomes the college destination for more traditional students than it will become "important to provide more housing resources," said Shelton.

Marketing research suggests that freshman and sophomore years are the most pivotal years in college life and if campus community is neglected than the academic life will suffer.

"It's about having peers to live and connect with and about connecting with the campus," said Shelton. "It's about getting to the end. Let us give you that additional support."

Currently UWT's student housing is at Court 17 Apartments. UWT is leasing two floors with 112 students currently renting out rooms, with the potential for 128 students. Right across the street from the University Y Center, each fully furnished apartment is a shared student space with studios, one bedrooms, and two bedrooms priced at around $720 to $940.

Different ideas have been brainstormed to develop the housing program including renting out all five floors of Court 17 as well as developing graduate housing and family housing. Currently the median age of Court 17 is 18-years-old.

The Residence Life program is also in the marketing stage of development trying to get the word out, revamping the facebook page, coordinating events centered around the apartments, and including flyers in the admissions packet.

"We need to market better to let students know," said Megan Fuhlman, Residence Life coordinator. "Getting the word out there is the biggest priority right now."

Applications are still being accepted for current students and October 24 will be the preview day for high school seniors interested in UWT.

"To have a full rich college experience we need to develop this program but it will take time," Shelton said.

UWT Changes IAS Program to School of IAS

By Sandra Kalebu
Staff Reporter



PHOTO BY ALLISON PHAM
Interim Dean of IAS, Cheryl Greengrove.

This past September, the department of Interdisciplinary Arts and Science made its transition from the Interdisciplinary Arts and Science program to the School of Interdisciplinary Arts and Science.

"It's part of the natural evolution of a growing campus" said Interim Dean of IAS Cheryl Greengrove.

After UWT moved to its current location in 1997, the campus consisted of only a handful of academic programs. The Liberal Studies program, which was later changed to the IAS program, accounted for the majority of undergraduate studies.

Of the seven educational units within the UWT branch, (School of Interdisciplinary Arts and Sciences, Social Work, Milgard School of Business, Urban Studies, Nursing and Healthcare Leadership, Pre-Major and the Institute of Technology) IAS offers 14 Bachelors of Art, one Bachelors of Science, 16 minors and certificates and one masters program. All programs are organized under six divisions of study which include: Division of Culture Art and Communication (CAC), Division of Politics Philosophy and Public Affairs (PPPA), Division of Science and Mathematics (SAM), Division of Social, Behavioral, and Human Sciences (SBHS), Division of Social and Historical Studies (SHS), and the Graduate Division. Currently, the School of Interdisciplinary Arts and Science employs 112 full time faculty. In total, IAS students account for almost half of all admissions including pre-majors following the IAS track.

When asked what prompted UWT to transition the IAS program to a school, Greengrove answered "External recognition." Last year, University of Washington Bothell transitioned all of its comprehensive programs to schools which prompted UWT to evaluate similar changes. Greengrove stated that for many, UWT's education labels are unfamiliar. Being that the IAS program was the largest program on campus, faculty at UWT wanted to ensure that students pursuing a major in IAS are recognized in the same way students from other legitimate programs are recognized.

"If someone says that they graduated from the IAS program everyone may not understand what that means but if they say they graduated from the School of IAS its more recognizable," Greengrove said.

As she spoke she wanted to assure students that the transition will not affect current academic standing or degree track. Currently, tuition and class requirements will not be affected by the transition but students should expected to see more programs make the same transition in the future.

Overall, the primary objective in creating the IAS School was, as Greengrove put it, "so that it's more clear to the outside world."

Surprising Benefits of the New Buttery Coffee Trend

An unconventional additive is purported to give coffee drinkers more energy throughout the day, preventing caffeine crashes.

By Kristin Della Vecchia
Staff Reporter

Staying awake and alert during the early morning feels nearly impossible for many without a cup of coffee. Coffee is an extremely popular beverage around the world. While some may consume it to savor the flavor, others may consume it for the energy. For those who consume the beverage for energy, the "caffeine rush" comes to an end usually early afternoon, but it doesn't have to. Rather than adding the typical ingredients-cream and sugar-to a cup of coffee, people are substituting their cream with an alternative ingredient. Adding butter to coffee has become the new trend.

When inquiring about the awareness of this new trend at the University of Washington Tacoma here is what senior student, Kevin Bednar had to say, "I drink coffee often and I have never heard of it; it sounds pretty unhealthy."

It may sound unhealthy, but consider the following: the supplementary ingredient is not any brand of butter, it's unsalted grass fed butter. Grass fed butter is a nutritious brand of butter that is obtained from cows that only eat grass. This brand of butter has nutritious benefits; it provides the body with vitamins (like A, D, and K-2) and healthy fats. Just as a particular brand of butter is required, there is also a specific coffee.

According to Debora Robinett, a dietitian, and the President of the Health Enhancement Corporation, the coffee has to be low in toxins. The mixture of grass fed butter, and low toxin coffee with sugar, if preferred, produces a creamy texture. The fat from the grass fed butter creates a full feeling. On the contrary, regular coffee typically leaves the coffee drinker hungry hours later. The fat from the grass fed butter slows down the process of caffeine absorption; as a result the coffee drinker stay energized longer and does not experience a caffeine crash. This slower pace of caffeine absorption does not happen when drinking a regular cup of coffee- from Starbucks, a coffee stand, or any high end coffee shop-because it does not contain grass fed butter. Another ingredient Robinett suggested was medium chain triglyceride (MCT) oil, in combination with the grass fed butter. "The MCT oil rev's up your metabolism and is a good source of energy" said Robinett. All these ingredients combined are called, Bulletproof coffee, which was invented by Dave Asprey, a Silicon Valley investor and technology entrepreneur.

To mix the ingredients a blender is necessary. Finding low toxin coffee can be difficult when looking in the supermarket. It can be found online at various website such as eBay, Amazon, or at the official site for Buletproof coffee: **www.bulletproofexec.com/coffee**

Would you drink this? Tell us at **facebook.com/uwt.ledger**



PHOTO ILLUSTRATION BY ALLISON PHAM
Kerrygold is one of the few unsalted grass fed butters with which you can make Bulletproof Coffee.

To make Bulletproof Coffee:

Take 2 tablespoons of unsalted grass-fed butter
(available at Trader Joe's, Marlene's Market & Deli),
1 tbsp. of MTC oil (optional),
and 2 cups of hot, low-toxin coffee.

Blend and serve.

UWT's Academic Advising is in Transition

In the coming year, the Academic Advising Center will be shifting to a less centralized system in order to better serve students.

By Chelsea Vitone
News Editor

Soon, the Academic Advising Center will look, or at least feel, very different. Already in transition, advisors assigned to specific departments will work within those departments to become more involved in decision making about program details or class availability and other program specific information to aid students along their academic career path.

Before Spring 2011, advisors were housed within their respective departments in order to provide specialized guidance in collaboration with faculty and staff directly involved with program planning. Right before the late Chancellor Debra Friedman arrived, the advising department was centralized to become a one-stop-shop for students in need of advice for their classes and degree planning.The centrally located Academic Advising center was convenient at first, but data showed that it was not supporting undeclared majors well, especially when considering the increased influx of freshman to the commuter campus as of late.

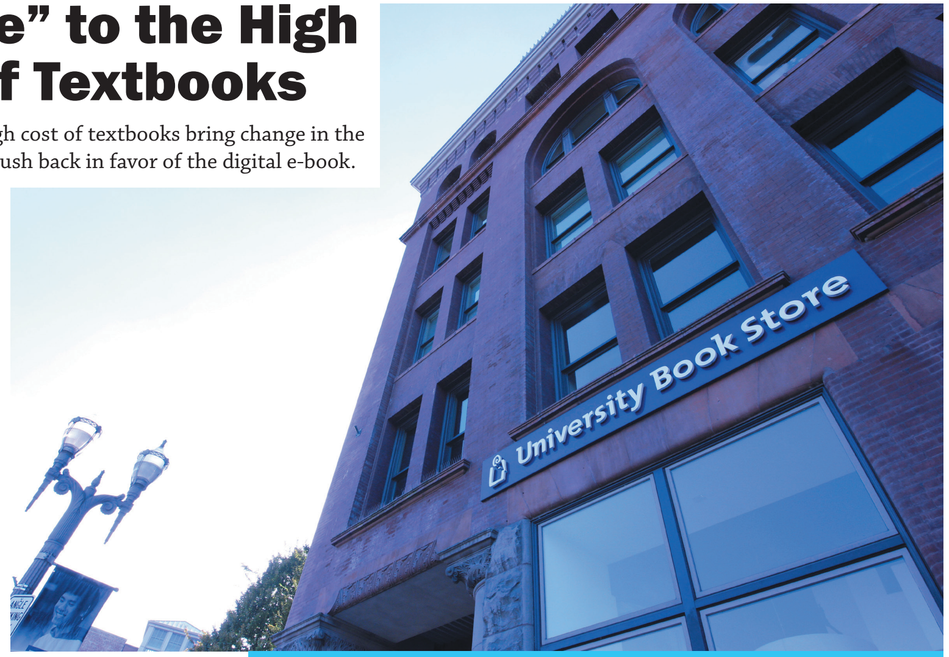
Now, Interim Chancellor of Academic Affairs Bill Kunz says that the main question is, "Does it benefit the students?" So far, the consensus is that a more localized advising system would help to foster a relationship between advisors and students, so administration is working to "reintegrate the academic advisors into their [original] units." Navigating college can be difficult, so UWT plans to create two teams: one to focus on undeclared students to help them find their niche, and another to work with those students who have a clearer idea of the path they would like to follow, and how to meet their major requirements.

Kunz is working with the advising center to create a system in which each student would be assigned to one specific advisor instead of seeing a different face every time they stop by the office. He points out that it makes for a more "positive experience" when they can build that rapport.

As of yet, only the advisors for Information Technology (IT) have physically moved locations to the Cherry Parks building where they can be easily accessed by students in the program, but plans are in the works to also move the Business School advisors into the Dougan building with the Milgard School of Business. Sam Narlock, a peer advisor in the advising center says, "Sometimes I think it's more convenient to have everyone right here [in the GWP 102], but if they're closer to the departments they're right there to ask…it has it's ups and downs." With a work in-progress, it is hard to asses the needs of students before the plan is enacted, but Kunz and his team are doing their best to anticipate how to best support UWT's growing student body.

"No More" to the High Cost of Textbooks

Alternatives for the high cost of textbooks bring change in the form of a grassroots push back in favor of the digital e-book.





PHOTOS BY CLIFF BENNETT

By Cliff Bennett
Staff Reporter

Many students experience sticker shock at the cost of their textbooks required for their next college classes. When you see the sticker price listed for one of the books that are required for your next class in the amount $346.75, it could take your breath away.

The University of Washington Tacoma faculty and staff understands the problem of the higher cost concerning textbooks. The university's own book store is onboard for lowering the high cost.

At first glance you would want to point the finger at the publisher or the student bookstore or maybe even the university. When you look deeper into the publishing industry you would think that someone is getting rich somewhere.

"If it's a racket as many people say, that publishers are jacking these prices up like big pharma… then it's not a very good racket because it's not like they're rolling in the dough. I mean publishers are in as big of trouble financially as the bookstores. It is very expensive and a very low margin business," said Sebastian Aldrete, manager of the UWT bookstore.

When you start to ask that question of who is to blame, the problem becomes slightly more complex. "I would love to give them, this is who they are; go get them,'" Sebastian added. "I would love to give you a 'villain,' you know, with a black hat to go after but it's a little more complicated than that."

Every quarter students raise complaints that the burden of buying the textbook for any one class is just too much and virtually everyone would agree that this cost is just too high. Sebastian asserts that it is a combination of factors that make up the high cost of the textbook. Sebastian agreed that some of the big publishing houses mismanagement could be blamed. "They're not monolithic even though there are six big publishers… there isn't one grand scheme or business model that they're following. They are all approaching it from a different angle. So some of them do a much better job at keeping prices down and some have been atrocious."

As a result "I can tell you that all of the progress that is made in addressing the price problem… all of that has come from upward pressure from the market, which is the students. And so, even though they may feel helpless as they stand looking at the price tags; some of the options that are there on the shelves for them are a result of their buying patterns. I think students have more power than they know. That kind of pressure on the publisher has been the only thing really that has led to change. So you know, if I can't give you an exact name of a villain to level your ire at, I can at least tell you that students and faculty who care about the textbooks here and what their students are saying about this has been great movers in the process of getting some price reductions in books and that really is the only thing that will affect textbook prices."

"I can tell you that all of the progress that is made in addressing the price problem… all of that has come from upward pressure from the market, which is the students."

Other factors in some cases for the high cost are that professors just don't have any other content that is adequate enough to teach the material that is needed, but some lecturers are very progressive in the way they teach and choose to find material that have a combination of e-book and traditional paper back or even no book at all depending on the content that needs to be taught.

The Communications track at UWT is one of the degree programs that is keeping costs low by using a combination of digital materials along with lower cost books coupled with an e-book option. Alexander Smith is one instructor that is very concerned with the high cost of books used in learning and understands the burden place on students that might not be able to afford this cost "Because of the different things that we study in 353 there just isn't a book that encapsulates everything I would like to teach... for our class which is focused on critical theory and critiquing capitalism and power structures, I wanted to avoid buying into that," Smith said.

As Sebastian points to the student-buying pattern to make a change in this industry, Smith is more of a proponent of the student's own agency to invoke change within these types of structures.

What do you think of textbook prices?
ledger@uw.edu

The Communications track at UWT is one of the degree programs that is keeping costs low by using a combination of digital materials along with lower cost books coupled with an e-book option.

It's Time to Strip the NFL of Their Nonprofit Status

The proposal of a new bill challenges this long time tax exemption.



ILLUSTRATION BY DANIELLE BURCH

By Amanda Riddle
Staff Reporter

For some reason the nonprofit status of the NFL seems to be a largely unknown fact to many Americans. According to Forbes, the NFL generates more than $9.5 billion a year and yet is exempt from federal taxes. This is more than many other nonprofits such as the YMCA, the Red Cross, Goodwill and the Salvation Army.

The NFL has had their nonprofit status since 1942, approved by the IRS. This status came into question again in 1966 during the merger of the NFL and the American Football League. Not surprisingly, quasi legal financially driven politics kept this status protected. It is now under scrutiny once more with the proposal of a new bill by Senators Tom Coburn (R-Oklahoma) and Angus King (I-Maine) to revoke the NFL of its nonprofit status.

Coburn told CNN: "Every other American pays a little bit more every year because we give the NFL league office a tax break and call them a nonprofit. In fact, they're not."

It is true that the NFL does support the beneficial development of the sport and its associates through donations, research, player's unions, youth camps, and large events. However, the NFL simply has gone too far with how much it pays their employees, advertises, and especially the high prices they expect the fans to pay. Nina Ippolito wrote in PolicyMic, "the NFL isn't supposed to engage in business 'ordinarily carried on for profit.' Apparently, licensing exorbitantly priced apparel, granting broadcast rights, and running an entire television network don't count as profitable endeavors."

Yet, I will admit that it is unfair to single out the NFL. Other sports leagues enjoy the same tax exemption, such as the Professional Golfers Association Tour, the National Hockey League and the Professional Rodeo Cowboys Association. Coburn wrote in U.S. News and World Report, "Americans are paying artificially high rates in order to subsidize special breaks for sports leagues. That means you may be paying a slightly higher tax rate than is necessary to subsidize Jerry Jones or Tiger Woods."

There is simply no excuse for sport players and coaches to earn some of the highest salaries in the country. There is also no reason for these leagues to charge extraordinary amounts of money for their goods and events. The whole idea of a nonprofit is that the profit they do end up generating is invested back into the community. The exemption also needs to not be a strain on the population. The preservation of the lavish lifestyles of these players, coaches and owners is at the expense of the taxpayer.

I know America loves their football, but at what cost? I seriously doubt the NFL will go bankrupt, or even struggle, if they had to start paying taxes. After all, they are the richest sport league in the history of the U.S. Furthermore, consider all the many benefits this new tax revenue could contribute. America is in no position to be lenient about tax evasion.



PHOTO COURTESY OF TOM COBURN'S WEBSITE
Senator Tom Coburn (R-Oklahoma)

"Every other American pays a little bit more every year because we give the NFL league office a tax break and call them a nonprofit. In fact, they're not."

The Faces of Homelessness

Three homeless men share their stories to give the public a better understanding of poverty.

By Sabrina Burns
Staff Reporter

At 66 years old, Gregory Prince never thought he'd become homeless. You see, Gregory Prince was not a drug addict nor was he an alcoholic. He was your average working American. His problems began when he got laid off from his job as a limousine driver. Right after losing his job, his roof got a leak. The leak was so bad that the roof started to cave in. Then the septic tank backed up. Unforeseen financial burdens such as these caused him to get behind in his mortgage payments. The next thing he knew, he was being served with foreclosure papers. The entire process happened within a matter of five months. Five months is all it took, and if you think it can't happen to you, think again.

I asked Gregory Prince the following question: If there is one thing you want the public to understand about being homeless, what would it be? He responded by saying that society tends to think that homeless people want to be homeless when, in fact, most of them don't. "They feel that they can contribute to society as much as anyone else. All they need is the chance," said Prince.

The next man that I interviewed, 57 year-old Dennis McHugh, is a recovering alcoholic. His troubles began in 1983 after his brother passed away. Not knowing how to cope with the tragedy, he turned to whiskey as an outlet. Despite his struggles with alcohol, McHugh made it known that he has never touched drugs. "People may not believe me when I say this and I don't really care whether they do or if they don't, but I've always been against drugs."

Another key contributing factor to his homelessness is the fact that he spent 25 years in prison. I'll admit it: as an interviewer, I was a bit offput by this detail. My initial reaction was that of fear. I remember thinking, "Is this man dangerous? Should I be alone in a room with him?" And then something happened that will change my life forever: he began to tell his story. McHugh was charged with assault with a deadly weapon after taking part in a murder. As it turns out, the man that was killed had raped a young, under-aged girl.

In that moment, I was left to confront my own assumptions about "violent offenders." Sure, on paper Dennis McHugh is a dangerous man. But after talking to him, there's no way I would label him as a danger to society. I learned that just because someone has served time in the penitentiary doesn't necessarily mean that they're a bad person.

In the words of Dennis McHugh himself, "If there's one thing I want the public to understand about the homeless, it's that we're not all the same. It's like any part of society, you have good people and you have bad people."

And then there was David Morrow. I'll never forget the first time I saw David Morrow. Standing outside the interview room - before he even spoke one word to me - I instantly knew that I liked him. A 58 year-old man and ex-methamphetamine user, David Morrow was about the happiest homeless man you'd ever meet. Despite a 20 year addiction to meth and spending 10 years in prison for stolen property charges, he had a charisma about him that was indescribable.

Say what you will about David Morrow—that he's a thief, a crook, a drug addict and a felon—but it's all the well because these are all things that Morrow has already come to terms with. What impressed me the most about David Morrow is the fact that he's been clean a little over two years now, and yet he doesn't blame anyone or anything for his current circumstance. He has faced the consequences of his actions with great humility and that's earned him my personal admiration.

When I first decided to write this story, I thought I'd write a powerful piece that would inspire a lot of sympathy for the homeless. A sort of "sob story" if you call it. After interviewing these men, I realized what a mistake that would have been. These men weren't seeking any kind of pity. They didn't want any condolences or sorrowful mercy. What they wanted more than anything was to be treated like your average human being.

The fact of the matter is that the issues that they struggled with - job loss, overdue bills, drug addiction, loss of a loved one and alcoholism - are the same issues that millions of Americans struggle with every single day. Before you know it, it could be your brother, it could be your mother, it could be your neighbor who has become homeless. That's something we all need to think about before we judge the factions of society who have become derelict.

The Husky *Husssh!*

This is your chance to let other students know your opinion on hot topics, anonymously. Every so often we'll pose a new question and pick the best response. The most clever, well-written, or outright funny answer will be featured in the next issue of *The Ledger*.

QUESTION

Do you believe the NFL should have their tax exempt status revoked?

Email responses to
UWTAnon@gmail.com

Submissions are due Thursday at midnight and must be 150 words or less. The winning response will be credited to "anonymous."



The Ledger. October 13, 2014 | Volume 19 | Issue 4



PHOTO COURTESY OF GREAT WOLF LODGE

Why Is Post-Summer Washington So Boring?

On This State's Lack of Post-Summer Fun

BY ANDREW CREW
DISTRIBUTION MANAGER

Autumn's arrived, though decent weather's extended stay has hidden the fact from us. Still, the foggy mornings, cooler temperatures, closing of the Washington State Fairgrounds, and explosion of Halloween theming in department stores—hopefully not mixed with Christmas theming—reminds us that yes, it's here.

And no, chances are most the fun you could have in the state's gone until next spring.

The annual impending onslaught of rain and grey skies is on its way, and I've seen few attempts ever made by Western Washington to sidestep this gloomy weather.

After the Washington State Fair closes near the end of September, Wild Waves is the only amusement park in the local area—and even they seem hardly interested in staying open as long as possible, preferring to focus on their Halloween and holiday events and confusingly limiting hours to weekend evenings. Despite having a monopoly on anything ride-related for the rest of the year that they could take advantage of, the park comes off like some locals: flaky, and something you would quickly ditch if you had other options.

As wonderful as the Great Wolf Lodge is, even the smaller rooms go for $200 a night—not ideal for college students.

Enter Great Wolf Lodge—a small, but wonderful self-proclaimed "Indoor Waterpark" near Centralia. It checks most the obligatory attractions off the list: a raft slide, a tube slide, playground complete with enormous water-dumping bucket, wave pool, and a funnel slide as an apology for the absence of a lazy river. I can say from firsthand that it isn't exactly a relaxing substitute, as the slide leading to the funnel's can be a doozy when you're seated backwards. While it could be storming away outside, the water inside's always invitingly nice and warm; even the dumping bucket doesn't seem anywhere as ominous without the usual sting of cold water crashing over your head and shoulders.

But as wonderful as it all is, there's a crucial reason the place hardly ever feels packed: despite being touted as a water park, it's better described as a resort, as you have to plan a visit to the connected hotel to enter the waterpark. Rates for smaller rooms are currently going for around a minimum of $200 a night and include admission for 4 to the waterpark for the days you're there and leave, but it's certainly not ideal for someone who just wants in the waterpark.

The answer to Western Washington's weather-based amusement and waterpark problems seems simple enough: Great Wolf Lodge's indoor layout just needs to be paired up with something substantially bigger. The problem's that with Wild Waves likely having nowhere near enough money for such a conversion, the idea of a weather-proof amusement park would need to be realized by someone else. Aside from the unlikely possibility of local business giants teaming up for something truly awesome and footing the bill for a park that could likely outdo Las Vegas' Adventuredome, there's hardly any chance for such a park to be built.

Despite all this, the one idea that confuses me the most is as to how this situation has remained the same for so long. Research uncovers parks that have come and gone. Seattle even had its own boardwalk park, Luna Park, which had closed a hundred years ago. For a place that can seem so dull and dreary after summer's long gone, locals seem hardly concerned about having places they could go to brighten their spirits. Why?

Any other ideas for post-summer fun?
ledger@uw.edu

The Ledger. October 13, 2014 | Volume 19 | Issue 4

A New Seattle Sound

Earlier this year rock duo My Goodness released their second album *Shiver + Shake*, in which each track is diverse but still maintains an aggressive rock sound.

BY CHRISTINE MAGGI
STAFF REPORTER



(ABOVE) ILLUSTRATION BY CHRISTINE MAGGI | (RIGHT) COURTESY OF MYGOODNESSMUSIC.COM
(Above) An illustration of My Goodness members Joel Schneider and Ethan Jacobsen; (Right) The album cover for the band's newest album, *Shiver + Shake*.

My Goodness consist of guitarist/vocalist Joel Schneider and drummer Ethan Jacobsen. They are a blend of rock, blues, punk, and grunge. According to writer John Glyn from *New Noise Magazine*, "The duo's trademark no-nonsense indie rock is a thing of exquisiteness, think Jack White meets Vampire Weekend meets bucket loads of acid." Their energy and hardcore attitude is what makes them one of the best local rock bands in Seattle.

The band's musical influences are very broad and range from grunge bands like Nirvana and Soundgarden to the 00's Seattle hardcore scene bands like Batch and Blood Brothers. For blues influences, they draw from Muddy Waters and Junior Kimbrough. All of these influences brings together a Seattle-style blues-rock.

According to the *Seattle Times*, My Goodness' latest album *Shiver + Shake* was produced by Rick Parisher, who was known for working with Alice in Chains and Pearl Jam. *New Noise Magazine* says, "My Goodness was born in sweaty dive bars of Seattle but are spreading like wildfire through the airwaves and word-of-mouth from coast to coast. It's only a matter of time before the band breaks loose."

Schneider's heavy riffs over colossal drums leaves the listener no option but to headbang.

My Goodness has contagious grooves and dirty riffs on tracks like "Cold Feet Killer" and "Sweet Tooth." These tracks are a tribute to some of the greatest rock groups of the past 25 years, from The Screaming Trees to Nirvana.

Hit single "Cold Feet Killer" is about two young lovers with the feeling that they need to have time apart because their love never matured, but they always end up drawn to each other. The man feels a need to protect her even though she is dangerous. It gives a thrilling feeling with hard pounding drums, a raspy tone, and intense passion. This song contains the loud/soft dynamic that was perfected by 90's Seattle bands. This track also follows a non-linear path, making it the most intriguing song on the album.

"Sweet Tooth" seizes control of your body. Schneider's heavy riffs over colossal drums leaves the listener with no option but to headbang in the privacy of their own home.

Schneider's voice over the years has grown in versatility and has become more heavy and aggressive. Listeners can feel Schneider's heart shred to pieces about a woman he can't let go of in "Hangin' On," a song that is romantic and slow at first then follows with a huge chord progression. It leaves the listener quivering and trembling.

Then there are bluesy stomps like "Pay No Mind", an emotional piece that asks the philosophical question: "Won't somebody tell me what is the soul of a man?" The album even has some more quieter and reflective songs. The track "Bottle" is a raw yet beautiful love song and "Lost in the Soul" is a delicate ballad that makes you break down in tears.

REVIEW
Shiver + Shake
★★★★☆

According to the *Seattle Times*, "Singer, guitarist and percussionist Joel Schneider and drummer, percussionist and organist Andy Lum have created an album that recalls the sounds of such bands as The Raconteurs, The Black Keys and Soundgarden. But the music is all their own—taut, brawny, down-and-dirty rock 'n' roll with a roadhouse blues feel." My Goodness generates a sound that makes you get up and rock out, a fact that has remained since the group started in 2008.



The Ledger. October 13, 2014 | Volume 19 | Issue 4



COURTESY OF DOMINO RECORDING COMPANY

A Look at the Indie Group Arctic Monkeys

By Christine Maggi
Staff Reporter

According to the documentary *VH1 Behind the Music: Arctic Monkeys*, Arctic Monkeys was formed in 2002 with members Alex Turner (vocals), Jamie Turner (guitar), Matt Helders (drums), and Andy Nicholson (bass guitar, backing vocals) in the city of Sheffield, UK. Arctic Monkeys began playing locally in mid-2003 and handed out CD-R demos to fans. Soon enough, fans began uploading their music on a fan-created Myspace page. Before the band even signed to a record label, its fans sang along to every song at concerts. This fast-pace popularity made many big record labels come after Arctic Monkeys in an attempt to alter their sound, but the group signed to an independent label in order to keep artistic freedom.

Arctic Monkeys internet stardom changed the way bands are promoted. Bands started to rely on the number of internet listeners to grow their fan base instead of the success at underground clubs.

Arctic Monkeys have an aggressive sound but is still catchy enough to sing along to. Some songs like, "Fluorescent Adolescent" and "Do Me a Favor," explored failed relationships, and growing old. Turner is known for his thick British and his obscure lyrics. In a 2012 interview with *NME* magazine, front man Alex Turner claimed John Lennon is a major influence when it comes to song lyrics. Turner said: "I remember when I first started writing songs, and writing lyrics, I really wanted to be able to write an "I Am the Walrus" type song, and I found it very difficult. You listen to that and it sounds like its all nonsense, but it's difficult to write that sort of thing and make it compelling. Lennon definitely had a knack for that".

Over the years, Arctic Monkeys manages to make every album unique but still combine Britpop and garage-rock. They have produced many different kinds of influences like punk, garage rock, psychedelic music, and hip hop.

Right now they are thriving from the success of their 2013 album, *AM*, which made a direct shift in musical direction by incorporating hip hop beats. Arctic Monkeys are the experimenters of sound in the indie rock world today.

Although Arctic Monkeys have changed their sound and genre drastically throughout the years, their first album is the most glorified because of its anxious guitars, racing drums, catchy riffs, and risky lyrics. According to writer Barry Walters from The Rolling Stone, *Whatever People Say I Am, That's What I'm Not* expresses the dirty aspects of the nightlife of Northern England clubbers in Yorkshire. This album mixes the Britishness of The Kinks, the groove of the Stones, and the anthems of Oasis. "*Whatever People Say I Am, That's What I'm Not* is practically an old-fashioned concept album about working-class clubbing, a *Saturday Night Fever* for the British sons and daughters of parents raised on disco and punk," Walters said.

Big singles on this album include "I Bet You Look Good on the Dance Floor," and "When the Sun Goes Down" that combine a disco dance feel of Saturday night and the dirty streets portrayal of Small Town, England. But regardless, this album has a song for anyone—even the shy romantic who manages to take the girl home.

According to *Rolling Stone*, this album became the fastest selling debut Brit album in Rock History since *Definitely Maybe* by Oasis, transforming Arctic Monkeys from underground stars into mainstream figures. This was an album that U.S. punk bands of several generations can enjoy and made them part of the post-punk revival in the UK, due to their commercial success.

Theatre at UWT

A theatrical production of ***Unwritten Women***, a play by UWT lecturer Elena Hartwell, will debut later this quarter.

BY MATTHEW MCILNAY
Arts & Entertainment Editor

Thanks to a collaboration between the Writing Studies program and the Student Theater Actors Guild (STAG), UWT will have its first formal theatrical production on November 14-16. The play performed will be *Unwritten Women: Five Short Plays Based on Female Literary Characters from History*, a new piece written by playwright and occasional UWT lecturer Elena Hartwell. This production is part of a much larger project headed up by UWT writing studies professor Michael Kula to bring performing arts to UWT both inside and outside the classroom.

If successful, this play will mark the beginning of a much more comprehensive arts program at UWT.

If successful, this play will mark the beginning of a much more comprehensive arts program at UWT. Historically, the university has had very little in the area of performing arts outside of a select few classes. Kula has played a key part over the last several years in pushing for and developing a new theatrical program to address this issue. In addition to his experience as a fiction writer and teacher, Kula has a background in playwriting and a natural passion for performing arts, which led him to push for more performing arts classes and faculty at UWT. He has had some success with this, as the last several years has seen the introduction of playwriting classes at UWT during the summer quarter. This has helped develop an interest in theatre among students and faculty in addition to drawing interest from members of the local theatre scene. This endeavor by Kula and other faculty with an interest in theatre has culminated in the production of *Unwritten Women*.

Finding the ideal playwright and director to work on the production was a critical part of the planning process. The playwright that was eventually decided on was Seattle writer Elena Hartwell, who has been teaching the Writing for Social Change class at UWT for the last several years. Her strong background in theatre and teaching made her a "natural choice" for UWT's first formal theatrical production, according to Kula. Thanks to the efforts of STAG to acquire funding for the production, the director of the play will be Sarah Freeman, an associate professor of theater at the University of Puget Sound. Kula said that her teaching expertise will be especially helpful due to the teaching element involved in a first-time production.

The smaller scope and content of the play also made it ideal for a first-time theatre production, as it's a collection of smaller plays that fits well into the IAS program. Although a full plot description has yet to be revealed, Kula was able to describe the play by saying "it's literary, it's got social commentary, but it's [also] accessible and flexible for a first production."

If successful, Kula wishes for theatrical performances to become a regular occurrence at UWT throughout the year. Although details aren't fully available at this time, there are plans for a joint UWT-professional theatrical production that could potentially debut in the spring. In addition to larger events like this, Kula hopes for smaller theatrical events such as improv performances to be done throughout the rest of the year.

In the meantime, UWT students and faculty have *Unwritten Women* to look forward to later this quarter. It will be performed on November 14th & 15th at 7:30 p.m. and on Sunday, November 16th at 2 p.m. The performance is free for all who wish to attend, although seating will be limited to around 45-50 people per performance. More information regarding the play will be available in the weeks to come as the production gets underway.

Performances:
Nov. 14 & 15, 7:30pm
Nov. 16, 2:00pm