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The Ballard Talisman is an open public forum for student expression, and exists to give a student perspective on issues relating to the Ballard student body and community. Please send signed letters with author's name, class or position (e.g. parent, student, teacher, etc.) to the editor.

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**Land**

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The Ballard Talisman acknowledges that we are on the traditional land of the Coast Salish people. We respect Indigenous sovereignty and honor their right to self-determination. In our coverage, we commit to uplifting Native voices and the experiences of the Indigenous community.

# Making it count

*How social media is taking over our precious time*

Sadie Clark News Editor

I know I'm not the first to start making "chronically online" jokes about the ways in which my scrolling habit makes me feel like my brain cells are leaking out of my ears. And I know I'm not the first to feel that sudden urge to delete Instagram, TikTok and Snapchat, or better yet hurl my phone at a wall and never speak to anyone again.

The most obvious impacts of social media are not as serious as the adults like to say. The most frustrating narrative to hear from an adult is that phones are killing work ethic in kids. Maybe I'm occasionally lazy due to my phone addiction, but does that really implicate me for anything remotely criminal?

It's not that I don't recognize the distraction. It makes me feel bad enough that I can't stop scrolling through cooking vlogs, dogs that talk, stand-up comedy snippets, stupidly hot influencers, clothing hauls, "top 10 ways to make your side hustle your main hustle," and on, and on, and on, and on. I don't need anyone else telling me I'm not trying hard enough.

But laziness, while the easy scapegoat, hides the true impact of internet addiction; desensitization to social interaction and an uptake in anxiety.

It's fascinating to me that social media has a reputation of being one of the great tools of socialization in the modern age. In theory, surrounding myself with as many people as possible shouldn't make me feel lonely and isolated, right?

My fear is that the revolutionary social technology contained within our pocket may actually promote antisocial behavior. This fear is only confirmed by watching myself and my peers absorb ourselves in a world wholly separate from the one we're actually living in.

In a study done by Zubair Ahmed Ratan et. al, problematic smartphone use is positively correlated to anxiety. Social anxiety, specifically, is also associated with screen addiction.

As I watch people walk through the halls with their heads down, consuming their own separate universes of media, I worry about the world we're inheriting.

In the past month, public figures have broadcasted antisemitism and hate speech. AI has threatened the integrity of academics. The world's population has continued to expand, and our access to the black hole of the internet has expanded with it.

Within our own community at Ballard,



social media has been a tool to amplify hate speech and has been used to further isolate one another. The very thing designed to bring us together has pulled us apart.

And I'm not saying I'm exempt—I've been trapped in this weird cycle of adoring then hating social media for ages. There are some days when I can't put my phone down for hours on end, and there are other days when I can't fathom picking it up.

The problem lies in that there's no outcome for this generation involving getting rid of the internet; it's a permanent resident in each of our lives for the rest of time, and that's scary.

There will never again be a world in which no one sees an insensitive comment or a childish political debate online. There will never again be a world where you can open your phone to check your texts and only check your texts without seeing the onslaught of notifications that come with it. The internet is just another mess that we will be forced to inherit.

I also don't mean to imply that social media and smartphones are intrinsically bad. Only that, as a generation, we have no precedent to solve the problems of internet addiction nor any idea what the long term effects will be.

There's a certain

suffering associated with being able to experience everything all at once. That much power to hold everything in your hand takes the humanity out of our human experience. Life is about love and community and experience, and the world we're being spoon-fed doesn't give us enough reminders of that.

So, I ask you to be conscious of your interactions, both digital and in-person. Be present in your communities, your school, your friendships. Focus on the depth and quality of your relationships. Practice empathy and connection. Write your friends a letter, make a book club, go to a concert, camp. While you still have the chance, get out and choose to live.

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# From musical genius to antisemite

*Multi-Grammy winner Ye has spread antisemitism through recent statements, sparking more acts from followers*

Amare Srinivasan and Clyde Curtis Staff Reporters

Antisemitism is on the rise again in the United States after famous rapper, “Ye,” formerly known as Kanye West, went on a rampage during a series of podcasts and tweets displaying his antisemitic views.

As opposed to when Social Media wasn’t as prevalent and couldn’t impact public opinion, it is now being used as a tool for spreading misinformation and hateful speech throughout communities and followings. Throughout the period of Ye having an extremely successful career as a musician, he has built up a massive following that seems to stand by him no matter what he does, even taking action to back him up.

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*“Ye’s influence on people is very big and there are lots and lots of people that will blindly listen to what he’s saying just because he is Kanye,”*

*- Ben Schulte*

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With over 30 million followers on Twitter, Ye tweeted a picture of a Swastika inside the Star of David, as well as writing statements such as, “I’m a bit sleepy tonight but when I wake up I’m going death con 3 on JEWISH PEOPLE.”

Ye also wrote, “I prefer my kids knew Hanukkah from Kwanzaa. At least it will come with some financial engineering,” and went on a podcast to make the statement that shocked the world, “I think everyone serves a purpose in the world. Especially Hitler.”

While these statements are disturbing to hear from anyone, the long-lasting effects are substantially worse when the oppressor has a significant following like Ye does.

In a sequence of events many people weren’t expecting, star Basketball player Kyrie Irving posted an antisemitic documentary supporting the conspiracy theory that the holocaust was a hoax and supporting the infamous conspiracy theorist, Alex Jones. In an interview with a few NBA reporters, Irving was asked about why he posted the video. He stated that, “history is not supposed to be hidden from anybody, I’m not going to stand down on anything I believe in, I have a whole army around me.”

When offered the chance to apologize, Kyrie initially believed that he had nothing to apologize for, however later did say, “I just want to apologize deeply for all my actions throughout the time that it’s been since the post was first put up. My focus, if I could do it over, would be to heal my close relationships with my Jewish relatives, brothers and sisters.”

Following some of these statements, many antisemites and Kyrie/Ye superfans have started to feel more comfortable with spreading

misinformation and making antisemitic statements on social media as well as in real life.

In October, an antisemitic group hung a banner over a busy Los Angeles freeway reading, “Kanye is right about the jews.” In Illinois, a number of graves were vandalized with swastikas and offensive graffiti as well as many other posters at recent sporting events and in public said that Kanye’s statements were correct and needed to be said.

In order to gauge how students in the Ballard community felt about Ye’s recent transgressions, a few Jewish and non-Jewish students were asked about their perspectives on the topic.

Sophomore Zane Anderson, an ethnically Jewish supporter of Ye’s music, talked about how the news made him feel.

“I felt pretty offended, I didn’t think that he would actually say this kind of stuff,” Anderson said.

Many supporters of Ye in the past have tried to defend Ye and use his mental health struggles to justify his actions, which Anderson had an opinion on.

“I don’t think Kanye’s mental health struggles excuse his behavior, but they might explain why he’s openly saying it to an extent,” Anderson said.

While Anderson was making these comments, a few students came over and started to defend Ye. After the disruption, Anderson wanted to talk about it.

“I don’t think you should really be defending him if you’re not Jewish and don’t understand the effects of it,” Anderson said. “I don’t think you should have a strong opinion about it

since you don’t have to deal with the problems.”

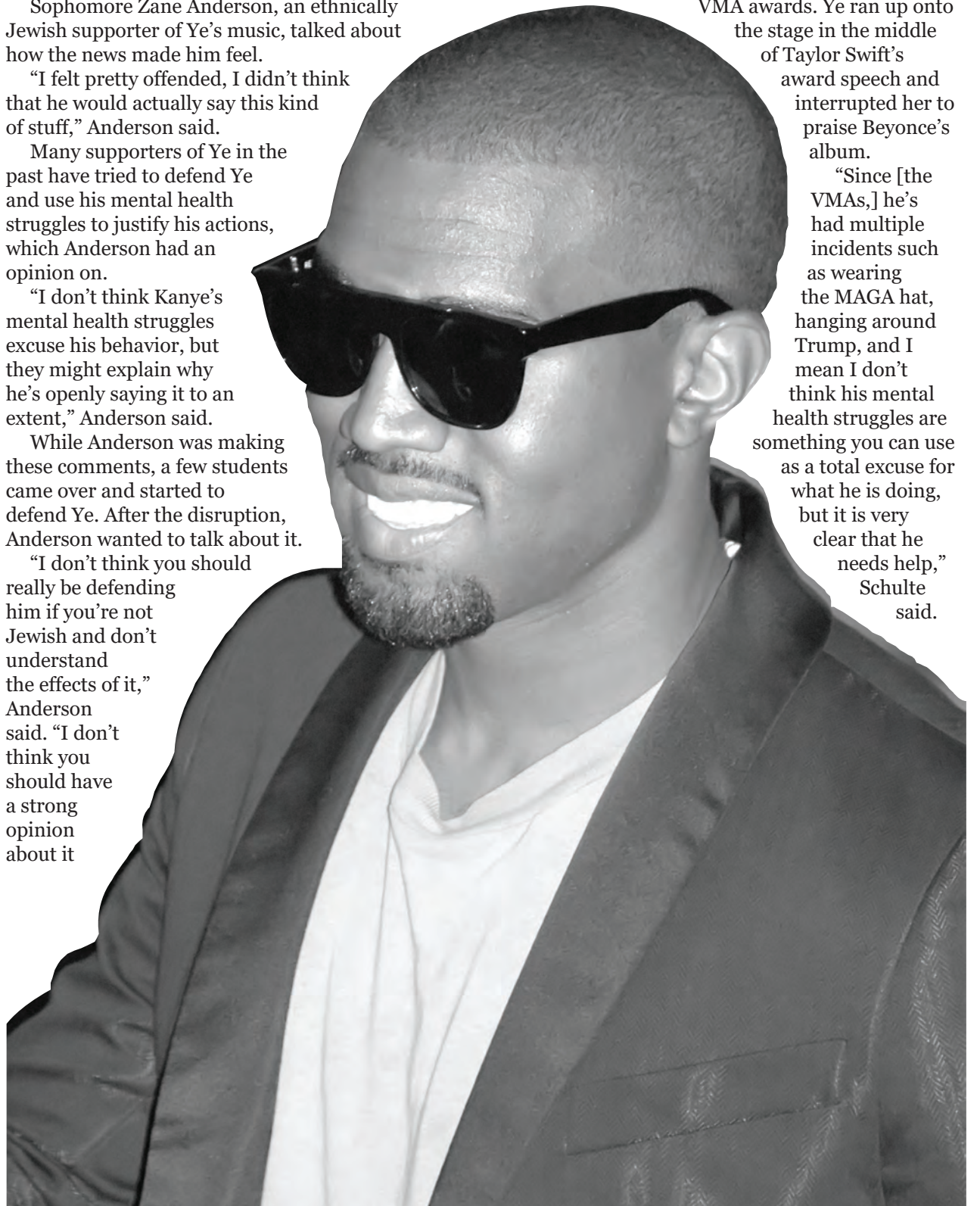
Ben Schulte, a non-Jewish sophomore was asked what he would say to the people still defending Ye.

“I think most of the fans that defend his comments are ... people that don’t understand the true issue in what he’s saying...Ye’s influence on people is very big and there are lots and lots of people that will blindly listen to what he’s saying just because he is Kanye,” Schulte said.

In addition to these recent statements, there have been many occasions in the past where Ye has done things that made many people scratch their heads, dating back to the 2009 VMA awards. Ye ran up onto the stage in the middle of Taylor Swift’s

award speech and interrupted her to praise Beyonce’s album.

“Since [the VMAs,] he’s had multiple incidents such as wearing the MAGA hat, hanging around Trump, and I mean I don’t think his mental health struggles are something you can use as a total excuse for what he is doing, but it is very clear that he needs help,” Schulte said.



Ye West, formerly known as Kanye. (Photo by David Shankbone via Wikimedia Commons licensed under CC by 2.0)

# Sunrise writes letters to Congress

Environmental activism club, Sunrise, sends 120 letters to Washington representatives advocating for gun laws to protect students

Hugo Heim Romero Staff Reporter

After the horrific shooting in Ingraham High School in November 2022, the Sunrise Club sent letters to congress members urging them to restrict gun laws.

Co-President Aria Seavecki describes Sunrise Club with pride.

“[Sunrise is] a club based on environmental activism. We do a lot of stuff with improving legislation and pushing for laws and policies that [we] believe will make the world a better place,” Seavecki said.

School shootings have been a grim reality that students have lived with, and the nearby shooting at Ingraham didn’t sit well with the Sunrise Club and, in particular, Co-President Sonja Miller.

“[School shootings have] been happening [for] way too long... let’s do something as a club,” Miller said. “It felt weird to be doing something other than

[writing the letter] at that point because it affects so many people.”

Instead of suffering in silence, the Sunrise Club took action.

“We wanted to use the legislature experience that we’ve had in the past to now channel that into helping with gun control,” Seavecki said.

The Sunrise Club wrote letters to congress members, and in the letters they listed certain demands to increase safety in schools and to reinforce gun control.

Those demands are stated as “we need to require universal background checks on all gun purchases,” “high-capacity weapons and ammunition magazines should not be available to civilians” and “gun trafficking should become a federal offense.”

Although the letters listed demands, the Sunrise Club knew that one letter wouldn’t change much, so they decided to send 120 letters, each with its own signature.

“We set it up so that each congressperson has about 20 letters going to them. So hopefully the fact that it’s going to so many different congress members and the amount of letters that they’re each getting, it should hopefully make a big difference in what they’re now viewing in terms of gun policy laws,” Seavecki said.

Although a direct response isn’t expected, with a total of 120 letters, 20 letters for 6 different congress members, they hope to influence these congress members to make a change where we students cannot.

“I hope that our letters will be reflected in things that Congress decides to prioritize in our state moving forward or that anyone in [the] Washington legislature decides to move forward with,” Seavecki said.

## SUNRISE DEMANDS

1

REQUIRE UNIVERSAL BACKGROUND CHECKS ON ALL GUN PURCHASES

HIGH-CAPACITY WEAPONS AND AMMUNITION MAGAZINES SHOULD NOT BE AVAILABLE TO CIVILIANS

2

3

GUN TRAFFICKING SHOULD BECOME A FEDERAL OFFENSE

(Sadie Clark)

## SCHOOL SHOOTINGS AFTER THE INGRAHAM HIGH SCHOOL SHOOTING

- **NOV 12 2022**  
Jones High School  
1 Dead  
2 Wounded
- **NOV 13 2022**  
University of Virginia  
3 Dead  
2 Wounded
- **NOV 19 2022**  
University of New Mexico  
1 Dead  
1 Wounded
- **NOV 27 2022**  
Florida A&M University  
1 Dead  
4 Wounded
- **DEC 8 2022**  
Fuquay-Varina Middle School  
0 Dead  
0 Wounded
- **JAN 6 2023**  
Richneck Elementary School  
0 Dead  
1 Wounded

(Hugo Heim Romero)

# News in Brief

Sadie Clark News Editor

## Tyre Nichols killed by Memphis police

Tyre Nichols, a 29 year-old black man, died on Jan. 10 in Memphis Tenn., three days after he was attacked by police during a traffic stop. Nichols responded to the stop peacefully, but it quickly escalated to violence involving a stun gun and mace. Appalling footage of the stop was released Jan. 27 showing officers punching, kicking and using a baton to beat Nichols after an attempt to flee. Five officers have been fired and are facing charges, and other members of Memphis law enforcement have been asked to take leave and are under investigation. Nichols’ family has asked protests to remain peaceful in response to the video. Echoes of “Justice for Tyre” have continued the push for both legislation and cultural change in law enforcement in Memphis and across the nation.

## Cutting water usage in the Colorado Basin

Seven states that rely on water from the Colorado River have been asked by the Interior Department to propose a plan to use less water. The Colorado River, a critical water source for California, Arizona, Colorado, Nevada, New Mexico, Utah and Wyoming, has been shrinking due to a 23-year drought and overuse, risking hydropower, farmland and drinking water for those states.

## Copper mining on Arizona tribal land

Potential copper mining in Arizona would conflict with the sacred land of the San Carlos Apache Tribe. Local and state officials have pushed for this mining because the copper would increase use of renewable energy and electric cars. While some tribal members hope the mines will provide a source of employment, many view it as disrespectful to tribal tradition.

## King County’s upcoming special elections

King County’s local special election on Feb. 14 concerning Initiative Measure No. 135 (I-135) describes possible affordable social housing solutions. I-135 would create a public development authority (PDA) to develop mixed-income social housing governed by renters.

Arguments in favor of I-135 note the housing and homelessness crisis in Seattle. Rent on these homes would never exceed 30% of income and would be available to people of varying incomes. This model has worked in Maryland and other countries, including Austria, New Zealand and Uruguay. The model is also being tested in Hawaii and California.

Arguments against I-135 state that the plan might take money from other successful housing plans including a new housing levy this fall, and the PDA is redundant next to existing public housing authorities.

# Assembly spurs conversations about hate speech

*In-class presentation on Jan. 6 prompted students to discuss how to prevent racism online and in the classroom*

Hazel Engstrom and Marley Helfer Staff Reporters



During the school-wide assembly on hate speech, English teacher April McKenna leads a discussion on hate speech. Students are invited to share their thoughts. (Arden Rathkopf)

Students and teachers participated in a school-wide in-class assembly on Jan. 6 addressing racism and hate speech within the community.

The assembly featured statements from the BHS administration and the Racial Equity Team (RET), as well as guided class discussions about hate speech.

“Racism and hate speech have no place at Ballard High School,” BHS admin and RET wrote in a statement in the presentation.

Students were prompted to discuss what hate speech is, how to create a culture of belonging, and how to combat racism and hate speech.

“[We need to] call it out in the moment and [become educated] to prevent it in the future,” a student said.

Many students shared common perspectives about how to combat racism.

“When someone’s saying something derogatory... you have to acknowledge it,” another student said.

This assembly was intended to address an incident of racism that took place in November.

The hate speech took place over social media, which also played a large role in what was discussed throughout the assembly. Students were asked to avoid interacting with posts that contain racist content or language, in addition to unfollowing people who share and spread these posts.

While the BHS administration immediately intervened privately in this instance, BHS’s student union leaders felt that a more public action was necessary.

“We were just very concerned that there had been no public addressing of it to the school,” Anya

Souza-Ponce, LatinX Student Union President, said.

The Asian Student Union, Black Student Union, Multicultural club, Indigenous Student Union and LatinX Student Union came together and met with administration and the RET in December to address the incident.

“...The focus of that meeting was largely about calling attention to the school’s inadequate response to ongoing issues of racism and hate speech at Ballard High School,” Principal Abby Hunt said.

The union leaders detailed their concerns and ideas with the admin.

“We made a plan for making a statement and [to] have more actionable items, seen in the assembly that just happened [Jan. 6],” Souza-Ponce said.

Following the meeting, Hunt worked with other admin and the RET to put the assembly together, “looking at ways for our whole community, those people who are bystanders to things” to address issues of racism and hate speech.

“It’s clear, and I heard from the students, that it’s not enough,” Hunt said. “We need to do more.”

Moving forward, the student union leaders hope to see a shift in the culture at BHS.

“If you don’t want this to be business as always, then you shouldn’t be treating it as business as always,” Souza-Ponce said.

Several of the student union leaders feel that addressing racism within the school comes back to communication and transparency between administration, students and staff.

“I think we should make sure that our teachers are properly supported to be able to have these conversations also,” Souza-Ponce said. “We want

to make sure that everyone will be able to have the support and resources to [make a difference].”

Not only does work apply to teachers, the union leaders pointed out, but to everyone.

“Racial justice doesn’t just apply to black people... it applies to everyone,” Semai Hagos, BSU Co-President and Talisman Features Editor, said. “We all have to do our part to make the school a safe space.”

## Hate Speech

**/hāt spēCH/ noun**

**Any kind of communication in speech, writing or behavior intended to vilify, humiliate, attack, or incite hatred against a group or individual on the basis of race, religion, skin color, sexual identity, gender identity, ethnicity, disability, national origin, or other identifying factor.**

Source: American Library Association

(Sadie Clark)

# DECA is going to State

Members share their excitement for the 2023 State Career Development Conference

Jill Sousley Staff Reporter



DECA members hold up their symbol, the DECA diamond. (Courtesy of Mary Jereczek)

DECA stands for Distributive Education Clubs of America, and it is an association of marketing students that promotes the benefits of business and leadership skills through academic conventions and competitions. Ballard High School has its very own DECA program.

Junior Lola Halverson speaks on her experience, saying that she is excited and hopeful that she and her partner, junior Madison Eseman, will make it to nationals this year. The state competition for DECA will be held in Bellevue from March 2-4, and nationals will be held in Orlando, FL

from April 21-26.

Halverson joined DECA her freshman year through a marketing class she was taking.

“A lot of my family works in business ... and that’s always interested me, so I just decided to join and I’ve really enjoyed it so far,” Halverson said.

Eseman joined DECA her sophomore year.

“It’s good for college applications and then I was in marketing class so it’s easy to go into,” Eseman said. DECA can be a stressful experience, the way these conferences are set up. Eseman said that since her sophomore year, she’s adjusted to the pressure.

“It’s a lot less nerve wracking. I was like hey, it goes how it goes, but now I’m excited to [go to] SCDC and ICDC,” Eseman said.

SCDC stands for State Career Development Conference, and ICDC stands for International Career Development Conference.

Since her freshman year, Halverson says the

program and experience has changed quite a bit.

“Obviously there’s the aspect of ... doing competition in the real world [this year] and not just online,” Halverson said.

Due to COVID-19, DECA conferences in 2022 were canceled, and later rescheduled with strict health guidelines.

There are many required assignments and tasks students must complete in order to participate in DECA competitions, and it is vital to do well on these to make it to state and nationals.

“Depending on what event you do, you can choose to do a 10 page paper, or a 20 page paper, or you can do role play with a test on top of that, but it’s honestly how much work you want to put into it,” Halverson says.

Eseman mentioned a virtual business simulation that she does online in addition to all of the required DECA work. Eseman and Halverson chose to do Sports Entertainment Marketing and did role play and a test.

Though members enjoy participating in DECA, the competitions can be difficult. Halverson didn’t have anything negative to say about the program, but explained her personal views.

“Personally, I get really anxious,” she said.

“Presenting stuff in front of a judge who’s actively judging you can be stressful but I think it’s a good experience to have.”

For Eseman and Halverson, DECA has felt like a great community of young minds encouraging and pushing each other towards success.

“I feel like everyone’s kind of rooting for each other and ... not only do you want to do well, but you want your school to do well,” Eseman said.

DECA is a unique experience and opportunity for those who are looking into business in college, looking to spruce up their college applications, or just to meet people and make friends.

# SPS district sues social media companies

A lawsuit filed mid January aims to protect student’s mental health through the safeguarding of these platforms

Hazel Engstrom Staff Reporter

Seattle Public Schools, Washington’s largest school district, is suing all major social media companies in regard to their platform’s effects on adolescent mental health.

According to the website of Keller Rohrback, the firm representing SPS in the lawsuit, the legal action currently taken by the district is in response to the algorithms utilized by these platforms. SPS claims that these algorithms push harmful content to young users, such as video content promoting eating disorders, violence, self-harm and suicide.

Keller Rohrback is also taking this case on a contingency basis, meaning the district is not spending any money to hire them.

SPS announced in an official statement, “The goal is not to eliminate social media, but to change how these companies operate and force them to take responsibility. We are asking these popular companies to maximize their efforts to safeguard students, who are their most vulnerable consumers.”

Shawn Lee, a history teacher at Ballard and adviser of Misinformation Club, a University of Washington affiliate meant to educate students on media literacy, explained the greater connotations

that this lawsuit has and its place in a broader pattern of legal action against social media corporations.

“It’s something that is happening nationwide,” Lee said. “Schools all over the country are seeing [the connection between mental health and social media], so I think there is a larger movement to make these platforms less harmful. I think what they really want is other districts signing on. Kent is already signed on.”

Social media has been adapted and harnessed as a tool for connectivity with results both positive and negative.

Sabi Yoon, freshman and member of Misinformation Club, weighed the pros and cons.

“Our school ASB uses Instagram to inform students about school events and important information, yet I can also see how it can also be utilized to bring people down,” Yoon said. “... especially young people who can be exposed to very negative things.”

Lee also expanded on this sentiment with an analogy.

“It’s like a car. A car is beneficial when it takes



(Defense Visual Information Distribution Service via Get Archive licensed under CC by 2.0)

you from point A to point B, but it’s not beneficial when it’s plowing into a crowd of people,” Lee said.

It’s hard to tell where this case will go, especially considering the protections awarded to powerful companies who benefit from the commodification of user attention. Lee explained that personal measures could also be taken to protect our own psyche in a digital age.

“I would really like to see more education around how to use these tools in a way that is positive,” said Lee. “Driving from point A to point B is positive, but driving into a crowd of people certainly is not.”

# Leaving behind a legacy: a teacher's untold story

*Oana Rus shows perseverance in the face of challenges throughout her life to pursue her love for math*

Marley Helfer Staff Reporter

On a normal day, she would return from school and enter her family's apartment to find 20 to 30 shoes at the entrance. The rooms of her home were filled with kids doing math late into the night, full of laughter and positive energy.

Many students know Oana Rus as the enthusiastic, hard working calculus teacher. However, not many know the path she took to get here, or the resilience and dedication it took for her to be able to pursue math and teaching.

Growing up in Romania, Rus's household was always busy.

"We lived in a two bedroom apartment, and there [were] 20, 30 pairs of shoes when you walk in," Rus said. "There's kids in one room, kids in the kitchen finishing homework. It's this whole vibe of a school."

Her father's work as a computer programmer, math teacher and math tutor meant she was constantly surrounded by other kids.

"I'm a single child, but I never felt like that," Rus said. "My siblings were the kids that were in my house."

Math was at the center of this busy energy.

"People laugh and have fun," she said. "That has been my life, and my family's life."

However, her love of math didn't only stem from her family.

"It wasn't so much about grades ... [but] I was the only one in my generation to have that much of a passion for [math]," Rus said. "I [would] put my feet up on the wall, and I would think about [a hard problem] for an hour or two, and then pick it back up the next day and try again."

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*"[Rus] is incredibly hard working, probably one of the hardest working people that I've ever met. [She] cares about her students and really gets to know them,"*  
- Sophiana Banholzer

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Romania also has a strong presence in the International Mathematical Olympiad, one of the best math competitions in the world.

"I went to math olympiads all my life," Rus said. "I started out in fourth grade, I won first in the district the first time I went ... Romania always places really high at International Olympiads, so there's a strong culture of math."

While Rus was surrounded by positivity and learning in her childhood, there were aspects of her time in Romania that were challenging.

Romania was under communist rule while Rus was growing up. For her, this meant food was a constant struggle.



Oana Rus moved to the United States from Romania, sharing her passion for math with students. (Josie Fitzpatrick)

"There was always a scarcity of food," Rus said. "There was always that piece where there wasn't something in the store."

Her restricted access to food has become an enduring piece of her childhood.

"I remember sitting in lines all my life," she said. "My mother would not send me to the meat lines, because once those doors opened, it was a full on stampede. It was very dangerous."

At the age of 12, Rus experienced the fall of the communist rule in Romania in 1989 and the return of a strong sense of culture to the country.

"Romania now has such a strong culture of food," Rus said. "If you go to somebody's house [now], they will bring out so many dishes."

However, these experiences will continue to live on for Rus.

"Some things never die... just the idea that I need to make sure that I have enough food," she said.

Rus would eventually pursue a path in computer science, which wasn't all that easy to come by in Romania.

"To enter high school, you have a competition," Rus said.

In Romania, at the end of 8th grade, all students take a nationwide test that can only be taken once. Scoring highly places a student into an academic high school.

"I have a minor in computer science as a result of going to high school," she said.

After earning a master's degree in Romania, Rus and her husband moved to the United States in 2001.

"I always knew I was going to teach, I decided in maybe fifth or sixth grade," Rus said. "That was never the question, but which country was I going to teach in?"

She came to the U.S. through work, but before pursuing teaching in the U.S., she had to yet again overcome a barrier.

"When I came here as an immigrant, it took several years to get work authorization," she said. "So in the meantime, I went to the University of Washington ... It was so different [from] the schooling systems that I went under."

She went on to earn a master's degree and a doctorate from the UW.

Now a teacher at BHS, Rus has brought her experiences from her incredible path to her job and students.

"I try my best to educate students about different cultures in different environments where they come from," Rus said.

Rus is now a member of the Racial Equity Team (RET) and has been at the school for 15 years.

"What I want to leave with me as a legacy as being at Ballard for so many years is the love of math, and the love of critical thinking and reasoning and the fun they have in class," Rus said.

Her passion for learning has become evident to her students as well.

"Everyone feels connected in the class," senior Hahna Beaudoin said. "She's a very fun teacher, very friendly, and she makes a lot of jokes."

This is a common feeling among her students.

"Her energy is really infectious," junior Ella Delaney said. "She's easy to like because she puts so much effort into her teaching."

Science teacher Sophiana Banholzer has worked with Rus both in the classroom and through the RET.

"She is incredibly hard working, probably one of the hardest working people that I've ever met," Banholzer said.

After years of education, overcoming challenges, and leaving an impact on countless students at the school, Rus continues to teach out of care for the community.

"It's very clear that she cares about everyone," Banholzer said. "[She] cares about her students and really gets to know her students."

Behind her desk sits a drawer of a cabinet, filled with piles of cards from students.

"I call my kids my retirement plan because I am not so worried what's going to happen," Rus said as she picked up handful after handful of messages from students.

As Rus continues to teach, her dedication and care for her work, students and the community will continue to create her legacy.

"I hope that [when] I leave here the people that I'm trying to help ... will achieve all the things that they want in life," Rus said. "And at some point, when they become famous scientists or mathematicians or whatever they want to become, I'll be a nod somewhere. That is a life well lived."

## Students work hard to increase multicultural education

### *Black Student Union invites Guinean music and dance group to give a performance*

Olivia Schaer and Alina Zahn Staff Reporters



Assistant principal David Fort (left) and Coach Malik Prince (right) open up the MLK jr assembly put on by BSU in the main gym. (Emma Steinburg)

Standing up for racial equity is not only important, but also highly relevant at Ballard High School. Black Student Union is a key piece of the puzzle to creating safe spaces and standing up against injustice.

Black Student Union meets every Thursday in room S217 at 12:10 during lunch. BSU welcomes all students to come and partake in important conversations about race. Through powerpoints, videos, movies and group discussions, BSU works to create a safe space for all students.

Coach Malik Prince, the proud advisor of BSU, shared the club's plans surrounding the MLK weekend and Black history month. He felt it relevant to disclose the importance of the assembly on Friday, Jan. 13.

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*“My main goals are to create a safe space, help [BSU] become and remain student-sustainable, to advance and share understanding,”*  
*- Malik Prince*

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“Because we haven’t been able to have an MLK assembly in several years, it is important to go all out. The goal of the assembly is to bridge the gap

between all cultures, not just Black,” Prince said.

The recognition of MLK day will not end with the assembly.

“Throughout the rest of the day a miniature powerpoint [was] shown [during classes], highlighting unsung heroes and Seattleites,” Prince said.

During the assembly we witnessed an instrumental performance of “Lift every voice and sing”, by the orchestra, and a series of short, accompanied dance sequences by the South Seattle Based group, Adefuya African Music and Dance



The Adefuya Music and Dance Academy from Conakry, Guinea performed at the assembly, even teaching the school the famous *Funga Alafia* song. (Emma Steinburg)

Academy, from Conakry, Guinea.

They shared with us several everyday sayings and dances, in order to help create a unified experience and to truly understand the importance of just some of the Black culture that is constantly all around us.

Prince understands the relevance of BSU especially in regards to recent incidents of student hate speech and feels that he and the student leaders want to work towards advancing the space they have built.

“My main goals are to create a safe space, help the group become and remain student-sustainable, and not only advance our understanding but to share understanding,” Prince said.

For the duration of Black history month there will be a Black celebration series in the library, likely occurring once a week.

“We will invite Black members of our Seattle community, who will discuss their career and how they got to where they are today,” Prince said. “These talks will be accessible to anyone willing to

listen.”

In regards to the hate speech recently shared and discussed on campus, Prince felt it was valuable to have a moment to talk about it with the Black Student Union. Prince, BSU co-presidents and the rest of the students in attendance compiled a list of concepts to think about when dealing with issues like these.

“Personally I believe that change starts in the home and within yourself. For those who don’t go out and learn something new they will never break the cycle,” Prince said. “At the end of the day it’s all about optics and we have to change the narrative. We have to grow with love and empathy.”

BSU Co-president Shea Deskins, who works alongside Coach Prince, appointed Prince at the beginning of the year to be the club’s advisor.

“He’s one of the only staff members that is a person of color, so for students of color he is a reliable and safe adult to talk to at school,” Deskins said.

Deskins shares many of the same ideas that Prince does on creating a safe and respectful school community.

“Our main focus is to continue to have Ballard move forward as a school through honor, respect, and love,” Deskins said.

Deskins, who has dedicated her senior year to being the co-president, wants to make a lasting impact and make sure BSU continues to create important change at Ballard.

“I want to be a role model for future students here, especially ones who decide to join BSU,” Deskins said.

Overall, Deskins’ goal is to continue to raise awareness and to continue making sure students gain knowledge on the Black experience.

“BSU will continue to always push us forward into a more positive direction,” Deskins said.



At the end of the assembly, BSU was invited to dance with the Adefuya to Guinean beats. (Emma Steinburg)



# The growing production of 'The Secret Garden'

## Theater students show their dedication for performing arts and the spring musical

Xander Howarth and Tansy Velush Staff Reporters

Ballard High School's performing arts program is putting on "The Secret Garden," a musical based on the novel by Frances Hodgson Burnett.

At the current stage of production, the cast and crew continue their hard work through rehearsals and work calls. As of January 2023, the previous BPA (Ballard Performing Arts) director is on leave and is unable to direct the musical as planned.

Instead of slowing production when faced with new circumstances, students took on new roles and responsibilities.

"I've seen students step up in remarkable ways of creativity and resourcefulness," Principal Abby Hunt said. "Students have been amazing in persevering, staying focused, staying solution oriented and rising up in leadership spaces where needed."

The production of "The Secret Garden" not only saw students engaging more, but also adults within the Ballard community. Choreographer Eia Waltzer and Dialect Coach Indira Rampersad both took on the responsibilities of directing BPA students, making sure students felt completely supported.

"I never really felt like we didn't have a director," junior Izzy Rampersad said. "Eia, who



(Semai Hagos)

was our choreographer, stepped into the director role."

Cast members have been working with Waltzer generally on Tuesdays, Wednesdays and Fridays, taking time out of their schedules to participate.

Rehearsals are every day after school, with students working on music on Mondays and Thursdays. The strong efforts of cast members are

shown in the way they work and collaborate regularly.

Students' hard work, along with their participation has created a healthy environment of trust and mutual assurance.

"I feel really confident about where we are at this point," Rampersad said.

Regardless of their role, students are confident, excited and optimistic about their commitment and focus on the musical.

Cast and crew members are continuously diligent in their work on "The Secret Garden," devoting almost every afternoon to practice.

Rose Champion, Vice President of the Thespian Troupe mentions their schedule.

"We've been working hard every day, everyone has. Eia is doing an amazing job of leading rehearsals, a total lifesaver," Champion said.

Senior Ella Papineau appreciates rehearsals and performing with the BPA.

"I really enjoy hearing the laughter of the audience and just reactions to what's happening on stage," Papineau said.

"The Secret Garden" will begin showing in Ballard's theater on March 16. Students and community members are encouraged to see the cast and tech crew perform.

"Their commitment to the production is very inspiring," Hunt said.

# Student leaders unite to teach about cultural diversity

## Senior Hadley Anderson starts Indigenous Student Union with a goal of building community

Semai Hagos Features Editor

The school year is now in full swing, and many students of color have been focusing their effort on increasing inclusivity and diversity within the BHS community.

The school has a union for Black, Asian, LatinX, Jewish and Pacific Islander students. However, there has not been a union for Indigenous students in the past.

That is, until senior Hadley Anderson took the initiative to start Indigenous Student Union, or ISU.

"We have so many great student unions for all different ethnic cultures here at Ballard but we didn't have an Indigenous one so I thought, 'why not?'" Anderson said.

Co-humanities teacher, Joe Subido, voices his support and desire to uplift student voices.

"It's my first year teaching, but at the beginning of the year, I made a commitment to myself that I would be available to students of color that were wanting or willing to make movements towards advancing racial equity in our school," Subido said.

ISU intends on hosting a collaborative hands-on event, in the hopes of curating enough materials and experience for students and staff.

"We're really excited to partner with the Seattle Indian Health Board," Subido said. "[We're going] to offer a drum making class to the

students in Indigenous Student Union."

Student union leaders have recently been gathering to discuss more ways to incorporate multicultural education and events among students and staff.

"My main goal [for ISU] is community [building] and [providing] education on Indigenous culture," Anderson said. "It's so prominent here in the Pacific Northwest, especially here in Seattle."

Subido is not only involved in ISU, but is also the adviser for LatinX Student Union.

"What I've seen so far is the young leaders of these two clubs putting in such a tremendous amount of effort and work into making sure that these clubs are not only regularly meeting, but [also] having intentional lessons and having structure," Subido said.

With some students of color feeling underrepresented in the community, Subido wraps up with a final invitation to students of color searching for a welcoming space.

"I would like to extend an invitation, especially to a lot of the Indigenous students at the school who may not feel seen or feel like they don't have a place here," Subido said.



The Indigenous Student Union is hosting a hand-drum making lesson for those who are interested. (Semai Hagos)

# WORKING

Annie Welman and Zoe Isett Editors-in-Chief

Whether students work to save up for college, to help support their families, or simply to pay for Winter Ball tickets, many have part time jobs during the school year. Often, these jobs take up significant time, as students work to fit their schedules around extracurriculars, homework, and other responsibilities. Counselor Gail Olson Lang described these jobs, explaining several common options. “[Student jobs] hugely vary,” Olson said. “I find that usually [student jobs] fall into quick-serve

restaurants, childcare or customer service.” For many students, these jobs provide their first paychecks and first experiences as employees. Students are happy to spend time waiting tables or bagging groceries after school for a regular income and an added line on their resume. Not all student jobs are created equally, though. Depending on their employers, some students have found themselves scheduled to work long hours each week. In some cases, these schedules violate Washington labor laws, encroaching on minor employee protections. As described in the chart to the left, there are strict state working hour limits for minor laborers, which vary based on age. Though many employers adhere to these restrictions, several local employers do not.

For instance, one junior who requested to remain anonymous was regularly asked by his former employer to work hours that exceeded the limits for 17 year olds. “Originally our shifts were four hours [on weekdays],” he said. “But [then they] got extended to ...4 1/2 hours. Plus also, if there’s anything to clean up we’d have to stay after.” Adding on, he mentioned that his working schedule was often not limited to after school hours. “I worked lunches. There weren’t scheduled hours, it was just that one day my boss [asked], ‘Hey, would you work during lunch?’ And so every Wednesday I’d just go in there, clock in, and start taking people’s orders.”

In these cases, both working over four hours on school nights and working during school hours would be prohibited. This student believed the violations were not due to a lack of employer knowledge about labor laws, though. “I was given [a sheet] showing the amount of hours you can work and the ages, so [my employer] was pretty knowledgeable about [labor laws],” he said. Other students have also faced working hour violations, like a 15-year-old freshman who also requested to remain anonymous. “[On weekends] I work [the] dinner shift, so I go in at either 3:30 ... or 5:30, [and] I’ll go until 10:00 or 11:00,” he said.

These hours significantly exceed the limit on shifts for 15 year olds, which should end before 7 p.m. This student also works 4 1/2 hour shifts on weekdays, which violate child labor laws as well. In addition to these limits, employers in Washington are also required to have all employees under the age of 18 complete a Parent/School Authorization Form. The purpose of this form is to ensure that employed students are maintaining their grades and prioritizing school. “When students get a job, they have to bring us a Washington state [Parent/School Authorization] form that [their counselors] have to sign ... and the school has to give authority for that student to have a job,” Olson said.

Despite this form, some students have found themselves working past legal hours and not receiving their required break time. If students feel uncomfortable with bringing these issues to their employer directly, counselors can advocate for them by reaching out to the business. “We can take the pressure off students from having those difficult conversations by saying the school doesn’t allow [students to work that much],” Olson said.

Students can also file complaints themselves through the Department of Labor and Industries, which will investigate reports of law violations. Danielle Franco-Malone, a partner of the Barnard Iglitzin & Lavitt LLP worker law firm, explained this process. “It’s super easy to go online and file a complaint ... that child labor laws were violated,” Franco-Malone said. “... any person [can] file a complaint that the Department will then investigate through an administrative process and take appropriate administrative enforcement actions ... They potentially can issue fines against employers who violate those restrictions.”

When responding to labor law violations, students are also protected by

law from being fired or otherwise reprimanded for speaking out, even if they are not part of a union. “When employees are banding together to advocate for their working conditions, that is something that the employer under federal law is prohibited from retaliating against,” Franco-Malone said. “Even if it’s just one worker standing up and trying to do something about working conditions that affect both themselves and their co-workers, that triggers protections ... under the National Labor Relations Act.”

Though some students are unaware of these options, many also avoid speaking out because they are willing and eager to work additional hours. The 17-year-old student who was quoted earlier described that he would rather simply get paid for the extra time than address the violations. The other anonymous student was also willing to work over the legal limits. “I don’t have a big problem with [working extra hours]. It’s not like anything that’s negatively affecting me and it’s a good job,” the 15-year-old student said.

Other students that work legal hours even expressed jealousy for those who don’t, wishing they could work later and longer to earn more money. One student even stated that they “hate” child labor laws. However, according to Olson, employee willingness to work longer hours does not make it ethical for businesses to break student labor laws. “I think that businesses have a responsibility to obey the law,” Olson said. “I mean ... we have [labor] laws for a reason.”

She emphasized the importance of allocating time for both school and work life, as some students

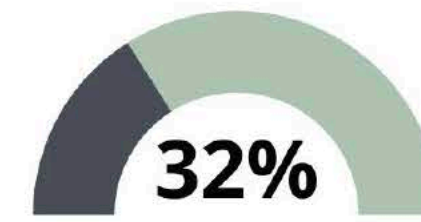
struggle to fit both into their schedules. “Outside of school [students] have to find a balance,” Olson said. “If you’re working from four to 10, when are you doing homework? When are you eating, when are you sleeping?” Olson said.

While many students have jobs for a variety of reasons, some need to work to support their families. “Some students genuinely have to work. Rent is high in this area, everything costs a lot of money,” Olson said. “So for them, I understand that they’re contributing to their families and budgets.”

In cases such as these, employers can be given special permission for students to work outside of the typical legal hours. “I have signed variances when students have part-time jobs that they need to make ends meet,” Olson said. Franco-Malone also described the variance system, which provides a legal pathway towards longer minor working hours. “There is a lawful way for employers to [allow students to work additional hours] ... An employer has to jump through the right hoops in order to receive a variance, but the law does allow them to get one,” Franco-Malone said.

Along with variances, there are also a number of nuanced exceptions to the hour limits, but most student jobs do not fall into these categories and are subject to the default Washington Labor laws. To learn more about these workers rights, students can visit the Washington State Department of Labor and Industries website.

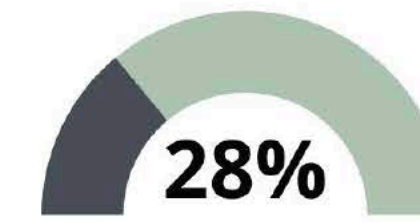
# OVERTIME



Work 20+ hours during a school week



Work 4+ hours on a school day



Work past 10 p.m. on a school night



Have had work conflict with school hours

Data from 50 students (16-17 years old) employed by 16 different employers.

## KNOW YOUR RIGHTS

### HOURS OF WORK

#### 14-15 years old

Schedule	Hours per day	Hours per week	Days per week	Start - End time
School week	3 hours*	16 hours	6 days	7 a.m. - 7 p.m.
Non-school week	8 hours	40 hours	6 days	7 a.m. - 7p.m.**

\*8 hours Sat - Sun. \*\* 9 p.m. June 1 to Labor Day

#### 16-17 years old

Schedule	Hours per day	Hours per week	Days per week	Start - End time
School week	3 hours*	16 hours	6 days	7 a.m. - 7 p.m.
Non-school week	8 hours	40 hours	6 days	7 a.m. - 7p.m.**

\*8 hours Fri - Sun. \*\* Midnight Fri - Sat. or the day before a school holiday

### WAGES

**\$15.74** per hour is the WA state minimum wage. Washington employers must pay most employees at least the minimum wage for every hour worked.

**\$18.69** per hour is the Seattle minimum wage. Some local jurisdictions, including Seattle, have higher minimum wage rates than Washington state.

**85%** is the percentage of minimum wage that minors 14 to 15 years old must be paid.

### BREAKS

Minors must be allowed a paid rest break, free from duties:

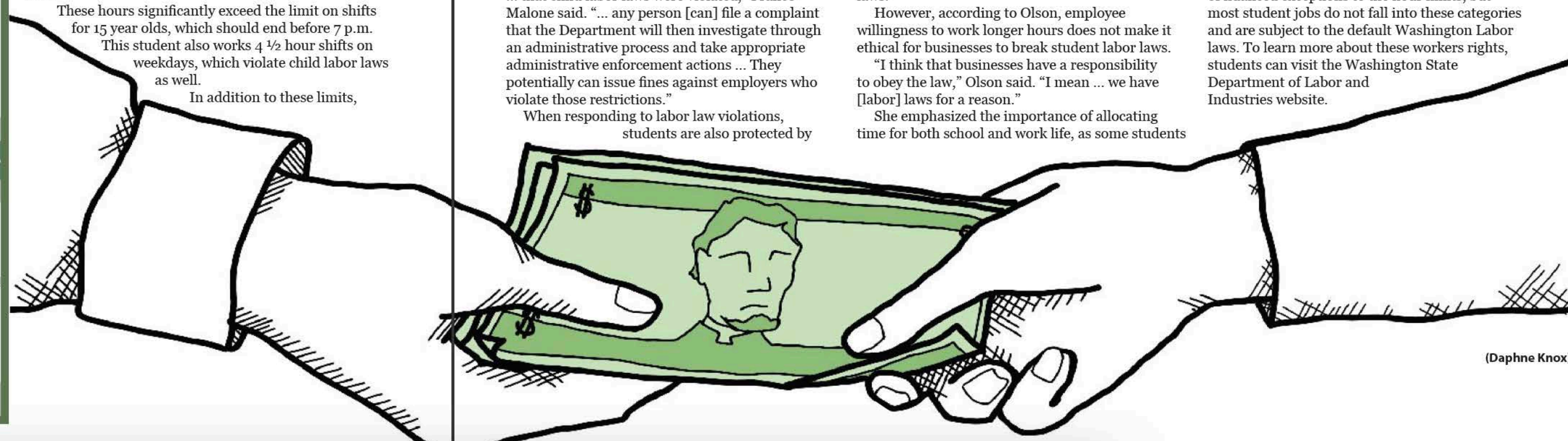
Under 16 years old

- Breaks must not be scheduled near the beginning of the work shift.
- They must take a rest break of at least ten minutes for every two hours worked.
- They cannot work more than two hours without a ten-minute rest break or a thirty-minute meal period.

16-17 years old

- Employees can't be required to work more than 3 hours without a rest break.
- Breaks must be scheduled as close to the midpoint of a work period as possible.
- Employers can require workers to stay on the job site during a rest break.
- Rest breaks taken are considered "hours worked" when calculating paid sick leave and overtime.

The information above is subject to exceptions. Visit [lni.wa.gov](http://lni.wa.gov) for more details.



(Daphne Knox)

## Cheer flips and flies their way to California

*The renowned team returns to competing for the first time since 2019 with USA nationals*

Alexa Terry A&E Editor

The cheer team continuously uses their high level of performance to wow audiences at various school games and pep rallies, raising student spirits. However this year, the black team has been able to use their talent to transcend the school environment and qualify for USA Nationals in Anaheim, Calif.

This marks their fourth competition of the year as well as the most competitive up to date. The team recorded a video that was then submitted for review, and accepted by judges. In February, the team will fly to LA to show off their skill on a national stage.

Senior Captain Lucy Holman describes the work that went into making a video worth submitting.

“To qualify you have to hit, which is not dropping, and not falling,” Holman said. “It took a lot of tries. We went in one day and messed up like 10 times in a row, and the next day we got it on the first try.”

The team has been learning and perfecting their routine in order to be in their best shape for the competition. With an abnormally long season compared to other teams, they have the time to improve immensely throughout the year leading up to February nationals. Ava Babcock, another senior captain for the black team, shares the team’s yearly progression.

“We have a routine that’s two and a half minutes long. We started learning it in August,” Babcock said. “We’ve been making adjustments to make it really good for our last competition.”

Ballard has consistently presented high quality



The cheer team practicing a pyramid for nationals. (Arden Rathkopf)

cheer to these competitions, attending nationals in 2019 as well. Their level of performance sets them apart from other schools, giving the team their impressive reputation.

“Our pyramids are super creative,” Holman said. “Our tumbling is also strong. We never fall on tumbling.”

Assistant coach Maddy Kereszturi shares additional details that set the team up for success

in competition.

“What sets Ballard apart right now is that our routine is really clean.” Kereszturi said. “We are really going for clean and crisp and I think that gives them a way better shot when performing, and they’ll probably place higher.”

One minute into the routine, the music stops and the team performs their cheer. This section is worth 35 points, making it a vital part of their performance.

“It’s a whole thing with yelling and signs and we’re always known for being super clean and sharp,” Babcock said.

With the pandemic taking their 2020-2021 season, the team decided to withdraw from competition in the following year, focusing on improving skills and readjusting to the rigorous practice schedule, meaning the team hasn’t competed since 2019.

“It was a lot, coming back to school fully, taking 6 classes, and then also being in competitive cheer. We just wanted to get better as a team,” Babcock said.

The time off allowed the team to regain confidence in their performance while increasing their drive to compete. “That amount of time off has really lit a fire in them to go back out there and give it their best.” Kereszturi said.

The team also qualified for state but has decided to opt out, instead focusing on perfecting their routine for the upcoming competition.

## Where students go for winter sports

*Extreme student skiers share their favorite spots, preferred styles and skiing background*

James Liska Sports Editor

When the rainy season comes in Seattle, some students only have one question: Is it cold enough to be snowing in the mountains? Unlike most others, Washington skiers and snowboarders have a positive outlook on the dreary winter days because cold rain in Seattle translates to fresh powder in the Cascades.

Much to the delight of senior skiers Gabe Kenison and Kate Lauderback, this season started earlier than expected due to unusual November snowfall in the region. Both Kenison and Lauderback consistently spend as much of their winters skiing as possible.

“I usually ski about 30 times a year, and my highest is 52,” Lauderback said, who has been skiing since she was only 3 years old.

Lauderback’s dad was a member of Snoqualmie’s ski patrol, and she attributes her early start to this connection.

In her 15 years of experience, Lauderback has experimented with many styles of skiing.

“I was a racer for all of one day. It was a lot of standing around and worrying. Then I was really into freeride for a couple of years,” Lauderback said.

Freeride skiing is defined by skiing on natural, ungroomed and off-piste terrain. Now, Lauderback spends most of her ski days at Snoqualmie Pass, but her favorite place to ski is the advanced terrain of

Southback via Crystal Mountain’s Chair 6.

“Southback involves a lot of walking and climbing so a lot of people say it’s not worth it, but it is,” Lauderback said.

Lauderback is not someone who backs down to challenges on the mountain.

“If someone says ‘do a backflip’ and the powder is right, I will break my neck for it,” Lauderback said.

Kenison, who set his season goal at 50 ski days, favors a different style of skiing.

“I was starting to get bored of doing the same runs over and over again, so a few years ago I decided to venture into the terrain park, and ever since then that’s just all I wanted to do,” Kenison said.

Like Lauderback, Kenison has been skiing since a young age. He is now a freestyle skier, and has mastered many tricks including backflips, frontflips, 720s, sliding on rails and spinning off rails.

“I normally go to Snoqualmie because it’s close and decently cheap,” Kenison said. “Since it’s a Wednesday and school gets out early, I’m actually going to go up to Snoqualmie today to get some night skiing in.”

While he typically goes to Snoqualmie because of its proximity, Kenison’s favorite place to ski is Sun Peaks in British Columbia, Canada. At over 4,200 acres, Sun Peaks is Canada’s second largest ski

resort behind Whistler Blackcomb.

“Sun Peaks has a huge terrain park. It has a bunch of different sized rails and jumps so you can get started out there, but even if you’re really good at park, you’re still going to have a good time,” said Kenison. “Sun Peaks also has a run called ‘5-Mile’. I don’t think it’s actually five miles, but it’s so long. It goes from the very top of the tallest mountain to the base, and you can just rip down the whole thing.”



Senior Kate Lauderback skiing “upper international” at Alpental. (Courtesy of Kate Lauderback)

# Girls basketball honors over 50 years of Title IX

## Varsity celebrates womens' participation in sports in home game against Blanchet

**Maria Fonvielle** Staff Reporter

In 1972, a federal civil rights law was enacted as part of the American Education Amendments. The law, most commonly known as Title IX, prohibits discrimination based on sex in an education program or activity, including high school sports.

So, on Jan. 25, Ballard girls varsity suited up to play a highly anticipated game against the Bishop Blanchet Bears on their home court. The goal of the night was to recognize the significance of this amendment for high school athletes while also celebrating female participation in sports.

"I thought it was really cool seeing that people actually cared and took the time to come out and watch a sport that doesn't really get that much attention normally," said senior team captain Neveah Harman.

The game had a large audience, with the student section was completely filled (predominantly by fellow female athletes). Parents of players on both teams cheered and the Ballard band and cheerleaders were lined up to show support to the lady Beavers. During halftime, the Ballard youth girls basketball team also played a quick match.

Harman added on about the celebration of Title IX.

"It's been amazing seeing the change that has happened within women's sports over the years, so it was pretty emotional," she said.

The game was intense and the Beavers had some killer shots, including two 3-pointers in a row by senior team captain Diyanka Laemmle in the first quarter.

Unfortunately, the game ended with a win for Blanchet, but the Beavers played hard.

The 2022-2023 season has been a challenge for the girls varsity team, as they were placed in the higher Metros division this year, setting them up for some tough competition.

"It's been a rocky start ... but we're improving a lot. This is just preparing us for playoffs," Harman said about the Beaver's competition this season, which included last year's Metro champions.

In the playoffs, the Beavers expect to get some wins against the teams in the lower Metros bracket, hopefully ending the 2022-2023 girls varsity basketball season with a bang.



Sophomore center Clara Haynes at the freethrow line in a game against Blanchet. (Josie Fitzpatrick)

# Italian exchange student observes life on and off the court

## For 11 months, Laura Grande gets to experience life as a student athlete in America

**Penelope Neireiter** Staff Reporter

This school year, Laura Grande has traveled all the way from Italy to experience the ins and outs of American life in general, along with joining the girls' varsity basketball team. She shared that coming to America to be an exchange student is a dream for most students in Italy. That is why this experience is very important to her in many aspects of her life.

Grande started her senior year when she was 15 years old, but it doesn't seem to be affecting her too much.

"For me, it's normal because I am always younger than my classmates and friends in general. But here it's something shocking. When I started my senior year at 15, everyone was asking [how]that was even possible. But I don't mind, and I think it is nice," Grande said.

Here in America, students have school five days a week and go through a 6-period schedule, interacting with different people each day. That is not the case in Italy.

"In Italy we have school on Saturday, but here we do not. Also, we must stay in the same classroom the whole day with the same people, and we have the same classmates every year," Grande said.

Grande has also noted that American basketball is completely different from the basketball in Italy.

"It's much different, in Italy we don't have sports in schools. So, if you want to play a sport you need to play in a club, and so the basketball season is all year round and not just three months or four



Italian exchange student Laura Grande surveying the court in a game against Blanchet. (Josie Fitzpatrick)

months," Grande said.

She explained that during the school season at BHS they have practice and two to three games a week, but in Italy they have practice every day and a game every once and a while. Grande followed up by saying that she is very tired from the rigorous schedule compared to back home.

When Grande got to experience her first basketball game as an exchange student, she was ecstatic and intrigued by the atmosphere.

"We don't have a band or cheerleaders in Italy, so I remember being excited during the first game when I saw them," Grande said. "Also, when the people presented the starters before the game it was amazing and so exciting."

Grande has been playing basketball since she was 5 years old, however the rules of the game are slightly different here, so she sometimes gets a little confused.

"During [one] game, I didn't know the rules so there was a particular moment where it was difficult for me, but thanks to the other point guard, I was fine," Grande said.

With the support of her teammates, Grande has been able to learn a new form of the sport she loves. Grande is going to be living in America for 11 months, and is already settling into the many changes. She mentioned that her favorite things about America so far are the different cultures, and most of all making new friends and a lifetime of memories.

## Senior Sam Airhart sails his way to Nationals

*From the Puget Sound to Tampa Bay: Reflecting on the sailing team's journey spanning coast to coast*

Alina Zahn Staff Reporter



Arden Rathkopf, Sam Airhart, Simone Ford and Phoebe Howe raise the jib after a race. (Courtesy of Michael Dougherty)



The team sets up a spinnaker pole in front of a Bainbridge High School boat. (Courtesy of Michael Dougherty)

Sam Airhart was just 7 years old when his mom signed him up for a sailing camp. "It all started from there," Airhart said. As time went on, Airhart realized his passion for sailing when he joined the sailing team at Whitman in 7th grade.

Airhart felt that by starting sailing he entered a new community that fit for him.

"It really creates a new lane for people, for me I just felt it fit," Airhart said.

Airhart explained how throughout middle school, he found that being out on the water was very therapeutic and calming.

When Airhart became a Beaver, he joined Ballard's sailing team along with the 11 other students.

"It's honestly a big family," Airhart said.

Now, Airhart is a coach for 7-11 year olds, where

he passes on his knowledge and teaches kids how to sail.

Airhart went to Nationals with the school team during his sophomore year and is planning on finishing up his senior year with another round at Nationals.

"It's such an amazing opportunity to get to experience twice through my high school career," Airhart said.

The team credits their placing at nationals to their dedication throughout fall, spring and summer, where they practiced three to four times a week.

Getting to qualify for Nationals required dedication, but Airhart felt the experience was well worth the hard work.

"Qualifiers and finding out we qualified for nationals was such a 'yes we did it moment.' Our

hard work paid off," Airhart said.

This year's Nationals were held in Tampa Bay, Fla.

From going to sailing on the Puget Sound to Tampa Bay, the team experienced a very different climate to what they were used to training in.

"It was such a good experience getting to be out on the water in 85 degree weather and clear water," Airhart said.

Through Dec. 9-13 of 2022, with four varsity teammates and Coach Sorensen by his side, Airhart felt it was a rewarding experience to wrap up the year with.

Although they didn't win in Nationals, Airhart felt it was the journey that made it worth it.

"It was honestly the best experience and accomplishing stuff like this truly stays with you for life," Airhart said.

## Dance team prepares for upcoming events

*Quartet of senior captains lead the way to district and state competitions*

Piper Sorensen Staff Reporter

If you have attended pep rallies, assemblies or homecoming games, you've definitely heard of the dance team. Led by seniors Wyatt Tippet, Avery Musser, Michelle Angel Cabrera and Alexandra Borsi, the team is always lifting school spirit with both their dance moves and their big smiles.

"I think our team is doing well progressing through competitions," Cabrera said. "I feel confident and excited."

The team had a competition at Tahoma High School on Jan. 28, but they've got bigger things coming. They will be competing in districts in early March, with state-level competition lining up soon after that.

"We already got a state-qualifying score for free dance," Tippet said. "I'm feeling pretty confident."

The dance team mainly competes in two

categories: Free dance and hip-hop. Hip-hop is self-explanatory, but free dance can be a confusing name. Free dance consists mostly of contemporary style, and is a term commonly used in ice skating competitions. It means a dance that is inspiring and entertaining, all while looking effortless for the audience. The team chooses the music and tempo and creates the dance around it. So far, the school has not received awards for districts or state in a long time, but this may be the team's year of change.

"We've gotten prizes for first, second and third place, but never in districts and not in state for a while," Tippet said.

However, she has hope for the upcoming competitions, and has faith in her team.

"We only need to make our hip-hop a little better. I think by March, it will be good," Tippet said.



The team poses for a photo after dancing at the girls basketball senior night. (Josie Fitzpatrick)

# Coachella 2023

One of the most popular festivals in the world announces who will be performing this year in California

Jill Sousley Staff Reporter

The Coachella Valley Music and Arts Festival is a festival held every year in the Coachella Valley in the Colorado Desert. The festival's origins can be traced back to 1993 and since then it has only gotten more popular. Coachella has progressed immensely from the time it was first held to now. With diversity and popularity in their artists, increasing crowd sizes, and remarkable profits, this festival is known around the world and it is extremely difficult to attend.

Coachella released their lineup later than usual, which left possible attendees on their toes awaiting the announcement. On Jan. 10 at around 12 p.m., Coachella tweeted, "Ugh was stuck in the drafts," followed by an image of the 2023 lineup. This year in particular is significant because for the first time ever, none of the headliners are white.

The headliners for the weekend include Bad Bunny, BLACKPINK and Frank Ocean. 2018 and 2020's lineup were also diverse, featuring performers such as Beyonce, The Weeknd and Frank Ocean. There is significant diversity in the rest of the performers for the festival as well. Each year Coachella presents new artists, and new stories.

The return of Frank Ocean is also significant. He was set to perform in the 2020 festival, which was canceled due to the pandemic. Fans were ecstatic about his planned appearance, and it can be inferred that said fans were very disappointed to hear that he was not going to be performing, and they didn't know if he would get another chance. The wait is over, and fans can get excited again because Frank Ocean will get that second chance.

Overall, the Coachella lineup seems to be stacked with a popular, talented, diverse group of artists that will definitely show out for the weekend. Tickets went on presale on Friday, Jan. 13, and passes were sold out almost immediately. For those who still want to attend, passes are still being sold on secondary markets such as StubHub, MegaSeats, Vivid Seats and many more.



(Coachella)

# 'Avatar: The Way of Water,' and why I wanted to drown myself during most of the film

Clyde Curtis Staff Reporter



(IMDB)

A few weekends ago, me and a couple of friends were bored, and wanted to watch a movie. If only we knew what we were getting ourselves into.

The first part of the movie was fine, we were reunited with the Na'vi people, and introduced to a new character, "Spider" a white American who was orphaned during the Na'vi, human conflict.

The plot to me felt underwhelming, and the writing felt forced and uncomfortable at times, but still overall the movie was fine up to this point. The second half of the movie is when it really all started to fall apart.

The US army decides it's a great idea to take the DNA of the dead American soldiers from the conflict and their memories to pretty much clone them, but in a Na'vi body, to infiltrate and take down the Na'vi people from the inside. The soldiers acting was extremely underwhelming, and their writing was corny and careless.

I found it confusing and lame that when they landed on Pandora, instead of taking the logical approach and pretending to be Na'vi like they were instructed to do, they started making a sweep through the forest with assault rifles loudly speaking in English borderline yelling, "we're here! Come shoot us!" Somehow, this strange approach was successful, and Quaritch and the other soldiers end up almost abducting Jake Sully's kids, and getting away with Spider.

Following Spider's kidnapping, Jake Sully, his wife and renowned Na'vi warrior Neytiri, decide to take their kids and flee to another one of the many tribes on Pandora. The next hour or so of the movie is mostly just a montage of the Na'vi people learning how to swim and be "one with the water" accompanied by some bad filler lines and bullying from the locals. To be fair, the action sequences and effects in the movie were fantastic. The scene where

**Rating:** PG-13 for Partial Nudity|Intense Action|Sequences of Strong Violence|Some Strong Language

**Cast:** Sam Worthington, Zoe Saldana, Sigourney Weaver

**Director:** James Cameron

**Run time:** 3h 24m

the Na'vi warriors are annihilating the soldiers with bows and arrows was very well choreographed, and the special effects were great. But these few entertaining action scenes couldn't make up for the lackluster plot, and definitely couldn't make up for the extremely disappointing ending.

While the American soldiers are closing in on the village they relocated to, Jake Sully and some Na'vi warriors attempt to rescue Spider and the other kids from the Americans battleship HQ. It all goes pretty badly as you would expect, and ends up in a standoff between Quaritch, Jake, the kids and Neytiri. During this standoff Quaritch has one of Jake and Neytiri's kids captive, and for some reason Neytiri decides the logical plan to get him to release the kid is to put a knife to Spider's neck. Somehow, even though Quaritch's clone technically has no relation to Spider, Neytiri's plan works, and he releases the kid. In one of the final, and in my opinion most aggravating scenes in the film, Spider decides to rescue Quaritch after he kidnapped and almost killed him and his friends, and lets him go. I understand that they did this so they could make another movie but realistically letting him go is one of the most idiotic moves you could make, and puts your friends and family's life at risk all because you feel connected to this clone of your deadbeat father. Overall, the movie was entertaining but an hour and a half too long, and rushed.



(Rotten Tomatoes)



(IMDB)

## SOS: A sophomore album from SZA

SZA mixes rap, R&B and more on her long-awaited comeback to music

Piper Sorensen Staff Reporter

After her groundbreaking first album “Ctrl,” singer SZA’s long-awaited sophomore album “SOS” fulfills all the expectations and more. Diving deep into her most vulnerable feelings as usual, the prayers of devoted fans who have spent nearly six years waiting on new music have been answered.

The tracks are nothing if not diverse and genre expansive, from upbeat drums and pop on “Low” to the silky-smooth R&B of “Love Langage.” With four featuring artists on the track, including rapper and songwriter Travis Scott and indie-pop icon Phoebe Bridgers, SZA’s 23-track masterpiece is layered with additional voices, ensuring no track is the same.

SZA’s lyricism is laced with themes of nostalgia and heartbreak, with no shortage of disparaging her exes in songs like “Kill Bill,” in which she details her sinister revenge-murder plot with the chorus “I might kill my ex/I still love him though.”

However, regardless of how much SZA insults her exes and her haters, she will always insult herself more. Real issues with self esteem and confidence permeate songs such as “Nobody Gets Me,” where the singer laments her flaws with lines like “If I’m real, I deserve less/If I was you, I wouldn’t take me back” and “How am I supposed to let you go?/Only like myself when I’m with you/Nobody gets me, you do.”

If you’re familiar with the bitter longing of of “Normal Girl” from her previous album “Ctrl,” you’ll understand her new morose ballad “Special,” that recaps her insecurities in the very first line: “I wish I was that girl from the Gucci store/She never wore makeup and she owns couture.” The singer turns the self loathing around abruptly in the track “Conceited,” which is just as the title suggests, a self love anthem with the repeating chorus “Cause I’m betting on me, me, me.” Some of the whiplash can play with your emotions, when you might be in your feelings for one song and feeling hype enough to



(Pitchfork)

party in the next. Far too many albums have songs that all sound the same, and “SOS” doesn’t fall into that trap.

Just like many female artists, SZA has often been reduced to a stereotypical 2D sad girl who just cries about her exes, but unfairly so. In actuality, she expresses a myriad of emotions. They include, but are not limited to rage, jealousy, nihilism, confidence and insecurity, yearning with no direction and the relatable fear of being alone but feeling unworthy of love. Ultimately, this genre-bending, poignant album - that’s been topping the charts for nearly a month - has songs that speak to anyone who feels their emotions deeply, and definitely deserves a spot on your Spotify Wrapped in 2023.

## A Very Talisman Winter Playlist

"Nobody Gets Me"

SZA

"d\*\*\*\*\*d blues"

Kara Jackson

"Kill Her Freak Out"

Samia

"Car Therapy"

Faye Webster

"Spud Infinity"

Big Thief

"Emily, I'm Sorry"

Boygenius

"You're Not Good Enough"

Blood Orange

"Cosmonauts"

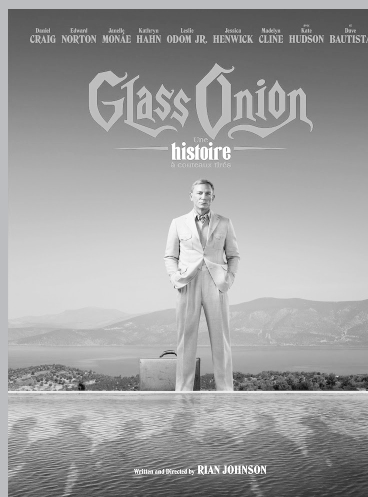
Fiona Apple

## A&E in short

Check out the full stories at [ballardtalisman.org](http://ballardtalisman.org) to find the best in arts and entertainment

A look “through” Rian Johnson’s newest translucent mystery

‘Glass Onion,’ a subpar Netflix film



(IMDB)

‘Pokémon: Scarlet and Violet’ is stuck in the past while talking about the future

In these games, nostalgia is your partner



(Nintendo)

America’s favorite elf and Deadpool band together to make a not so kid-friendly holiday movie



(IMDB)

# A blast from the past: Trends make a comeback

Major crazes from the 90's and early 2000's make a comeback on social media, clearing out shelves just about everywhere

Matea Hart Staff Reporter

## Uggs

How are the shoes I circled in winter magazines at five years old back in style? Whether you love or hate them, these familiar shoes have made a comeback from the 1990's and are now being worn around everywhere by both public figures like Bella Hadid and Kendall Jenner, as well as Ballard's own students.

Of course, Tiktok, one of the most popular forms of social media right now, had something to do with this. These shoes started trending on Tiktok around September 2022, and became one of the most popular Christmas presents of the year.



(Matea Hart)

The main issue with these shoes is that they're not practical. I know I know, it hurts me to admit it too but these adorable, fluffy shoes become unrecognizable as soon as you step foot in the elements. Which, for Seattle, happens to be torrential downpour, and nobody enjoys walking in shoes that turn into \$100 puddles.

Oh yeah, the price. Even if you manage to order these shoes in either slipper or boot form – which is a nearly impossible task as they've been on backorder for months now – they cost a whopping \$100- \$150. And since they've been so difficult to find online, people on Poshmark and Depop are reselling them for \$200 and up. It should be a crime.

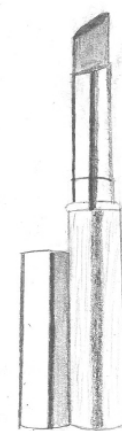
If you're really interested in getting a pair of new slippers or shoes strikingly similar to the ugg boots, I recommend investing in a pair of "dupes." There's plenty on Amazon that are much cheaper than real uggs and aren't on backorder until March.

## Black Honey Lipstick by Clinique

A trend of the 90's: burgundy is back. For both Generation Z and millennials, Black Honey lipstick from Clinique was most likely owned by your mother in the 90's. This sheer, berry tint is a universally flattering tone, and a perfect hybrid of lipstick and lip balm. Black Honey became popular in the 90's and early 2000's, worn by many famous celebrities and actresses of the time.

Fifty years after its release, Black honey received a second wave of popularity, resulting in it selling out multiple times online and in store over the last two years, largely due to the traction it picked up from –you guessed it – Tiktok. This lip look took over the app, with everyone from influencers to casual shoppers rushing to buy the shade and try it for themselves.

Now you might be asking – is it worth it? As an owner of the Black



(Matea Hart)

Honey lipstick, if you like a subtle, berry shade and you're willing to spend \$22 on it, then yes, it is a good purchase.

Trend cycles are bound to continue circulating, some good some bad. Who's to say what the next few years will have in store for us (literally)? But to whoever is behind the recycling of these major fashion trends, this is my formal request: please don't let skinny jeans come back.

# 'Puss in Boots': An unexpectedly emotional hit

Tansy Velush Staff Reporter

“Puss in Boots: The Last Wish” hit theaters Dec. 21, 2022, and has since grossed over \$260 million worldwide. Produced by DreamWorks Animation with a budget of \$90 million, the movie follows the story of Puss, an arrogantly humble vigilante cat, on the hunt for a wishing star to regain his lost lives. Throughout the film he is accompanied by Kitty Softpaws, an old friend he has a long history with, and Perrito, a small dog he meets and befriends.

As someone who watches cartoons and animated media frequently, I was interested in seeing the movie and it did not disappoint. The three things I really liked while seeing “Puss in Boots” were the humor, the animation, and the more serious subplots.

As an artist who has tried animation before, I was both surprised and impressed by the style in “Puss in Boots.” The creators wanted to achieve an animation style similar to “Spider-Man: Into the Spider-Verse,” using slower frame rates to produce a more stylized look, with the intent of showing scenes in a fairy-tale-like way.

In my opinion, this design choice was exactly what the movie needed, giving action scenes a more fun, artistic feel, rather than feeling over polished. In modern animation, tools are available to make things look realistic and meticulously detailed, but “Puss in Boots” takes a different, more unrefined approach that gives everything an extra edge and exciting feel.

Animated movies directed at younger kids tend to

have adult jokes peppered in to keep parents in the audience happy. I found that in “Puss in Boots,” while there were some innuendos, much of the writing and delivery of the jokes were funny on their



(IMDB)

own. I appreciated that there was less pandering to adult viewers with exclusively inappropriate jokes, added only for a shock factor, and instead having tasteful humor with more thought put in. I think that having jokes that focused on actually making the audience laugh, rather than keeping bored parents awake, raised the quality of the movie, making it more fun to watch.

“Puss in Boots” also hit on serious topics, including an on-screen panic attack. Throughout the movie, Puss is hunted by Death, which has extra high stakes for him as he starts on his ninth life at the start of the movie. Because of this, he becomes increasingly stressed, which leads to him getting his first scratch from an opponent, after previously never having been touched by a blade.

He is shown running through the woods, becoming overwhelmed by his surroundings. His friend, Perrito, a small therapy dog in-training, helps him calm down.

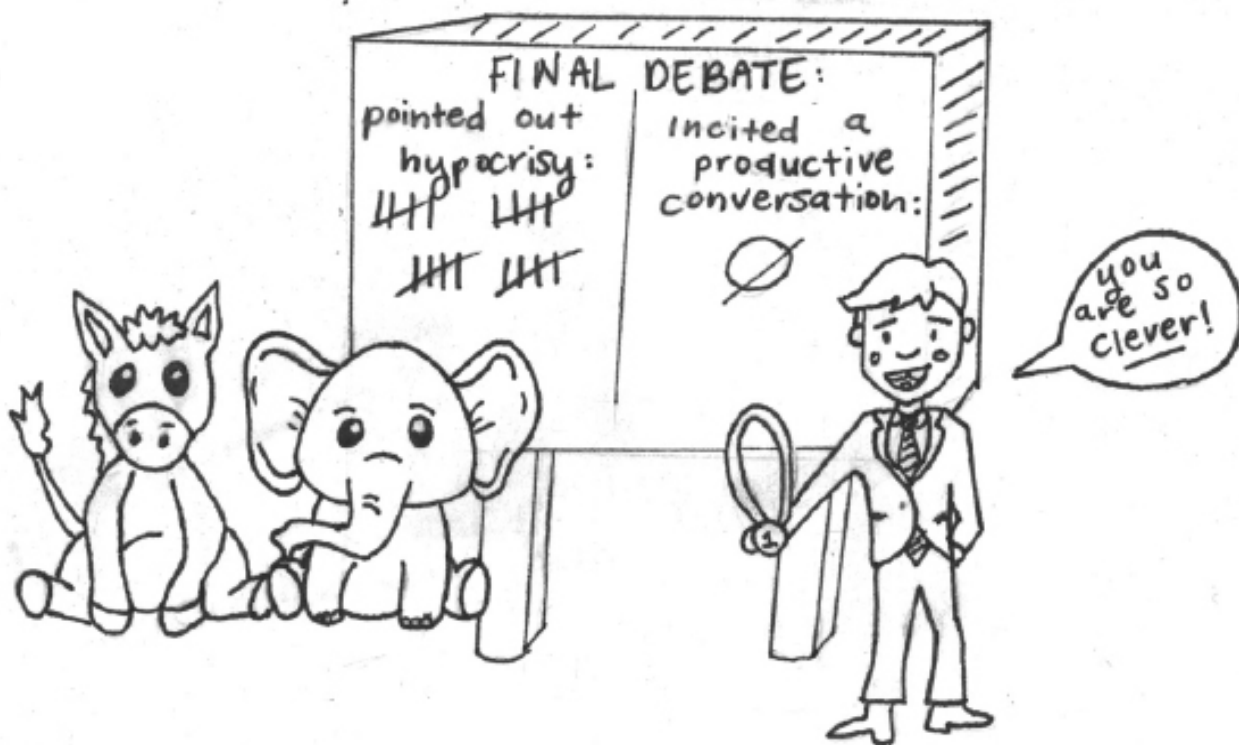
The portrayal of the panic attack was not only realistic, but showed Puss' perspective, how it felt to him. Having realistic examples of things like panic attacks in media that is accessible to younger audiences is important for educational purposes, to help people understand and have empathy for those who are struggling.

I think that media like “Puss in Boots,” that uses creative styles and appeals to a broad audience, is really interesting and can help defeat the stigma that animation can't be enjoyed by teenagers and adults.



# Is it useful to claim political hypocrisy?

Annie Welman *Editor-in-Chief*



(Matea Hart)

During political debates, whether on national TV or around the family dinner table, people often use a variety of repetitive tactics in attempts to prove themselves right, or at least the opposing side wrong. Though there is no shortage of arguments that end in dissatisfaction as both parties dig their heels in, there is one particular talking point that feels especially futile. When someone argues that an opposing person or group is being “hypocritical,” it’s difficult to feel like the conversation can be productive.

Hypocrisy goes beyond political debates, and for the sake of simplification, can be divided into two categories.

Most dictionaries will say that hypocrisy is the trait of arguing for one belief, while carrying out contradictory actions, often secretly. In short, this first form of hypocrisy applies to anyone who could use the phrase, “do what I say, not what I do.”

However, in political arguments especially, a slightly different concept of hypocrisy also seems to pop up. Rather than referring to deceptive actions, this second type of hypocrisy applies to groups or people that may appear to hold multiple contradictory beliefs.

For instance, conservative talk show hosts like Tucker Carlson love to claim hypocrisy in liberal ideas about bodily autonomy. These hosts attempt to pit liberals against their own slogans, like “my body my choice,” by questioning why phrases like that don’t seem to align with other liberal views. For example, they might see support of vaccine mandates or gun control as positions that conflict with the belief in choice.

Beyond the world of hosts who make a living by yelling through TV screens, the hypocrisy argument is used on both sides of the party divide. It is just as common to see conservatives targeted for hypocrisy as it is for liberals to face that same critique.

To be clear, from my perspective there is a significantly more wild hypocrisy in conservative arguments, and it feels like a prime “gotcha” moment for me to point it out. For instance, if

anyone ever tells me they are pro-life but support the death penalty, the hypocrisy argument immediately comes to the tip of my tongue.

However, hypocrisy that seems so blatant to me likely won’t seem that way to the opposing side, and pointing it out, while initially satisfying, never seems to make anyone reconsider their position.

The issue is that everyone’s concept of hypocrisy is based on their own intrinsic values. While it may seem obvious to me that claiming to be “pro-life” while supporting the death penalty is hypocritical, that is based on my own beliefs about reproductive rights and punishments for crime, rather than a blanket definition of the “prolife” slogan that we all subscribe to. If two people enter a conversation with very different values, claims of hypocrisy from either side rarely seem to lead to anything but collective dissatisfaction.

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*The issue is that everyone’s concept of hypocrisy is based on their own intrinsic values.*

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In other words, as an opinion article the left-wing independent news site, Novara Media, describes, “People are capable of being contradictory, but at the same time, there is usually some degree of ideological consistency to what appears like hypocrisy.”

In addition to often ignoring the underlying morals behind arguments, claiming hypocrisy often relies on the assumption that there is simple truth in complex issues. For instance, if you claim someone is hypocritical for believing in free speech while also believing in punishment for hate speech, you’re acting as if “free speech,” as a concept, is simple and indisputable. In reality, free speech has always included exceptions, which many Americans agree with. The Supreme Court has upheld several of these

exceptions, such as defamation, threats, and sexual obscenities. In the case of free speech, claiming hypocrisy ignores widely recognized nuances in our constitutional rights, and acts as if no exceptions exist at all.

Another similar oversight in the hypocrisy argument is that it often ignores virtually all context. Like many similar debate buzzwords, “hypocrisy” ignores context in the same way it ignores nuance.

Take the recent panic over gas stove bans, for instance. Recently, a commissioner of the Consumer Product Safety Commission (CPSC) responded to public health concerns about the link between gas stoves and childhood asthma by suggesting a potential ban. In response, conservatives latched onto their household appliances as a symbol of freedom, and attacked the Biden administration for the suggestion of bans.

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*Another similar oversight in the hypocrisy argument is that it often ignores virtually all context.*

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In this bizarre culture war debate, Biden has been targeted for both forms of hypocrisy. Some attacked him for using his own gas stove, and others argued that a gas stove ban would go against liberal beliefs in personal choice.

For instance, Christina Pushaw, an aide for Governor Ron Desantis, tweeted that “Biden will ban gas stoves for normal people. Not for elites. This is Soviet America: Rules for thee, not for me.”

Through these inflammatory statements, Pushaw provides yet another example of the commonly used hypocrisy claim by using the phrase “Rules for thee, not for me.”

What this fixation on hypocrisy missed, though, was that Biden never intended to ban gas stoves. White House Press Secretary Karine Jean-Pierre explicitly confirmed that the CPSC would not ban gas stoves, after an onslaught of conservative backlash on the issue. With this added context, the hypocrisy claims fall flat, revealing a dramatic and unnecessarily fearful conservative perspective.

Whether hypocrisy arguments ignore context, nuance, or underlying beliefs, they nearly always act as conversation enders. Rather than encouraging healthy discussion, they leave one side feeling defensive and the other with a false sense of intellectual superiority. If you find yourself reverting to hypocrisy claims, you might be more eager to win the argument than to understand the opposing side.

Though it will always be difficult to engage in empathetic conversations with people on the opposite side of the political spectrum, simply claiming hypocrisy is not the way to go about it. Instead, sincere questions and calm explanations can hopefully bridge political gaps in a world of constant polarization.

At the very least, if you just can’t help yourself from pointing out hypocrisy, explain the context and nuance behind your claim and truly listen to their response.

## No better way to spark school spirit than the letterman jacket

Penelope Neireiter *Staff Reporter*

All the way back in 1865, Harvard University's baseball team was the first to ever sew the large letter onto their uniforms and spark the iconic journey of the letterman jacket.

As monumental pieces awarded to achieving students, letterman jackets have been praised and passed down from generation to generation. How great would it be to bring back the tradition of being able to walk down the halls and see the different patches neatly stitched onto jackets that speak a thousand words? However, I wouldn't be surprised if this generation didn't even know what a letterman jacket was.

In the 1973 Ballard High School yearbook there are photos of students proudly wearing their letterman jackets with the big "B" on the front. The jackets were a pleasant tradition where varsity



(Tansy Velush)

student athletes displayed their achievements and awards on and off the field throughout the season. Some might say they were a motivation to reach high athletic performance and sparked involvement.

Sophomore Brynn Czielsa, a varsity student athlete at Ballard, describes the significance of this lost tradition.

"Letterman jackets are crucial to highschool life," Czielsa said. "as a student athlete I wish I had a letterman jacket to show off my stylish and cool school spirit."

Letterman jackets are a staple in American fashion, however, these jackets are slowly fading from society and there is a simple reason why. Cost and school involvement are turning people away. The thought of letterman jackets being too expensive or wasteful defeats the purpose of school spirit. Letterman jackets are not a money luring scheme. Instead, they are monumental, priceless items that last for many generations and are a great way to spark much-needed school spirit that has been lacking for some time. That is why here at BHS we should band together to bring back school spirit, starting off with the reintroduction of the letterman jackets to varsity sports.

## Instagram wellness culture is making us unwell: the dark side of 'That Girl'

Maisy Clunies-Ross *Opinions Editor*

The idealization of thin and muscular bodies is nothing new to American culture. However, it's taken many different forms over the past decades: from the fitness-focused culture that dominated the 1980s, to the waifish ideal championed in the 90s, the low rise silhouettes of the early aughts, to the slim thick body type of the 2010s, supported by the newfound profitability of acceptance and diversity. So, it comes as no surprise that the social media landscape of the past few years has changed the ideal once again.

This ideal is shaped by TikTok 'Get Ready with Me's', Pinterest boards for fitness and productivity, and impeccably curated Instagrams of clear skin and tight abs. This new ideal wakes up at 5 am to do pilates. She plans her day carefully, writing her goals and reflections in a pastel bullet journal. She has a skin care routine with 8 steps and shelves full of products in tiny bottles. She drinks lots of water, eats acai bowls, with berries and chia seeds, before posting them on her Instagram. She's the perfect combo of organized, dedicated, and effortless. She is the aspirational, unachievable, ever desirable: 'That Girl'.

'That Girl' reigns on social media, ruling with her presentation of an idealized lifestyle just as much as with her aesthetic. It's an ideal with self-improvement at its core, the content often being promoted with captions like 'Productive morning routine', 'What I do for abs', and 'Learning to love myself'. The most ironic are the videos that feature captions about healing one's relationship with food and their body, yet solely contain clips of iced

coffees and closeups on the creators figure, their faces and the rest of their lives cut neatly out.

To me, this cuts to the hypocrisy that is at the heart of 'That Girl' and the wellness culture popular on social media. Much of the content is marketed using feminist or self empowerment messages, although the habits and standards it promotes are far from feminist. This isn't unique to the 'That Girl' aesthetic or to social media. In recent years, most advertising directed at women has taken on a similar 'girl power' tone. Women are often targeted with the fallacy of female empowerment, told that the key to thriving in a harsh and male dominated society is to work harder, to get up earlier, to push themselves to be stronger. They are told to focus their energy inward, taught that if they can just wake up a little sooner, plan a little better, get a little stronger, make their skin a little clearer, everything would be different. They'd finally love themselves, and get ahead in systems designed to marginalize them for centuries.

While the shift from focusing on internal growth and strength as opposed to pleasing men is positive in theory, in practice, those messages often ring hollow. This feminist rebrand in advertising and in wellness content is nothing more than a pretty faux progressive sticker slapped on the same impossible standards women have been striving for and failing to achieve for decades.

The same can be applied to 'That Girl' and the world of social media wellness culture. This new ideal isn't feminist or empowering, it's simply a repackaging of the same Eurocentric beauty

standards with a new lens. Not to mention the emphasis on products, that is integral to achieving the Instagram idea of wellness. \$8 green juices, an expensive range of skin care products, and a closet full of matching workout sets and neutral tanks are the capitalist backbone of a supposedly mindful and internally focused lifestyle.

None of this is to shoot down the creators of this style of content or claim they're anti feminist or intentionally doing harm. I believe most of them are well intentioned people, sharing what makes them feel good, or trying to profit outside of the oppressive constraints of a traditional 9 to 5. Nor is it to demean or discourage the pursuit of health. Rather, it is simply to state that the image-focused and obsessive approach promoted by social media isn't the most beneficial approach to growth or wellness. It's an unhealthy idea of health.



(Maisy Clunies-Ross)

itty bitty  
opinions

Do you have  
strong opinions  
but nowhere to  
share them? Do  
you want to see  
your name in  
print?

To be featured,  
submit roughly a  
paragraph to  
maisye@gmail.com

# BEAVESDROPPING

HEARD IN THE HALLWAYS: WANT IT TO BE FUNNIER? SAY FUNNIER THINGS

“I don’t think my feet are touching the floor, the floor is touching my feet.”

“I really can’t stand you anymore.”

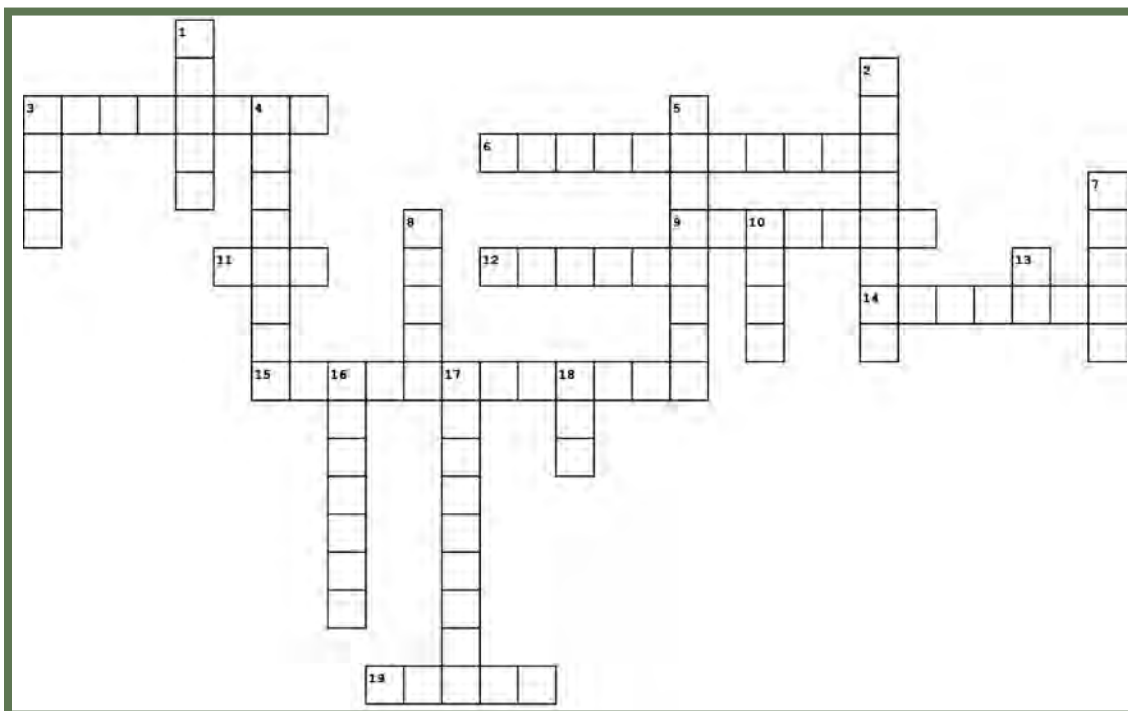
“He’s not gay he’s just a millennial.”

“Is that Snoop Dog?”

“No, it’s Jesus.”

“I can’t gerrymander my way out of this one.”

“Greenlake gave me a UTI.”



(Courtesy of Izzy Kim)

## DOWN

1. To represent us all
2. Math teacher
3. “The \_\_\_\_\_ doesn’t dismiss you, I DO.”
4. Math pod location
5. Small but mighty
7. “Lets! Get! A little bit \_\_\_\_\_!”
8. Fresh snowfall
10. Between white and black
13. Required to enter Winter Ball
16. Feeling hungry?
17. The best potassium
18. Taylor album released 2012

## ACROSS

3. Frequently an announcement
6. 11th grade history requirement
9. “Before you leave you must \_\_\_\_\_!”
11. Beaver creation
12. Time with Cunningham or Reese?
14. The hallways during passing period
15. Musical?
19. Senior color

## Satire: Advice on seasonal depression from your favorite wellness influencer

Daphne Knox Staff Artist

**H**i girlies! So it has come to my attention that some of you are dealing with some seasonal depression and are dying to hear my advice. I have so much to say on this topic, and I know it may come as a shock, but sometimes I get sad too. Like there was this thing last week where I broke a nail and I got so sad. I know this is surprising that someone so perfect and influential with a body like a marble statue could ever feel this way, but I do. I am breaking my silence. Without further ado, here are my five tips for how to deal with getting sad in the winter.

1. Skincare! If you are just being lazy and lying in bed all day because you are sad that it’s dark and cold, your skin is probably bad. My advice for this situation is to just get up and go to Sephora (use my discount code) and just splurge on yourself girlie! Get some new skincare products and set a new routine. Also winter makes you pale (ew), so treating yourself to a fake tan can be a great way to bring back those positive summer vibes.

2. Nighttime routine! Ever since I decided to have an aesthetic nighttime routine I have totally been happier. I light all my Anthropologie candles (linked on my Amazon storefront), take a shower with my Olaplex No. 5 and do my skincare routine. Then I curl up in a fuzzy blanket and watch a show on my

MacBook with my new AirPods Maxes (which I am also so obsessed with).

3. Exercise! Sometimes when it’s cold outside, I’m like “ew! It’s cold I don’t want to work out today,” but then I do it and I feel so good! So you just need to go put on your favorite Lululemon workout outfit (use my discount code) and go to the gym and get on that stairmaster, queen! I saw this TikTok that said that when you exercise you get these things called endorphins and basically they will make you happy, so if you don’t want to be depressed you should totally go to the gym.

4. Treat yourself! If you are sad because it’s cold, there is an easy fix to that! I am so obsessed with my TNA Superpuff (use my discount code) and I totally recommend it. It is so warm and makes me feel like a winter queen. I am also loving my Uggs classic ultra mini boots. They keep my feet so warm and the winter vibes are so good.

5. Romanticize the wintertime! You all know that I am such a big proponent of romanticizing your life, and now more than ever in the wintertime it is so important! Next time you start to feel sad, call your friends and go ice skating or skiing! Passing the time with winter activities is such a good way to spend time with your friends and romanticize these cold snowy days. My favorite resort is in Aspen, but if

you’re looking for a cheaper option I’d suggest Vail!

I hope that these five tips can help with your seasonal depression. If none of these tips work I guess you could talk to a mental health professional, but honestly I think you just need to drink more water. So pull yourself up by your Uggs classic ultra mini bootstraps, fill up that Stanley cup and stop being sad girlie!



(Daphne Knox)