

The Husky Herald

WOMEN'S HISTORY MONTH

Edited by Aditi Nambiar and Max Stephens

BENAZIR
BHUTTO

SUSAN B.
ANTHONY

CHRISTINE
SUN KIM

SOJOURNER
TRUTH

MALALA
YOUSAFZAI

Cover art by Hong K. Nguyen



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International Transgender Day of Visibility

Written by: Aditi Nambiar- **Editor-in-Chief**
March 2023



Image Credit: Freepik

March 31 is International Transgender Day of Visibility (TDOV), where the world annually commemorates the “resilience, strength, and joy of transgender, nonbinary, and gender nonconforming people” as stated in the United States President’s official “Proclamation on Transgender Day of Visibility” from last year. This day is dedicated to honoring the contributions and accomplishments of transgender people and continuing the work for more trans-inclusive communities across the globe.

International Transgender Visibility Day was founded in 2009 by Rachel Crandall-Crocker, a transgender activist who “wanted a day that we can celebrate the living [and] a day that all over the world we could be together”, as reported by PBS NewsHour. Crandall-Crocker noticed that the only significant day that the transgender community had up until then was the Transgender Day of Remembrance (TDOR), which was to honor the many homicide victims of the marginalized transgender community.

Crandall-Crocker wanted to transform the negative narrative around the community which was heavily focused around their experiences as victims of violence. She wanted to bring light to cultural empowerment and provide a safe space for transgender people to share their stories “while still acknowledging that due to discrimination, not every trans person can or wants to be visible,” as stated by the Gay and Lesbian Alliance Against

Defamation (GLAAD). Today, LGBTQ+ organizations around the world come together to recognize the unique identities and lived experiences of transgender and gender nonconforming people.

While there is significant progress being made in recognizing the transgender community and their experiences, the Los Angeles County Department of Mental Health says that International Transgender Day of Visibility “serves as a call to action... to encourage all service providers to practice a culturally-responsive, person-centered approach to care that appropriately addresses the unique health and social service needs of this community.”

According to the Human Rights Campaign, as of 2022, there are over 1.6 million trans youth (above the age of 13) in the United States. Transgender and gender nonconforming youth can face challenges in academic settings when there are not sufficient resources or care provided to create an inclusive environment. The National Center for Transgender Equality shares that “75 percent of transgender youth feel unsafe at school, and those who are able to persevere had significantly lower GPAs, were more likely to miss school out of concern for their safety and were less likely to plan on continuing their education.”

In order to create a safe space for students of all identities and provide equitable services for genderqueer and nonconforming students here at the University of Wash-

ington, the [The Q Center at UW Seattle](#) is dedicated to facilitating and enhancing “a brave, affirming, liberatory, and celebratory environment for students, faculty, staff, and alumni of all sexual and gender orientations, identities, and expressions,” as stated on their official website.

The Q Center has a diverse variety of programs and services to support students of all gender expressions and identities, including the Engender program, which aims to provide accessible and free gender-affirming care items to any person who needs them. In addition, the QCenter facilitates confidential community discussions groups including the Gender Discussion Group, the Color Mode (QBIPOC) Discussion Group, Queer Mentoring and Peer Program, and the Trans Femme of Color Cohort.

The QCenter hopes that these services can help achieve their vision of “a Washington community where justice, equality, compassion, and respect for all people prevail.” Students can join the QCenter’s Discord to join the community through the Discord application form here: <https://sites.uw.edu/qcenter/programs-and-services-hub/q-center-discord-application/>

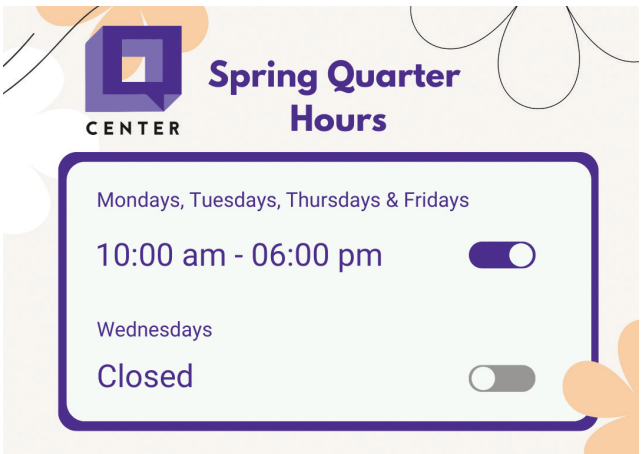


Image Credit: Q Center, UW

On Thursday, March 2, UW Bothell hosted the “T4T: Caring for Our Communities with Nazbah Tom” seminar as an Imagining Trans Futures local event. As stated on the event announcement on the UW Bothell events calendar, T4T is “about the practices and dreams of trans and Two Spirit care and community building in the face of long-haul trans survival.” Nazbah Tom is a somatic practitioner/poet who is published in the Lambda Literary Award-winning book, *Love After The End: An Anthology of*

Two-Spirit and Indigiqueer Speculative Fiction.

Tom commenced the event with an introduction about how they came into their somatic practice, followed by highlights of their contributions to the community working with the Native American Health Center in San Francisco and Oakland. Tom emphasized how various aspects of trans care including somatic practices, “are impacted by this work across generations,” as stated in the event bio.

In light of International Transgender Day of Visibility, Seattle Pride (also known as the Seattle Out & Proud organization), a non-profit dedicated to representing the LGBTQIA+ community, states “Transgender Day of Visibility stands as a celebration of a vibrant transgender community that continues to thrive, grow, and advocate for their rights. We see you, and we value you. Our hearts break with yours with every new tragedy, and soar with yours with every new wall you knock down.”

UW Bothell Counseling Center’s New Podcast: “The Crow’s Nest”

Written by: Max Stephens- Assistant Editor
March 2023



Photo Credit: Counseling Center

The UW Bothell Counseling Center is located in UW1 – 080. According to director Jessica Mason, “The Counseling Center is the designated mental health department for students at the University of Washington Bothell. The [Counseling Center’s](#) mission is to assist UWB students to discover ways to cope more effectively with challenges in day-to-day living through increased knowledge, skills, and self-awareness.”

Randy Scott is a licensed Mental Health Counselor who works for the Counseling Center. Outside of working directly with students, Scott is also the host of the Counseling Center’s new podcast, “The Crow’s Nest”. Launched in September 2022, “The Crow’s Nest” is a podcast that covers conversations on the University of Washington Bothell campus regarding topics such as mental health, social justice, and student success.

Scott is currently working on his doctorate in Counselor Education and developed the podcast as part of a leadership and advocacy project. “I (wanted) to do something that was a little bit more interactive,” Scott explains. Prior to counseling, Scott’s background was in broadcasting, so for him, a podcast made a lot of sense – “It was one of those things: How can I use all the different parts of my life in this advocacy project?”

Scott’s focus with starting the podcast was to provide a way to get important information and conversations regarding mental health to students. “One of things I’ve learned working in higher education, is that students really want this information,” Scott explains, “but they’re sometimes a little bit nervous to ask questions.” Podcasts provide a unique opportunity to get this sort of information out there. “There’s some intimacy in a podcast that you don’t necessarily always get (from other forms of media),” says Scott.

As he explains, the best type of podcasts tend to be the ones that feels like you’re “listening in on someone else’s conversation.” Scott acknowledges how sometimes

students just need help getting these kinds of conversations started. “Everybody’s situation is different,” says Scott. And while some episodes may be more applicable for some than others, Scott explains how “somebody might hear something that’s like, oh, that didn’t quite apply to me. But I felt something. Maybe I need to talk about this.”

“The Crow’s Nest” covers multiple topics, tracking and following conversations happening both within the local community, and nationally. Of course, the podcast features episodes focused on mental health care: there are episodes on suicide prevention, addiction, and depression and anxiety. But the podcast also features topics focused on issues such as identity and diversity. “The diversity of this campus is its strength,” explains Scott. This focus on addressing the diversity on campus has led to conversations on topics such as issues facing international students, LGBTQIA+ experiences on campus, and awareness about domestic violence.

Covering diverse topics on the podcast also acts to provide students with the opportunity to understand that there are multiple issues that the counseling center can help them with. “I think sometimes people think that it’s like, oh, I can go to the Counseling Center when I’m depressed,” says Scott, “Well, yeah, sure you can come to the Counseling Center when you’re depressed. But we also talk about healthy relationships. We talk about identity development. We talk about systemic oppression, you know? I think one of the goals of the podcast is trying to demystify that.”

When asked if there were any episodes that particularly stood out to Scott, he chose two. The first is episode 3, an episode covering first generation college students. “That was very personal to me, because I am a first gen college student, and we have so many first gen students on campus,” explains Scott, “I love talking about first gen experiences.” But the episode that Scott is most proud of is episode 10, which covers suicide prevention.

According to Scott, the episode on suicide prevention has been the most popular episode of the podcast. “I think, you know, it’s a tough conversation to listen to sometimes. Because, unfortunately, in our society, it’s still a taboo topic,” he explains, “But it’s one of those things, you don’t have to go very many degrees from people to find somebody who’s been affected by suicide.”

For Scott, this highlights the fact that while students may not always be comfortable talking about suicide prevention, it’s still a topic that they want to know more about, again highlighting the strength of the podcast format for getting this information to students. “I think (that episode) really accomplished what we wanted to do, which was,

we’re going to talk about a topic that nobody wants to talk about,” says Scott.

Heading into the future of the podcast, Scott says he hopes to explore more student participation in the podcast. “There was an episode we did, where we it was a roundtable conversation with some veteran students. And I really enjoyed having that conversation because it’s one thing for me as a mental health professional to talk, it’s different to hear about things from a student’s perspective,” he says. Scott explains how he sees the podcast not just as a platform and vehicle for the counseling center, but for the student community. “I would definitely like to see students get involved,” he says.

Students interested in checking out The Crow’s Nest can find it wherever they listen to podcasts: Apple Podcasts, Spotify, Google Podcasts, etc. as well as the RSS feed on the Counseling Center’s website.

Students can learn more about the services and resources that the Counseling Center offers by visiting their website at: <https://www.uwb.edu/student-affairs/counseling>. Resources students can find and utilize include individual counseling, same day crisis appointments, or the counseling center’s after-hours crisis service through MySSP. Director Jessica Mason also highlights how “students can also benefit from attending group therapy, workshops, and outreach presentations we offer. We encourage students to contact us before their struggles become a crisis so that we can help them before they escalate to that level.”

LOCATION



Founder’s Hall
UW1- 080 (Lower Level)

OBJECTIVES

The UWB Counseling Center is dedicated to providing **free and confidential** mental health services and resources to assist currently enrolled UWB students to successfully to work through **stressful, challenging, or difficult situations** during their times of need.



Image Credit: Aditi Nambiar

Women’s History Month: Celebrating Women Who Tell Our Stories

Written by: Neha Nehru- **Student Reporter (CELR)**



Photo Credit: Freepik

“I am a woman, phenomenally. Phenomenal woman, that is me.” This famous quote by Maya Angelou, an American poet, memoirist, and civil rights activist, reminds us of women’s unique strengths and contributions that have shaped history and continue to shape the present. As we celebrate Women’s History month, as a country and as a community, let us take a moment to reflect on the incredible strength, power, and resilience of women throughout history.

This month, we honor the women who have made history, from trailblazers like Rosa Parks and Ruth Bader Ginsburg to the unsung heroes who have fought for gender equality and social justice. Let us celebrate women’s incredible achievements and contributions throughout history while recognizing the ongoing struggle for gender equality and the need to continue breaking down barriers and empowering women to achieve their full potential.

Women have been telling stories throughout history, and their contributions to literature, media, science, and the arts have helped shape our understanding of the world and the experience of individuals. This year’s Women’s History Month theme is “Celebrating women who tell our stories.” It is particularly relevant to the UW community.

The university has a history of telling stories of women, displayed by UW offering the first Women’s studies course, Women 101, at a public university in the fall of 1970. The UW Studies program “became a model for others in the region and nation,” according to Centering Women. Eventually, with all the challenging work from extraordinary women, including Sue Ellen Jacobs, its first director, UW became the site for the Center for Research for Women in the Northwest.

As the UW community celebrates this month, we recognize the incredible achievements of women who have significantly impacted all fields of study and work. UW is proud to have a strong tradition of advancing gender equity and inclusivity. From the groundbreaking research of Barbara McClintock to the leadership of Ana Mari Cauce, the university’s first female president, women have made significant contributions to advancing knowledge and society. By promoting gender equity and inclusivity, the university is helping to create a more just and equitable society for all.

This year’s theme also highlights the ongoing need for gender equity in the science, arts, and media industries, where women have historically been underrepresented and undervalued. The recent Nature article,

“Celebrate Women in Science – Today and Every Day,” shines a light on ongoing challenges for women in science, including gender bias and discrimination. These challenges also apply to other fields, including the arts and media, and require continued efforts to address them.

This article highlights several women who have significantly contributed to science, including geneticist and Nobel laureate Barbara McClintock, marine biologist Sylvia Earle, computational biologist, and human genome project leader Francis Collins. These women and countless others have paved the way for future generations of women in science, showing that women can significantly contribute to science and excel in leadership roles.

However, women still face significant barriers, including gender bias and discrimination, a lack of support for family and caregiving responsibilities, and inadequate representation in leadership positions. The article also cites the negative impacts of gender bias on women in science, including a need for more access to funding and resources, lower salaries, and slower career advancement. “One example is how, during the COVID-19 pandemic, publication rates for women scientists dropped more markedly than did those for men – confirming that women shouldered a more significant share of responsibilities during that time, such as caring for families, leaving less time for research”, according to the Nature article.

So, is one month enough to speak about women’s complex history, and can the contributions made by women be summed up in a month? Or would an entire year also not suffice? The answer is no, it is not enough, but we do it anyways so we can dedicate time to learn about the great women from our past who fought for our rights. They are why we are where we are today and why we continue to fight for a just and equitable society for women. This month, let us celebrate the contributions of women who have told our stories and continue to advocate for women’s voices to be heard in all areas of society.

Earthquakes in Turkey and Syria

Written by: Aaron Avci- **Student Reporter (CELR)**



Photo Credit: Wikimedia Commons

The cause of almost all earthquakes are fault lines. They sit between tectonic plates like cracks, and are triggered by their movements, causing small to large earthquakes. Turkey geographically is located on the Anatolian plate. The Anatolian plate borders two major fault lines, making it a very active seismic area.

Due to its geographical location, Turkey has a major history with earthquakes. Even when the Ottoman empire was ruling, there are records from the 1800’s about devastating earthquakes¹. In modern days however, the frequency of such large-scale earthquakes was rare. The only two major earthquakes in modern times that Turkey saw were in 1939 and 1999, according to The New York Times.

On February 6, 2023, Turkey experienced one of the worst earthquakes in its

recent history, even deadlier than the one in 1939. The earthquake was a 7.8 magnitude earthquake, which at first left many people under the rubble and many structures damaged. The earthquake, however, did not end there.

About nine hours later, another earthquake with a magnitude of 7.5, hit again- just 60 miles off the epicenter of the first earthquake. This destroyed even more buildings which were already weakened from the first, leading to people being buried under multiples piles of rubble. The few search and rescue squads that were sent were also affected. As of February 9, there was an estimated 1,206 aftershock earthquakes that occurred around the original epicenter, leading to widespread destruction.

The original epicenter of the earthquake hit the southern part of Turkey, near

the Gaziantep and later, the Kahramanmaraş provinces. These provinces also share a border with Syria, which the earthquake also affected. These two earthquakes led to foreign aid being given to both countries. But due to the widespread damage to the infrastructure of the provinces, getting the necessary support and aid proved challenging at first. One thing to note is that the first few days and hours of the earthquakes are crucial.

Most of the time, the first person that is going to be able to help people out of rubble is not going to be a trained search and rescue team. With the scale of this earthquake and the destruction, many people were trapped under the rubble for days to an end. Due to the scarcity of trained search teams, and the fact that they had to go through tens of thousands of buildings, they prioritized places where they knew there were people. International teams also take about 24 to 48 hours to arrive, leaving a large responsibility to bystanders.

This event has shown the importance of a good disaster response team and the need

to train and inform the population that is living in a high- risk earthquake area. If the local population was made more aware and was given courses on how to manage debris and earthquake situations, there might have been more lives saved. This also raises the question on why most buildings in the area did not have sufficient earthquake measures. To answer these questions, we must look at the Turkish government. The governing bodies and construction crews that operate in that region should have been given strict codes to enforce, yet it appears from the damage that most buildings have been built haphazardly, according to AP News.

International attention was also drawn to the fact that the military was not mobilized immediately during the earthquakes to provide relief, which would have been a massive help in the first few days of the earthquake. The Turkish president, Erdogan also drew criticism due to disabling Twitter during his so-called visit to the affected sites. This led to people not being able to contact some help groups on twitter about their current rela-

tives' whereabouts for about a day.

This has led to mass criticism, ahead of the elections that Turkey is facing in May. The same mobilization was not seen in Syria either. However, many trucks and aid were collected through the efforts of regular citizens and organizations. Once the roads were cleared of debris, a lot of help was able to go through to both Syria and Turkey.

As the official death toll in both Turkey and Syria rises to over 43,300 people, this earthquake serves as a grim reminder of what could have been prevented. With the collective help of many people around the world, there has been a major help effort to save the people trapped under the rubble and whose homes have been destroyed. If you want to help, there are two donation links provided below, with one to Ahbap, an organization helping Turkey, and Save the Children, which is helping both nations. Another way of helping without donating is to raise awareness on this issue on social media and other spaces.

World Water Day

Created by: Madison Gruhn- **Student Contributor**

WORLD WATER DAY, MARCH 22, 2023

Here are 4 ways students at UWB can help stop the sanitation and water crisis!

CLEAN UP

Take part in clean-ups of my local rivers, lakes, wetlands or beaches.



FLUSH SAFE

Fix leaking water and waste pipes, not flushing wipes or menstrual products, and report dumping of sludge.



SAVE WATER

Take shorter showers and don't let the tap run when brushing my teeth, doing dishes and preparing food.



EAT LOCAL

Buy local with friends, seasonal food and look for products made with less water.



IF YOU WANT TO LEARN MORE ABOUT WORLD WATER DAY, VISIT: [HTTPS://WWW.UNWATER.ORG/BETHECHANGE/](https://www.unwater.org/bethechange/)

"You can't put out this fire" **THE HUMMING BIRD SAID, "I'M DOING WHAT I CAN."**

UW Bothell Truly House Info Session with First Generation Senior and Graduate Students

Photography by: Jose Lopez- **Student Photographer**

A photograph showing three students sitting on a couch in a living room setting. They are looking at papers and writing on them. There are two white coffee tables in front of them with pens and papers on them. The room has a window with blinds and some framed pictures on the wall.

Seniors and graduate students participate in reflection activities at the info session

A photograph showing a group of six students standing in front of a green doorway. They are all smiling and looking at the camera. They are wearing casual clothing like hoodies and jackets. The doorway has a "welcome" mat on it.

Students attend the info session for first generation graduate students and seniors at Truly House

Huskies on Campus: Winter Finals Edition

Photography by: Jose Lopez- **Student Photographer**
Welcome to Spring quarter, Huskies! Here’s a look back at students on campus during finals week:



Students prepare for finals week at the ARC Overlook



Students gaming at the ARC Overlook



Students working together at UW2 Commons



Students prepare for finals week at the ARC Overlook



Students have a discussion in class



Students get lunch at the People’s Burger food truck in front of the ARC building



Students play pool at the UW2 Commons

Train Derailments in Ohio

Written by: Aaron Avci
- **Student Reporter (CELR)**



Photo Credit: Wikimedia Commons

Recently in Ohio, there has been a series of train derailments. These derailments have been on-going since 2019. The most recent

derailments have been covered in the news due to their effects. One of the recent trains was carrying very hazardous chemicals, and even led to the residents of East Palestine, Ohio to be evacuated from their homes. The recent train derailments have started to raise questions about Ohio’s rail safety and against the company transporting these goods, Norfolk Southern.

The most recent and most alarming train derailment was on February 3, 2023, in East Palestine, Ohio. The train was a 9300-foot-long Norfolk Southern 32N train. The train consisted of 141 loaded cars and 9 empty cars. Out of the 141 loaded cars, 20 were carrying hazardous and flammable materials. According to reports, the train had suffered a mechanical failure on a previous run it had done.



Photo Credit: Wikimedia Commons

During the morning of the event, a security camera caught footage of a fire under one of the rail cars, and then the derailment was observed. There was a total of 51

derailed cars, 11 of which were carrying the hazardous and flammable materials. Most of the derailed cars caught fire and burned for two days. The fire led to hazardous chemicals to be released into the air, water and the soil, polluting nearly a two-mile radius along the crash site. Residents were evacuated out of a one-mile radius around the derailment.

The first responders on the scene were the fire department and other agencies, which increased after Norfolk Southern took notice of this issue and started helping with the cleanup. The environmental protection agency (EPA), Ohio department of Natural Resources, and officials were first to test around the crash site. Residents also started to be affected by the chemicals, particularly children, who reported developing coughs and other adverse effects.

Norfolk Southern helped clean up the incident, but the train derailment turned many people against them. After rounds of testing, the EPA declared that the water and ground were both contaminated. The evacuation of the East Palestine area was removed on February 9, and trains from Nor-

folk Southern have resumed their passage through the area.

The second derailment occurred in Springfield, Ohio, on March 4, again with a Norfolk Southern train. After the first derailment, people were very scared and concerned about the possibility of another chemical spill. Thankfully, the derailed train was not carrying any chemicals, and the EPA alongside the Ohio department were able to determine that there were no pollutants or chemicals in the area.

This marks Norfolk Southern's second major derailment in the span of a few months. The cause of this crash is still unknown and is being investigated. These derailments and crashes have led to mass scrutiny of Norfolk Southern and have led to people questioning the safety of the rail lines. Norfolk Southern has released statements about the incidents and have assured the public that they are investigating internally.

The Federal Rail Safety Bill, (FRSA) was passed in the 1970s which gave power of the railroads over to the Federal Railway

Administration. The FRA has immediately requested an investigation of the safety concerning Norfolk Southern's train lines and procedures. Although Norfolk Southern has attempted to clean up their self-image by apologizing and cleaning up the crash sites, they are still facing lawsuits. Amidst all this chaos, The Norfolk Southern CEO told congress that they would not be in support of a bipartisan bill that would impose a whole lot of regulations to combat future derailments. These statements have led many people to question the legitimacy and integrity of Norfolk Southern's operations.

The train derailments in Ohio have led to many problems and a call to improve railway safety in Ohio. With the first derailment leading to many hazardous chemicals being released into the surrounding area, causing a lot in damages, as well as putting a lot of people's health in risk, and with the second derailment, although much less harmful than the first, leading to scrutiny of rail laws and Norfolk Southern, these accidents have served as a wake-up call to many Americans about the railway industry.

Indoor Climbing with Outdoor Wellness

Written by: Max Pfof, Rileigh Thompson, and Lee Donohue- **Outdoor Wellness Leaders**

Outdoor Wellness provides programming designed to push boundaries, increase knowledge, and develop skills for responsible participation in outdoor activities. We strive to develop deeper relationships within the UWB and Cascadia College Community and enrolled students are welcome to join. The program provides free or highly subsidized outdoor activities, and we have a gear shop with free rentals available to students.

This Winter quarter, we have offered a variety of programs to keep students active despite the gloomy weather. Some of our favorites have been a sketching hike at Discovery Park, an overnight cabin trip at Mt. Baker, snowshoeing, and two days of skiing and snowboarding at Snoqualmie Summit. However, during this chilly season one of our favorite ways to remain active is indoor climbing events and had our last one of Winter quarter on March 10.



Photo Credit: Outdoor Wellness

Students participate at the Outdoor Wellness Indoor Rock Climbing Event

We are very excited to be able to continue offering these indoor rock-climbing programs to students on campus, for only \$5 per person. Our team feels that rock climb-



Image Credit: Outdoor Wellness

Students climb an angled wall at the Indoor Rock Climbing Event

ing is an excellent form of recreation that is adaptable for a wide variety of experience and fitness levels. Most people who come on our rock climbing programs are beginners/ have never climbed before and leave with a much better understanding of how to safely recreate in this sport.

Rileigh Thompson, the Outdoor Wellness Coordinator exclaims "without a doubt, my favorite moments during rock climbing programs are when participants transform their fear into the freedom climbing has the potential to offer. Climbing isn't necessarily a normal human activity and can be inherently dangerous.

We don't have the build of nature's natural rock climbers, the mountain goats! However, rock climbing can evoke the same joy that 'monkeying around' on play structures did when we were young. Not many things in our adult lives do that. It offers both the physical challenge and the freedom of moving in ways we normally don't. It's so amazing to see those instances when new climbers are able to overcome the fear and unfamiliarity of climbing and find the excitement of it. I remember that exact moment

for myself, so there is an inexplicable joy I derive from seeing that happen for others."

We also recognize that sometimes climbing can be off-putting or scary for new climbers who do not enjoy heights. However, climbing is a healthy way to encourage students to push their comfort zone and grow as a person. Max Pfof, one of the Outdoor Wellness Leaders shared, "I certainly do not like heights and had never been rock climbing before I applied to be an OWL. Much to my initial disappointment, I was required to learn how to rock climb for the position. However, after trying it for the first time, I am now a large fan of the sport and highly encourage people worried about climbing to give it a try."



Photo Credit: Outdoor Wellness

Student climbing a wall at the Indoor Rock Climbing Event

Climbing can also be a great way to relieve stress from our day-to-day lives. Lee Donohue, another Outdoor Wellness Leader shared, "Rock climbing is not just an adventure sport, it's therapy that helps conquer

Continued...

our fears and helps us focus on the present moment. Up on the wall, you can only really think about the next 10 feet ahead, and that’s something I think we all need in this fast-paced world we live in. By climbing up, we let go of the stress that weighs us down.”

It can be intimidating to start a new form of exercise without having someone teach you the ins and outs of how to be successful. While it can be very easy for you to feel lost and wonder things like what gear do you need to buy? Where should you go climbing for the first time? Do not fear! The Outdoor Wellness Leaders collectively have excellent answers and advice to your indoor rock-climbing questions. Our Nest Gear Shop, located in the lower level of the ARC, has all the equipment you need to begin

climbing, from climbing shoes, to harnesses, to helmets.

Wondering where to go climbing? There are many different climbing options in the area that provide opportunities to practice different climbing styles! Our suggestions are Vertical World, Uplift, Seattle Bouldering Project, and Edgeworks. Most of these have multiple locations around the Seattle area. Whether you want to rope climb or boulder, you can find a gym that fits your needs and begin your rock-climbing journey!

Students are always welcome to reach out to us at outdoor@uw.edu or visit our website <https://www.uwb.edu/arc/recreation/outdoor-wellness> for additional information. We also offer free outdoor gear rentals available in the Nest Gear Shop which is located on the lower level of the Activities &

Recreation Center. As the quarter comes to an end, look out for our end of quarter programs that will include a hike in North Bend, and two different camping programs!



Photo Credit: Outdoor Wellness
The Outdoor Wellness team at Indoor Rock Climbing Night

Exploring Diverse Solidarity and Economics

Written by: Daniel Olukoya
- Student Reporter (CELR)



Photo Credit: Freepik

On Wednesday, March 1, I attended UW Bothell’s Labor Colloquium Seminar. It was part of the “Dr. Drucilla K. Barker Memorial Seminar Series: Diverse Solidarity and Economies”, hosted by The Whole U.

The event started off with Prof. Charusheela talking in memory of Dr. Drucilla K. Barker. Professor Charusheela shared Dr. Barker’s work and efforts towards social activism and the need for transnational feminist solidarity to introduce the topic of this specific meeting.

This seminar series guided us through ideas about the feminist economy and care work during the pandemic. The speakers were very methodical and took time to break down the new terms that they introduced to the listeners. Dr. Caroline Shenaz was the first guest of the meeting. She is part of the Canada Research Chair and an Associate Professor of Global Development at the University of Toronto. Her portion of the

seminar was on diaspora, black feminists, and economic liberty.

Dr. Shenaz first brought listeners into the world of ROSCAs (Rotating Savings and Credit Association) which are cooperative groups that work together to put together credit and savings. These groups are not aligned with the government or private sectors of the economy. She focused on how these essentially community funded female-owned banks formed by black and racialized people empower their members to have a place in the economy especially when the government and people in power were not willing to help these women succeed. She showed some examples of current successful ROSCAs in the Caribbean, the United States and Canada. These groups all worked with their members and trusted each other to do better and improve each other’s lives. These ROSCAs show that if communities form and work together, they can combat a society that oftentimes leaves them hanging and doesn’t adequately help them achieve their goals.

The second speaker was Dr. Suzanne Bergeron who worked with the late Dr. Barker. She is a Collegiate Professor of Women’s Studies and Social Sciences at the University of Michigan. Dr. Bergeron spoke about women’s care roles during the pandemic.

Dr. Bergeron realized that women

often did a lot of unpaid and undervalued work at home during the pandemic and the things they did often were unrecorded small things that usually do not see the light of day. She wanted to focus on what kind of support women gave during the pandemic and how society should be rewarding these caring women for their work.

An important idea in Dr. Bergeron’s talk was unpaid work burdens that are often placed on women such as checking up on co-workers or students, and making sure that things are going alright in the lives of others. This extra work should be put into quarterly and annual performance guidelines to create new cultural norms around academic caring culture. Giving small rewards to employees that exceed in these areas rewards these women for their unpaid work.

There were a lot of strong points in the talks by both speakers and it was a very beneficial seminar to join. Lots of questions were asked after the talks, to both speakers. Dr. Hossein, the first speaker was able to clarify some of the points and go deeper into the intricacies of ROSCA’s, including the benefits and downsides of them as well. A question was asked of Dr. Bergeron in she was able to detail some of the ways in which her institution rewards the work of people who take extra time to take care of others.

Husky Highlights Seminar March 2023 Breaks Down Climate Anxiety and the Future of STEM

Written by: Ella Long
- Student Reporter (CELR)



Photo Credit: Freepik

The Husky Highlights Seminar, which took place on March 8, contained two presentations regarding teaching practices and the study of climate anxiety. Environmental Humanities Professor Jennifer Atkinson started off the seminar with a breakdown of the book she is currently working on, *Climate, Justice, and Emotions* regarding eco-guilt

and climate anxiety in students. She spoke about how teachers can support and create a reflective environment for students to deal with climate anxiety. A look into student surveys has shown that many, if not most, students feel a sense of hopelessness and fear when they are asked about the future of the planet.

“With students coming into the classroom already aware of how bad things are, the old model of scaring them into caring is no longer working. Even worse, it’s backfiring, as shown by a growing body of scholarship on the roles of emotions in climate action,” she explains. Atkinson’s book is focused on the acceptance of climate anxiety and a shift in the way climate change is taught in order for it to be less emotionally destructive to students and teachers.

Following Atkinson’s presentation, we

heard from Rachel Scheer who demonstrated and explained the work of Periscope, a company that’s primary aim is to help STEM instructors with authentic teaching events/styles the way an expert educator does. She broke down the system that Periscope uses and how their lessons are formatted to create a more well rounded learning environment for STEM based classes. They incorporate different learning techniques, videos, related readings, and important discussion questions to promote a healthier learning environment.

The Husky Highlights seminar is a collaborative meeting where constructive and helpful conversations take place. The presentations allow for a well rounded view of the companies on display and provide open ended conversation on topics that affect many teachers and students.

Dealing with Depression in College

Written by: Joyce Yabisa Bindamba
- **Student Reporter (CELR)**

OPINION



Photo Credit: Freepik

I wanted to talk about a subject that I find important because I am living it myself at the moment and I know deeply that people with depression, for the most part, are people whom you cannot imagine are not feeling well in their body, or that they are absorbed in many thoughts- because they are sometimes the happiest people on the outside.

The ones who are the first to be there when someone needs help, the ones who crack jokes and make everyone feel loved and heard, these people could be the most depressed people. They are always checking in on others and we forget to check on them in, we forget they are also humans going through the same emotions and challenges we face every day. This may seem confusing, so let's ask ourselves some questions to understand the topic in depth. What is depression? What are the symptoms of depression? What can we do to help people going through depression? What resources does the UW make available to us?

Depression is defined by Merriam-Webster as a type of serious illness that occurs when a person feels hopeless, sad, and unimportant. It can affect them in a way that prevents them from living a normal life. Depression is one of the most common mental illnesses. The statement attributed to the WHO report indicates that societal burden is the main reason why people become depressed. Depression can also be the cause of various other diseases such as cancer and diabetes and it can lead to reduced quality of life and increased mortality.

Many university students face various problems, such as peer pressure, school stress, and family issues, which can cause them to suffer from depression. This can encourage them to engage in high-risk behaviors such as substance abuse and smoking. Depression can also affect a person's physical and mental health, as it can be linked to the development of acute infectious diseases and self-harming behavior.

New students are likely to experience various factors that can affect their well-being, such as their relationships with friends. The link between stress and the relationship with friends is considered the most important factor contributing to depression. Having an unsupportive friend can negatively affect a person's well-being. The link between depression and social problems is associated with the individual's perception of their emotional distance.

People prone to depression find it more difficult to adapt to their new environment. A student's sense of belonging can come closer to their mindset if a new friend

or value is trustworthy. On the contrary, if it conflicts with their personality, it can be considered untrustworthy. Having a filter that increases the emotional distance between yourself and the new friend can help make the relationship more authentic.

Feeling isolated and unable to make new friends can negatively affect a person's well-being. According to the researchers, this problem could lead to feelings of hopelessness and contribute to the development of depression. Loneliness is also known to be a major cause of depression. It is believed that having a low social connection is linked to higher depression.

Although depression can be caused by a variety of factors, it is not always possible to assign a specific cause. For example, certain life events can affect a person's risk of developing the disease. However, it affects girls more than boys. Depression is often linked to other mental disorders. People who suffer from eating disorders or anxiety can also be affected by this condition. Its negative effects can impact a student's academic performance and social development.

People close to a student may not be aware of their battle with depression, and this could alienate them from those around them. It could also include teachers and friends who are usually the first to notice a person's problems due to the time they spend in class. Although some teachers may initially think that a person's behavior is a lack of effort on their part, it may be possible to identify and treat the signs of depression in a person.

Most often, symptoms of depression include difficulty concentrating and withdrawing. Physical changes can also be caused by the condition. Some of the symptoms of depression include weight loss, headaches, and stomach issues. Other symptoms include frequent absences, suicidal thoughts, low self-esteem, and irritability.

People help us through difficult times, whether we are going through it ourselves or are worried about another person's mental health. Family members, colleagues, or friends can also provide valuable support. Although it may seem obvious that a person is struggling with their mental health, it is not always possible to tell if they have a problem. Being sensitive to someone who seems troubled is more important than diagnosing them. Although some symptoms can be used to diagnose mental health issues, other people may behave the same way whenever they are sick. Having a well-established relationship with someone can help you identify changes in their mood and behavior.

Being able to talk about mental health issues can be a difficult thing to do, especially if you're worried about a friend or relative. However, it is important not to wait for them to come to you. Talking to someone can help you identify what's going on with them and provide helpful advice. It's important to talk to someone who is struggling with their mental health issues, as it can help them get the help they need.

It can be hard to talk to someone about your concerns when talking about depression, I never talk about it. I'm not a person who talks about how they feel and it's

something that, in my culture as an African living in an African household, is not taken seriously. But I have friends of mine who have observed me and never judged me. I have been in this state for almost two years now and at the time, I just feel empty. I don't want to be around a lot of people, I barely attend classes, I am mostly alone, the only thing that makes me feel good is when I'm at the gym or spending time on the phone with my parents and sisters and some of my close friends because I've cut ties with almost everyone.

People can help someone going through depression by being a good listener, that's more important than giving someone advice. It's not about fixing the person, but rather being able to listen to them and help them feel better, to listen to them when they talk about their feelings without judging them. People with depression tend to isolate themselves and withdraw from others. This can be very difficult to manage. Being persistent and gentle will help you get through this.

Starting the conversation is the hardest part of talking about depression with a loved one. You might try saying something like, "I'm worried about you" or "I've noticed some changes in you recently." After talking about the problem, you can then ask a variety of questions to get to the bottom of the situation. For example, if you are concerned that the person has a mental health problem, you can ask them if they are considering seeking help.

Being supportive also means offering hope and encouragement. Talking to depressed people in a way they can understand can help them feel better. One of the most important things you can do is let them know you're there for them. Even if you are unable to understand their feelings, you can still help them by telling them what you can do to help them. And something that I have researched and will try to do is tell myself that I am important to myself and that I will continue until the end of the day. I do my best to look on the positive side and avoid saying things like, "It's all in my head." Instead, I try to focus on the positive. and another thing that may seem unnecessary is telling yourself that you're not going to give up easily.

There is something useful that the campus offers in the Health and Wellness Resource Center (HaWRC), it was created recently, and it is aptly called Campus Well. The new Cascadia College and University of Washington at Bothell student website, Campus Well, is designed to provide easy-to-use health education resources. It features a variety of articles on topics such as mental health and nutrition. It helps to read and watch short videos explaining and sometimes talking about your feelings if you can't express them yourself because in the end you feel understood. If you or someone you love is suffering from depression, call the Substance Abuse and Mental Health Services Administration hotline for a referral to treatment: 1-800-662-HELP (4357). If you are having suicidal thoughts or are worried about someone you love, call or chat with the National Suicide Prevention Lifeline: 1-800-273-8255.

Social Media and Online Learning

Written by: Evan Outwater
- **Student Reporter (CELR)**
OPINION



Photo Credit: Freepik

It’s no secret that post-covid the world is more online than ever before. The pandemic taught all of us that we can work, learn, and interact with others all from the comfort of our homes and gaming chairs. As a University of Washington- Bothell student during the pandemic, I spent my first two years online in both dorms and personal housing.

While online learning is an entirely separate topic to tackle, I found that social media and my online presence interfered with my learning. A lot. It’s a difficult task to balance time on electronics in the modern age just because of how much we need them. All of our information as students comes from our devices, and those devices are also used for relaxation. In the modern age being a student means you’re online. Always.

Staying off of the phone is difficult for our generation, especially post pandemic as social interactions happened largely online in the midst of it, and adjusting back is hard. UW Bothell being a commuter campus exacerbates this even more as friendships and connections made in the classroom usually have to be facilitated online after the class or quarter is done.

Communication between students and teachers, or students and students, are usually online as well. I can’t count the number of class Discord servers I have been a part of over my college career. Canvas as a learning tool is useful in its own right, but it certainly doesn’t help me stay off my phone or computer. In our day and age, media interaction and academia are starting to push up against each other.

Push notifications are the worst offender for me personally. Whenever my phone buzzes that ingrained behavior pattern fires which makes me pick it up and check it. But what if I don’t? If I’m trying to cut down on my electronics, I’ll try and ignore it. But if it’s a text from work about a schedule change or an assignment notification on canvas, I won’t be happy I did.

Usually, it’s just a message from a friend or a twitter notification, but I can’t risk missing important information. The FOMO that comes from wanting to be in the loop constantly is a great tactic for social media companies to play off of, and trust me they do, but its only ingrained further when I find out there actually was something I needed to know when the notification turned up.

Emails are a particularly horrible platform where school and media butt

heads. Nine out of 10 of my emails are spam because I was not at all responsible with my online presence as a kid, and I have yet to clear it all out. But every once in a while, I get an important email from a professor, or I receive one related to my personal life that needs attention.

As much as I wish I could turn off email notifications and forget about it, I can’t risk missing out on information I need to attend to. Email is an artifact from the early internet, but it is still an important part of all of our online lives, especially when every single service you sign up for requires email.

When my parents and older relatives complain that I’m “always on that phone!” I have to explain that I kind of have to be. Older generations functioned in different ways and lived in a different time, but nowadays the world is on the internet. I can’t unplug and turn my electronics off during the week because even if I want to, I need to be in the loop for school. When the weekend finally hits and my eyes are tired from reading 100 pdf pages, I log on to video games to play and connect with old friends from my hometown, or new ones from UW Bothell. Regardless of my activity, it’s usually online. I thoroughly enjoy a good book, but even then, it’s hard to separate from my phone sometimes.

In the modern age of academia this is something we all have to battle. Students have never before been more online, and the world itself is encouraging online presences more as well through social media and communication platforms. “Putting the phone down” isn’t a solution to the problem, which begs the question: what is?

Movie Review: *Puss in Boots: The Last Wish*

Written by: Elizabeth Riffle
- **Student Reporter (CELR)**



Image Credit: Wikipedia

You, like many others, might find yourself faced with a conundrum when it comes to movie night: whatever shall I watch? In reality, there’s quite a simple answer: you should watch *Puss in Boots: The Last Wish*.

Hesitant towards this movie would be understandable, as it was made and

marketed as a kid’s movie. Media marketed towards kids may be more prone to shallow messaging, characters that exist only for the purpose of marketing, or an all around relatively boring viewing experience. It’s safe to say that *Puss in Boots: The Last Wish* falls under none of these preconceived notions.

To begin, the messaging of *Puss in Boots: The Last Wish* (PBTWLW) is anything but shallow. A risk you run when watching this movie is needing to bring tissues. Not only does the main character (Puss in Boots) go through his own trials and tribulations, you see the other characters learn lessons as well; lessons about family, friendship, and prioritizing what’s really important: those you love and who have been there for you through everything.

The movie teaches children and adults alike the importance of uniting for a common goal rather than chasing temporary, selfish gratification. It’s a refreshing and hopeful message that makes you walk away from the movie feeling like a better person than before you started.

This messaging is only enhanced by the cast of well written characters, both sympathetic characters that you can root for and evil characters that are easy to unite against and view as the common enemy. Very few characters in the movie are morally saints.

The characters we’re able to empathize with are flawed, just like us. Through the excellent portrayal of sympathetic characters, you as the audience get very invested in the story. Not only does this make it an engaging movie, it further helps to drive home the message of the movie. It teaches self-forgiveness, and that even though you’ve made mistakes in the past, taking accountability and putting effort towards change makes you ultimately stronger.

We see characters in the movie face nigh insurmountable challenges that they’re ultimately able to overcome by showing vulnerability and accepting help. In a climate where self-empowerment is such a common theme in media, seeing vulnerable and flawed characters be the victorious heroes of the story is important for kids growing up today who are so malleable and have not yet developed their sense of self.

Puss in Boots is portrayed as cool at the beginning of the movie, but his hubris catches up to him, making it necessary for him to change his ways. This is not easy for him, and by following his journey we see that it’s okay to drop the facade– in fact, it’s more than ok, it’s the only way that you can connect with those you care about.

This is demonstrated well in his interactions with Kitty Softpaws throughout

the movie, eventually culminating in one of the single most heart wrenching lines I have ever seen in any movie. For anyone who has struggled with something similar, this movie is such an important and valuable lesson.

Beyond the marked emotional impact of this movie, it is extremely well made. The

animation and soundtrack make this movie an incredible viewing experience even if you somehow don't appreciate the incredible writing. The animation is done in a bit of an unconventional style– unconventional yet extremely effective, like many elements of this cinematic masterpiece. There are even

references to hugely influential works of animation of our time, including a reference to the notorious anime, *Attack on Titan*.

Go ahead, give it a watch! You won't regret it!

Celebrating Women Empowerment Through Art

Illustrated by: Rawan Elarab- **Student Artist**



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