

Edited by  
Aditi Nambiar  
and Max Stephens

# The Husky Herald

Black History Month 2023:  
Culture, Community, and Care



Cover art by: Aditi Nambiar



In This Issue:

Page 2: UW Bothell’s Black Student Union Celebrates Black Youth and Culture Through Community Uplifting

Page 3: Connecting Across Identities: Communicating Respectfully with People of All Gender Expressions

Page 4: Discovering the UW Food Pantries

Page 5: New Research by UWB Professor Im-

proves Solar Cell Efficiency, Safer Internet Day 2023: Security, Safety, and Mental Success

Page 6: Pathways to Academic Engagement Week

Page 7: Get to Know Your ASUWB Reps! ASU-WB Director of Student Advocacy and Director of Campus Partnerships

Page 8: UW Bothell’s Campus Events Board

and Cascadia College’s Events and Advocacy Board Host A Great Gatsby Casino Night

Page 9: UWave Radio and Campus Events Board’s Music Workshop, Huskies vs. Arizona State

Page 10: Health Awareness this February: Rare Disease Day and International Childhood Cancer Day 2023, Tune Into UWave Radio

Page 11: Music Review: SZA’s *Kill Bill*, Student Art & Poetry

UW Bothell’s Black Student Union Celebrates Black Youth and Culture Through Community Uplifting

Written by: Aditi Nambiar- Editor-in-Chief February 2023

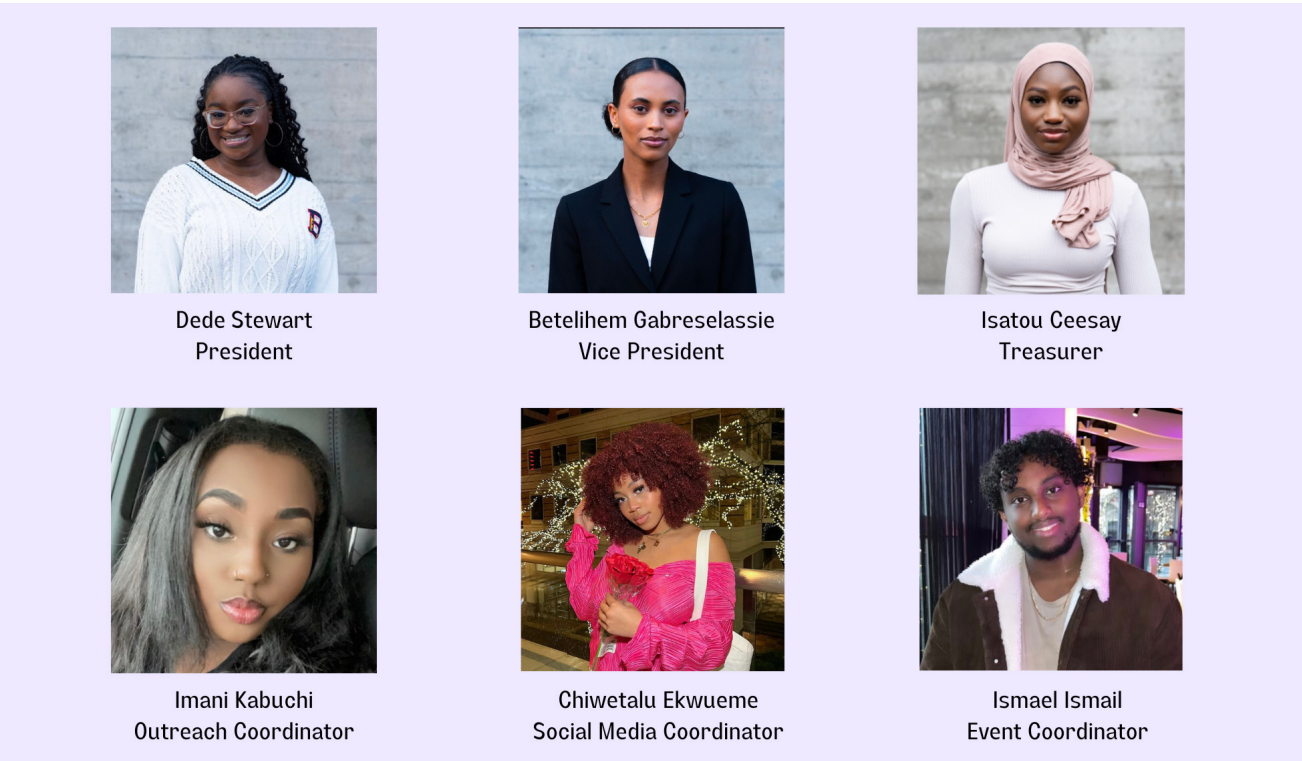


Image Credit: Black Student Union, Aditi Nambiar  
Black Student Union Officer Team 2022-2023

The Black Student Union (BSU) at UW Bothell was founded in 2014 with a mission to provide resources and be a safe space and community that Black students can go to. This year, BSU is led by President, Dede Stewart, a senior double majoring in Psychology and Media & Communications, along with Vice President, Betelihem Gabreselassie, Treasurer, Isatou Ceesay, Outreach Coordinator, Imani Kabuchi, Event Planner, Ismael Ismail, and Social Media Coordinator, Chiwetalu Ekwueme.

President, Stewart, explains that with UW Bothell being a commuter campus, “it’s hard for people to form relationships. And if not through a club... you really don’t find other people that look like you. So, we [fostered] this space as a way for students to find people who look like them, find people in their major, and feel connected.” For Social Media Coordinator, Chiwetalu Ekwueme, “BSU is a chance for people to make those friendships and have someone that [they] can relate to in all aspects of life.”

Last month, BSU hosted one of their biggest events of the year; a community discussion titled “Let’s Talk: Everything Black.” Hosted in collaboration with the UW Seattle BSU, Seattle University BSU, and the Black Student-Athlete Alliance at UW Seattle, this was an opportunity for the local Black student

communities to come to gather and engage in “activities and discussion on all things related to Blackness,” as announced on UW Bothell [BSU’s official Instagram page](#). The idea to host this event came from feeling like there could be more of a tri-campus connection between student communities.



Image Credit: Black Student Union  
Stewart said she felt that “As a campus, everyone kind of stays to themselves... Bothell’s over here, Tacoma’s over here, Seattle’s over here...Everyone says we’re all UW but we’re all secluded and doing our own thing. So why don’t we come together”? Stew-

art proposed the idea to host a collaboration event with the President of UW Seattle’s Black Student Union, Dana Ahmed, and the two of them started planning for the community to come together on Wednesday, January 18.

During the event, the local Black student associations covered a range of topics relating to their experiences navigating college life as a minority at a predominantly white institution (PWI), including dating life and social culture at college. Ekwueme shared that they “talked about party culture, like going out to different parties and how it is when you don’t see your people everywhere, you know? You hear your people, but you don’t see your people when it comes to music, dressing... [so] how do you feel in those situations”?

The main focus of this discussion came down to the unique perspectives all the students could share, and the Black representative organization from each campus took turns hearing each other’s perspectives on the others’ schools. For example, students from UW Seattle could share their thoughts on the UW Bothell community and vice versa. This provided an opportunity to break down the stereotypes that may exist around different campuses, so students could clarify questions, concerns, and comments, and debunk what’s not true.

Stewart and Ekwueme both found the event very insightful and felt closer to the other campus communities through their discussion. Ekwueme reflected, “I feel like the thing that was incited based on the meeting was like, you’re not alone. You know... UW Seattle’s this big, prestigious, everyone-wants-to-go-there type of school... You hear all these broad types of vague experiences that people at UW Seattle have... but you don’t hear like, personal experience of people that are like you- Black students.”



Photo Credit: Black Student Union  
BSU President, Dede Stewart (left) and Social Media Coordinator, Chiwetalu Ekwueme (right)



Stewart felt that the event provided a substantial learning experience, stating “It was really, really good because we got different perspectives [from] different people and different groups.... We were able to mix everyone in [and] I think they actually realized that we’re more alike than different.”

In addition to the large collaboration, BSU has hosted regular meetings this quarter, which club officers will switch off on. Two officers will host a meeting or discussion together on rotation. They get to choose the theme, decide the talking points, and ultimately direct the flow of the meeting during the live session.

On Thursday, February 2, Stewart got together with BSU’s Vice President, Betelhem Gabreselassie, to host a meeting on the significance of Black hair. Stewart shares, “I was going through something called hair depression. I didn’t have my hair done. I felt really unproductive... I didn’t want to leave my bedroom or go out. I just didn’t feel like I looked good enough to even be seen by the world. So I kind of wanted to shed light on that topic because I feel like we don’t talk about it enough as Black women. Hair is a really big deal for us.” Stewart wanted to provide a safe space for everyone to talk about their experiences, and covered topics around the significance of braids, getting hair done, and all things on the scope of hair in Black culture.

For Social Media Coordinator, Ekwueme, one of the events that stood out this quarter was the BSU meeting on “Hot Takes,” where students could have conversations around their opinions on trending topics either anonymously or out loud. Ekwueme says, “I feel like at a PWI, minorities’ voices are kind of shut out, or at least not counted or valued. [Here], no one felt any pressure or [was] embarrassed or ashamed of their answers... Everyone was talking because they felt so safe and comfortable.”

Ekwueme is a first-year student majoring in Psychology. Ekwueme’s involvement with BSU started at her high school, where she was Vice President of the club as a Junior and President as a Senior. Ekwueme was excited to join a BSU at university coming into her first year in Fall quarter (2022) but realized that the club was just starting back up again after a hiatus during the pandemic.

Ekwueme was asked to join the officer board by a peer. She was nervous coming in to lead the club as a first-year student but believed she was capable of getting on board. Something valuable that Ekwueme learned

from her time at BSU so far is that “people are going through the same experiences you are... it’s very easy to feel alone at school. It’s very easy to feel like you’re all by yourself, especially at a school that you’ve never been to. Especially as a first-year student...that might have all these cultural differences, culture shock, etc.”

On the other hand, Ekwueme also shares that one of the greatest takeaways from her experience is that it’s okay not to talk. She explains, “There’s a lot of pressure on minorities to speak out, say your opinions. Advocate for yourself. It’s okay to be somewhere in the middle. It’s okay to just go to meetings and not feel the pressure to talk and just be there to listen, or it’s okay to be able to talk. Like, I feel like your voice is very important. And either way, whichever direction you choose is okay.”

As for Stewart, one of the most valuable learnings she has picked up from serving as President of BSU this year is being a strong leader. “I’m always the person that’s behind the scenes, you know, like second in command, working with somebody. But I’ve never been the type of person that’s like the President. People come to me for answers. People come to me for guidance. So I’ve had to really adjust my mindset to know that ‘You’re here now so take up space,’” says Stewart.

When working so hard to put on events in this post-pandemic era, Stewart shares the challenges of getting caught up with the numbers of attendees and participants who can weave in and out of programs, meetings, and events. But with restarting the club after some slow years, Stewart had to remind herself that what matters most is being consistent and active on campus, and just being a welcoming presence for students to be a part of.

In an effort to be more active on campus, the Black Student Union at UW Bothell hosted Heritage Night last year- their first major event since the pandemic. Held in May 2022, Heritage Night was a collaboration led by BSU along with the Arab Student Association (ASA), Indian Student Association (ISA), Filipino American Student Association (FASA), and the UW Bothell Students Association for Immigrants and Refugees.

Heritage Night is an annual cultural showcase that aims to celebrate the students’ identities and the cultural diversity of UWB through traditional food, dance, fashion, and more. “I love Heritage Night. I feel like it’s a good representation of the mix and melting pot at UW Bothell,” says Stewart. Stewart

also recalls another highlight from 2022, “Roll Bounce,” which is an annual roller-skating event BSU looks forward to having in the Spring quarter.



Photo Credit: Black Student Union

Later this quarter, the Black Student Union at UW Bothell is excited to put on their very first “Shades of Brown Showcase” on February 24 to celebrate and “highlight the talent and beauty across the Black diaspora,” as BSU states in their official announcement on their Instagram page. BSU is looking forward to hosting a space for diverse performances, including poetry, singing, dancing, and a main fashion show. Students from the UW campuses and any other college are welcome to sign up to perform.

BSU encourages students who are passionate about making an impact in their community and building connections to join the club. “I like to describe our group as relatable and real. Like, you will be able to come to our group and not have to put a mask on. You wouldn’t have to feel intimidated or feel like you have to give these perfect, correct answers. Our goal is to be able to build those connections one-on-one and that starts with being real,” says Ekwueme.



Photo Credit: Black Student Union

# Connecting Across Identities: Communicating Respectfully With People of All Gender Expressions

Written by: Daniel Olukoya  
- Student Reporter (CELR)



Photo Credit: Freepik

On Wednesday, January 25, The Whole U hosted the “Connecting Across Identities: Communicating Respectfully with People of All Gender Expressions” virtual event. The event’s main focus was to talk about how language and the small nuances involved with language can affect people of different genders. What someone is called can be very important to them and can even be a key part of their identity. The panel’s main focus was to talk about the significance of pronouns and how to refer to people who identify as part of the LGBTIQ+ community, or any person in general.

The panelists featured during the event were Kristin Jones (she/her), a Registered Nurse in the Burns, Plastics, and Pediatric Trauma unit at Harborview Medical Center (HMC) and strong advocate for gender-affirming care, Amanda C. Potter (she/her), Quality Improvement professional from the HBC- responsible for building metrics around diverse demographics in clinical data, and Val Schweigert (she/hers, they/them, siya), a queer, mixed Filipinx scholar and Interim Director and Associate Director of the UW Q Center. The speakers were very qualified to talk about these topics based on



*Continued...*

their personal and professional experiences. They also considered the fact that some people would not be as familiar as them with the topics that were being discussed. During the event, they planned out time to lay out the foundation of the language that is normally used to address people and how it is more inclusive to use other terms when speaking to people you do not know to be inclusive towards them before you even get to know them.

The meeting was only an hour long but it was full of important information. The thing that stuck out to me the most was the personal stories that some of the leaders and participants spoke about. There was one leader who spoke about the effects of their child being misgendered by someone in public. They spoke about the issues that being misgendered has caused to their child and their identity. But also, on the flip side, a participant also talked about their child and a specific waiter who went to the efforts to address their child properly, and how this actually

made the child and parent happy and more welcomed in that space because the child's choice is being acknowledged and respected by someone they were not familiar with in public.

The panel discussed ways and how to ask someone for their gender during your initial greeting, especially in using the term, "Y'all" and becoming familiar with using non-exclusive gender terms by using intentional language. You can ask the person, "How would you like to be addressed"? And instead, use their input to create your information about them instead of trying to assume and ending up misgendering them. It takes practice and a drive to change the language that you use to address everyone, but it is beneficial for being inclusive in your speech.

It takes time for you to change how you perceive someone in your mind. If you are not completely focused on the conversation, slip-ups can often happen and they can even happen more often to someone that you are

close to because you are already used to calling that person someone else. Your change in language will not happen immediately and can be worked on over time.

Things are not always perfect all the time and assumptions are often incorrect. Mistakes can instead be places to learn how to improve and be a more inclusive member of our society. Dwelling on the mistake does not solve the problem. Getting back up quickly and making the situation not about you is very important. This change in language is not for you. It is for someone else and how they feel around you. You should make sure to show them your intent and want to address them correctly.

To conclude, this Whole U event was a very good way to form and shape the UW community into a more gender-inclusive space where people are addressed the way they want to be addressed. Through this connection and understanding between all parties, mutual respect is formed.

## Discovering the UW Food Pantries

Written by: Eliza Caudle  
- **Student Reporter (CELR)**



*Photo Credit: Freepik*

The UW Combined Fund Drive (UWCFD) hosted a lunch and learn regarding the UW food pantries in Bothell, Seattle, and Tacoma via zoom on February 15, 2023. At each location, there was a representative to present how each UW pantry runs and is sustained. The UW food pantries provide UW community members with food insecurity access to culturally relevant food, hygiene products, household items, and baby products at no cost. Across all three locations, there have been noticeable increases in the number of visitors as food insecurity has grown due to systemic economic issues.

The Basic Needs Program Manager at the [Health and Wellness Resource Center](#) (HaWRC), Heather Kenning, provided a brief history of the pantry along with its current state. Prior to 2020 the UWB food pantry had two small locations. However, when the pandemic started, the food pantry moved into their office in the HAWRC as it remained open which is where it's located today, so students continued to have access to this resource despite the uncertainty of the pandemic.

UWB's food pantry is looking to expand so there is a dedicated pantry space for students as they currently have limited storage and need to restock frequently. They have also submitted a joint space request with Cascadia College to benefit everyone as there

would be more space for the pantry, and therefore more access to the culturally relevant foods that students are in need of. With limited space, UW Bothell cannot always accept food and product donations as much as they would like to since other items may be deemed as more of a necessity. They purchase items needed that are culturally relevant as they want to support everyone. The pantry is a resource for all Huskies and to build this atmosphere. In the past, they have prepared winter meal kits with multiple order options and pizza kits. [The Husky Pantry](#) is here for you, and it is currently located in the Health and Wellness Resource Center, ARC-120.

There are many differences between UW Bothell's food pantry in comparison to UW Seattle and UW Tacoma. At UW Tacoma things at [The Pantry](#) run slightly similar to UWB, but there is also a higher need for food at UWT. Erin Cousins, the program support supervisor for Equity and Inclusion, mentioned there aren't many affordable options to eat at UWT, and their closest grocery store is a mile away which isn't convenient for residents, especially those without vehicles.

Luckily, the food pantry offers students access to various items. They have partnerships with Nourish Pierce County along with other organizations to help fulfill some of the items individuals may be interested in. This location also has a fridge and freezer allowing

students to consume fresh/frozen produce which is a resource UWB doesn't have at the moment.

UW Seattle has the most resources of all. Hannah Whobrey, the Food Recovery Coordinator at UW Seattle described how in just over three years the UW food pantry became a proposal to a pop-up location to full operations in a permanent pantry in Poplar Hall. They have a large operation with just as many volunteers on the waitlist as those able to participate.

The [UW food pantry](#) uses a system similar to grocery shopping; visitors have a weekly point limit to receive items instead of money, and some items are zero points - like produce from the UW farm. Since they have a larger operation with more space, they are able to receive food from other sources as well, including food drives and partnerships with restaurants and UW dining.

The Whole U runs very different operations at each location, but what is the same is their consistency in looking for various ways to meet the needs of every Husky. The Whole U is dedicated to "fostering connection, holistic wellness, and engaging your interests," as stated on their official webpage. The pantries across the Whole U are here as a resource to support you. They put the "U" in UW because you matter, and food insecurity shouldn't affect any student's education.



*Photo Credit: UW Food Pantry Website*



# New Research by UWB Professor Improves Solar Cell Efficiency

Written by: Hussam Mikawani- **Student Reporter (CELR)**



Photo Credit: Freepik

The University of Washington Bothell (UWB) has once again made a major contribution to the field of renewable energy with the recent publication of groundbreaking research by Dr. Jane Doe, a Professor of Electrical Engineering at the university. Her research focuses on improving the efficiency of solar cells, leading to a significant increase in the amount of energy they can produce.

Solar power has been seen as a promising alternative to non-renewable energy sources for a long time. However, its efficiency has always been a limiting factor, as solar cells can only convert a certain percentage of the sun's energy into usable electricity. The current average efficiency of commercial solar cells is around 20%, which means that only 20% of the sunlight that hits the cell is converted into electricity.

Dr. Doe's research aims to address this challenge by developing a new material that can be used in solar cells to improve their efficiency. The material they developed has shown to increase the energy conversion efficiency by up to 15%, bringing the total efficiency to 35%. This is a significant improvement and could have a major impact on the future of solar power.

Dr. Doe's research was conducted at the UWB lab facilities and published in January 2023 in the Journal of Photovoltaics. The publication has caused quite a stir in the renewable energy community and has been widely covered in the media. With the grow-

ing demand for renewable energy sources and the need to find sustainable energy solutions to combat climate change, this research holds great potential in making solar power more viable and accessible.

When asked about her research and its significance, Dr. Doe said, "The need to find sustainable energy solutions to combat climate change and the growing demand for renewable energy sources inspired us to work on this research. Solar power has the potential to be a major source of renewable energy, but its efficiency has been a limiting factor. Our research aims to address this challenge and make solar power a more viable option for the future."

The material developed by Dr. Doe and her team is a new type of perovskite, a mineral that has been found to have excellent properties for use in solar cells. This new perovskite is made of a combination of lead and tin, which has proven to be more efficient at absorbing sunlight and converting it into electricity compared to traditional silicon-based solar cells. The material can be easily integrated into existing solar cell technology, which could make it a cost-effective solution for improving the efficiency of solar cells.

Increased efficiency in solar cells means that they can produce more energy with the same amount of sunlight, which can lead to a reduction in the cost of solar power. This, in turn, will make it more accessible to a wider range of communities, particularly those in rural areas. Additionally, the increased use of solar power will help reduce dependence on non-renewable sources and lead to a cleaner and greener environment.

The cost of solar power has been decreasing in recent years, making it more accessible to a wider range of communities. However, the high initial investment and maintenance costs are still a barrier for many, particularly in low-income communities. By increasing the efficiency of solar cells, the cost of solar power can be further reduced, making it more accessible to a wider range of communities. This could have a significant impact on reducing energy poverty and promoting energy access for all.

Furthermore, the increased use of solar power will help reduce dependence on

non-renewable sources and lead to a cleaner and greener environment. The burning of fossil fuels is a major contributor to climate change and air pollution, which has a negative impact on human health and the environment.

In conclusion, Dr. Jane Doe's research at the University of Washington Bothell is a significant advancement in the field of renewable energy. Her work focuses on improving the efficiency of solar cells, which has the potential to make solar power a more viable and accessible source of energy. The material developed in her research has shown to increase energy conversion efficiency by up to 15%, which is a substantial improvement.

This research is crucial in addressing the need for sustainable energy solutions to combat climate change and the growing demand for renewable energy sources. The increased efficiency of solar cells means that they can produce more energy with the same amount of sunlight, leading to a reduction in the cost of solar power and making it more accessible to a wider range of communities, particularly those in rural areas.

Dr. Doe's research has been widely covered in the media and has caused a stir in the renewable energy community, demonstrating the importance and potential of her work. Her publication in the Journal of Photovoltaics showcases the University of Washington Bothell's commitment to cutting-edge research and innovation, making a positive impact on the world.

It is crucial that we continue to explore and push the boundaries of what is possible in terms of renewable energy. Climate change is a real and pressing issue, and this new research encourages us to act now to find sustainable energy solutions. Dr. Doe's research is just the beginning, and there is hope that it inspires others to keep exploring and finding new ways to improve the efficiency of solar cells.

With continued efforts like Dr. Doe's, we can hope to create a cleaner, greener future for generations to come. The University of Washington Bothell will remain at the forefront of research and innovation, making a positive impact on the world and shaping a better future for us all.

# Safer Internet Day 2023: Security, Safety, and Mental Success

Written by: Lawrence Cupat - **Student Reporter (CELR)**



Image Credit: Madison Gruhn

Safer Internet Day falls on February 7th, with over 150 countries participating in the event. This worldwide event promotes the safety and security of using the internet. Each year on the second day of the second week of February, this day educates users about the ongoing challenges of the internet such as digital identity, social networking, and cyberbullying. The organization changes themes each year to focus on a certain type of issue when using the internet. This year the theme for 2022 will be "Together for a better internet."

Started in 2004 by the EU Safeborders projects and continued in 2005 by Insafe, a European group that promotes the proper use and safety of the internet, Safer Internet Day (SID) for almost 20 years has taught oth-

ers proper internet usage. In 2009, Safer Internet Day committees were introduced as a way to expand the outreach of the campaign. Now more than 150 different SID committees work together with community leaders in the heart of the European Union and create unity in their single message.

Representing the United States campaign is ConnectSafety, a non-profit organization based in Silicon Valley that educates others on online security, privacy, and digital wellness. The organization's goal this year is to connect with other students in as many schools in the U.S. Each committee in every country has a different theme relating to the Safer Internet Day's theme. The theme for the U.S. is "Improving Well-Being Online" The theme will focus on a variety of topics such as



misinformation, social comparison, and fear of missing out.

Our personal well-being in all facets is paramount in the present day. In 2021, over 90% of adults said the internet was essential during quarantine, according to Pew Research. But over 40% of adults have also experienced fatigue over excessive use of the internet. Online algorithms too have been a factor in online mental health.

Platforms such as TikTok and Instagram have been linked to promoting users of unrealistic body expectations leading to risks such as body dissatisfaction and eating disorders. A recent report from Pepperdine University says these social media platforms cause rabbit holes to spiral users into extreme forms of content.

“I became interested in the use of algorithms by social media companies, and the revelations by whistleblowers demonstrating that companies were aware of the harm that their platforms were causing young users,” says author Jennifer A. Harriger. She argues that platforms such as Facebook are aware of these algorithms that manipulate users to suggest products linked to body health. A whistleblower later revealed that social media platforms such as TikTok were designed to show users content that would trigger emotional responses and keep them coming

back.

“Social media companies are aware of the harm caused by their platforms and their use of algorithms but have not made efforts to protect users. Until these companies become more transparent about the use of their algorithms and provide opportunities for users to opt out of content they do not wish to view, users are at risk. One way to minimize risk is to only follow accounts that are positive influences on mental and physical health and to block content that is triggering or negative,” states Harriger.

ConnectSafely aims to focus on online safety, privacy, and security, especially with hardships that occurred in the last two years. “After years of progress, ConnectSafely aims to focus on the recent increases in cyberbullying, online toxicity, depression, and other harms associated with online experiences. At the same time, Safer Internet Day celebrates the positive, including the many examples of how young people are using connected technology to make the world better,” they share in the organization’s press release.

Safer Internet Day is not just about promoting the negative harms the internet has caused us. It promotes at the same time how the internet has caused young people to be more connected to make the world better, through online activism and making new relationships with those of similar interests.

According to U.S Congressman and ConnectSafely Ambassador Lou Correr, “Technology has been an incredibly empowering force for children, teens, and adults, but to use connected technology safely, it’s important to follow some basic rules of the road...It’s time to reinforce basic safety, privacy, and security habits so that we can continue to take advantage of the power of technology while protecting ourselves, our families, and our communities.” So this Safer Internet Day, take time to secure your privacy on the internet and make the internet a better, safer place to interact on.



Image Credit: Madison Gruhn

# Pathways to Academic Engagement Week

Written by: Tony Ha- **Student Reporter (CELR)**



Photo Credit: Freepik

College is often not an easy and direct path for everyone. With so many opportunities and possible paths to take, having to pick a direction to work towards can be a very difficult decision for many college students. Personally, although there is a path that I feel connected to, I can’t help but wonder what else is out there. Luckily for me, while browsing the University of Washington Bothell events tab, I noticed an event series called the Pathways to Academic Engagement Week.

The Pathways to Academic Engagement Week is a number of events that take place during the week both in person and online virtually to help you connect to your major and campus co-curricular opportunities. Throughout the week from January 23 to January 26, you have the opportunity to really connect with a major, start mapping out the path that you are headed towards, and

also find out what you are most passionate about.

This is also a great time to take advantage of the opportunity to get to talk to the people that have already gone through what you are going through, people who understand how you are feeling because they have already done it themselves. Furthermore, you also have the chance to talk to and learn valuable information from professionals in their respective industries. Along with all of these new and interesting people to open up your mind to and gather information from, you also have our own supporting advisors and professors there to help articulate and create a path that is best for you to work towards.

The day that I chose to go was Thursday, January 25. It was the last day of the Pathways to Academic Engagement Week and I felt it was the most important of them all. Alumni, advisors, professors, career services, industry professionals, and co-curricular programs and services from all over had all gathered in the ARC Overlook to come meet and talk to students.

It was organized by stations with each table belonging a certain major or service that UW Bothell provides. Along the back wall were the Career Conversation Circles where the professionals and alumni from certain industries could sit down and really get personal with the students, providing answers for all of their questions.

I personally really enjoyed multiple aspects from the event. The first thing that I chose to explore was the booth about our very own Collaboratory. Although I walk by it every single day, I never had the chance to learn more about it and learn more about what goes on inside every single day. The two friends running the booth were very friendly and inviting, telling me about their electric motor-

sport club where they get to build an electric go-kart to compete in a future race. The passion that they have while describing this brought me so much joy and excitement and it made me explore our Collaboratory in a deeper and more meaningful way than I ever did before. Another great booth that I found to be very helpful was the Business Policy section. There was a gentleman there who was very knowledgeable about business but this is not what grabbed my attention. Rather, it was how passionate he was about the topic. You could really tell that he loved what he did and he enjoyed spreading the information.

The overall goal of this event was to get students headed towards the right direction and to one day have the students proud of how far they have come. Passion is a word that I thought of multiple times throughout the run time of the event. The passion of the people running the event and of the people who were there to explain their experiences, but most importantly you could feel the passion of the students as soon as you walked into the room.

The Pathways to Academic Engagement Week was not something that was required or forced on to the students, rather, it was an event run solely on the intent of making the students feel more comfortable with themselves and where they are going. Whether or not students show up is up to them. I truly believe that everybody behind this event loves what they do and wants to spread that same passion along to the students of the University of Washington- Bothell.

# Get to Know Your Student Reps!

## ASUWB Director of Student Advocacy and Director of Campus Partnerships

Written by: Aditi Nambiar- **Editor-in-Chief**

### What is your role in ASUWB?



Nashwa Abukhder, she/her/hers  
ASUWB Director of Student  
Advocacy  
**Major:** Biochemistry (Senior)

I am the Director of Student Advocacy and that means I serve as the liaison between the student body, administration, and faculty. I make sure that all student voices are heard and their needs are met. If issues arise on campus, it is my responsibility to come up with a solution and ensure that our students' time spent at UWB is the best it can be!

### What got you interested in being involved with ASUWB?

I joined ASUWB to become more involved on campus! I didn't really know that much about campus my first two years because of COVID so I decided to join the student government to better understand campus and to help make it better.

### What is something UWB students should know about you?

I love pinterest, sanrio, FASHION and meeting new people. If you ever see me around campus, don't be shy- please say hi! Or if you prefer, you can DM me on instagram and introduce yourself. I love hearing what students have to say about campus topics or just anything in general.

### If you could go back and give your younger self one piece of advice, what would it be?

One piece of advice I would give my younger self is to always be my full true authentic self. Sometimes we dilute our personalities in order to fit in with the crowd and not draw attention to ourselves but be you to the fullest! Uniqueness is a wonderful thing.

### What is your role in ASUWB?



Isatou Ceesay, she/her/hers  
ASUWB Director of Campus  
Partnerships  
**Major:** Business Administra-  
tion, Concentration in  
Technology Innovation  
Management (Senior)

As the Director of Campus Partnerships, I attend committee meetings, hold open forums with the administration and faculty, and build relationships with upper-level staff. I also work on fostering relationships between ASUWB, and various UWB organizations to achieve long-term goals. Recently, in early February, we had our quarterly Town Hall outside in the plaza where our goals are to help create an environment for students to build relationships within the UWB community, and for students to share their feedback. We were able to provide Krispy Creme donuts and other delightful snacks to students, as well as outreach to hear students' voices and concerns. Overall, the plan is to certainly have more donuts available, as well as continue to allow students to use their voices, and engage in on-campus discussions.

### What got you interested in being involved with ASUWB?

During my freshman year, I was in the Husky Leadership program. Throughout my enrollment I was able to attend my first legislative session (Huskies on the Hill), represent and serve on the health and wellness resource committee, voice my opinion on various student concerns on campus, as well as shadow the current members at the time within ASUWB. Overall, it was an amazing experience where I got to be a part of something special and take on new challenges as a leader. As I progressed through my years at the university and in various leadership positions within clubs, I decided to take on this role for my final year, and here I am 3 years later.

### What is something UWB students should know about you?

I've been learning how to sew, and I've made a couple of pieces already. I've recently been pushing myself in attempting more complicated patterns and designs. The funny thing is that sewing honestly just started from curiosity, but it's turned into a passion of mine. As I'm constantly pushing myself to complete the piece and going with the flow no matter how many times the unexpected occurs.

### If you could go back and give your younger self one piece of advice, what would it be?

I would remind her that hope and faith are always by her side. And that she should never limit herself or feed into "I can't" because with every "I can't,," she alone holds the power to reassure herself with an "I can."



# UW Bothell’s Campus Events Board and Cascadia College’s Events and Advocacy Board Host A ‘Great Gatsby’ Casino Night

Written by: Riley Pluth  
- Student Reporter (CELR)



Photo Credit: Campus Events Board

The Great Gatsby has arrived at the University of Washington Bothell in the form of CEB and EAB’s annual Casino Night casino night. The Campus Events Board (CEB) of the Student Engagement & Activities department at UW Bothell and the Events and Advocacy Board (EAB) at Cascadia College hosted their popular casino event on February 2, from 4:00 p.m. to 6:00 p.m where everyone was welcome.

The event had a variety of casino games including Blackjack, Texas Hold’Em Poker, Roulette, and Craps. These are all very popular games played in the casinos, so this was a fun way to try out the games without losing real money. There were people at the event that could help anyone learn these games, so students did not have to worry about not knowing how to play some of the games.

Along with these games there was a magician for entertainment. The magician showed off some cool magic tricks that weren’t to be missed. The event was held at the ARC Overlook at the Activities and Recreation Center (ARC) which is across Campus Way from Library B1. At the event, delicious non-alcoholic cocktails, otherwise known as mocktails, were served along with snacks and treats to keep you fueled for the

games. There were also chances to win some cool prizes by spinning the prize wheel.

The whole night is centered around the Great Gatsby theme. For anyone who isn’t aware of the Great Gatsby, it was a book written by F. Scott Fitzgerald in 1925 about a self-made millionaire that throws massive extravagant parties and tries to pursue a girl that he liked when he was younger. It is a tragic love story, and it has been made into a movie twice.

It is one of the most popular stories of all time and it fits perfectly with the Casino Night event. In the story there was an infamously massive party thrown by Gatsby, mostly with wealthy people of high society, so their outfits were very lavish. The men would wear nice suits or tuxedos and the women would have extravagant dresses with high end jewelry. Dressing up for the event was encouraged, but not required. The event’s goal was to connect students with one another while playing fun games in a safe space.

Casinos have lots of fun games, and this event is no different. The games included at the event included Blackjack, Texas Hold’Em Poker, Roulette, and Craps. All of these games are popular and can be seen in real casinos. Blackjack has a simple premise with some complicated technical rules, but overall, it is a fairly easy game to play.

The basic idea of Blackjack is that the players are trying to have the highest total sum of their cards without going over 21. The players play against the dealer and if you go over 21 you “bust” which means you automatically lose. The winning odds of Blackjack are one of the highest out of the games in a casino, at 42.22%. Texas Hold’Em Poker is a more complicated game than Blackjack.

During this game the player is given two cards and they are kept secret from the other players. Betting will occur and the money will go into the center of the table called the pot. After its completion, three

cards are dealt onto the table and they are known as community cards. Another round of betting will occur and after another community card will be dealt. Followed by another round of betting and the last community card being dealt. The goal is to use your two private cards to make a combination with the community cards that is better than the rest of the remaining players. Throughout the betting process the player can choose to “fold,” “check,” “call,” or “raise.” “Folding” means you quit the round, “check” means that the player does not want to make any bets. A “call” is when a player raises the bet amount and pays that amount to stay in the game. A “raise” is when you want to bet more than what the bet is at the moment.

Usually, you would raise if you have good cards or you want other players to fold. If everyone folds and you are still in the game, you win the round and win the money in the pot. Texas Hold’Em Poker is a difficult game to understand, but once you start playing it becomes easier. I would recommend having a cheat sheet on all the combinations and how they rank.

Roulette is a very fun game. It is a wheel with red and black markings with numbers. A little ball will roll around the wheel and fall into one of the slots with the markings. Players bet on whether they think the ball will fall into a red or black zone, what number it landed in, or both. Finally, Craps is a game that involves two dice, and you win by rolling a seven or 11 and you lose by rolling two, three, or 12. Any numbers rolled in between have to be rolled again until one of those numbers are rolled.

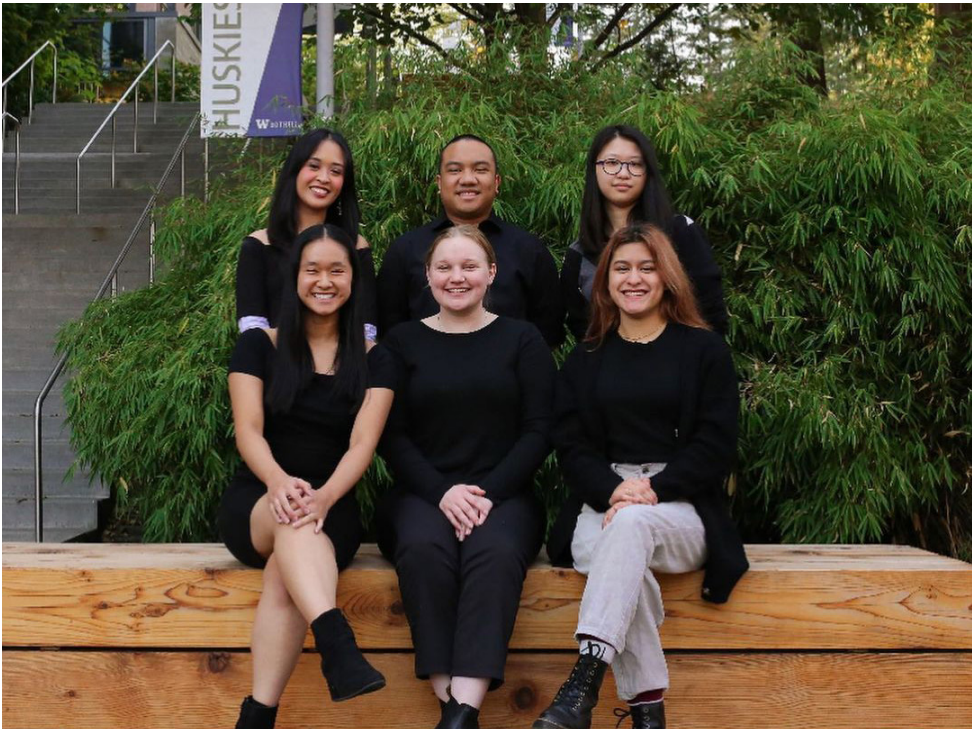
CEB and EAB have put together a wonderful and exciting event for students. Everyone should consider attending their upcoming events to at least meet some new people, or just to hang out with your friends at the event. Student events are a great thing for our campus and they really help provide a safe space for students to connect with each other.



Students at the ARC Overlook, Casino Night, Feb. 2, 2023



Students getting mocktails at Casino Night, Feb. 2, 2023



Campus Events Board Team 2022-2023: From the left, top row: Lexi Nguyen, Jerald Santos, Kayla Park; bottom row: Vanny Nguyen, Natalie Bunch, and Kami Lopez-Avendano

Photo Credit (ALL): Campus Events Board



# UWave Radio and Campus Events Board’s Music Workshop

Written by: Haiyan Lu  
- Student Reporter (CELR)



Photo Credit: UWave Radio

The UWave x CEB Music Workshop was organized by UWave, CEB and UW Bothell clubs Bothell Beats and Husky Tunes. This event was to teach you how to use the music production software Pro Tools and teach you how to warm up your voice when you sing. It was an excellent learning opportunity for music beginners. Whether it is singing skills or music production, you had something to gain.

The event was attended by some Bothell Beats and Husky Tunes club members, as well as SEA student leaders such as UWave Studio Manager, Marchie Sayas, Husky Herald Editor-in-Chief, Aditi Nambiar, Campus Events Board (CEB) Chair, Jerald Santos, CEB Public Relations Coordinator Natalie Bunch, as well as hosts Lexi Nguyen- CEB Entertainment Programmer,

and Nour Currie- UWave Studio Engineer, UW Bothell students, and music lovers. This event was held at the UW Bothell North Creek Events Center. The activity took place on Monday, Jan. 23, 2023, from 5:30 – 7 p.m. The primary purpose of programs like these is to provide all students with a purposeful and positive college experience through various programs and activities that enrich their lives.

The content of this event was mainly divided into two parts. In the first part, the host, CEB Entertainment Programmer, Lexi Nguyen, taught us how to make our voices sound better when singing. First, she suggested protecting our throat because the throat is the most important thing for us to sing. As a singer, drinks should not be too hot nor too cold as extreme temperatures can dry out the throat.

Nguyen strongly recommends room temperature water or food instead of water. She also recommends drinking tea which is even better if you add honey, because honey has a specific antibacterial effect. However, fruits with high water content are also the best choice for singers. Watermelon and honeydew melon are both excellent choices.

The singer’s posture is also very important. If the body posture is not correct, it will affect vocalization. The shoulders of the singer should be level when singing, and the relaxation of the body will help as well. Nguyen taught students a technique where you blow the water in a bottle with a straw until you blow some consistent bubbles. Staying to this practice of blowing water through a straw will improve your breathing

control. If you do this exercise every day, you’ll be able to sing longer, allowing you to hold notes for longer than you could before.

Finally, Nguyen explained what a note is and how to handle it when singing to make the voice fuller and thicker. Breathing should be coordinated because singing is about breathing with the stomach, not the chest. Ribs and bottom back muscles are lifted, shoulders should be relaxed, and good posture maintained.

The second part of this event was hosted by UWave Studio Engineer, Nour Currie on how to use the music production software, Pro Tools. First, he introduced what Pro Tools is. It is software for making music, usually used for music creation and mixing, sound design, and music editing. Currie ran through Pro Tools and explained how it can create instrument sounds like a piano, and how you can then edit those sounds using the system. You can manually select notes individually and move them around, so that they are in time within the software.

You can also highlight all, then right-click and quantize it to automatically put it in time. But sometimes, inevitably, it doesn’t know where you’re trying to place the note, and you might have to go back and correct those, so it can be a long process. Sometimes you have to go back multiple times to get the timing correct. That’s all there is to it, and then, all your notes are in the right place where you want them to be. The event was successful in encouraging many students on campus to explore their interest and passion in music!

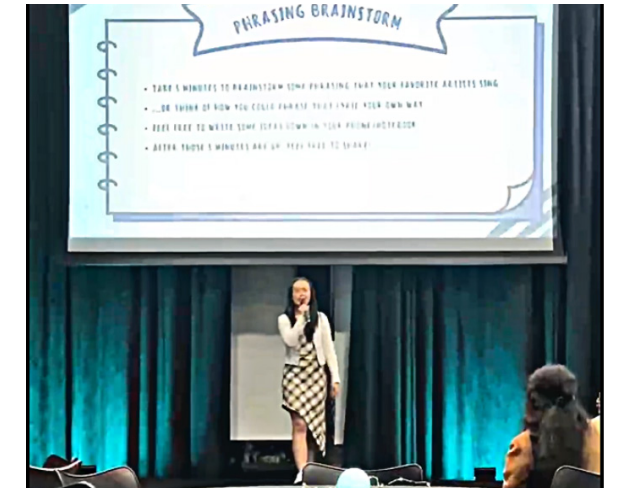


UWave Studio Engineer, Nour Currie leads the music production session at UWave and CEB’s Music Workshop, Jan. 23, 2023



UWave Radio Team 2022-2023: Station Manager, Marchie Sayas (left) and Studio Engineer, Nour Currie (right)

Photo Credit (ALL): Marchie Sayas



CEB Entertainment Programmer, Lexi Nguyen leads vocal session at UWave and CEB’s Music Workshop, Jan. 23, 2023

# Huskies vs. Arizona State: A Look Into UW Men’s Basketball

Written by: Ella Long - Student Reporter (CELR)



Photo Credit: Ella Long

On January 26, the UW Huskies played against Arizona State at the Alaska Airline Stadium. Arizona State gained a 12-0 lead within the first 5 minutes, before the Huskies exploded, gaining an almost 20-point lead in 10 minutes. They finished off the first half of the game with a 32-20 lead. The Huskies maintained their lead until an Arizona State player made 3 foul shots with 0.6 seconds left leading to a tie. There

There were 18 fouls, 8 belonging to the Huskies and 10 to Arizona State. Going into overtime the Huskies maintained control, with the Arizona State Sun Devils gaining 3 fouls, the Huskies won 69 - 66. CONGRATULATIONS HUSKIES!!

A special announcement was made

for player No. 1 Keion Brooks Jr., scoring 22 points total, making his 1,000th basket during last night’s game. A very exciting announcement mid-game! Congratulations Keion.

To be in the stadium while the Huskies are playing is to be transported to the most enthusiastic and supportive environment for our home team! No one can support the Huskies like the Huskies! UW Men’s Basketball has 9 more games, both at home and away games. With the Arizona State game only filling the stadium to 78% capacity, I know UW can really show up for our team.

Make sure to support your fellow Huskies!



Health Awareness this Month:

Rare Disease Day and International Childhood Cancer Day 2023

Created by: Mario Linares and Aaron Chau  
- Student Contributors (CELR)

Created by: Izak Casterline  
- Student Contributor (CELR)



WHAT IS IT?

Rare Disease Day is the globally-coordinated movement on rare diseases, working towards equity in social opportunity, healthcare, and access to diagnosis and therapies for people living with a rare disease.  
(rarediseaseday.org, 2023)



Since its creation in 2008, Rare Disease Day has been instrumental in creating a global and varied, network for people with rare diseases.



Rare Disease?

Diseases qualify as rare when they affect fewer than 1 in 2000 people.



Who is affected?

About 300 million people have a rare disease worldwide.



When did it become a day?

The European Organisation for Rare Diseases (EURORDIS) coordinated the first Rare Disease Day, which took place on February 29, 2008, in many European countries and in Canada through the Canadian Organization for Rare Disorders.

REPRESENTATION!

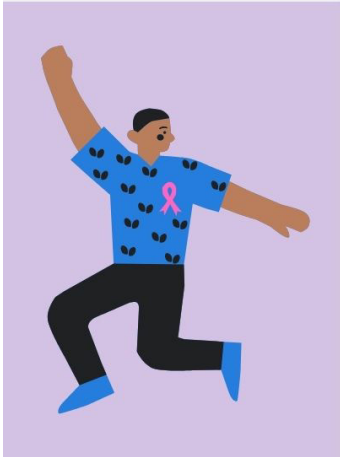
The hashtags #ShowYourStripes and #ShareYourColours will serve as the official hashtags for Rare Disease Day 2023, offering the community a reason to join on February 28. Wearing zebra stripes and lighting up buildings and landmarks with the Rare Disease Day color palette are two things the event's organizers advise (blue, pink, green and purple).

International Childhood Cancer Day

Every year, more than 400,000 children and adolescents below 20, are diagnosed



- The Target Goals of the WHO Global Childhood Cancer Initiative
- Achieve a 60% survival rate globally
  - Double the current cure rate
  - Better access to care for children & adolescents
  - Fight cancer together



Join the campaign by participating through donations and on social media with both #throughtheirhands #supportkidswithcancer

Learn more at [internationalchildhoodcancerday.org](https://internationalchildhoodcancerday.org)

[linktr.ee/uwave](https://linktr.ee/uwave)

Tune into UWave Radio

We are LIVE on Cirrus Streaming! We have music themed days, student produced podcasts, and radio shows.

[rdo.to/uwave](https://rdo.to/uwave) || [uwaveradio.org](https://uwaveradio.org)

LISTEN NOW

UWAVE Presents

NIC'S MIX

New RADIO SHOW EVERY FRIDAY 3 - 4PM

REPEATS ON SUNDAYS 7 - 8PM AND WEDNESDAYS 4 - 5PM

Tune into UWave Radio: [rdo.to/uwave](https://rdo.to/uwave)

Image Credits (ALL): Marchie Sayas, UWave Radio



# Music Review: SZA’s “Kill Bill”

Written by: Rex Correa  
- **Student Reporter (CELR)**



Photo Credit: Creative Commons

SZA’s newest album, *SOS*, has a fresh, eclectic sound. It unifies lo-fi beats, R&B, and hip-hop influences with soulful, moody lyrics. The album made its debut on Decem-

ber 9th, 2022, and quickly made its way to the top of the Billboard 200. The second track of the album, titled “Kill Bill”, became an instant hit on the radio and TikTok. The dreamy synth instrumentals and relatable theme of revenge made this song a fan favorite.

“Kill Bill” is a violent lament about an ex-lover who has moved on. After sharing her attempts to get over him, she declares, “If I can’t have you, no one should.” Throughout the song, she debates killing her ex and his new girlfriend. While it is “not the best idea,” she would “rather be in jail than alone.” She ultimately goes through with her murderous plan. She ends the song with the mournful lyrics, “I did it all for love, I did it all on no drugs, I did all of this sober, I did it all for us.” The original version of the song takes on a bitter, assertive tone. She is determined in her vengeance.

SZA released an acoustic version of the song on January 24, 2023. This version puts a sadder twist on the song. It replaces

the high-production synth backing track with emotional strums on a guitar. She sings in a grief-stricken tone, as if she no longer has a choice but to kill her ex. This bitter-sweet quality recontextualizes the song – she cries out to her lost love before killing him.

The Femme Fatale trope is making its way into pop music. Women artists are putting a violent spin on breakup songs, thus abandoning the damsel-in-distress theme they can often take. Such artists include Lana Del Rey, Doja Cat, and Kali Uchis. This new theme brings an emboldened attitude that inspires girl bosses everywhere to push their toxic exes aside and reclaim their power.

SZA’s new album is more than deserving of critical acclaim. Her lyric-writing is incredible, and her clear vision comes to life in this production. *SOS* highlights her artistry and creativity in a raw, expressive, and novel way. It is no wonder that it remains at the top of the charts.

## Student Art & Poetry

Created by: Makayla Taladoc  
- **Student Artist (CELR)**



Written by: Menna Araya  
- **Student Writer (CELR)**

### End of the World Menna Araya

The world ends tonight  
The sky darkens soon  
As the oceans spill into the cities,  
We’re surrounded by doom  
We knew to be kind to each other,  
But forgot to be kind to Earth  
We heard each other’s voices,  
But never listened to the dirt  
We never listened to the rain,  
Though she pleaded and cried  
We never listened to the storm,  
We simply turned to the side  
Hope takes us forward,  
As we learn from the wrongs  
Time will reveal the story  
As it has for so long  
The world ends tonight  
But only as we know it  
The end is never true  
It’s never as it looks  
We only turned a page  
A page from an endless book



# Do you want to contribute to the Husky Herald?

We are always looking for student photographers, writers, and more! If you have a talent that you would like to share with the Herald and gain experience to add to your resume or portfolio, email the Editor-in-Chief: uwbeic@uw.edu or the Assistant Editor: uwbae@uw.edu.

<p>February 2023 Husky Herald Team:</p> <p><b>Editor-in-Chief</b> Aditi Nambiar 2022-2023</p> <p><b>Assistant Editor</b> Max Stephens 2022-2023</p> <p><b>Contributors:</b> Daniel Olukoya Eliza Caudle Hussam Mikawani Lawrence Cupat Madison Gruhn Tony Ha Riley Pluth</p>	<p>Haiyan Lu Ella Long Marchie Sayas Mario Linares Aaron Chau Izak Casterline Rex Correa Makayla Taladoc Menna Araya</p> <p><b>Faculty Adviser</b> David Goldstein</p> <p><b>Program Manager</b> Pauline Tolentino</p>	<p><i>Special thanks to the rest of the Student Engagement &amp; Activities team for making our work as the on-campus newspaper possible!</i></p>
--	--	---

Connect with us on  
Instagram!  
[@husky\\_herald](#)



*Thank you for reading the Herald! We would like to know #HowDoYouHerald?*

## #HowDoYouHerald?

*Post on Instagram with the hashtag for a chance to get featured on our page!*

