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Tuning In to Tune Out: Finding the binge watch balance

Emma Jaber, Arts & Entertainment Editor

Welcome back! Maybe you didn't see last week's inaugural post, or maybe you did and are back for more! This week, I gave into the Netflix top 10 after a meeting with the Spectator staff, when a peer reminded me of some of the not so hidden gems on that list. They really aren't hidden, and I think the reason that they keep climbing higher in the Netflix charts is because they were on the list in the first place, just proliferating their five minutes of fame.

First things first, *Outer Banks*. I don't know how a show so dramatic can spark a sense of relatability, but that it does my friends. In reality, the only thing I have in common with some of these characters is their approximate age, but the teenage struggle is universal, which John B and his group of pogues (a reference you will soon understand if you watch the show) reminds us. The class warfare aspect between the pogues and kooks is a magnified look at the wealth disparity in the rest of the country which is an interesting addition to the show, and even more of a reason for you to watch it right now, you might gain some perspective you hadn't had before.

Every episode offers another horribly unrealistic twist, and some of the most dramatic parts of the show are so alarmingly avoidable it will pain you to think that so much miscommunication is possible. I will give a fair warning that the first episode is a little cheesy, but stick with it because as much as you want to pull away, *Outer Banks* will keep you coming back for more.

Again, I think it will become redundant for me to reiterate, but this show will have you so invested that you WILL forget about the troubles of isolation, even if just for a few hours. I applaud Netflix and their top 10 lists for being so binge worthy, especially right now with ample time on our hands to invest in.

For those of you who feel like your eyes might bleed if you spend any more time in front of a screen, which has been a recurring feeling rolling into my eye sockets every night around 10 pm, I encourage you to pick up this book. *The Language of Flowers*, by Vanessa Difenbaugh is a beautiful novel which takes place in San Francisco, California. The story follows main character Victoria through the end of her orphan existence into adulthood on her own in the city, working in a flower shop learning more about the meanings of flowers. Fiction is a beautiful escape right now, and I highly recommend a pandemic-lacking piece to break up your days. I find that as I get older, I struggle with reading for fun because I've started to believe that I should be reading something with an intent to learn or better myself. This doesn't have to be the case when reading for fun though, and even if you are deep in a self help book as well, a work of fiction can take the pressure off of becoming better, and you can dedicate some time to just enjoying a book.

Hang in there, and try to remember to peel your eyes off of your phone or laptop no matter how hard, even if it's just for a few minutes.



Photo via Netflix