

EARTH DAY 2023

The
Husky Herald

WHAT A WONDERFUL WORLD

Edited by Aditi Nambiar and Max Stephens



Cover art by Hong K. Nguyen

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The Diversity Center Celebrates Five Years of Advocacy and Empowering the UW Bothell Community

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



Image Credit: Freepik

On April 12, 2023, [UW Bothell's Diversity Center](#) (DC) hosted a special celebration at UWB Plaza to commemorate their fifth anniversary. "Together, we have built a community that values diversity and promotes equity for all. Let's come together to honor this milestone and share our stories of inclusivity," said the invitation poster to the campus community.

The Diversity Center's mission is to create an inclusive and safe community on campus while promoting social justice and equity for all students to enhance their academic journeys. It was officially started out of student advocacy as students demanded a space for safety, community, and belonging following the 2016 elections.

The campus hired the Diversity Center's first professional staff in 2017, starting with the inaugural director, Miguel Macias, and the first program manager, Ariana Chini. Today, they aim to "advocate and support institutional transformation in policy and practice toward greater diversity, equity, and liberation," as stated on the center's official webpage.

Currently, the Diversity Center is led by professional staff, the director for the Office of Diversity, Equity, and Inclusion, Melissa Keightley, along with the assistant director of the Student Diversity Center, Ian Zamora, and undocu and LGBTQIA+ program manager, Maisha Manson.

In addition to the resources the Diversity Center provides to support students,

their office located at UW1-173 holds spaces for students to reserve for studying, collaboration, club events, and more. Director, Melissa Keightley shares, "I think of us as being both like play space as well as service and program-based."



Melissa Keightley (left)- director of the Office of Diversity, Equity, and Inclusion and Ian Zamora (right)- DC assistant director

Photo Credit (all): The Diversity Center

The Diversity Center has a library and community space with a computer lab, meeting rooms, and amenities like microwaves and charging stations for students. Students can reserve rooms with a Google form for booking spaces through the [Diversity Center's webpage](#) on the UW Bothell website. The DC collaborates with campus partners (clubs and organizations) to provide identity conscious resources and coaching for students. Some of these programs include their

newly launched series, Queer and Trans (QT) Time and Husky Dreamers. QT Time is run by Pidge Russ, LGBTQIA+ student advocacy coordinator, and Jennie Ha, media and design coordinator at the Diversity Center. Russ describes it as "our community moment where we just get to come together and talk about things that are applicable to us."



Pidge Russ (left) and Jennie Ha (right) at the Diversity Center's 5th Anniversary Celebration. April 12, 2023, UWB Plaza.



The series has been an exciting way for the students to connect and feel supported. Russ states, "QT Time was founded to support the intersectional Queer and Trans student population, and it's a time for us to come together in a safe-space. Beyond community building we've been focused on resource sharing to our community and time spent in solidarity Diversity Center to partner with the club as it starts making a presence on campus again." They add, "It was one of the things that fizzled out during COVID-19... it's been the only

consistent LGBTQIA+ community event so it's been cool to see how we have different people almost every time and I want to facilitate spaces for Queer and Trans joy on our campus."

The Diversity Center also holds a Husky Dreamers series through which they provide support and empowerment for Undocumented, Dreamer, DACA, mixed status, and other students by connecting them to campus resources and student legal resources as they navigate their experience at UW Bothell.

Russ states that the Husky Dreamers series ultimately gives students an open space to "sit in solidarity with each other and just have that community time because it's nice to have a physical presence on campus where you can be safe as a student." Students are welcome to walk into these meetings during their scheduled times to voice questions or concerns with student staff who can provide guidance. This quarter, the Husky Dreamers meeting occurs bi-weekly on Tuesdays, April 11, April 25, May 9, and May 23 from 2:30 p.m. to 3:30 p.m. at UW1-161 (The IDEA Project room).

The Dreamers series was started in 2019 but had come to a hiatus during the pandemic, which impacted the type of programming and outreach the center could do in the midst of it. "I think we're all sort of recovering from the pandemic...we're all holding on to a little bit of that heaviness, and so I'm hoping that in a few years, [we will] all get to heal from that experience," says director, Keightley.

Additionally, the DC is known for their recurring "Conchas and Conversations" events where they source conchas, traditional Mexican sweet rolls, and other breads for students to come together and have impactful conversations based on the theme. This event was started by lead intercultural and community coordinator, Suzy Montalvo-Madrigras as a way to share a part of her Mexican-American identity with the community. "This event came from the idea [that] in my culture we have bread and coffee on the weekends as a family [to] decompress. I wanted to bring this idea into the space and thankfully it has been pretty successful," says Madrigal.

One of their highlight conversations was the Valentine's Day theme which was focused on self-love. Their most recent one was on the theme of First Generation students "where we had students come in and talk about their experiences and having to navigate college on their own," Madrigal shares.

Media and design coordinator, Jennie Ha shares that while the Diversity Center hosts certain events for the purpose of introducing their work to the community and increasing awareness of the resources they offer, they also host "more specific events that are tailored to specific communities for them to be comfortable in the space... We have had to run a few events and then also have a mixture of programs that are more recurring for the communities that are established, so [students] know there are others that share their same identities."

Students are encouraged to follow the Diversity Center's [Instagram page](#) to stay updated on future events and involvement opportunities.

The student staff at the Diversity Center consist of different teams who manage various operations and resources that the center provides at UWB. These include the

Community and Advocacy Team (COAT), which comprises the Advocacy and Resource Team (ART) and Marketing and Design Team, which Ha is a part of along with co-media and design coordinator, Piper Phan. The ART opened three new positions at the center this year including the BIPOC student advocacy coordinator, the LGBTQIA+ student advocacy coordinator, and the undocumented resource coordinator.



Diversity Center Community and Advocacy Team 2022-2023; from left: Itzetzl Vixtha Teoba, Jennie Ha, Pidge Russ, with program manager, Maisha Manson. Not pictured: Hiba Hasan

The third part of the student staff at the Diversity Center is the Intercultural Community Coordinators (which will soon be referred to as Cultural Event Coordinators in the upcoming year), who are a group of three students who do programming based on "culturally-relevant, identity-relevant programming spaces to build community, knowledge, skills, awareness based on different topics of their choosing," says Zamora.

The team of student staff includes the Peer Educator team, which works with the DC Alliance, which is a collection of identity-based student organizations on campus to provide relevant support for students while organizing the planning and support for the LEAD Retreat, an upcoming program in Fall 2023, for students who want to learn more about what it means and looks like to practice diversity, equity, and inclusion-based leadership.

The DC's fifth-year [anniversary event at UWB Plaza](#) was organized by the Community Advocacy & Advocacy Team student staff and was put together by the DC to celebrate the historical context of the center and reflect on their growth as an integral part of the campus community along with students during this significant milestone.

A key piece of the event was a DC letter cut out that student staff put together with the Collaboratory to visually represent memorable moments over the years and showcase candid student polaroid pictures from the event. Along with the letter cutout, the DC also asked students to reflect on prompts regarding the center's diversity, equity, and inclusion aspect of their work, which will then be created into a large art mural to be displayed in center. They asked questions such as "What does it mean to build an inclusive environment?" and "What does community mean to you?"

Ha shares, "I felt it was really nice to tap into the creative side and have [a way] to visually portray the resources we have available." Looking at the community collage currently put up at the Diversity Center, Russ reflects, "It's nice to have a display of who we are."



DC Letter Cutout



Students reflecting on the DC's prompts at the anniversary event



Jennie Ha, media and design coordinator, tabling at the DC's anniversary celebration event at UWB Plaza

To mark the end of the year and celebrate graduating seniors, the Diversity Center is excited to host their annual Diversity Center Recognition Ceremony and Lavender Graduation to "commemorate our hard work as students and the finalizing of our degrees in a space specific for our identities- that honors that and recognizes that specific struggles that we face within the college sphere," says Russ.

As the Diversity Center grows, assistant director, Zamora, hopes to reimagine their dynamic role on campus to create the most impact for the student body. "I'm just looking forward to us making a transition because we've always kind of been this reflective and figuring-out-space of who we are, and what we want to be," he says.

As for what the Diversity Center envisions for the community's future, director, Keightley sees a beloved community where they can facilitate growth and continue being a safe space for students to come together. "There's going to be growth and there's going to be navigating challenging spaces at times. And yet at the same time, there's going to be space for joy and celebration [as] we increase our capacity and ability to serve more students," says Keightley.

Earth Day: Past, Present, and Future

Written by: Max Stephens- **Assistant Editor**
April 2023



Photo Credit: Freepik

April 22, 2023, marks the 53rd observance of Earth Day, the yearly celebration and acknowledgement of the environmental movement and a day set aside to raise awareness about environmental issues such as climate change, pollution, and more. According to Environmental Protection Agency (EPA), the first Earth Day was held in 1970, started by junior Wisconsin Senator, Gaylord Nelson.

Earth Day’s official website explains how in the years leading up to the first Earth Day, damage to the environment was reaching a tipping point. Large, inefficient cars were pumping out leaded gas fumes into the air and factories were pouring waste and toxic chemicals into the air and water. In 1962, Rachel Carson’s *Silent Spring* was released, selling over 500,000 copies and bringing the conversation about environmental damage into homes all over the world.

Nelson was inspired by the student movements at the time. In an article in the EPA journal, celebrating the tenth anniversary of Earth Day in 1980, Nelson said his goal in creating Earth Day was to show US leadership that the Environmental Movement was serious, and that there was wide support in the country for environmental protections.

But since Nelson was a politician, he was going to need help from an activist for his planned grass roots movement to take off.

This need led Nelson to hire a young activist, David Hayes, to help lead his environmental movement, explains Earth Day’s website. Hayes built a staff to promote the day, and along with Nelson, the two decided on April 22, 1970 to be the first Earth Day. The two men and their team worked hard to plan the day. One of the most successful marketing tactics the team used was taking out a full-page ad in the New York Times, explains Jack Lewis in an article from the EPA Journal. On top of this, other media outlets such as Time and Newsweek had also been covering Nelson’s plans and organization.

The first Earth Day, explains the Old Farmer’s Almanac, exceeded expectations. Over 20 million Americans – 10% of the entire population at the time – participated in the first Earth Day. People demonstrate in streets, in parks, and in buildings. Students at colleges and universities across the country organized protests in conjunction with the other demonstrations. As far as public participation went, Earth Day was a resounding success.

Earth Day’s grassroots movement was underway. A moment of rare political alignment, the first Earth Day inspired support from both Democrats and Republicans, those in cities and in rural areas, and united activists previously fighting individually for specific environmental protections under a single banner, explains Earth Day’s website.

The EPA explains how Earth Day was essential in leading to the creation of many of the regulations now in place that are designed to protect the environment. Within the first year of Earth Day’s celebration, this included the National Environmental Education Act, the Occupational Safety and Health and the Clean Air Act. By summer 1970, President Richard Nixon had created the EPA itself.

The theme of the 53rd Earth Day is “Invest in our Planet.” Earth Day’s website explains that climate change is the biggest issue facing the planet, and the theme emphasizes that “we have a very short window of time and we need everyone to ‘invest in our planet’ now!”

Earth Day’s website offers multiple possibilities for getting involved, including signing an open letter to support climate and environmental literacy, writing a letter to your congressperson, or volunteering for a cleanup. The Old Farmer’s Almanac also suggests some simple ways you can support the Earth close to home, such as supporting pollinators by planting wildflowers or creating a bee-house, cleaning up plastic in your neighborhood or community, and swapping out plastic household products for paper.

UW Bothell and Cascadia College are celebrating Earth Day the entire month of April as “Earth Month,” with over 20 events happening on and off campus to support environmental protection. Events include an on-going 30-day sustainability challenge, an Environmental Career Fair on April 26 at 11:00 a.m. in the Codex, an Environmental Career Panel the same day at 2:00 p.m. in Discovery Hall, and many more! Check out the [UW Bothell Events Calendar](#) for more information on this year’s Earth Month events on campus.

The Impact of Mass Tech Layoffs on the UW Community: A Call for Action

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



Photo Credit: Jose M. Cuevas Lopez

In recent years, the tech industry in Washington state has grown exponentially. Companies like Microsoft, Amazon, Boeing, and Google have become major employers and economic drivers. However, this success has come at a cost. As companies prioritize profits over people, we are seeing a trend of massive tech layoffs. This has profoundly impacted our local UW community and the lives of individuals and their families, leaving thousands of highly skilled tech workers without a job. CNBC reported that more than 50,000 people were laid off in November 2022, bringing the number of people laid off in 2022 to 140,000. This sudden loss of employment has sent shockwaves throughout the community.

The impact on the UW community is significant as these companies employ many students or their family members. It also affects the educators and the administration providing education to all students. It affects

not only the student’s financial status but also their career growth and prospects. It adds to the mental and emotional stress on the affected families. Furthermore, the University of Washington also receives significant funding and research support from these tech companies. The decline in their financial situation can also affect the University’s ability to provide quality education and resources to its students.

The loss of highly skilled workers in the tech industry can hurt the state’s ability to attract and retain talent, potentially hindering the industry’s growth and competitiveness in the long term. The state government may also experience a decline in tax revenue, resulting in cuts to essential services such as education, healthcare, and infrastructure. This can hurt the overall quality of life for residents.

Additionally, there is a ripple effect as other industries that rely on the tech industry, such as real estate and retail, are also impacted. As the news of layoffs hit the market, the interest rates for homes jumped exponentially, causing market values to come down drastically, making it impossible to refinance, buy and sell houses, and keep the market moving. A stagnant market has a negative impact moving the economy toward recession.

One of the root causes of this problem is an economic system that prioritizes the accumulation of wealth and profits over the well-being of workers and communities. In the tech industry, this often means that com-

panies prioritize short-term gains over long-term stability, leading to layoffs and downsizing as they seek to cut costs and boost profits. Microsoft’s latest financial reports show that the company’s current revenue is \$204.09 B. In 2021 the company made a revenue of \$184.90 B, an increase over the 2020 revenue of \$153.28 B. Yet in January 2023, they announced to lay off 10,000 employees, almost 5% of the workforce, by the end of the third quarter of the fiscal year 2023. As the economy becomes dominated by a few powerful corporations, we see a growing divide between the wealthy and the rest of us.

The tech companies have answered this conundrum by stating that every single tech company over-hired due to the sudden influx in cloud business during covid. Now that the cloud market has stabilized, they are cutting the fat (over hires) from the companies. It also offered generous severance packages for its laid-off employees. For example, Amazon provides three months of pay plus one week of salary for every six months of tenure at the company. This period gives these employees time to look for new opportunities. But is this time enough, especially in today’s stagnant market, to secure a new position with a similar pay structure, do justice to their complete skill set, or deal with the mental and emotional stress of being jobless?

I believe we as a community need to act as if it isn’t a problem for tech workers but is a problem for all of us. The UW community must come together to support those

affected and take steps to mitigate the effects of these layoffs on the economy. We need to rethink our economic priorities and work towards a system that prioritizes the well-being of workers and communities over the accumulation of wealth and profits. We do have a few good options to start from. For example, the university could take a more active role in supporting and nurturing its student’s career growth and prospects by providing more internship and job opportunities or career counseling. They can also advocate for policies such as stronger labor laws that will promote job security and stability in the tech industry, a living wage, and a more progressive tax system. Most importantly, we need to start a conversation around this topic to bring more awareness and ideas to the table.

In conclusion, the recent wave of tech layoffs highlights the harsh reality of an industry built on rapid growth and innovation. While companies seek to streamline their operations and cut costs, the employees bear the brunt of these decisions. As we move forward, tech companies must prioritize the well-being of their workers, for policymakers to implement measures that protect workers in a rapidly evolving industry and for us to keep the conversation going to create a more just and equitable future for the UW community for all. The tech industry has the potential to drive progress and improve people’s lives, but only if its workers can thrive.

Reasons Why You Shouldn’t Block Out Your Emotions

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

OPINION



Photo Credit: Freepik

Following up on my previous work on depression, I wanted to talk about some reasons why you shouldn’t block out your emotions, I found this particular topic interesting because people tend to hide and block out their emotions for a variety of reasons, and it can be due to many factors in their daily life or even the society they belong to or the culture they grew up with. Emotion blocking can also lead to depression, mental illnesses, and many other issues that can be created and cause trauma in someone’s life.

It is normal for everyone, all human beings, to have emotions. Even men have the right to have and show their emotions. We tend to forget that most of the time and automatically expect them to block their emotions because “they must act like the men” to be the strongest people and not show they are weak, because in some cultures showing emotions

is considered weak.

To understand the topic in-depth, let’s go through a few questions to illuminate our view. What constitutes emotions? Why do people tend to block their emotions? What are the reasons why you should not block your emotions? How to express your emotions and how should others react? What resources does the UW make available to us?

The concept of emotion may seem simple, but it is difficult to explain what it means. Emotions are defined by Merriam-Webster as psychological reaction that involves feelings of fear or anger. This is called a conscious mental reaction. It can be triggered by various factors such as exposure to a certain object or a physiological change in the body. Emotions can also involve bodily reactions like when you feel excited. An emotional response involves movements such as blinking, facial expressions, and sounds. There are also behaviors that people may adopt, such as reacting angrily to an unpleasant situation.

Although feelings are the most important aspect of an emotional response, other factors such as actions are also taken into account. Being able to suppress your feelings for a while is usually not a problem as long as you work on it constructively. However, it can become a problem if it affects how you communicate with others.

People tend to repress their emotions for a variety of reasons. One of them is to avoid being seen as weak. Being able to hide your feelings can help you avoid being vulnerable to others. Another reason is to avoid being seen as unable to manage your emotions. Most people tend to hide their fears, frustration, and sadness, which are seen as negative feelings. The reason they might do this is that

they have concerns about how others might use these feelings against them.

People hide their emotions to avoid hurting others. For example, if you care about someone who has done something upsetting, you might hide your displeasure by not saying anything that might make them react negatively. The purpose of avoiding conflict is to avoid hurting yourself or others. This can be caused by a lack of trust in people and yourself. If you’ve been manipulated in the past, it might make you feel like you’re not capable of handling conflict positively. Instead of fighting, you choose to avoid pain altogether.

A plain and simple example, I am African, living in an African household. In African homes, you cannot express your emotions if one of your parents, uncles, or aunts has done something to offend you, even if they are not right, because they are adults. As a child, you have no right to express how you felt at that moment or even afterward.

This is an example of how many children end up blocking their emotions and end up depressed or with suicidal thoughts. This is another thing that’s not taken into account in African households in particular. I am talking mostly about African households because I have personally experienced such things in my community and with some relatives.

When children are told that their opinions and feelings don’t matter at a young age, they will likely begin to hide their feelings from their parents or guardians. This behavior is usually triggered by their parents or guardians judging them for speaking out. Some caregivers use a restrictive approach to keep children from speaking up, which may include scolding them for any outbursts.

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Continued...

Eventually, you won’t be able to express yourself properly, and hiding your feelings will help you avoid further criticism.

Being able to hide your emotions can have a significant impact on your emotional and physical health. It can also prevent you from communicating effectively with the people around you. This issue can make conflict navigation difficult. Eventually, these problems will get worse. You might start to feel resentment and anger, which could lead to a conflict you want to avoid. You may also begin to avoid people who cause you emotional distress. This habit can become so entrenched that it could start to affect your feelings.

If you repress your anger or any other emotion, you will keep it under your mask, which means it will continue to grow and bubble. If you can’t control it, you might explode, and it won’t be to the person who caused you the anger or the emotion you feel. You might try to avoid expressing your feelings in private, but that won’t remove them from your life. Holding back can make them worse. For example, people tend to believe that suppressing anger is better than talking about it.

A 2013 study conducted by Harvard School of Public Health and the University of Rochester suggested that suppressing one’s emotions can increase the risk of dying prematurely by 30%. One possible explanation is that this behavior may affect the body’s ability to deal with stress. It could also lead to various health issues, such as heart problems and diabetes. It can be very difficult to share your feelings publicly. However, by learning to do this, you can become more comfortable and avoid repressing your emotions. One of the most effective ways to do this is to practice mindfulness. This practice helps you focus on the present moments and not on the past.

Being mindful of and accepting feelings is known as emotional mindfulness. Even if you don’t want to share your feelings right away, you can still acknowledge and accept them as they arise. For example, you may feel angry but have no intention of starting a fight. By sitting with your emotions, you can fully understand and experience them. Being able to fully understand and feel your feelings can help you make better decisions and find solutions to the situation. You may have trouble overcoming the habit of suppressing your emotions, even if you try to do it yourself. Talking to a therapist can help you identify contributing factors and develop strategies to improve your emotional expression. Through therapy, you can explore your feelings and develop a more comfortable relationship with them. It can help you cope with intense emotions and manage other mental health issues. A therapist can also help you develop effective conflict-resolution skills.

However, this could also prevent you from being present in the experience. Being able to accept and feel the emotions that come up allows you to fully experience them without overreacting.

Even if you feel overwhelmed today, you still have the right to be. Emotions are part of who we are, and everyone experiences them differently. For example, some people may feel more sensitive today due to certain events or circumstances. If someone tells you to be more reserved, you might interpret that as a reflection of societal norms.

The new campus website in partnership with UWB, called Campus Well, offers a variety of health education resources that can be used by students. It features articles on topics related to managing emotions, stress, and more. Short videos and discussions about feelings and emotions are helpful and can be found on the website as they can help manage your emotions. You can also refer to a loved one or speak to someone at the Health and Wellness Center (HaWRC). You can contact them by email at hawrc@uw.edu or walk into ARC-120 to speak to staff in person. You might also visit their website, <https://www.uwb.edu/arc/hawrc> for more information.

Digital Arts Club Hosts an “Immersive Design Showcase”: An Interactive Art Experience

Photographed by: Jose M. Cuevas Lopez- **Student Photographer**

On April 14, 2023, the Digital Arts Club (DAC) hosted their Immersive Design Showcase: “A Playground of Interactive Art, Light, Sound, and Technology,”as stated on their official event announcement. The showcase which started at 10 a.m. and took place all day was presented at the ARC Overlook and featured special guests, Adam Bagley and Max Stephens.



Left to right: Adam Bagley (special guest), Simon Topo (DAC President), and Max Stephens (special guest)



Simon Topo running art showcase interface with a student



Simon Topo (left) and Adam Bagley (right)



Students experiment with a reflective, abstract art display



A student stands in front of an art display which mirrors her movements with light



Students explore immersive art displays around the room



Max Stephens performing with an array of modular synthesizers (front view)



Max Stephens performing with an array of modular synthesizers (back view)



Simon Topo (left) and Max Stephens (right) pose in front of a digital art display during the event



Digital art presentation interface and set-up

Student Art: World Art Day April 2023

Created by: Minh Nguyen- **Student Artist (CELR)**



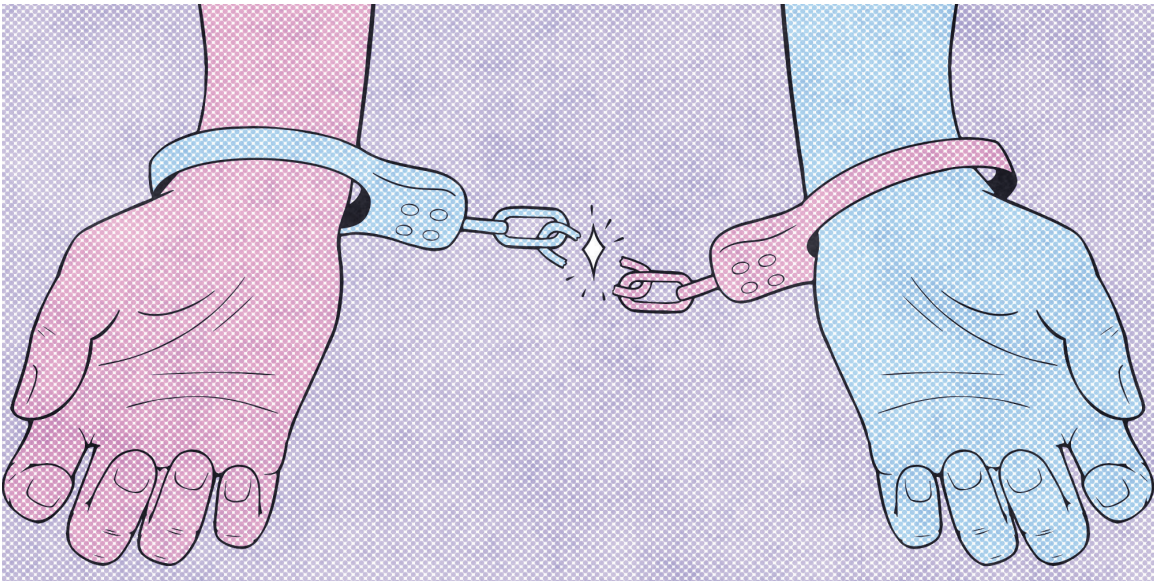
Dog Flying Sketch

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



Freedom

Created by: Rex Correa- **Student Artist (CELR)**



I Know Myself Best

Photographed by: Kieron Carlos- **Student Photographer (CELR)**



Moon 30x

Photographed by: Jose M. Cuevas Lopez- **Student Photographer**



Art Piece: “Giving Back”

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



The Importance of Sleep

Written by: Ousman Fatty-
Student Reporter (CELR)



Photo Credit: Freepik

I coordinated with the counseling center to learn more about the Importance of Sleep/ Sleep Deprivation in College Students. This is what I learned.

Our physical and mental well-being depends on sleep, which is an essential part of human life. There is no question that sleep deprivation affects the academic performance, mental health, and quality of life of many college students. Sleep is a critical time for our bodies to repair and regenerate. Lack of sleep can lead to cognitive impairments such as decreased concentration, memory loss, and impaired decision-making abilities. College students who do not get enough sleep

may find it difficult to focus on their studies or retain information, leading to poor academic performance.

Sleep deprivation can also have adverse effects on mental health. Lack of sleep is associated with an increased risk of depression, anxiety, and mood swings. Sleep-deprived college students may be more irritable, stressed, and emotional, which can lead to interpersonal conflicts and social isolation. In addition, sleep deprivation has been linked to a weakened immune system, which can increase the risk of illness and infection.

College students are particularly susceptible to sleep deprivation due to the demands of academic and social life. Many students have irregular schedules and may stay up late studying or socializing. Others may struggle with sleep disorders such as insomnia or sleep apnea. Additionally, using electronic devices before bed can interfere with sleep quality, as the blue light emitted by screens can disrupt circadian rhythms.

The consequences of sleep deprivation can be severe, both in the short term and long term. Sleep-deprived college students may experience symptoms such as fatigue, headaches, and difficulty concentrating in the short term. Long-term sleep deprivation can lead to more serious health problems such as obesity, diabetes, and cardiovascular disease.

To improve your sleep quality and

stop experiencing sleep deprivation, it is important for college students to establish a regular sleep schedule and stick to it every day, not just during weekdays. You might also find it helpful to only consume caffeinated drinks in the morning and drink a cup of herbal tea before bed to assist with relaxation and sleep. One way to make sleeping more pleasant is to create a calming pre-sleep routine and to stay away from technology in the evening. Another way to combat sleeplessness is to find the proper care for it.

In addition to these personal strategies, universities can take steps to improve the quality of their students’ sleep. Universities can educate their students on what they need to do in order to improve their sleep hygiene and decrease their stress levels. One way that residence halls can support good sleep habits among students is by creating ‘quiet hours’ and promoting a welcoming campus culture.

It should go without saying, college students who struggle with sleep deprivation may face adverse outcomes related to their academic performance, mental health, and overall well-being. Fortunately, there are steps both students and colleges can take to promote healthy sleep habits and prevent the prevalence of sleep deprivation. To have a healthier and more satisfying experience as a college student, put sleep at the top of your list of priorities.

UW Bothell’s Violence Prevention & Advocacy Program Raises Awareness on Sexual Assault Awareness Month (SAAM) 2023

Written by: Aditi Nambiar- **Editor-in-Chief**
April 2023
Image Credit: Violence Prevention & Advocacy

VIOLENCE PREVENTION & ADVOCACY

SEXUAL ASSAULT AWARENESS MONTH

CALENDAR OF EVENTS

Teal day




On April 4th
Wear teal to show
your support for
survivors of sexual assault

Podcast Releases

Sexual Abuse
April 11th

Sexual Readiness
April 25th

WE NEED TO TALK



Weneed2talk.buzzsprout.com

Boundaries & Communication Workshop

On April 13th from 2 - 4 pm
in the Diversity Center

Come learn about boundaries, communication, and social emotional learning with our preventionsist Karina!

Denim day

On April 26th
Wear denim to show
your support for SAAM




Tag us if you'd like us to repost your denim looks to our story!

Want to learn more?

Request a Presentation!

Topics available include:

- Trauma informed classrooms
- Bystander Intervention
- Sexy needs "Y-E-S"



<https://tinyurl.com/VPAPresentationrequests>



VPA staff wear teal to show support for survivors of sexual harassment and abuse on SAAM Day of Action (Teal Day) 2023. April 4, 2023



VPA staff wear denim to show support for survivors of sexual harassment and abuse. April 26, 2023

To learn more about SAAM Day of Action (Teal Day), Denim Day, and the support and resources the Violence Prevention & Advocacy program provides at UW Bothell, check out our feature story from last year on our website:



<https://tinyurl.com/hhuwbvpa>

World Hearing Day 2023

Written by: Seongmin Lee
- **Student Reporter (CELR)**

World Hearing Day is an annual event held on March 3 to raise awareness of hearing health and the importance of early identification and intervention of hearing loss. The day was first established by the World Health Organization in 2007 and is celebrated by various organizations and communities around the world. According to the WHO’s announcement, approximately 60 million people worldwide have hearing impairments such as hearing loss and hearing loss, accounting for more than 6% of the world’s total population.

World Hearing Day is important because it raises awareness of hearing loss and promotes ear and hearing management, and in doing so, raising the quality of life for those suffering from hearing loss. It can be caused by a variety of factors, including genetics, exposure to loud noise, certain diseases, and aging. The consequences of hearing loss can have far-reaching effects affecting communication, social interaction, and overall quality of life. People with hearing impairments may have difficulty understanding speech, participating in group conversations, and hearing warning signs or alarms. Early detection and treatment of hearing loss can help minimize its effects.

According to the WHO report “deaf and hearing loss 2020,” about 2.5 billion people are expected to suffer hearing loss by 2050, and at least 700 million will need hearing rehabilitation. And more than a billion young adults are reported to be at risk of hearing loss due to bad listening habits.



Photo Credit: Freepik

Prevention is the best policy because hearing loss, which greatly affects communication and quality of life, cannot be reversed once it occurs. About 60% of children’s hearing loss is caused by preventable factors through public health measures. Even in adults, exposure to noise and toxic drugs is preventable. The WHO is also doing preventive activities like “Listen Safe.”

One of the goals of World Hearing Day is to highlight the social and economic impact of hearing loss. According to the World Health Organization, 466 million people, or more than 5 percent of the world’s population, are suffering from hearing impairment. This number is expected to increase to more than 900 million by 2050. This affects an individual’s ability to communicate and participate in social activities and can lead to unemployment, poverty, and social isolation. The effect of hearing impairment on individual social and economic well-being cannot be overemphasized. People with hearing loss often have difficulty communicating with others, leading to feelings of isolation and depression. In addition, hearing loss can affect an individual’s ability to do things, resulting in unemployment and

financial difficulties. These hearing struggles directly affect peoples’ mental health. According to the WHO, one in four people worldwide will experience mental health problems at some point in their lives. Mental health problems can significantly affect an individual’s ability to lead a satisfactory life and can also lead to social and economic challenges. Mental health problems can appear in various ways, including anxiety, depression, and post-traumatic stress disorder (PTSD). These conditions can affect an individual’s ability to work, socialize, and participate in daily activities. In addition, mental health problems can lead to drug abuse, homelessness, and other social problems. Therefore, raising awareness of mental health and ensuring that individuals have access to the necessary care and support is vital. Unfortunately, one of the important barriers to mental health treatment is stigma. Many people with mental health problems may be ashamed or ashamed to ask for help, preventing them from accessing the treatment they need. Therefore, promoting a culture that fights stigma and accommodates and supports people with mental health problems is essential.

World Hearing Day aims to educate people about the importance of protecting their hearing. Exposure to loud noise at work or during leisure activities can cause permanent hearing damage. Therefore, it is essential to wear earplugs or earplugs in noisy environments and to limit exposure to loud sounds as much as possible and protect our hearing as much as possible.

Movie Review: Cocaine Bear

Written by: Alex Arzoumanian- **Student Reporter (CELR)**



Photo Credit: Wikipedia

Very little stood in the way of me liking *Cocaine Bear*. I love horror movies, I love silly and stupid horror movies, and I love any movie that promises to deliver gnarly death sequences on the screen. If anything, *Cocaine Bear* should’ve been a slam-dunk cinematic masterpiece in my eyes. Unfortunately, *Cocaine Bear* delivers a sluggish crawl through several meaningless subplots and drip-feeds the audience with bear-slasher sequences that wildly vary in quality.

Cocaine Bear’s plot is like if someone wrote a movie based on a description of Pulp Fiction, but never actually watched Pulp Fiction. The story involves an entire ensemble of about 12 characters who are separated into groups of 2-4, with each group having its own separate and unrelated subplot to any of the other groups, only for them to be

brought together in a brutal manner thanks to the murderous Cocaine Bear in the woods. This fragmentation of both characters and plot leads to the scenes without bear carnage feeling long and arduous. But how can a 90-minute movie feel long and arduous?

Obviously, movies with large ensemble casts and fragmented plots can work, just look at the aforementioned *Pulp Fiction*. However, in order to pull off that kind of plot structure, there need to be massive amounts of writing skill propping it up. I ended up not caring about any of the characters as they were all insanely flat and bland. None of them had anything to like, or dislike. Feeling apathy towards characters in a horror movie is like not having sauce with your pasta. It completely ruins the entire movie! I mean sure, a gnarly death is a gnarly death, but if I had any sort of feeling toward a horror movie victim the death would be even more gnarly. This is basic horror 101 stuff and the movie completely fails at it.

Since each group of characters is basically in an entirely different movie until the titular Cocaine Bear shows up, the movie rations out screentime to these groups in 2-10 minute sections before abruptly switching to another group. This makes it temporally impossible for this movie to have any real character or relationship-building moments, thus leading to critical character apathy syndrome.

I get it though, some horror fans don’t care about the characters or plot or writing, they just care about the good stuff. The visceral meat and potatoes shredded from the fleshy meatbags on screen. Unfortunately *Cocaine Bear* is a mixed bag on that front. Some scenes, like the ambulance scene, are amazing. It’s the epic conclusion to one of the character’s journey with the Cocaine Bear. Insane antics ensue and in my opinion, this is the best part of the movie. However, the best scene in the movie also highlights the flaws the movie has.

The Cocaine Bear mauls and eats people alive, bringint them to their demise, but very rarely is this gruesome act shown on screen. Most of the action is suggested and amplified through blood elsewhere, cuts, and audio work. Most successful kills will be showcased to the audience via the aftermath. Showing the victim with guts laying about, limbs torn off, and blood everywhere. The usual, the standard.

If I wanted to know what would happen if a wild bear did cocaine and went on a murderous rampage, I would be better off imagining it myself than seeing this movie. The plot is a mess, the writing is lazy, and the real reason anyone would want to see this movie is all smoke and mirrors with minimal payoff. Children did cocaine though, so plus points to that, in my opinion. Rating: 2/10.

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