

# *The Husky Herald*

*Edited by Aditi Nambiar and Rex Correa*





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## Celebrating 15 Years of *The Husky Herald*

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

On October 13, 2008, *The Husky Herald* was launched for the very first time by students, for students, with a vision to be a dedicated platform for student-centered campus news within UW Bothell and the greater community.

Since then, we have shared countless stories and captured remarkable moments as our campus community evolved- amplifying voices through innovative journalism.

*The Husky Herald* has stood as a resource for the student body of UW Bothell for the past 15 years with a commitment to broaden community engagement through contemporary journalism. Through this time, our campus newspaper has been the space for aspiring journalists, skilled photographers, talented artists, and creative

thinkers alike to come together and hone their skills in media production during their formative journeys at UW Bothell.

As we commemorate this special occasion, I would like to take a moment to recognize the hard work and contributions of all our student editors, contributors, staff, and faculty over the years who have each played a part in bringing our newspaper to where it stands today. It is with their diligence and passion that we continue to serve our campus community as UW Bothell’s one and only student newspaper.

I would like to take this moment to especially acknowledge and thank our faculty adviser, Dr. David Goldstein, who originally launched our publication and has provided immense guidance to our team and all

our preceding student editors, as well as our program manager, Pauline Tolentino, for her incredible support and heartfelt mentorship over the years.

This month is just the start for celebrating this special milestone of *The Husky Herald*. We look forward to bringing you many more stories of our incredible campus community – thank you for being a part of ours.

Aditi Nambiar, Editor-in-Chief  
*The Husky Herald*





# National Arts and Humanities Month 2023

Written by: Rex Correa- Assistant Editor  
October 2023  
OPINION



Photo Credit: Unsplash

In 1993, the Americans for the Arts organization established a month-long celebration of culture. They aimed to encourage diverse participation, focus on equitable access, and raise awareness about the impact of the arts. National Arts and Humanities Month (NAHM) celebrates creation and community.

Former president and CEO of Americans for the Arts Robert L. Lynch elaborates: “The arts allow us to explore ideas, express emotions, and better appreciate cultures from around the world. National Arts and Humanities Month is an opportunity to recognize and celebrate the positive impact that the arts bring to our schools and communities.”

The arts shape culture. Celebrating NAHM looks like arranging showcases, work-

shops, and performances. Advocating for and providing equitable access to creative outlets empowers everyone to express themselves freely. By spreading the word and contacting community leaders more members of your community can be given the opportunity to experience and make art.

UW Bothell’s School of Interdisciplinary Arts and Sciences (IAS) builds curricula of hands-on learning experiences for students to make a difference in the world. Their mission statement highlights their goal to “hone students’ abilities to think critically and creatively, seek knowledge in and across disciplines, communicate effectively, and work collaboratively and ethically.” As an IAS student, I feel that the classes I take unlock my potential and inspire

me to create. I am empowered to stay curious and imaginative.

Our campus has resources available to foster your creativity – one of which is the Writing and Communications Center (WaCC). Their purpose is to help you become a stronger, effective, more confident writer and communicator. They provide writing assistance, proofreading, and feedback both in-person and online. The WaCC is located in the Academic Learning Commons in UW2-030.

There are plenty of opportunities to be creative on campus – like getting involved with Student Media! We at *The Husky Herald* are always accepting submissions for art and written compositions. UWave Radio gives students the tools they need to broadcast music, podcasts, and live shows. Clamor Literary and Arts Journal publishes visual art and creative writing annually, and has recently opened submissions.

Clubs foster creativity in a community environment; there are plenty to join on campus, such as the Digital Arts Club, Image House Photography, Husky Tunes, Bothell Beats, and more! Submission forms, clubs, and event info can be found at [www.uwb.presence.io](http://www.uwb.presence.io).

National Arts and Humanities Month promotes enthusiasm for the arts. Whether you write a song, join a club, or work with your community to create change, creating cultivates culture.



UW-1 side view from “W”  
Photo Credit (ALL): Haiyan Lu



Bulletin boards on campus with various involvement opportunities at UWB



UW Bothell’s Collaboratory provides resources for getting creative

## CLAMOR 2024

### SUBMISSIONS NOW OPEN!

clamor.submittable.com/submit

?

CREATIVE WRITING

?

VISUAL ART

?

AUDIO & VIDEO

?

COLLABORATIONS

TRANSFORM SOMETHING YOU TAKE PRIDE IN, INTO SOMETHING OTHERS CAN ADMIRE BY SUBMITTING YOUR WORK TO UWB LITERARY & ARTS JOURNAL!

@uwb\_clamor

clamor@uw.edu

DEADLINE

JANUARY 19, 2024

Image Credit: Clamor via Instagram



# Honoring Native American Heritage Month

Written by: Ashlyn Huber- **Student Reporter**  
**October 2023**



Image Credit: *Unsplash*

For the many students at the University of Washington- Bothell, it is a delight to attend college on a campus bursting with beautiful evergreen life – a signature of the Pacific Northwest. A short walk between classes reveals a thriving ecosystem of wildlife, a stunning 58-acre wetland preserve, and more. As students here, these lands have become our home as we strive to learn about ourselves and the world around us.

Of course, we are not the first to call Bothell home; we follow in the footsteps of UW Bothell’s generations of alumni, and even they were not the first to experience our endearing corner of this world. These lands are recognized by UW Bothell as part of the traditional territories of the Coast Salish peoples, including the Muckleshoot, Snoqualmie, Stillaguamish, Suquamish, and Tulalip Nations.

This November, as part of our observance for National Native American Heritage Month, we hope you will join us in learning more about the significance of cultural representation and the history of Native American communities across the United States.

According to the National Gallery of Art at [nativeamericanheritagemonth.gov](https://www.nga.gov/nativeamericanheritagemonth), the story of Native American Heritage Month began a century ago with Arthur C. Parker, Ph.D, the director of the Museum of Arts in Rochester New York. Parker, a Seneca Indian, persuaded the Boy Scouts of America to honor the “First Americans” for one day each year.

By 1915, the Congress of the American Indian Association officially declared the second Saturday of May as American Indian Day. The following year, the governor of New York became the first to follow suit, declaring the selected holiday in honor of Native Americans; and not long after, many other states designated the celebration as well.

Finally, President George H. W. Bush designated November of 1990 “National American Indian Heritage Month,” inciting a presidential tradition of issuing similar yearly proclamations. The date varies between states — for instance, some observe

Indigenous People’s Day on Columbus Day. Each year celebrates a similar theme, such as “National American Indian and Alaska Native Heritage Month.”

While the national celebration of Native Americans occurs yearly, its significance is long-lasting, and it is always valuable to spend time acknowledging the unique people who called American home before the United States formed. The federal government states on [usa.gov/tribes](https://www.usa.gov/tribes) that it currently recognizes 574 Native American Indian tribes.

There are around five million American Indians and Alaska Natives who live in the U.S. — only two percent of the overall population — yet their heritage is deeply rooted today in the names of our cities and counties (UW Bothell is part of Snohomish county), and even companies or automobiles. Sports like lacrosse and surfing originated from Native Americans, and foods like pumpkins and sunflowers are part of traditional cuisine. Details such as these may be easily overlooked, and therefore calling attention to the rich history and culture of indigenous peoples in our country is all the more important in understanding how they are a fundamental part of our society.

There are a multitude of ways to take part in celebrating Native American Heritage Month this November, and by taking the initiative to read more about it, you have already taken your first steps. If you visit UW Bothell during campus events, you may hear a Land Acknowledgement: a public statement in which the native tribes who originally lived on the campus lands are respected and appreciated; you can also view the statement online at [uw.edu/odei](https://uw.edu/odei).

Furthermore, students at the UW may consider joining First Nations at UW, the University of Washington Native Organization. Dedicated to “[bringing] awareness of Native peoples and issues to the University community,” the club presents a welcoming community of Native American and Alaska Native students and has hosted annual pow wow ceremonies for over fifty years. To learn more, visit site their website: [uw.edu/fnuw](https://uw.edu/fnuw).

Another way to gain exposure to



Image Credit: *First Nations at UW*

Native American history and culture is to explore indigenous art online or in-person at local galleries; UW Bothell displays several pieces of native art on campus.

Alternatively, you can read literature written by Native Americans or watch documentaries to learn about how their history is intertwined with the history of the United States. If you enjoy the outdoors, you can plant a garden of native plants using an online guide provided by the National Wildlife Federation: [nwf.org/NativePlantFinder](https://nwf.org/NativePlantFinder). Finally, you can support Native American businesses or nonprofits like Indigenous Women Rising or the Native American Rights Fund.

This year, we each may play our part in honoring Native American traditions, culture, and so much more. Even the simple act of telling others about what you have discovered is celebration – spreading word of Native American Heritage Month will help raise awareness about cultural representation and the history of indigenous peoples in America.

Next time you step outside, observe the natural beauty of the landscape around you. Whether you live in the lush evergreen forests of the Pacific Northwest or another unique region of the United States, recognize that Native Americans once thrived in the lands that you now call home, and remain integral to the development of our country.



Image Credit: *Freepik*



# World Mental Health Day: Information and Resources at UW Bothell

Written by: Chloe Frink  
- **Student Reporter**  
**October 2023**



*Image Credit: Freepik*

On October 10, 1992, the World Federation for Mental Health (WFMH) celebrated the very first World Mental Health Day. Aiming to promote prevention, advocacy, recovery, and awareness of mental health disorders, this annual holiday is observed by thousands of people worldwide.

The World Federation for Mental Health has a long and impressive history. Founded in 1948 by John Rawlings Rees with the original purpose of hospital reformation, they are currently celebrating seventy-five years of service.

In the thirty one years of World Mental Health Day, WFMH has made enormous strides in educating the public about mental health. Each year a certain theme is picked for World Mental Health Day through a public global vote. Staff at WFMH work to create educational material for any person or organization to use, both in online format and on CD.

This year's theme is "Mental Health is a Universal Human Right," which focuses specifically on reengaging on previous principles and trying even harder to make sure all people have access to quality care, protection from known harms, and the right to freedom and dignity. WFMH Secretary-General Gabriel Ivbijaro MBE JP says, "The 2023 World Mental Health Day theme... provides us with an opportunity to re-kindle our efforts to make the world a better place."

The topic of mental well-being is just as important today as it was thirty-one years ago. Although it has grown more normalized to talk about mental health prejudice and stereotypes, mistreatment is still perpetuated. This World Mental Health Day is a reminder to the public to keep fighting for awareness and action - a reminder that the fight is still on.

The University of Washington- Bothell campus has a plethora of resources for students and staff in need. The United Way Benefits Hub and the Health and Wellness

Resource Center (HaWRC) provides food pantries, public benefit enrollments, and outside referrals for further assistance. You can contact HaWRC at 425-352-5190 or [hawrc@uw.edu](mailto:hawrc@uw.edu).

The Campus Counseling Center (located at UW1-080) is the premiere student resource for those struggling with their mental health. Open Monday through Friday from 9 a.m. to 4:30 p.m., the counseling center is a great place to start or continue your mental health journey.

Staffed with two licensed psychologists and one licensed mental health counselor, the counseling center staff is dedicated to each and every student who walks through their doors. As a student, you are given six free counseling sessions per year and assistance in finding long-term or specific care if needed.

Among their services are outreach and community intervention in the form of workshops and skill building classes, consultation services for student clients and anyone concerned for a student, and program evaluations. Their website has dozens of recommendations for helpful mobile apps and a long list of community resources. The counseling center is completely confidential and has no relation to your academic record - it is a safe place for students to work privately for their own mental health benefit.

If you or a loved one are struggling with your mental health, you can contact the Counseling Center at 425-352-3183 and [uwbcc@uw.edu](mailto:uwbcc@uw.edu). You can also contact the National Suicide and Crisis hotline at 988, or the National Sexual Assault Hotline at 1-800-656-4673.

## Fire Prevention Awareness Week with Campus Safety and City of Bothell Fire Department

Written by: Hannah Kemp  
- **Student Reporter**  
**October 2023**



*Photo Credit: City of Bothell via Instagram*

Uncertainty about what to do in case of a fire is a scary yet common occurrence - which is why each year since 1922, the National Fire Protection Association (NFPA) has sponsored Fire Prevention Week (FPW). FPW is observed during the week of October 9 in remembrance of the Great Chicago Fire of 1871. Knowing what to do in the event of

a fire can save lives, so it is important for people of all ages to take time to understand safe fire practices.

This year's FPW campaign is focused on cooking safety. According to the NFPA, cooking fires are the leading cause of house fires. These fires are often caused by unattended cooking. Utilizing fire safety practices in your kitchen, such as setting a cooking timer and having a fire extinguisher available for use nearby, can significantly decrease the chances of a cooking fire getting out of control.

On Tuesday, October 10, UW Bothell's Emergency Management and the City of Bothell Fire Department partnered with NFPA for a Fire Prevention Awareness event. Campus Safety and the fire department were present to answer questions about fire safety, give safety tips, and demonstrate how to use a fire extinguisher. The NFPA website ([nfpa.org](https://www.nfpa.org)) has many resources available for safe cooking practices and other fire safety tips.

In a fire, a few seconds make a stark difference. "People sometimes get into a mood where something happens, and they freeze," said a faculty member of Campus Safety at Cascadia College and the University

of Washington Bothell. In the case that you find yourself in a situation where you need to use a fire extinguisher, remember to PASS: Pull the pin, Aim the nozzle at the fire's base, Squeeze the operating lever, Sweep the nozzle side to side. This is the most effective technique to extinguish a fire. Individual fire extinguisher training is available upon request via UWB Emergency Management.

Practicing fire safety is about more than operating a fire extinguisher. "The most important thing for folks to keep in mind about fire safety is making sure you have working smoke alarms. Smoke alarms save lives," said Erin Gowenlock, the public information officer for the City of Bothell Fire Department. Most smoke alarms have a test button on them that will make a beeping sound when pressed if the batteries are working properly. If batteries need to be changed, a chirping sound will be made by the smoke alarm.

Gowenlock added that having a home escape plan and practicing it with everyone who lives in your home is another major component of fire safety that people often forget. The U.S. Fire Administration has downloadable home escape plans and other resources at [usfa.fema.gov](https://usfa.fema.gov).



# W Day 2023

Photography by: Zain Almaliki- **Student Photographer**  
**October 2023**

On October 20, 2023, hundreds of UW Bothell students, staff, and faculty gathered at the Plaza to celebrate the UW’s 162nd birthday through its annual tri-campus event, W Day.



Students pose with Holly the Husky, UW Bothell’s mascot



Students visit a display table



Alaskan Malamute dog in front of large inflated UWB Husky



Students enjoying food at W Day



Students explore display table with artifacts





UWB Huskies celebrating with cupcakes at W Day



Students and staff interacting with an Alaskan Malamute dog



W Day wide view shot



UW Husky gear and giveaway table



Students play giant Connect 4 on stairs at the Plaza



# Get to Know Your Student Reps!

## ASUWB Director of Campus Partnerships

Written by: Rex Correa - **Assistant Editor**



Thomas Tumbokon, he/him/his  
ASUWB Director of Campus  
Partnerships

**Major:** Accounting (Business)

### What is your role in ASUWB?

My role as the Director of Campus Partnerships is to be the liaison between ASUWB and UW Bothell departments.

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

I wanted to make a difference on campus.

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

Pineapple belongs on pizza.

### What is one piece of advice you have for students new to UWB?

Join a club!

## Domestic Violence Awareness Month

Designed by: Xuan Bui- **Visual Media Designer**  
**October 2023**

# DOMESTIC VIOLENCE AWARENESS MONTH



### October 1989

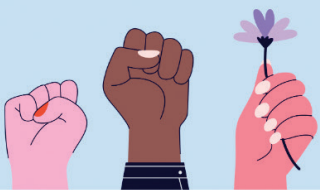
The first National Domestic Violence Awareness Month was declared

*Source: The National Child Traumatic Stress Network*

### Domestic Violence Awareness Month

has been a time to acknowledge domestic violence survivors and be a voice for its victims.

*Source: The National Child Traumatic Stress Network*



**1 in 3 women** and **1 in 4 men** have experienced some form of physical violence by an intimate partner

*Source: National Coalition Against Domestic Violence*



## UW Bothell Campus Resources

### Violence Prevention & Advocacy Program

Free advocacy and support program



### Counseling Center

Offers free counseling sessions



### Health and Wellness Resource Center

Offers free wellness supplies and health education programs





# Explore the Outdoors with Outdoor Wellness!

Written by: Max Pfof and Sammy Faust  
- **Outdoor Wellness Leaders**  
**October 2023**

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 UW Bothell and Cascadia College community. The program provides free or highly subsidized outdoor activities and has a gear shop with free rentals available to students and participants.

Currently enrolled students of UW Bothell and Cascadia College are more than welcome to join our programs, regardless of their experience level with the outdoors. We encourage anyone to join us on a program or come talk to us no matter their history with the outdoors! To sign up for our events, navigate onto [myarc.uwb.edu](http://myarc.uwb.edu) or come into the Nest Gear Shop in the Lower Level of the Activities and Recreation Center when we are open. Our open hours for the Fall Quarter are:

Monday/Wednesday/Friday: 10:00 AM - 6:00 PM  
Tuesday/Thursday: 11:00 AM - 7:00 PM  
Saturday/Sunday: Closed



# Fall HOURS

Monday.....10:00a-6:00p  
Tuesday.....11:00a-7:00p  
Wednesday.....10:00a-6:00p  
Thursday.....11:00a-7:00p  
Friday.....10:00a-6:00p  
Saturday.....CLOSED  
Sunday.....CLOSED

Have a question about outdoor gear?  
Email us at [outdoor@uw.edu](mailto:outdoor@uw.edu)

Image Credit: Outdoor Wellness via Instagram

One of our favorite things about Outdoor Wellness is that we are run by students, for students. Our staff is comprised of both Cascadia College and UW Bothell students, with a diverse range of academic interests. The Outdoor Wellness Leaders this year are:

Amy (UWB), majoring in Psychology and minoring in Gender, Women, and Sexuality Studies

Fatma (UWB), majoring in Law, Economics, and Public Policy

Gabriel (Cascadia College), pursuing a Bachelor of Applied Science in Sustainable Practices

Link (Cascadia College), who enjoys Environmental Sciences and Marine Biology

Max (UWB), majoring in Supply Chain Management and Business Administration

Neal (UWB) majoring in Earth Systems Science

Roan (Cascadia College), currently finding their way through their educational journey

Rileigh, our Student Coordinator, is at UWB majoring in Conservation and Restoration Science and minoring in Biology.

Learn more about the OWLs on our staff webpage: <https://www.uwb.edu/arc/recreation/outdoor-wellness/meet-the-staff>.

We hope you all are finding excitement for the fall season – we here at Outdoor Wellness sure are! This quarter we are jumping headfirst into the leaf pile that is Fall programming with a trip to Bailey Family Farms, a trip to see the Larch Trees change colors, a visit to Bob’s Corn Maze and Pumpkin Patch with an evening bonfire,

a Bingo and Pumpkin Painting Party, and a Salmon Scenic Canoe Trip. Additionally, we have recurring Indoor Climbing Nights where you can receive the necessary gear, instruction, and support to begin indoor climbing – even if you are completely new to it!

We are very excited to be able to continue offering these indoor rock-climbing programs to students on campus for only \$5. Our team feels that rock climbing is an excellent form of recreation that pushes people’s growth zones. Most people who attend our rock-climbing programs are beginners or have never climbed before, and they leave with a much better understanding of how to safely recreate in this sport.

Some of the other upcoming programs we have this quarter are:

November 12th: Washington Trails Association Project Day

November 17th: Sunset Sketch, Hike, and Stargaze

November 18th: Snoqualmie Falls Hike and Town Walk

December 2nd: Indoor Ice Skating

December 16th - 17th: Cabin Overnight Trip

If you have any questions about our programs or need outdoor resources, we are working to compile a resource page on our website at <https://www.uwb.edu/arc/recreation/outdoor-wellness>, and students are always welcome to reach out to us at [outdoor@uw.edu](mailto:outdoor@uw.edu). Additionally, please feel free to come into the Nest or give us a call during our open hours if you would like to get to know us more, have questions about the program, or would like help planning for an outdoor adventure you may be planning!



Photo Credit: Max Pfof

Outdoor Wellness Leaders 2023-2024:

Rileigh Thompson, Neal Hicks, Gabriel Berkley, Amy Walesby, Link Gazey, Max Pfof, Fatma Jalloui, Roan Villa



OWLs exploring the outdoors





Photo Credit (ALL): Outdoor Wellness via Instagram

Outdoor Wellness tour of Bailey Family Farms, October 7



Outdoor Wellness Larches and Leavenworth Hike, October 14



Outdoor Wellness tour of Leavenworth Reindeer Farm-  
Larches and Leavonworth Hike, October 14



Outdoor Wellness tour of Bailey Family Farms, October 7

# HUSKY DREAMERS

Bi-Weekly Tuesday Meetings  
Dates: Oct. 10th, 24th, & Nov. 7th, 21th  
Time: 1:00 – 2:00 PM  
Location: UW1- 161 (IDEA Project)

Join Us to learn more about:

- Campus Resources
- Student Legal Resources
- Finding Support & Empowerment

For Dreamers, Mixed Status Students & Others

The University of Washington Bothell and the Student Diversity Center are committed to creating accessible programming. If you are in need of accommodations, please email Ian Zamora, Assistant Director for the Student Diversity Center, at [idezamora@uw.edu](mailto:idezamora@uw.edu).

**sof** Service & Activities Fee

**Diversity Center**

Image Credit: Diversity Center

# NOVEMBER STUDENT OF THE MONTH

Apply to be considered for student of the month! Winner announced at the end of the month.

APPLY AT THE LINK IN BIO · DUE NOV. 20

Image Credit: Associated Students of UW Bothell (ASUWB) via Instagram



mobile market



1st and 3rd Thursdays  
of each month  
11:30am-12:30pm

Free Groceries!

The Hopelink Mobile Market is returning to campus, twice per month with **FREE** groceries for ALL students, staff, and faculty. Items vary each week, but often include produce and fresh products in addition to non perishable items.

On Campus!  
In Front of the ARC  
18115 Campus Way NE

Please email [hawrc@uw.edu](mailto:hawrc@uw.edu) with any questions



Image Credit: Health and Wellness Resource Center (HaWRC) via Instagram

# COLLABORATORY VIDEO TUTORIALS

The Collaboratory announces the release of the first set of instructional videos for our website. If you are curious on how to operate these machines go to the new instructional videos tab on our website!

The current list of tutorials include:

- CNC milling
- 3D printing
- Sewing
- Cricut cutting

FOR SUGGESTIONS EMAIL US AT: [COLLABORATORY@UW.EDU](mailto:COLLABORATORY@UW.EDU)

A yellow icon on a purple background showing a person's silhouette at a computer monitor with a play button symbol on the screen.

Image Credit: Collaboratory via Instagram

Mystical Captures:  
Halloween 2023

Photography by: Marbin Shrestha- **Student Photographer**  
October 2023



Student Art

Artwork by: Vicki Tran- **Student Artist (CELR)**





# Do you want to contribute to The Husky Herald?

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

<p>October/November 2023 Husky Herald Team:</p> <p><b>Editor-in-Chief</b> Aditi Nambiar 2023-2024</p> <p><b>Assistant Editor</b> Rex Correa 2023-2024</p> <p><b>Cover Artist:</b> Alec Mullen-DeLand</p> <p><b>Student Reporters:</b> Ashlyn Huber Chloe Frink Hannah Kemp</p>	<p><b>Student Photographers:</b> Zain Almaliki Marbin Shrestha</p> <p><b>Visual Media Designer:</b> Xuan Bui</p> <p><b>Contributors:</b> Haiyan Lu Max Pfof Sammy Faust Vicki Tran</p> <p><b>Faculty Adviser</b> David Goldstein</p> <p><b>Program Manager</b> Pauline Tolentino</p>	<p><i>Special thanks to the rest of the Student Engagement &amp; Activities team for making our work as the on-campus newspaper possible!</i></p>
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Instagram!  
[@husky\\_herald](#)



Thank you for reading the Herald!  
We would like to know...

## #HowDoYouHerald?

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

