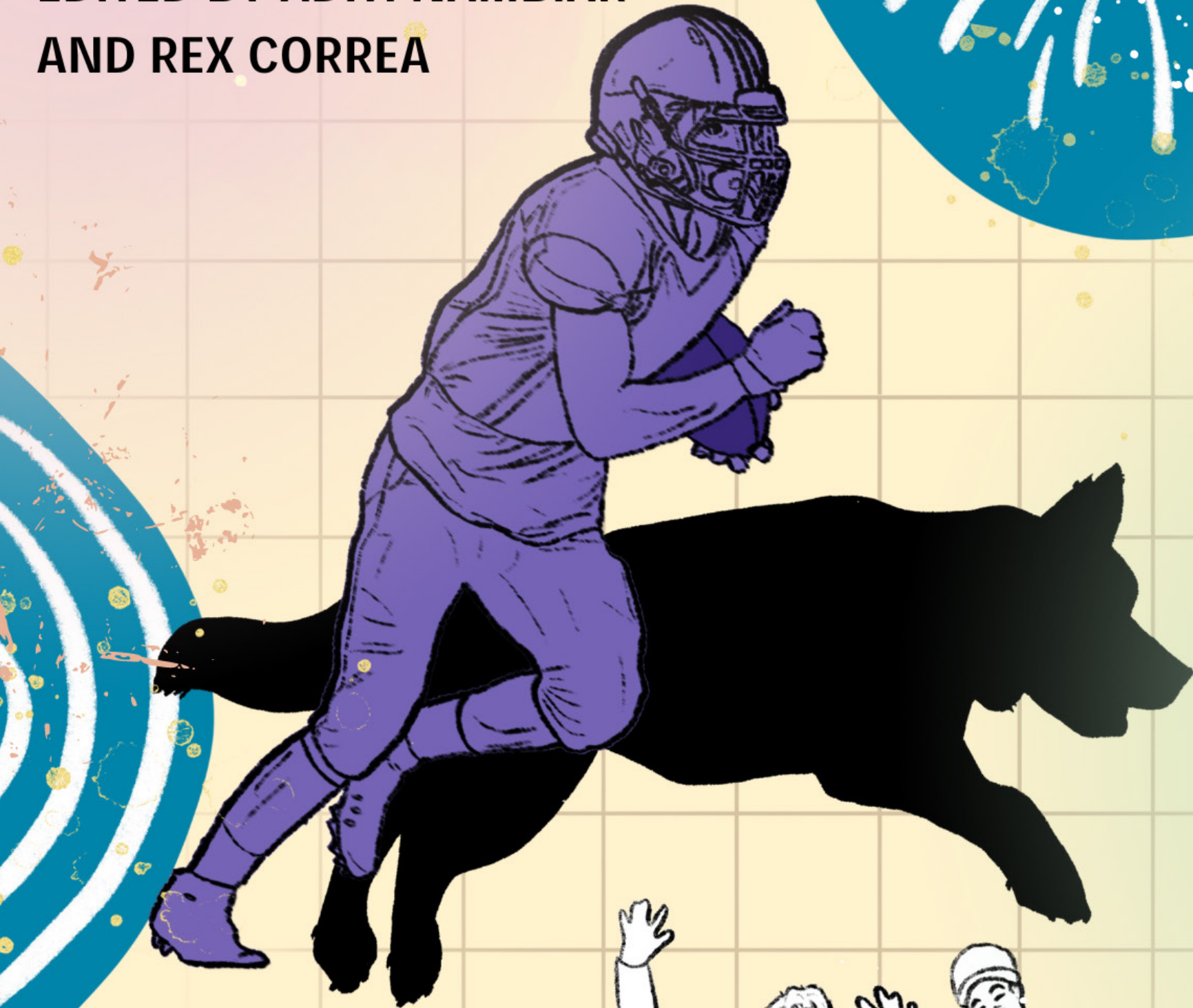


# THE HUSKY HERALD

EDITED BY ADITI NAMBIAR  
AND REX CORREA



COVER ART BY  
ALEC MULLEN-DELAND AND ADITI NAMBIAR



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## New Year, New Goals: UW Bothell Faculty Share Tips for Success!

Written by: Aditi Nambiar- **Editor-in-Chief**  
**January 2024**

The following responses were provided from UW Bothell faculty. Thank you for contributing your valuable insights for students!



Image Credit: Freepik

If ever you feel confused, stuck, unmotivated, overwhelmed, reach out to your professor. Come to our office hours, we are waiting for you! If our scheduled office hours don't work, email us to set up a different time; we are here for you! You belong here and we will work with you to help you thrive!

After every small success, celebrate it right away to create a good feeling. By feeling good, you are forming a new habit. Keep in mind that positive change is driven by feeling good, not by feeling bad.

1. The beginning of a quarter is a new beginning. If you didn't do as well as you hoped last quarter, think about what you can do differently and discuss this with peers and your professor. You got this!
2. When we are sick, we often just want to get back to normal health and long for the day when we can breathe deeply etc. You all have worked hard to get to UW Bothell. Sometimes to stay motivated think what it would be like if you weren't able to go to college and that perspective can help you realize what a gift it is to be here and have the opportunity to learn. Climbing Everest is a huge challenge and there are many times when people will struggle. There are times when it is dark and cold and everyone climber struggles. It is what makes climbing Everest such a feat. College is a huge challenge and there are times when everyone struggles too. If you struggle, never feel alone. You will find a way to get through it, and it will make graduation such an amazing accomplishment.
3. Don't leave everything to the last minute. Try to carve out times, even short ones, when you can review the material during the way.

I would like students set smaller goals and feel accomplished and happy when you achieve those goals. Small drops of water make up the ocean. Try not to be stressed and balance your life and time. Remember bookish knowledge is not the be all and end all of education, its the development of overall personality of student.

School, life, history--all things we experience moment by moment even as forces bigger than any of us constantly transform all. In college (and youth!), people cultivate habits, knowledge, skills, and relationships for riding that wave (for better or worse/whether they do so deliberately or not). Now is the time to practice actively recognizing, experimenting with, and adapting to conditions and possibilities constantly opening around you, but also being present in and savoring each moment of that process for all it is worth; good practices for tackling and keeping things interesting in the present while also nurturing possible futures!

Allow yourself to define what success means to you. Everyone’s success looks different - one person’s success may be a 4.0, while another person’s is achieving healthy work-life balance and getting enough rest. At the beginning of each quarter, sit down and think about what YOUR success will look like that quarter, and then build your goals based on that.

It’s understandable to occasionally dread coming to class. Come in anyway, if possible. It will generally make things better, not worse.

The professors at UWB chose this campus for some of the same reasons you did, including the smaller class sizes and the ability to build relationships between faculty and students. So get to know your professors! We love when students show up to office hours, and we’re super happy to answer your questions!

Do all the reading: Of all the learning activities that happen college, reading is the most like what you will do in your job. You will read lots of stuff at work: reports, white papers, articles, etc. There will be few videos, podcasts, etc. telling you what you need to know. (See also <https://blog.johnny-lin.com/?p=188>.)

Reach out to your professors when you have questions or are experiencing difficulties. They will want to help! If possible, meet with them one on one.

One of the best pieces of advice I received in college was to nurture friendships with people who share both your social and academic interests, people you like to hang out with but who can also challenge you to think more deeply about your field of study. I learned more about Foucault watching sports and talking with friends than I ever learned in seminar. I felt less defensive and could let my guard down a bit. I think it’s absolutely essential to find a place where you feel comfortable asking questions. Oh, and hydrate. Always stay hydrated.

In the new year, take healthy risks! It’s cliché to say things like “join a club or new activity” yet those experiences broaden your soft skills and connect you with more people! Also, take it all step by step, including working toward larger goals. Give yourself three small goals per day to accomplish (and time to relax as well). Believe in who you are and how your perspective adds to our community and the world at large. Finally, find things that inspire you to laugh; laughter really is good for mind, body, and soul!

## The SSI Savings Penalty Elimination Act

Written by: Rex Correa- **Assistant Editor**  
**January 2024**



Image Credit: Freepik

Over 7 million Americans receive Supplementary Security Income (SSI) each month – 140,000 of which are Washington residents. According to the Social Security Administration’s website, the program provides monthly payments to retirees and people with disabilities who have insufficient resources ([ssa.gov](https://ssa.gov)). For too long, the program has done its beneficiaries a disservice.

For example, annual cost-of-living adjustments do not adequately account for inflation. In 2024, the SSI federal payment standard increases by 3.2 percent. This brings the maximum monthly payment for working-age individuals from \$914 to \$943 – an increase of just \$29. This is less than a livable wage in Washington state.

Furthermore, the asset cap limits how much money a person can possess while maintaining their benefits: \$2,000. This keeps beneficiaries just above the poverty line and prevents them from improving their quality of life. Married couples are allotted \$3000. This is just barely enough to keep them above water.

The asset cap makes it impossible save up for emergencies or rainy days. It forces beneficiaries into poverty if they have no other income. Those who are able to do a limited amount of work cannot be paid adequately without risking their benefits. This is detrimental to beneficiaries who want to do fulfilling work and to the workforce.

SSI beneficiaries sacrifice their chances at a higher quality of life to receive a consistent income. Without SSI, an injury, flareup,

or progression of illness could lose them their paycheck or even their job. Those unable to work at all are given no other options.

The SSI Savings Penalty Elimination Act seeks to amend the asset cap for the first time since 1989. On Sept. 12, 2023, the bill was referred to the Senate Committee on Finance and the House Committee on Ways and Means. The bill is both bipartisan and bicameral and is sponsored by Ohio Senator Sherrod Brown and co-sponsored by many more.

If passed, the asset cap would increase from \$2,000 to \$10,000. This would change millions of lives. Retired and disabled individuals and households would finally be able to improve their situations. The marriage penalty would be eliminated as married couples would be allotted 20,000. Beneficiaries would no longer be condemned to poverty.

The best way to bring this bill into law is to vote and get to know your representatives’ stances on issues such as this one. *The Husky Herald* reached out to Washington State Representative Suzan DelBene, who responded that “elderly individuals and those



Continued...

living with a disability must have secured financial support to access critical services and care” ([delbene.house.gov](https://delbene.house.gov)).

Informing yourself of the legislative process is crucial to creating tangible changes in the law. According to the Washington State Legislature website ([leg.wa.gov](https://leg.wa.gov)), participation as a citizen looks like contacting

representatives via email, snail mail, or over the phone, and networking with your fellow citizens to get the word out.

The local community has disability resources for those in need. Snohomish county offers state-funded personal care services. The services are tailored to the individual to “provide help with the activities of daily living” ([\[homishcountywa.gov/1865\]\(https://homishcountywa.gov/1865\)\). UW’s own Disability Resources for Students \(DRS\) seeks to create an “inclusive and equitable environment” for all students \(\[uwb.edu/student-affairs/drs\]\(https://uwb.edu/student-affairs/drs\)\). The tri-campus resource manages accommodations and seeks to make courses accessible, so everyone in the diverse student population has a fair chance to succeed.](https://sno-</a></p></div><div data-bbox=)

# ASUWB in Action: First Town Hall and Impactful Initiatives at UW Bothell

Written by: Ashlyn Huber  
- Student Reporter  
January 2024

AUTUMN QUARTER

# TOWN HALL

WHERE? Commons  
WHEN? TOMORROW, 11 am - 1 pm  
WHAT? Come meet the team, offer feedback, and learn more about what ASUWB does.

Image Credit: ASUWB via Instagram

With the 2024 presidential elections approaching, many of us are looking for the chance to raise our voices in support or opposition of current issues. Here at the UWB, we have our own student government to translate our voices into action: the Associated Students of UW Bothell (ASUWB).

Last quarter, ASUWB hosted this year’s first Town Hall event at The Commons on campus, allowing students and other community members to meet the team and give feedback about campus policies and procedures. This feedback is vital to their role of bringing together the wonderful people who make up UW Bothell and fulfill their mission to “enhance the entire student experience by supporting and/or drafting policy that promote student interests, needs, and welfare,” as stated on their website ([uwb.edu/asuwb](https://uwb.edu/asuwb)).

The *Husky Herald* has contacted ASUWB president Puneet Birk for more information about the ASUWB team and the feedback received from the recent Town Hall event. In addition to serving as a leader of the UW Bothell Huskies, Birk is the president of the Washington Student Association, an organization similar to ASUWB in its aim to represent all students of Washington state and improve the education system ([www.wastudents.org](https://www.wastudents.org)).

As the main spokesperson for the student body of UWB, Birk has shared on ASUWB’s Instagram account (@asuwbbothell) that the student government runs according to “what [students’] desires are and what changes they want on campus... We really encourage students to voice those concerns and desires to us so that we can implement them.” Thus, what do students need to know about ASUWB and their role on our campus? The following responses from ASUWB to *The Husky Herald*’s inquiry have been edited for clarity.

**On your website, your mission statement includes, “Serving as a liaison between the students and faculty, staff, and alumni.” Could you explain how you accomplish this?**

We aim to accomplish serving as a liaison between the students and faculty, staff and alumni by holding as many seats as we can. This means being active members on Bothell campus and tri-campus committees. Our president serves as the UW Bothell representative on the Alumni Association Board of Trustees; the entire ASUWB team serves on more than 10 different committees.

We prioritize being the liaison for students and administrators by gathering student feedback and being well-known on campus so that students stay involved and feel comfortable to come to us about the obstacles they are facing or ideas they would like to see realized on campus.

**What current issues are you currently working on or testifying for at Olympia?**

Currently we are creating a discounted parking permit for student employees at higher educational institutions state-wide. Other issues we are advocating for through our participation in the higher education lobbying firm, the Washington Student Association, are the following:

- Ensuring Bridge grants stay permanent
- Expanding the Native American Scholarship Program (currently at Washington State University)
- Expanding WA Student Loan Program to more fields in graduate school
- Establishing a pathway program that provides mentors to students from kindergarten to 12th grade
- Establishing new programs for disabled students as well as supporting resources to remove barriers
- Requiring SANE (Sexual Assault Nurse Examiner) nurses on college campuses
- Creating a student-led review committee of departments handling faculty misconduct
- Fully-funding Basic Needs navigators
- Creating a curriculum promoting mental health via training on balancing health and rigorous work
- Increasing tele-health services on all campuses
- Increasing access to preventative resources such as fentanyl test strips.
- Expanding the funding for on-campus childcare facilities, programs, and employees

**What were your most frequently asked questions, in general or at the recent ASUWB Town Hall, and how did you respond?**

From our town hall, the most frequent responses were for more lighting at night, portable chargers for rent, free utensils, and more interactive spaces like The Commons. Some of our frequently asked questions are regarding what has been accomplished and what is in the works. We have accomplished many things in our three months as a team:

- Created the first ever student-led advisory board for the School of Business working directly with the dean
- Restarted the Student of the Month series
- Increased campus safety presence
- While some things we have been working on are the following:
- Creating a Senate, providing more jobs on campus and representation
- Creating a common hour to allow for more collaboration earlier in the day
- Promoting, connecting, and collaborating among clubs to begin innovating and creating a more competitive school
- Creating an advisory board across all academic programs allowing for more opportunities for students

It was not only insightful for students, but a success for us to connect and get feedback from the students!

**Could you describe the prominent roles in your organization and how they contribute to your mission?**

The Associated Students of the University of Washington Bothell (ASUWB) is split into three different sectors, the first being the executive team which consists of the president, vice president, and director of finance & budget. The second sector is our director’s team, which consists of our director of campus partnerships, student advocacy, outreach, and legislative affairs.

The third sector of ASUWB is our staff positions: our marketing coordinator, policy & personnel coordinator, and legislative liaison. All of our positions are vital to ensure that we are not only reaching the unique students at UWB, but also to ensure that all of our goals and projects are progressing throughout the quarter. We hold many individual jobs to ensure all tenets of our mission are being held. Our big initiatives help contribute to our mission, too. Ultimately, we advocate for students to improve their college experience.

**How can students learn more about**



**ASUWB initiatives or get involved with the student government?**

They can connect with us on our social media platforms: Instagram (@asuwbbothell) and our Discord server linked on the UW Bothell ASUWB page ([uwb.edu/asuwb](http://uwb.edu/asuwb)). We will be creating a governmental archival document that will provide in-depth detail on all projects accomplished and what will be passed on to next year’s teams; allowing for transparency and guidance on what we are doing to better students’ lives.

**Is there anything else you would like to add?**

Please do not ever hesitate to reach out. We like to tell students that we can make the campus whatever they would like to see – we just need to know their ideas and have their ongoing support. We’re actively looking to resolve any barriers in higher education and cannot wait to connect with you all!

YOU'RE INVITED TO

# HUSKIES ON THE HILL

WHERE? Olympia  
WHEN? Monday, January 29  
WHAT? Meet legislators and advocate for student issues in the capitol!

Image Credit: ASUWB via Instagram

## National Stalking Awareness Month

Written by: Chloe Frink- **Student Reporter**  
**January 2024**



Image Credit: Freepik

**Content note: Stalking and harassment**

The hazy glow of the Seattle winter illuminates the front office of a small chiropractor firm in Issaquah. A young girl, 17-years-old, sits at the front desk, carrying out her duties as the firm’s receptionist. With a “girl next door” vibe and efficient organization skills, she provided exactly the inviting aura needed for a family establishment. Being inviting, however, did not warrant what happened to her next.

A man – bigger and much older than her – was passing by the large front windows when he caught a glimpse of her and walked in to talk. This was the beginning of months-long harassment and stalking that would lead to a restraining order.

It didn’t start slow. He would return to the office with the sole purpose of seeing her, never pretending to be a potential client for the firm. The man would make untoward comments. “The first thing he did to really make me uncomfortable,” says the girl, now a grown woman with a teenage girl of her own, “was asking to see what necklace I had on under my sweater. At the time, I always wore my dad’s old dog tags under my clothes.”

She began to see him everywhere. She would see him outside of her gym and inside her local grocery store, and had to endure his constant appearances at her work. Her coworker informed her that he had come by the office on her day off, asking other staff for her contact information. They began to worry about her safety after he left a note for her, requesting that she come visit him at a hotel room in SeaTac.

“This was before cell phones were readily available – before Sammamish was a city. We lived in unincorporated King County with no official police station of our own. My par-

ents got me a phone, even though they were huge and really expensive, because they were worried he would catch me in a place where I couldn’t call for help.” She recalls that she was worried about how long it might take for police to respond, living in an unincorporated area.

This woman is my mother. I grew up with this story.

January is National Stalking Awareness Month (NSAM). According to the U.S. Department of Justice (DOJ), one in three women and one in six men are victims of stalking - a crime that provides the perpetrator with a feeling of power and control. Stalkers use every tool at their disposal, and this year, the DOJ is calling for people to be vigilant of online activity. Increased social media usage and wearable devices such as smartwatches, phones, and AirTags provide new avenues for stalkers to take advantage of.

Recently, with the reauthorization of the Violence Against Women Act (VAWA), technology abuse and online harassment have been defined as powerful tools for stalkers in hopes of calling attention to potential safety concerns. The VAWA also authorizes the attorney general to develop a national strategy to address and prevent cybercrime, including cyberstalking. President Biden has also established the White House Task Force to Address Online Harassment and Abuse which will make recommendations to schools, technology platforms, and federal and state governments on how to prevent and address stalking.

Since the beginning of Biden’s administration, the DOJ and the Office on Violence Against Women (OVW) have provided around \$970 million in grants to law enforcement agencies, victims, prosecutors, courts of

law, and community organizations to support victims and prevent stalking-related violence.

What about our local community? How can students at the UW Bothell stay safe and protect themselves against this crime?

Experts make clear that victims of stalking are in no way to blame for what has happened to them - stalkers will harass and follow regardless of how their selected victim acts and responds. This being said, each person can protect themselves and take precautions to prevent potential abuse.

Popular social media apps like Snapchat, Twitter, and Facebook all have ways that you can share your location with other users, or “check-in” to different locations and declare where you are. By either turning off these features from your profile or limiting the people who can see this, you can eliminate a tool from the stalker’s weaponry.

If you or someone you know has experienced or may have experienced stalking or similar concerns related to personal safety, please contact the local resources mentioned below. For emergencies and instances of immediate danger, call 911.

All UW Bothell student, staff, faculty, and community members are encouraged to contact the CARE team to submit a CARE report regarding any concerns for well-being and safety. The CARE team serves as a “sole designation model” that allows all UW Bothell community members to “contact all support services for students in one location,” as stated on their official webpage on the UW Bothell website.

The CARE team’s ultimate mission is to “provide private, proactive and supportive consultation, assessment, response, and education regarding students who may be in distress or at risk” from appropriate campus experts such as the Violence Prevention and Advocacy Program (VPA) and the Counseling Center. CARE team resources can be found here: <https://www.uwb.edu/student-affairs/care-team>.

Call SafeCampus at (425) 352-SAFE (7233) to get assistance for any concerns with personal safety. UW Bothell and Cascadia College’s Campus Safety department provides campus safety services and professional support for both campuses. The Campus Safety Office is located on Campus Way NE, at street level of the LB2 building. Learn more about Campus Safety here: <https://www.uwb.edu/safety/>.

By raising awareness of the issue of stalking, we can take strides to prevent it.



# Resolutions Reimagined:

## 3 Strategies to Achieve Your Goals in 2024

Written by: Zain Almaliki  
- **Student Reporter**  
**January 2024**

OPINION



Image Credit: Freepik

It’s that time of the year again, where we make promises and uphold ourselves to impossible expectations; new year’s resolutions. If you have ever felt bad about failing at one of your resolutions and want to know who started it all, then you can trace it back to the Babylonians.

According to History Channel’s article on “The History of New Year’s Resolutions,”

it is said that the ancient Babylonians were the first to celebrate the new year around 4,000 years ago. The Babylonians celebrated New Year’s in March, when crops were planted, and they were the first civilization to set expectations for themselves to uphold for the next year. They believed that if they failed to keep their promises, they would fall out of the gods’ favor and endure their wrath over the following year. Fast forward to now, every culture has adopted resolutions as a part of their yearly routines.

According to latest research statistics on New Years resolutions published on *Forbes Health*, only 6 percent of adults are able to stick to their resolutions throughout the year. If you are one of those committed few that are able achieve their goals, you can skip the rest of this article; the remainder of this reading will be dedicated to my fellow 94 percent who struggle with their goals.

### *It’s a marathon not a sprint*

While achieving your resolution in the fastest time possible is extremely enticing, it could also be your downfall; limiting yourself to a certain time period could create exhaustion and burn out that will derail you from reaching your goals. So, taking a slower and a more measured approach could be your key to success.

### *Aiming too high*

Once the countdown is finished and the new year excitement is at its most euphoric point, you might feel like superman, but that doesn’t mean you should create unreasonable expectations for yourself.

Creating small and achievable goals could be helpful towards your transformational journey. The feeling of hitting your goals is in itself a motivator to go on to the next and keep succeeding. So why create impossible expectations of yourself and remember that even Clark Kent put down the cape occasionally.

### *SMARTer not harder*

If you’re a college student like me than I’m sure that you are sick of hearing about the SMART methodology, but even the most cynical of us need to admit that it works, especially when it comes to resolutions, according to career coach and author, Ashley Stahl’s advice on *Times*, SMART goals are the way to go. “SMART goals are specific, measurable, achievable, relevant, and time bound.”

These solutions to your new year resolutions stumbles are not the be all end all to staying committed to your goals but they will guide you through this yearly process. And remember, if nothing works, believe like the Babylonians: if you fail, you may be cursed.

## Get to Know Your Student Reps!

### ASUWB Director of Finance & Budget

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



Leonille Matunan, he/him  
ASUWB Director of Finance & Budget

**Major:** Computer Science & Software Engineering

#### **What is your role in ASUWB?**

I’m the Director of Finance & Budget for ASUWB. It’s the same role as treasurer last year, with just a different name and now it is a director role. My day-to-day consists of keeping track of our budget, doing expenditure reports for the team, and sitting on three committees which include: Student Facilities Advisory Committee (SFAC), Student Technology Fee Committee (STF), and Services Activities Fee Committee (SAF).

Lastly, I also run the Student Academic Enhancement Fund (SAEF) which covers

airfare, lodging, and other travel cost that students may face when attending academic conferences. Overall, I’m doing a lot of background work, attending meetings, and replying to a lot of emails!

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

So it’s actually my second year being a part of ASUWB. What made me want to come back was the enjoyment I had being treasurer last year. I wanted to continue on the work and projects I had last year and to hopefully apply these goals by this year.

#### **What is SAF and STF?**

Services Activities Fee Committee (SAF) funds all student activities, student organizations, and everything else that encompasses students. SAF is pretty important because of how many things it funds for students. Student Technology Fee Committee (STF) is basically the same as SAF, but it only covers the payments within technology for students to use. It’s a little more specific as it only covers the physical technology that we all use.

#### **What is your role as part of SAF and STF?**

For SAF & STF, my main role is usually to hire and staff both committees. After I go through the hiring process for both committees, I sit as the ASUWB representative and

bring insight that I gain from talking to my team. I’m usually only a voting member and I cannot become the chair/vice-chair for either committee.

#### **What should UW Bothell students know about SAF and STF at UWB?**

Students can be a part of the process of deciding where our money goes! Students should try applying for next year’s team to be a part of the process, and know that they themselves can work with faculty and organizations to create budget requests that they believe will be impactful within campus.

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

I’ve been taking pottery classes and learning how to use the wheel to make pots and vases!

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

One piece of advice I have is to enjoy your college years and just try everything. I found that just trying new things made my academics much more enjoyable! So don’t hold yourself back, and get out of your comfort zone and try new things.



# UW Bothell’s First Ever Makers Fair Coming Soon!

Written by: Aditi Nambiar  
- Editor-in-Chief



Image Credit: Madison Van Alstine- Project Assistant, Student Engagement & Activities (SEA)

Information Provided By: Pauline Tolentino and Jireh Reduque- **UWB Makers Fair Co-Coordintors, Student Engagement & Activities (SEA)**

The UWB Makers Fair is “a celebrative showcase of our community’s creative talents and uniquely-made creations. From hand-made crafts to desserts, we are gathering students, faculty, staff, alumni, and community members to inspire one another, to explore, to share, and to support the creative and entrepreneurial spirit of our community!”

Student Engagement & Activities (SEA) is expecting to have over 80 vendors (an estimated 29 alum, 26 students, 19 off-campus community members, 1 staff, and 3 faculty) share their creations with an anticipated 300-500 UW Bothell participants on Wednesday, Feb. 14, 2024, from 11 a.m to 3

p.m.

The purpose of the first-ever UWB Makers Fair is to serve “UWB community needs, interests, and talents around creative expression and creative outlets (i.e., making); as well as a way to start a new University of Washington Bothell tradition in having the first of what can be an annually recurring UWB Makers Fairs,” as stated by the UWB Makers Fair Co-Coordintors, Pauline Tolentino and Jireh Reduque.

This event is in collaboration with and co-sponsored by UWB Alumni Engagement, who will be hosting their Alumni Entrepreneur Panel preceding the Makers Fair, as well

as the Collaboratory which will be hosting a Makers Workshop on Jan. 23 and Jan. 31, 2024 to teach interested community members how to make creations to vend at the fair. A Makers Mixer will be held right before the start of the fair for makers to network with other small business owners.

There will be light refreshments, music by UWave Radio, Makers Fair swag, and more exciting things to collect at the Makers Fair which will be located at the Activities & Recreation Center (ARC Overlook) and North Creek Events Center (NCEC).

See you there!



Image Credit: Diversity Center via Instagram

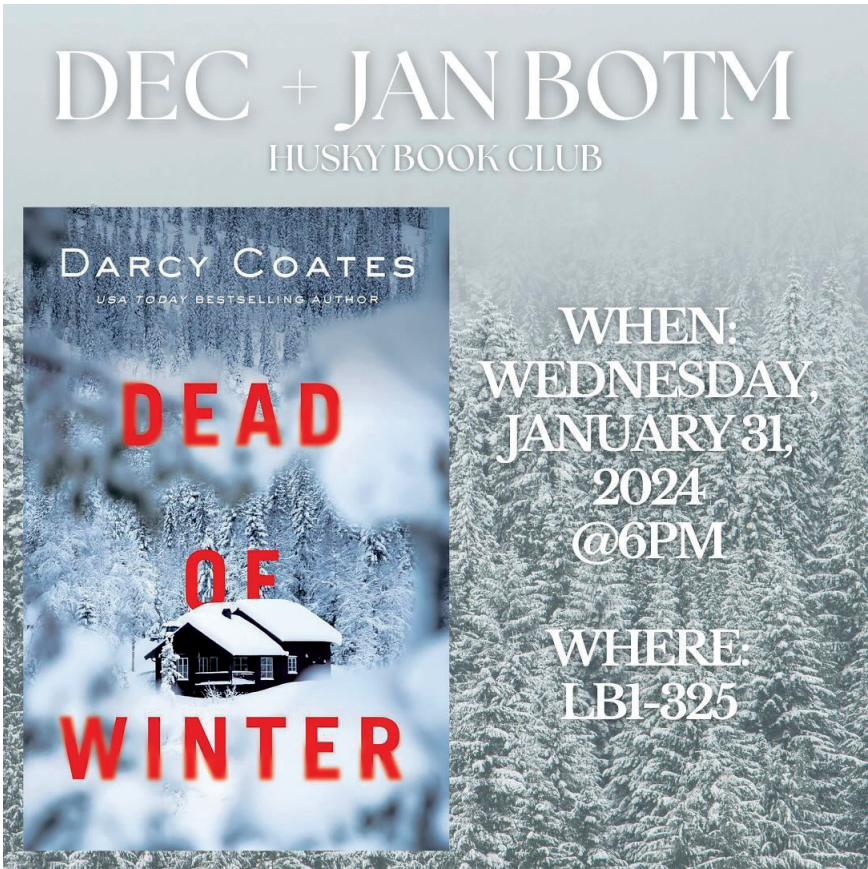
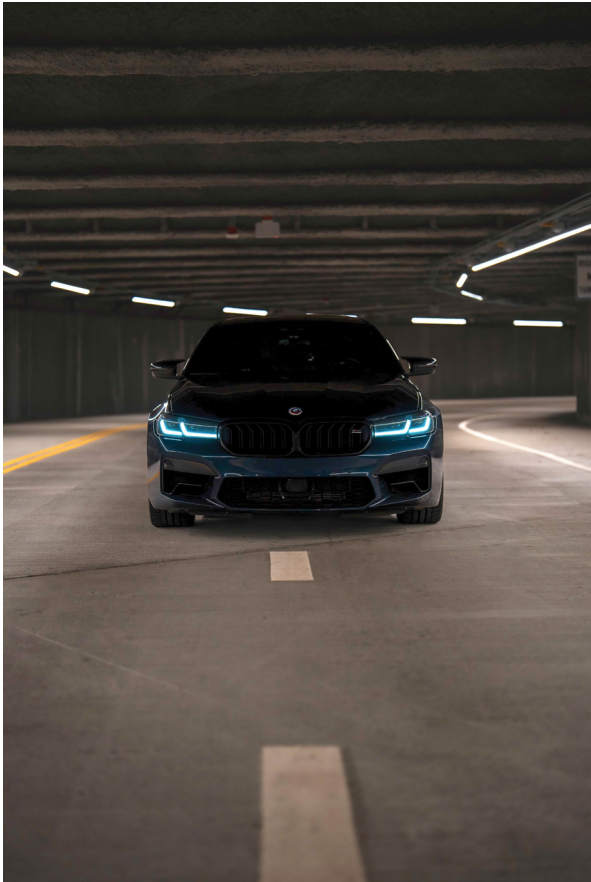


Image Credit: Husky Book Club via Instagram



# Car Club Captures

Photography by: Mirsab Sohail- **Car Club President**, Ian Shea and Deepankar Meruva- **Car Club Members**





# The Boy and the Heron Review: It's Only as Complex as You Choose It

Written by: Ashley Shim  
- Student Contributor  
OPINION



Image Credit: ToukMeasAW on DeviantArt

Studio Ghibli movies are often described as “dreamlike,” as if reliving a memory you had long forgotten. When I left the theater after watching *The Boy and the Heron* for the first time, I felt as if I had just stepped out of a dream, not only because of the movie’s fantastical elements, but because the way the narrative presented itself felt like watching someone’s stream of thought.

After learning about the movie’s background and what it means to its creator, acclaimed director Hayao Miyazaki, my confusion faded into true appreciation—appreciation that, I think, will understandably vary from audience to audience.

*The Boy and the Heron* is the story of Mahito Maki (voiced by Soma Santoki in Japanese, Luca Padovan in English), a 12-year-old boy who loses his mother to the tragedies of World War II and moves to the Japanese countryside to live with his new stepmother, Natsuko (Yoshino Kimura in Japanese,

Gemma Chan in English). There, he meets a strange heron (Masaki Suda in Japanese, Robert Pattinson in English) who claims that his mother is still alive and embarks on a quest to a mystical otherworld in search of her. The movie is an exploration of grief, escapism, and acceptance.

The film is almost autobiographical—Miyazaki has stated that it is his most personal film yet, as the protagonist is based on himself as a young boy. Both Miyazaki and Mahito grew up in times of war, fled to the countryside, and had fathers who worked in fighter plane factories. The movie’s Japanese title, *How Do You Live?*, is even in reference to one of Miyazaki’s favorite books, which goes by the same name.

When creating something so personal to oneself, it can be hard to keep the rest of the audience in mind, and *The Boy and the Heron* is a prime example of how presenting your subconscious as a spectacle can be just as much of an intriguing experience as a confusing one. Under the heaps of praise that the movie has rightfully earned for its gorgeous animation, stunning soundtrack, and immersive voice acting, the main grief arises—its story.

In typical Miyazaki fashion, he has created another movie that doesn’t lead the audience by the hand to explain its narrative. To the die-hard (and sometimes pretentious) Miyazaki fan, audiences who didn’t understand *The Boy and the Heron* may just come across as less intellectual, too used to the spoon-fed plots of modern movies and Western cinema.

The story centers around a boy’s descent into grief, coping through escapism, and eventually learning to accept and move past that grief. In knowing this central plotline, audiences can then interpret aspects of the movie that might not have been clear, such as the meaning behind Mahito’s actions, the significance of the parakeets, and what

the magic blocks might represent.

I think that in order to truly enjoy *The Boy and the Heron*, some degree of audience interpretation is required, more so than the average movie or even the average Ghibli movie. However, when nothing is fleshed out, when nothing is given a definitive answer, can we still consider this good storytelling under the guise of interpretation? That is the dilemma I faced.

Although *The Boy and the Heron* was rated PG-13 for American audiences, it is still undeniably a movie for children. It is also undeniably a movie for adults. It felt like a dream because it was born from the mind of a now 83-year-old man looking into the past and trying to give meaning to a childhood that felt so daunting at the time.

So, when I looked at the events that happened in the fantasy world through the lens of a boy dreaming of his lost mother, suddenly, I finally felt like I understood the movie. In our dreams, we talk to the dead and the living like they are one in the same. The places we go, the actions we make, the people we meet—in dreams, they all make sense, and this explained many of the questions I initially had while watching. Only through giving my own interpretation could I truly appreciate Miyazaki’s work.

It’s a shame that American theaters didn’t keep the original Japanese title, because the question “How do you live?” is essential to sympathize with the movie. It is asking you, the viewer, how do you live? Because as personal as the movie is to Miyazaki, it is also meant to be personal to you. Mahito learns to live on despite the grievous occurrences of life and refuses to lose himself to his sorrow. That is his interpretation of the journey he embarked on. Our own answers to the question are only as complex as we choose to make it.

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Image Credit: UWave Radio via Instagram



# Open Mic Night Winter 2024

Photography by: Ella Silvas and Humail Fatima- **Media, Marketing, and Graphic Designers, Student Affairs**

Highlights from Student Media’s Open Mic Night this quarter!



Ella Silvas (left) and Nicolette Natividad (right) perform as duo, *Not That Kind of Girl*



Choreographed vocal performance by Kendall Muller and Annie Zylstra



UWave Radio Studio Engineer, Mason Solis (right) and UWave Radio Station Manager, Nicolette Natividad (left) controlling audio tech



Students participate at the Student Media Spin-the-Wheel table



Vocal performance by Abigail Houtari



Instrumental performance by Oscar Murguía



Vocal performance by Lexi Nguyen



Vocal performance by Dante Amada



Vocal performance with guitar by Dilara Kal



Vocal performance by Caleb Dempster





Open Mic Night audience watching the show



Open Mic Night audience watching the show, alternate view



Instrumental performance by Ethan



*The Bohemian Kneecaps*, student band, takes the stage



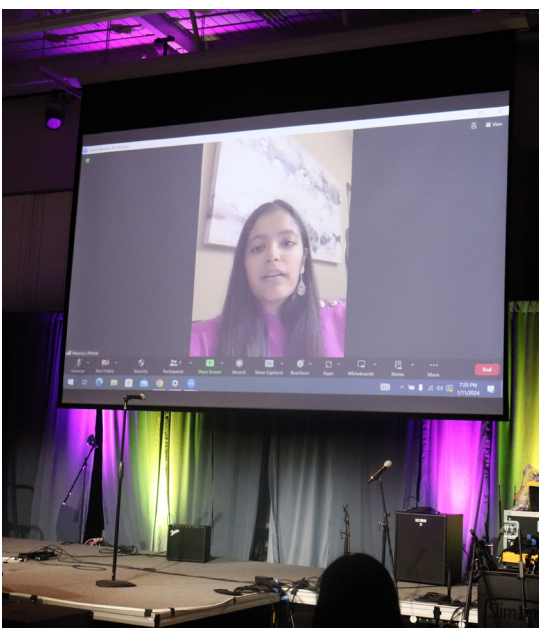
Vocal performance by Yash Varde



Dance by Erena Fenghuang



Vocal performance by Spencer Lundt



Virtual song performance by Meena Bharani

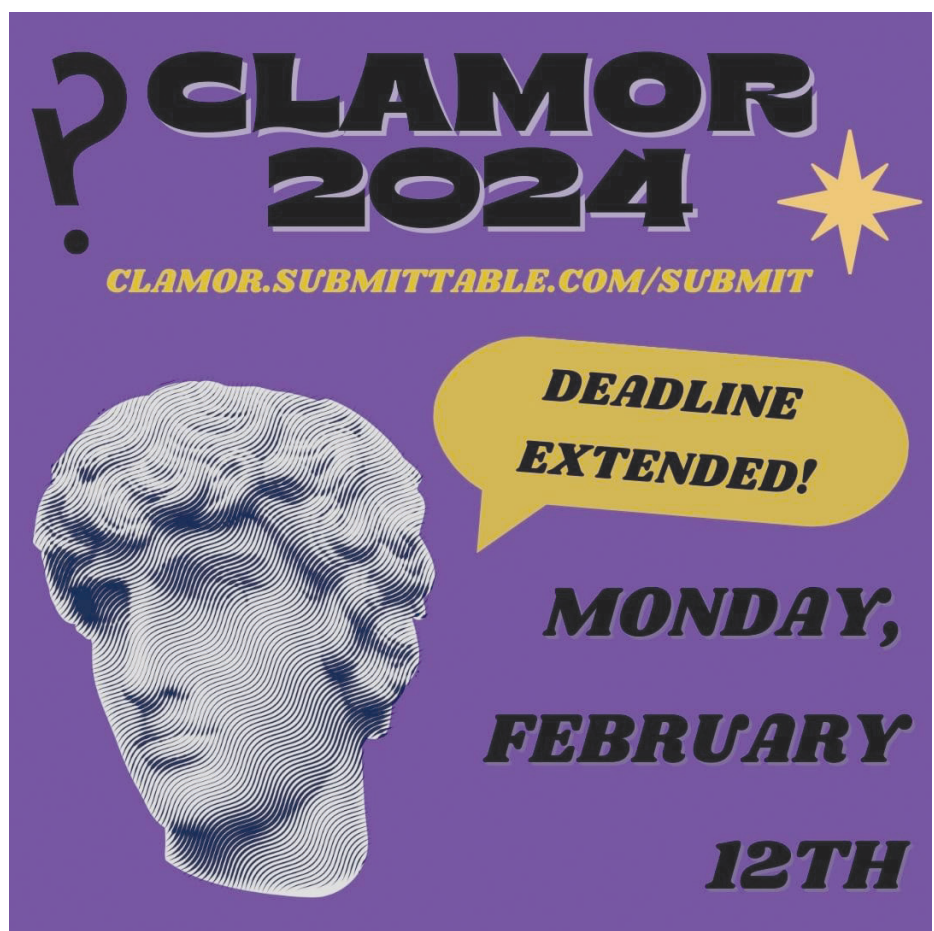


Image Credit: Clamor via Instagram



**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>January 2024 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 Zain Almaliki</p>	<p><b>Student Contributors</b> Mirsab Sohail Ian Shea Deepankar Meruva Ashley Shim Ella Silvas Humail Fatima</p> <p><b>Advertising Coordinator</b> Rohan Puri</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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