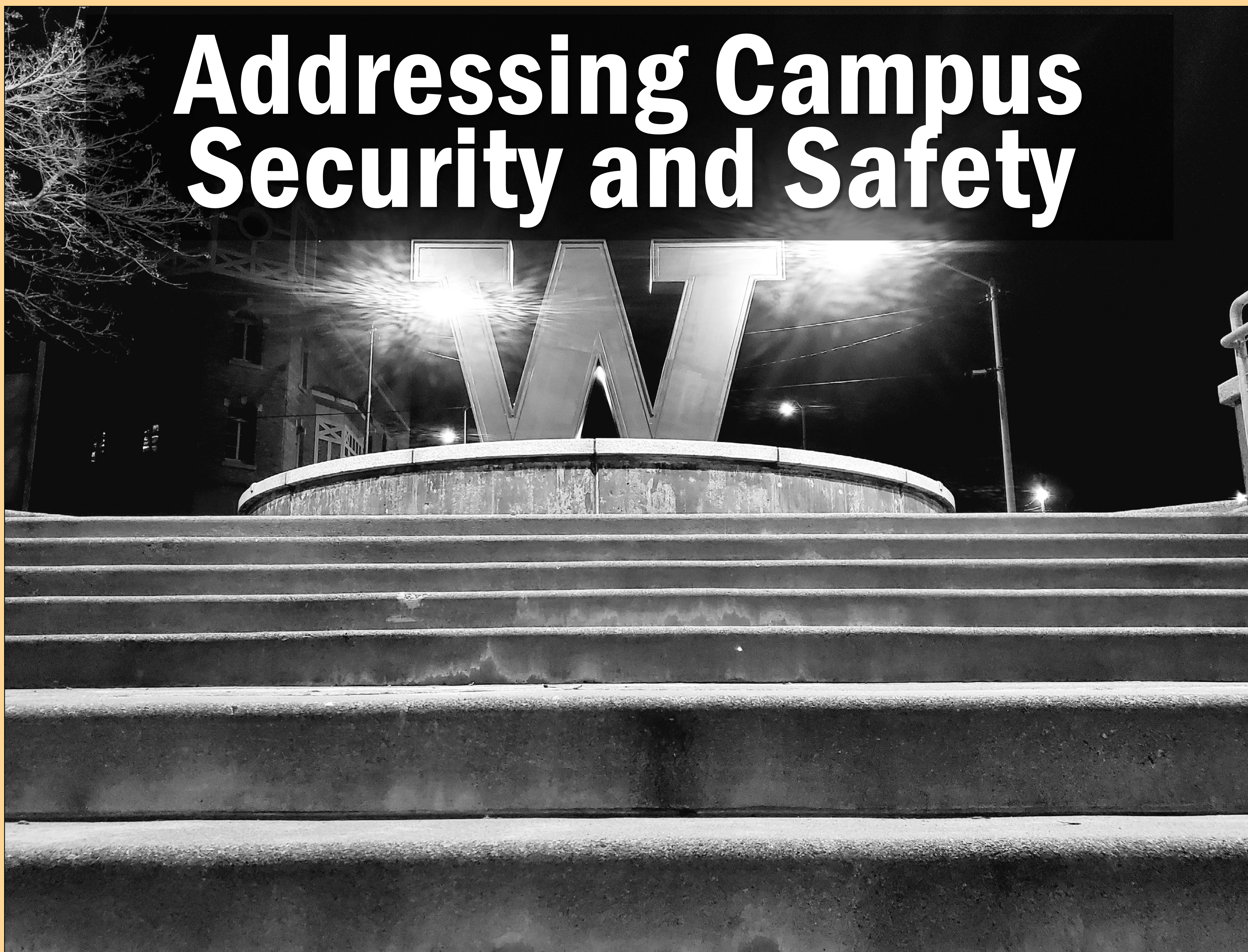


THE LEDGER

University of Washington Tacoma

Addressing Campus Security and Safety



This Edition:

- ASUWT Meets with Campus Security
- UW Tacoma Mental Health Resources
- Spooky Season
- Humane Society Hard At Work
- Bad Bunny

UW Tacoma Upcoming Events

- 10/31 - Halloween Movie Night, 5 - 7:30 p.m. @ CEI Chill-space (SNO 150)
- 11/1 - Mini-figurine Painting, 12:30 - 1:30 p.m. @ SNO 136
- 11/4 - Tacoma Reads 2023, 3 p.m. @ WPH
- 11/9 - Diwali Celebration 2023, 5 - 7 p.m. @ CEI (SNO 150A)

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Student senators aim to address campus safety concerns

To address student safety concerns, an ASUWT committee has met with Campus Safety to work towards a safer campus.



PHOTO BY LESLEY MCLAM

Student security is important on campus through all hours of the day.

BY REESE RAMIREZ NEWS EDITOR

Campus safety has been a primary point of concern for students and student workers alike. To work towards a safer and more secure campus, student representatives have met with the Office of Campus Security to communicate the needs of students.

Evan Campbell, a Business Senator here at UWT, was one of the students who met with the Campus Security Office. Evan is a graduate student working with a committee addressing safety and security concerns.

“The University has done a lot as far as safety but there’s always room for improvement,” said Senator Campbell. “It is [the university’s] responsibility to facilitate a safe community and an environ-

ment where students can focus on their academics without external factors taking away from their learning.”

Senator Campbell named multiple ways to make a safer and more secure campus. The first is to make students aware of the resources available to them. These include an escort service, anonymous reporting, mental health support, and more. All campus security resources are available on the [office’s website](#).

“There’s a lot of resources that aren’t being taken advantage of,” said Senator Campbell. “Knowing what going on and what resources are out there, I feel like bringing that awareness to students is important.”

Senator Campbell plans to use his position to help students ac-

cess these resources throughout the school year.

He also highlighted that safety concerns could be a deterrent for future enrollment.

“With the overarching theme right now being low student enrollment rates, we don’t need any reasons for students not to go here,” said Senator Campbell. “If we don’t have a campus that feels safe, students aren’t going to attend.”

To gauge campus safety, the safety committee plans to survey students soon. The survey will be sent out via email and students will have the opportunity to respond. By doing so, they will have evidence of the area’s students would like more investment. This will aid the committee in deciding where to invest more effort and money.

Senator Campbell also wants students to know that he and the other senators are there to stand for student needs.

“Your ASUWT senators are here to help and to listen and if students have any concerns or anything they want to talk about, we have an open door,” said Senator Campbell. “I feel like sometimes, especially since we are coming back from learning in a virtual world, it’s been hard to get students to open up. I really encourage students to get out of their shell and express their feelings, express their thoughts.”

If students want to voice their concerns, they can find their senators contact information on the [ASUWT webpage](#). Keep an eye out for the upcoming survey in your student email.

Mental Health Resources for UWT Students

As the dark winter months are upon us, there are resources, if you are having a hard time.



ILLUSTRATION BY COLE MARTIN

BY BENJAMIN FREDELL
OPINION COLUMNIST

UW Tacoma is known for its large diverse student body, ranging from first generation students to continuing-gen college students from many different cultures, parts of the country and world. Our campus also has a large demographic of students that have been traditionally underserved in mental health spaces.

Maybe you doubt the idea that there's a therapist that even looks like you, let alone one who understands the intricacies of your personal lived experience. Maybe you're not sure if you have depression, but you're feeling overwhelmed or stressed and you're not sure how to reach out. This article is for all of you.

Counseling Resources

[MulticulturalCounselors.org](https://www.multiculturalcounselors.org)
Multiculturalcounselors.org is a website where you can search for a therapist in Washington by cul-

ture, ethnicity, religion, or language. This resource is intended to help connect communities of color and others who have been underserved in the mental health field with counselors who understand their specific experiences.

"Seeing a counselor or clinical supervisor doesn't have to be another place where you speak for or explain your culture," reads the About page on their website.

[Healthy Black Minds](#)- The Urban League of Metropolitan Seattle

The Urban League of Metropolitan Seattle curated an amazing selection of mental health resources. I want to point out the extensive list of crisis lines and grief support lines. You might think that you aren't in crisis enough to call one of these phone numbers, but there is no such thing. These phone lines are open 24/7

for you. You are worth the time that these resources are willing to give you. Please call, even if you don't think it's an emergency.

[Therapy for Black Girls](#)

This is an online space dedicated to uplifting and encouraging mental health wellness for Black women and girls. Users can search through a directory of therapists who offer in-office and virtual visits.

[Asian Mental Health Collective](#)

The Asian Mental Health Collective seeks to make psychotherapy more accessible to Asian communities in both the U.S. and Canada. They have a directory of Asian therapists, with many search filters including gender, language and types of therapy. They also run the Lotus Therapy Fund, through which patients can apply for financial support.

[Asian Counseling and Referral Service](#)

Hard to recommend, doesn't allow you to use insurance, only out of pocket. The FTC also reported in March of this year that BetterHelp was selling personal data and health information. That is not a service I want to, or trust to, recommend to any student. The Asian Counseling and Referral Service similarly connects individuals with counseling and mental health services that are culturally informed. In addition to therapy services, they also offer re-

sources related to primary care, employment and housing assistance.

[Psychology Today](#)

This is a more general search engine for finding a therapist who fits your needs. Therapists can be found through specific filters such as what insurance they accept and what kinds of therapeutic approaches they utilize.

[UWT'S PAWS](#)

It's been a little disappointing to see how PAWS, UW Tacoma's free confidential mental health counseling service for currently enrolled students, has made it difficult to make an appointment. It was not this specific pre-lockdown. For some reason, they decided, you can't schedule in advance. You can only make a same day appointment Monday through Thursday, through email or phone call, specifically between the hours of 9 am and 12 pm. There should be zero barrier to entry for mental health resources, even if that barrier is just waiting a couple days.

Please don't let this deter you from reaching out. I promise it's mostly painless, I have done it myself. Let this be a starting point. They can answer any questions you have about mental health or guide you to someone who does have the answer. If this article leaves you with too many options on where to go, try PAWS first.

Tips for Therapy

I want everyone reading this to un-

derstand the power you hold when entering therapy. You are paying these professionals to help you. If you are uncomfortable, or you don't like a methodology that a therapist or counselor is using, you have the power to advocate for yourself or end all further sessions without even saying goodbye. You do not owe your therapist anything. Therapy is for you.

Not Just Therapy

Therapy sessions are not the only way to improve your mental health. There are plenty of healthy activities that can really help your mental state. It can seem obvious at first, but I want to list a couple ideas that have gotten me through these hard winter months on campus.

- Outdoor walks/Grounding
- Yoga
- Meditation
- Journal writing
- Join a club
- Exercise
- Creating art

Last but not least, never be afraid to reach out to a friend. If you are struggling with mental health and are unsure of what to do next, talk to someone about how you are feeling. They can help you figure out your next steps, and simply venting your feelings can have a healing effect.

What's not to love about spooky season?

Here are some of my favorite things about Halloween.



PHOTO BY CAMERON J. BERRENS
People walking the Spooner's Farm pumpkin patch.

BY CELIA WILLIAMS OPINION EDITOR

As we get father into fall and the nights get colder and darker, one of the first things that comes to mind is spooky season. While that concept has changed meaning for us as we grow older, there is still plenty to love about Halloween as a college student.

Pumpkin Patches

There is nothing that I love more than all the fall season's fruits and vegetables. From the crisp and juicy apples to the bright orange pumpkins, I have so many things to cook and bake every fall. From apple pies to Taylor Swifts chai cookies, I find a use for all the season has to offer. I also love the chance to go to a pumpkin patch and pick out my own pumpkin and carve it into one of my characters from "The Nightmare Before Christmas," which leads into my next favorite thing.

Horror/Halloween Movies

Horror and Halloween movies just

don't hit the same outside of spooky season. Don't get me wrong, they are still great, but it just doesn't seem to fit any other time of year. I can do some homework or carve a pumpkin while I watch a movie. Of course, the first one on my list would be *The Nightmare Before Christmas*. Some others I find great are "The Visit," "Stitches," and any TV Halloween special. Now some of these are gruesome, so be warned, and probably don't watch them on a full stomach or alone if you are easily scared.

Halloween Parties and Costumes

While I personally think you can be whoever you want any day of the year, this is one of the few socially acceptable times to be whoever you want and be as weird or scary as you want. Some of my favorite costumes I have seen or worn include zombies, Sally from the *Nightmare Before Christmas*, and of course a witch or Hogwarts student.

Now every costume needs to be displayed somewhere, why not at a Halloween costume party? Foods can

be changed to look like eyes, witches' fingers, spiders, while you dance and get to see everyone's costumes. It's always a blast.

Halloween Decorations

Similar to Christmas, Halloween decorations are another big part of Halloween that I love to enjoy like the light shows during the holidays. Many of the décor is animated to create the ultimate scare for kids, and even some adults. I love to get a good scream out of someone and watch their expression, it's truly priceless.

Haunted houses are another favorite use of spooky décor. I mean, where else can you get practice running from a chainsaw wielding psycho? There are quite a few around Tacoma, the Wild Waves theme and waterpark also does a fright night sort of thing, there was even a haunted car wash at Classy Chassis Car Wash last week.

I hope you all have a great time celebrating Halloween!



PHOTO BY CAMERON J. BERRENS
Spooner's Farm, a local pumpkin patch in Puyallup.

Tacoma Humane Society saves animals through strategic planning & volunteers

The Tacoma & Pierce County Humane Society continues to strive for a better world for animals through their adoption programs and events.

BY RACHEL MEATTE
A&E EDITOR

Since the pandemic started in 2020, things haven't slowed down for the Humane Society for Tacoma & Pierce County. During the pandemic, the shelter was faced with an influx of animals and shortage of space for them. However, even after the pandemic, things haven't really slowed down since.

"Currently, the shelter is doing good with adoptions but that could change any day," said Lindsey Heaney, Director of Communications and Outreach. "Sometimes we're low and sometimes we're over capacity. Generally, when an animal gets adopted, there is always another one right after that them who is in need of a forever home. We are always having to work hard to find homes for animals constantly."

Heaney had experience in the veterinary field while studying communications in college. One day, she saw an opportunity to work at the Humane Society and decided to apply for the job. Once hired, she was able to raise awareness about the shelter and help implement initiatives like the "3-year strategic plan." A plan that promises to assess, develop and implement a strategic well thought out plan to benefit animals within the community, as well as address key issues affecting their well-being.

"Improving the organization's culture to create a positive, inclusive, and collaborative work environ-

ment within one year is one of our many goals to create an effective, strategic, sustainable plan. Building and implementing an informed trap-neuter-return program based on research and best practices within two years is also a crucial part of it," according to their website.

The last event they had at the shelter during the month of October was called Clear the Shelter. It was in partnership with the non-profit organization Bissell Pet Foundation, which aimed to lower or waive the costs of adoption fees so that animals could find homes quickly.

"The event was a huge success, and all of the dogs and cats we had at the time were adopted," said Heaney. "It's a small gesture but we find it makes a huge difference in the number of adoptions we make. This helps people who have room for a pet afford the adopting price."

This event, among several others that the Humane Society does annually, was crucial to achieving their 3-year strategic plan.

In addition to this event, they offer services such as low cost spay and neuter assistance, as well as community outreach programs that help educate the public on animal welfare. If people cannot afford to spay or neuter their dog, the shelter is willing to lower or supplement the cost for the person to make it free.

This is also important for the community as a whole because it lowers the risk of homeless animals reproducing, thus reducing the number

of homeless animals in the community. The shelter is aiming to have these clinics available to the public every month.

"Events and programs like the low-cost pet food assistance program are a vital part of improving the overall quality of the community," said Heaney. "We are always striving to do our very best when it comes to the care and overall well-being of our animals. To be able to run a shelter, supplement spay and neuter costs, create effective programs and do the job well takes so much effort on our part. For this, we rely on our volunteers and specialized supportive staff to communicate and work these activities."

The Humane Society for Tacoma & Pierce County currently has over 100 volunteers. They work in positions like bath brigade, dog walking, photography, pet pantry, laundry folding, cat care specialist, animal transport and much more. They are crucial to operating and sustaining the shelter. Most dogs get out every day for a brief 5-10-minute potty break around the facility by volunteer dog walkers. Without them, dogs would not get the time or care they need to function every day.

"Having volunteers is vital to the shelter's operation," said Heaney. "We rely on them to help care for the animals where we are not able to. It also gives the public more insight into what the shelter does for the community and helps relay the message that adopting animals is

important. Too many animals come into our shelters every day. We simply cannot afford or have room to house them all. For this, we try to allocate our resources as much as possible but always do so with the animal's best interests in mind."

[Continue Online](#)



PHOTO BY CAMERON J. BERRENS
Adoptable dog at the Tacoma & Pierce County Humane Society.

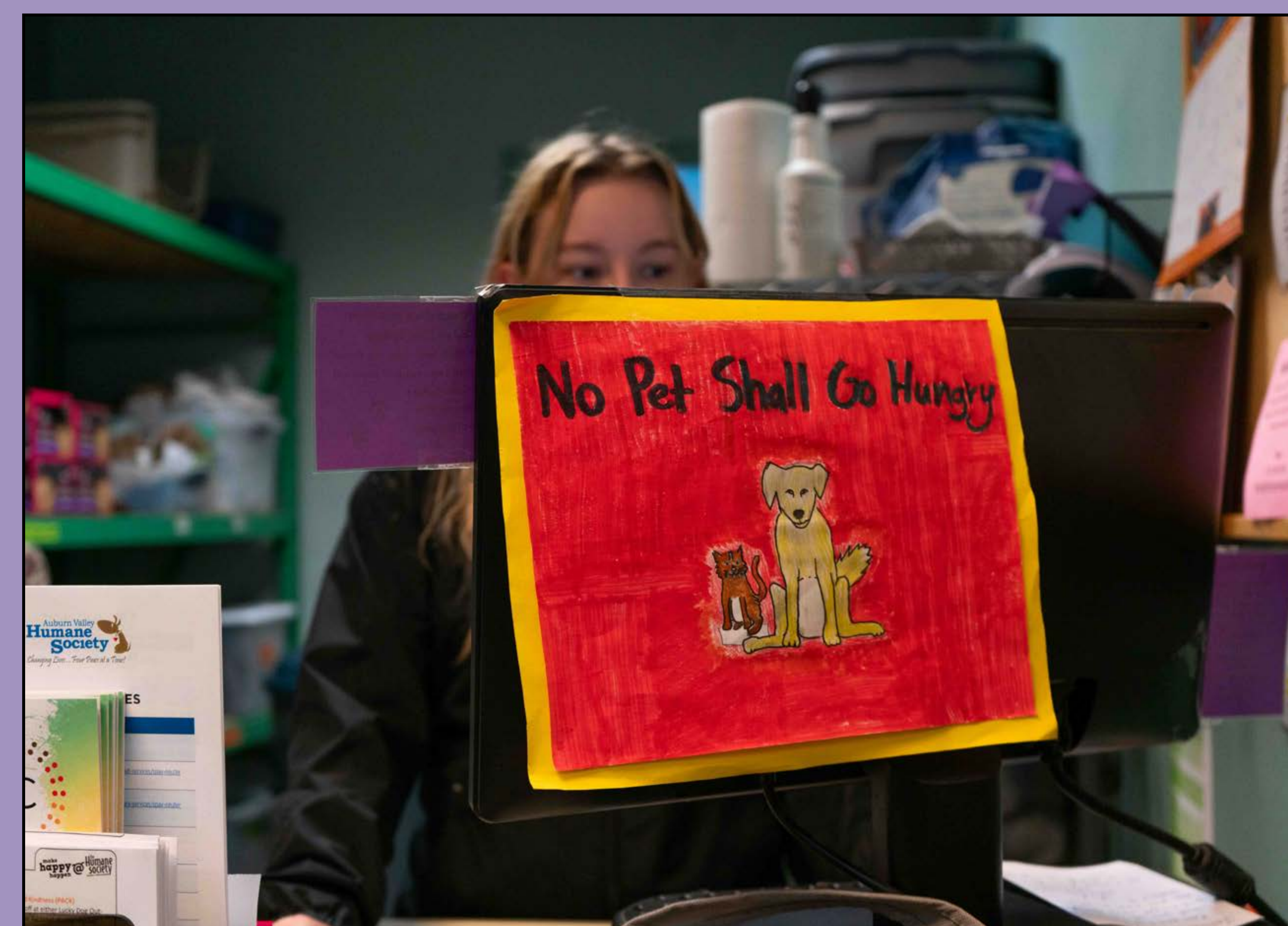


PHOTO BY CAMERON J. BERRENS
No Dog Shall Go Hungry sign in the adoption lobby.

Review: Bad Bunny's "Nadie Sabe Lo Que Va a Pasar Mañana": Bop or flop?

Critically acclaimed Puerto Rican artist Bad Bunny receives mixed reviews from fans after debuting an LP inspired by his SoundCloud years.



PHOTO VIA STILLZ

Bad Bunny (also known as Benito) posing for STILLZ.



COVER RELEASED BY RIMAS MUSIC VIA AP

"Nadie Sabe Lo Que Va a Pasar Mañana" Album

BY HEIDI ORTIZ CANDELARIA
A&E COLUMNIST

In recent years, Latinx artists have been at the very height of recognition, with appearances on TV shows, live broadcasts and selling out on worldwide tours. But it's especially noticeable in the way Puerto Ricans have now entered the conversation. Underappreciated in previous years, several artists have paved their own paths in music hall of fame. But whenever Puerto Rico enters that conversation, it's almost expected to hear "Bad Bunny" mentioned at least once.

What makes Bad Bunny, also known as Benito, so different from other artists that he's now the face of modern Puerto Rican music? For starters, his rise to fame was slow and steady. Beginning as another SoundCloud rapper and reggaetonero, he quickly accrued traction and support from local fans and producers. His music was on par with what you'd expect from a SoundCloud "trapper": deep kick drums, gritty sub-bases and monotone lyrics usually not focusing on vocal prowess. But his unique Puerto Rican influence and flow distinguished him from the rest.

It was later in his career that Bad Bunny began experimenting with beats and partnered up alongside another talented Puerto Rican musician, Tainy. After a few hit singles, such as "Yo perreo sola" and "Safaera," Benito broke records with "Un Verano Sin Ti," a 23-song album with some of the best collaborations done for an album. It was almost unheard of to have a reggaetonero openly advocating for women's rights and queer rights, much less one singing about

it constantly throughout an entire album. Since the genre has always been known for its tendency to oversexualize and objectify the feminine body, glorify the use of drugs, gang violence and materialism.

This album left a lasting impact on all Puerto Ricans, including those that weren't fans of the genre like myself. It changed their perception and showed everyone that there was potential for change in the misogynistic culture behind the reggaetón genre. There was room for exploration, innovation, and meaningfulness in reclaiming the male-dominated genre. Alongside other queer Puerto Rican artists such as Villano Antillano and Young Miko (both femme reggaetoneras), Bad Bunny created perhaps one of the most successful albums the world has ever seen.

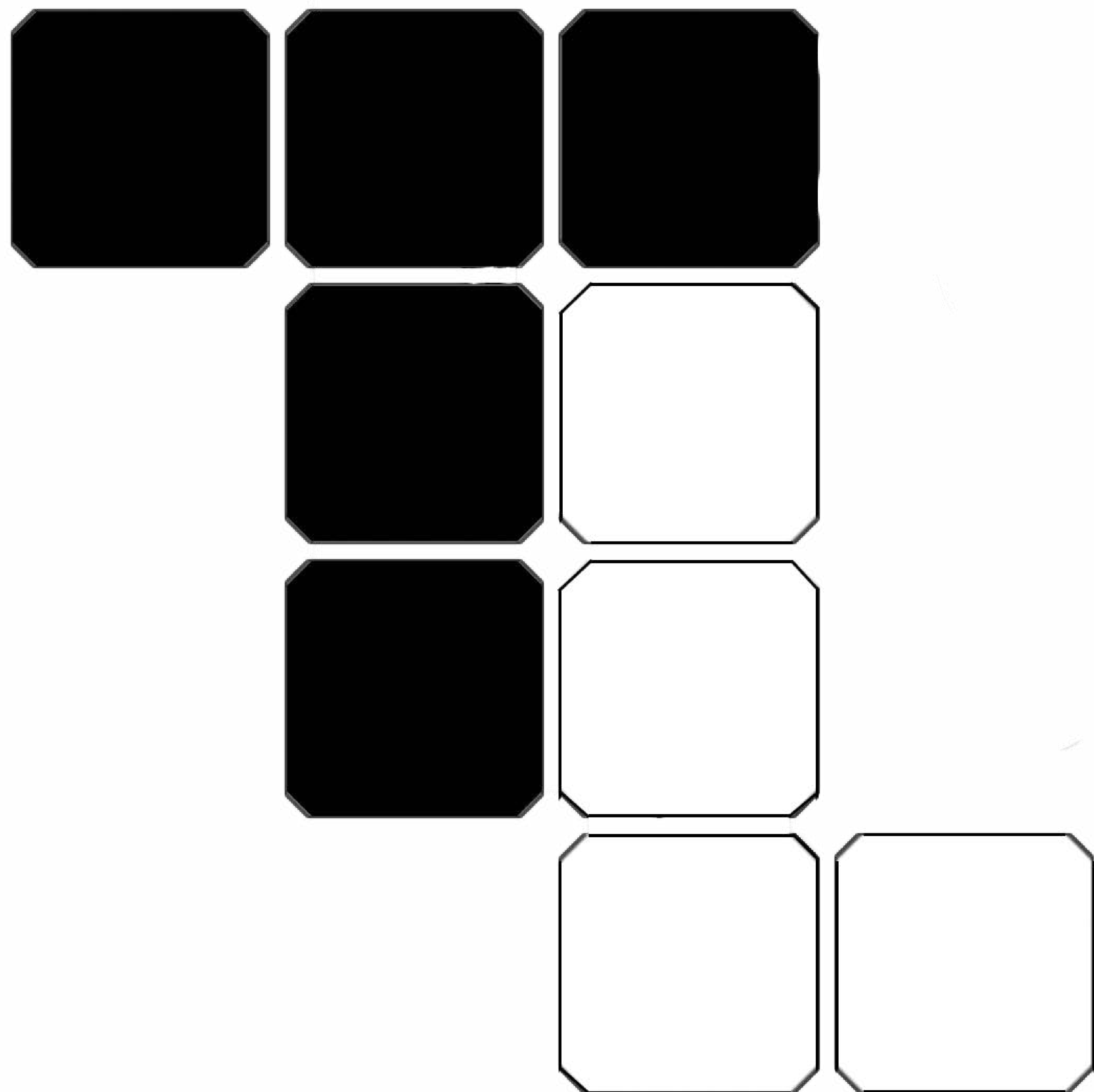
Now, Bad Bunny decided to drop a full-length LP on Friday the 13th titled "Nadie Sabe Lo Que Va a Pasar Mañana." Fans were excited to see what was next in his bountiful discography, especially after the critical acclaim that came from "Un Verano Sin Ti." Bad Bunny himself hosted listening parties the day of to share this excitement with his fans. But many found themselves quite unimpressed. There were fans that walked out not even a third into the album, and others who applauded him after it was over. That day, "Nadie Sabe Lo Que Va a Pasar Mañana" received over 300k listens on Spotify, breaking the record for the most listened to LP in the site and making it the top 200 on Billboard. Three days later, listens went down to about 40k. Opinions were quite mixed.

So, what happened that warranted this reaction from fans? It took a bit of digging to get detailed public opinion. But after listening to the LP, I understood why. The opener "Nadie Sabe" was a whopping seven minutes including a full range orchestra and choir. Bad Bunny touches on some important topics here, such as parasocial relationships, cancel culture and his Puerto Rican heritage. But most of it gets muddled by his kind of obnoxious gloating that wasn't as prevalent in his past works. Regardless, it was a song with a message. The rest on his album though? Not quite.

Before diving into this next part, I'll address what one half of his fanbase has been pointing out to defend this album. "Reggaetón isn't meant to be poetic, it's meant to be danceable. It's about the sex, money and giving into worldly pleasures. It's party music. Don't expect anything more." Sure, this is a valid opinion. But isn't the uniqueness and straying away from the norm what brought Bad Bunny to his current success? He and other Puerto Rican artists reinvented what reggaeton could be with "Un Verano Sin Ti." It was no longer a tough guy competition about who gets the most girls and has the most money.

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