

The Husky Herald

Edited by
Aditi Nambiar, Ashley Tsang, and Ashlyn Huber

Congrats
Class of 2024!



Cover art by Alec Mullen-Deland

In This Issue:

Page 2: Letter from the Editor-in-Chief: Thank you and Farewell	Page 6: Data for Good Workshop with Hey, Black Seattle!	Global Running Day 2024: Celebrating Fitness with Community
Page 3: From Classroom to Community: UW Bothell Husky Educators Club Inspires Tomorrow’s Teachers	Page 7: UWB’s Garage Show: For Car Enthusiasts	Page 10: SEA’s Farewell Letter: Thank you, Aditi!
Page 4: Student Academic Showcase: UW Bothell’s Annual Celebration of Learning and Research	Page 8: Spring Fest 2024: Collaboratory and Day of Play!	Page 11: Washington Wonders Word Search
	Page 9: National HIV Testing Day,	

Letter from the Editor-in-Chief: Thank You and Farewell

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

Dear Huskies,

Welcome to the end of another academic year and congratulations on making it this far! Whether you have completed your first year or your final quarter, I hope you can take a moment to celebrate all that you have accomplished up till now.

This year has certainly been an eventful one of transformation with our ever-blooming campus community. From buzzing events, a growing student population, and impactful initiatives being put forth, this year has been full of vibrant energy and dynamic unity which we have had the delight of presenting to you along the way.

I am humbled to present to you our final issue of the 2023-2024 school year, and my last one as Editor-in-Chief of The Husky Herald. Serving in this role since my first year as a student has undoubtedly been the most rewarding experience of my journey at UW Bothell. I feel privileged to have gotten the opportunity to lead our platform and share the many remarkable stories of our community, spotlight extraordinary student achievements, and showcase various milestone moments we have experienced since our return from the pandemic in 2021.

As I write this final letter to you, I am filled with immense gratitude. I am especially grateful to Pauline Tolentino, our supervisor and advisor, and Assistant Director of Student Engagement & Activities, for being the most supportive and compassionate mentor, and to Dr. David Goldstein, our faculty advisor, for his unyielding encouragement and invaluable guidance. Thank you both for believing in me from the very start and inspiring us to discover the many possibilities of community engagement and storytelling.

I would also like to acknowledge the entire Student Media team for their heartfelt dedication, creativity, and exemplary collaboration, as well as our team of contributors for their incredible talents, and of course, the rest of Student Engagement & Activities (SEA) for all their support. I am so proud of how far we have come and it has truly been an honor to work alongside you all.

Last but not least, I am sincerely thankful to each and every one of you who has supported our platform by picking up copies of our issues each month, coming out to our events, following our latest releases, and sending us your work over these years. Your continuous engagement is what drives our publication forward and makes this work possible.

Looking ahead, I am excited to introduce our incoming Editor-in-Chief, Ashley

Tsang, who will be joined by our current Assistant Editor and incoming Managing Editor, Ashlyn Huber, as well as our incoming Assistant Editor, Mya Vo. I am eager to see our new team of editors take The Husky Herald to new heights with their fresh perspectives and visionary thinking as second-year UWB students. I wish them the very best as I pass the baton over to them.

This journey has presented its challenges with the diverse array of events we have witnessed around the world over these years. There have been stories of joy, stories of pain, bitter-sweetness, and everything in between. My greatest insights from my time as Editor-in-Chief have been the power of the pen, curiosity, and empathy. With every conversation I have had with our exceptional students, staff, and faculty, there has been something new to learn that has led to more answers and even more questions.

Embracing the beauty of the boundless world we live in, let us remember the impact of each word that tells a story and each story that becomes a part of history.

Sincerely,

Aditi Nambiar
Editor-in-Chief, The Husky Herald
(2021-2024)



Photo Credit: Freepik

From Classroom to Community: UW Bothell Husky Educators Club Inspires Tomorrow's Teachers

Written by: Ashley Tsang- **Incoming Editor-in-Chief**
May 2024



Photo Credit: Freepik

As the spring flowers blossom and the quarter comes to an end, it's time to pause and appreciate the dedicated educators and student teachers whose impact extends far beyond the classroom. Founded in the fall of 2023, the Husky Educators Club (HEC) at UW Bothell was created "to build a sense of community in the School of Educational Studies (SES)" and "support educators; specifically, student teachers," says club president, Celia Hernandez.

It is admirable how student teachers show up prepared every day with a positive attitude ready to innovate and teach while constantly adapting to the latest changes in the curriculum and media. Hernandez explains that "Student teachers are not paid and expected to commit 40+ hours a week ... [Our] club wants to be a resource for student teachers to gain access to funds, materials, and entertainment while they complete their training."

Hernandez's background as a veteran and student educator encouraged her to be vocal about the concerns that many undergraduates face about the education program and its extensive requirements. In her personal experience, "As a first-generation graduate in my family, I looked to my peers for what a good classmate does. Growing up I had a hard time believing myself capable of being a student at a big school like UWB; here in this community I was quickly inspired to shine as bright as my peers."

We understand that navigating the university experience as a first-generation student can come with many challenges such as dealing with imposter syndrome (Check out page 10 of our April 2024 issue: "Dealing with and Overcoming Imposter Syndrome").

Hernandez adds, "Even with frequent staff communication, it can be tricky understanding and planning for all the responsibilities of a preservice teacher position." Like many students on campus, she felt more prepared after connecting with her peers during class, "I respected my peers and recognized the huge sacrifice a lot of us were about to make to achieve the next step in our career," she says.

The Husky Educators Club was then

formed this year by club president, Celia Hernandez with the mission of recognizing and supporting student teachers who will soon become an essential part of the workforce and this generation's future.

With the support of the UW Bothell community, professors, and the HEC faculty advisors Nathaniel Lee, Sarah Shear, and Allison Hintz, as well as the SES student body, this organization came to fruition to highlight student experiences by providing an encouraging community for students to gather and feel safe to share their feelings about their university experiences.

The club recently held a successful event on April 24, 2024, in collaboration with the SES featuring guest speakers, Noreen Naseem Rodriguez, Esther Kim, and Sohyun An who are authors of the book, *Teaching Asian America in Elementary Classrooms*.

In a combined effort with their advisors, the HEC and SES made this collaboration possible. "Since our advisors are connected to our school, they are able to advocate for our interest to the important peeps at the SES. At a club meeting, it was discussed that the authors would be coming by and it would be cool to host them as a joint effort, and we began the planning ASAP," Hernandez explains.

The book that the authors provided to every member of this event emphasized the need for an updated curriculum in the way educators innovatively approach and teach Asian American studies.



Photo Credit: Freepik

This collaboration was part of the club's Equity and Social Justice in Education series and in light of Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month, we would like to reflect on this event by highlighting some of the notable takeaways from the authors of the book.

Firstly, "The authors emphasized that it's important to know the distinction between Asian and Asian American," Hernandez says. To add, it is important to ask people what they prefer to be called as our identities and backgrounds can be significantly different even if we currently reside in the same place. By doing so, we can collectively foster a safe environment where Asian-American students feel comfortable with how they are being referred to and understood.

From an educator's perspective, there are some memorable dos and don'ts when teaching Asia American studies that the authors emphasized in their presentation. "Avoid the three Fs: Teach beyond food, festivals, and fun." Asian-American heritage is so much richer than surface-level culture.

Additionally, Hernandez noted the importance of teaching beyond the model minority concept by including the stories of creative figures like artists and athletes to highlight agency and resistance against harmful stereotypes.

In an ever-changing world, the HEC focuses on the importance of embracing change and adapting to new changes whether it be in educational curriculums or the new age of digital media.

Advancing technology can inform and empower us in academia in many ways, however, when teaching her kindergarten class about safety and friendships, Hernandez quotes the infamous line by Spiderman, "With great power comes great responsibility." In a thought-provoking way, this Spiderman quote could be used to think about the ramifications of the emerging powerful AI revolution and how we will all continue to adapt.

The Husky Educators Club and student teachers at UW Bothell are committed to a mission greater than themselves. No matter how our world changes, Hernandez believes that all educational stakeholders will need to continuously adapt to ensure that the learning experience enriches the lives of their students.

She emphasizes that students need to realize they are the power of a successful and long-standing university because the student body encompasses "real people with real stories and contexts that are rich in uth and experience." Additionally, Hernandez stresses that "Profit over people is not acceptable. Not when the profit is so high and love is free."

Looking ahead, The Husky Educators Club hopes to increase their engagement within the community and is open to collaborating with other schools at UW Bothell; They encourage anyone who considers themselves an educator to join!

They recently held an initial Student Teacher Panel to provide incoming seniors with the leadership opportunity of being a HEC officer. "As part of our studies at the SES, we believe that knowledge comes from

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us, and we can hear ourselves best when we're empowered by our community to shine brighter than we originally thought we could," says Hernandez.

Club president Celia Hernandez can be reached via email at, celia220@uw.edu and students can check out the club on Instagram at [@uwbhec](https://www.instagram.com/uwbhec) for interest in joining the club and officer positions.

Hernandez had a goal of amplifying

student educator voices on campus and her community did not disappoint her. Throughout her experience as club president, she had the opportunity to get to know all her supportive classmates' who inspired her to create the HEC. "I could type each one in here to make sure you know who I am talking about ... but I'll invite you to watch us all graduate instead! Congratulations Class of '24," says Hernandez.



Pic Credit: HEC via Instagram



Teaching Asian America in Elementary Classrooms Book Event

Student Academic Showcase: UW Bothell's Annual Celebration of Learning and Research

Written by: Ashlyn Huber- **Assistant Editor**
May 2024



Photo Credit: Freepik

From film screenings to artwork and capstone projects, this May 10–16 we were once again astonished by the dedicated work presented during UW Bothell's tenth Student Academic Showcase. With over 80 informative projects and 14 students honored during the closing Award Ceremony, this year's showcase highlighted our community's commitment to pushing the boundaries of our understanding through research and capstone projects.

The week-long event began on Friday, May 10 with an opening showcase reception featuring Chancellor Kristin Esterberg and a film screening of four student productions. Anthony Safai's Existence In Silence came first, a consistent production of paranormal investigations across the country. Tiffany Miller's The Signs of Our Time, showed an artist's perspective of today's digital con-

tent through a sculpture of a news rack holding a laptop. Next, the narrative music video STRAY explored a young man's relationship with his partner, filmed by a team of UWB students, Hannah Kemp, Alec Mullen-Deland, Ken Onuma, Ezra Bantum. And finally, Ezra Bantum's short film Echo Chamber focused on social media's influence on us.

The presentations began the following Monday, with topics spread throughout the day in one-hour sessions focused on interdisciplinary topics, international studies, education, STEM, and closing with a showcase by the Clamor Editorial Board — the team behind the upcoming 2023-24 UWB literary and arts journal. The following day, students showcased their work during a poster and art session in the UWB Collaboratory. Oral presentations resumed for the rest of the

week, highlighted by a keynote address from Associate Professor Bo Zhao of UW Seattle's Humanistic GIS LabData Challenge. Additionally, May 14 was designated "Data Day", with an alumni panel and Academic Advisors present to support students pursuing majors such as Data Visualization or Data Science. To view the full list of presentations, visit: <https://www.uwb.edu/connect-ed-learning/events/academic-showcase/schedule>

This event, organized by the UWB Office of Connected Learning, is one of many provided to further their mission of fostering "high-impact experiences that contribute to innovative and influential teaching, learning, and research," as shown on their website at <https://www.uwb.edu/connected-learning/>. Connected Learning is UWB's hub for undergraduate projects as well as study abroad and scholarships. They support the Husky Cache, an online repository of our students' research and creativity, including those presented at Student Academic Showcase: https://uwnetid.sharepoint.com/sites/husky_cache.

Among the many events that took place during the showcase, The Husky Herald was delighted to attend several presentations during the education session on May 13 and the disability session on May 15.

Amado Chacón on The Mexican American Experience

Among the first of the presenters on Monday, May 13, Amado Chacón explored the effects of ethnic studies and bilingual education through his experience as a Mexican American during his speech, titled, "The

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Mexican American Experience: Healing through Ethnic Studies and Bilingualism”. A senior studying culture, literature, and the arts, Chacón described his childhood, growing up in a Mexican American household and attending the United States public school system. There, he felt a distinct lack of understanding about his history and his culture. In Chacón’s experience, Mexican American parents often focused on their children’s understanding of English and the American culture and combined with negative stereotypes of the media and a similar consensus among peers, this led to a feeling of emptiness.

Chacón explained that these factors created a generation of Mexican Americans who felt they were to blame for being “too American”. He stated, “I learned early on that there is this hierarchy of cultures in the United States, the U.S. Anglo American on the top ... Mexican American somewhere on the bottom.” Searching for a solution, Chacón described the three types of historical trauma that may have influenced the origins of this situation, and cited college-attendance statistics of Mexican Americans; only 26% gained an Associates’ degree. Moving forward, he suggested educational reform to help form a sense of community among Mexican Americans, in hopes to ameliorate the situation.

Linh Huynh: Communication for Non-Speaking Individuals

In her presentation during the disability session of May 15, Linh Huynh described her capstone project during her presentation, titled, “Design of Communication App for Non-Speaking Individuals.” Along with a dedicated team, Huynh developed an application that provides a menu of symbols that help non-speaking individuals communicate with others, including their parents and caregivers. The app provides an emergency button they can click when they need help, along with a set of working vocabulary that the users can express by interacting with the app.

Huynh worked with her UWB faculty mentor, Annuska Zolyomi, throughout this project, and she decided to contribute to this project for her capstone after learning about it from one of her professors. Looking into the future, Huynh explained that her team will aim to improve features like the application’s context awareness and vocabulary so that it can be more personalized to individual users based on their circumstances and needs. The app will ideally be very low cost, or free, so that it can be accessible to more users, providing a valuable asset to communities.

Mason Peterson Explores Spectral Re-Orientation

In his presentation, “Spectral Re-Orientation: An Exploration of the Self Through Disability and Object-Oriented Ontology”, Mason Peterson described the “haunting, spectral nature” of experience at different stages of a disability or chronic illness. He defined three parts of the process: the haunting, the ghosting, and the dying, and explored how one can befriend these parts



Photo Credit: Freepik

instead of allowing them to loom in their awareness. Peterson first explained the definition of Object-Oriented Ontology (OOO) as a framework to view reality as formed by objects. Applying this idea to disability and chronic illness, he explained that these situations can impact our experience of the objects around us and our ability to interact with them.

Through this lens, Peterson proposed Disability-focused Object-oriented Ontological Methods (DOOOM), providing a method to understand “reality as formed by objects as it relates to disability and chronic illness.” DOOOM is not meant to encompass all situations, and Peterson explained that it would need to be tweaked in order to serve as a model for certain levels of disability. Using this model, Peterson explained that we can learn to live alongside the “spectral states of selfhood”, accepting the differences between who we were before and who we are now.

Marisa Ackerman and Maleah Haverly: Accessibility at UW Bothell

In the following presentation at the showcase, “Accessibility at the UW Bothell,” Marisa Ackerman and Maleah Haverly describe their journey through the creation of a new

Disability and Neurodiversity Awareness and Advocacy Club at the UWB. Their story began in a community psychology class where they were assigned a project to identify an issue on campus and create an intervention to help resolve it. After some preliminary research, Ackerman and Haverly realized that there is a lack of accessibility on our campus. The University of Washington currently has implemented a transition plan that identifies and removes barriers across the institution’s facilities, but Ackerman and Haverly explained that physical barriers are not the only determinant of accessibility. Not every student pays attention the same way during a lecture and benefits from the styles of learning that are commonly provided; behaviors and assumptions that discriminate against individuals may also prevent individuals from participating fully.

Thus, the Disability and Neurodiversity Awareness and Advocacy club will aim to provide a community that is safe and inclusive to disabled and neurodiverse students. By providing activities and events for these individuals to participate in, Ackerman and Haverly hope to improve accessibility on our campus and in our community. Their plan is still in progress; the club has begun recruiting members and will likely be established by the fall quarter of the coming academic year.

Thanking Our Presenters

Overall, this year’s Student Academic Showcase has been a wonderful success, coming to a close on Thursday, May 16 with a Reception and Award Ceremony at the North Creek Events Center. We are proud to finish this academic year by celebrating the continued learning and research thriving in our community. The Husky Herald has taken pleasure in capturing these collective memories of our campus community, and we look forward to the new and returning members who enlighten UW Bothell this coming fall.



Photo Credit: Diversity Center via Instagram

Come recognize our LGBTQ+ peers in honor of graduation! June 6th, 6 - 8 pm at UW Bothell ARC Overlook. Enjoy our fun theme and celebration! More details to come!



Photo Credit: Clamor via Instagram

UWB’s Arts and Literary Magazine, Clamor, is holding a Launch Party Monday, June 3rd, at the ARC! They will be celebrating the release of the 18th Edition of the Magazine with live readings, food, activities, and more!

Data for Good Workshop, with Hey Black Seattle!

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



Photo Credit: Freepik

Data Day, a campus event hosted by the University of Washington- Bothell’s Office of Connected Learning, took place on Tuesday, May 14. This student academic showcase was a brilliant display of the University’s successful recent alumni who returned to their alma mater to mentor upcoming students who are interested in data-related fields.

It included student panels, keynote speaker, Dr. Bo Zhao and even a free lunch in the audience of a panel of data career alumni. However, one of the most impactful and exciting service this day-long event had to offer was the workshop in partnership with Hey, Black Seattle! (HBS), a website and brand founded by Kiesha Garrison.

According to their website at <https://www.heyblackseattle.com/team>, HBS was designed to help the people of the African diaspora to discover and become a part of Black experiences in the Seattle area.

As Garrison said in the data workshop during Data Day, the greater Seattle area is home to around 350,000 Black people – spread over so much land and separated by so much distance that it often feels like there is a lack of Black community. Garrison founded HBS with the hopes of remedying this issue.

A Louisiana native, Garrison felt the rift when she moved to Seattle after Microsoft offered her a job here. With her background in data management, which is what attracted Microsoft to her initially, Garrison took it upon herself to make a platform that could help the Black community of the greater Seattle area grow stronger.

She describes the Black community of Seattle as a “revolving door.” She explains

how, when Black people who move to the city first arrive, it is a shock at the absence of Black community that they might be used to. After initial shock, they research and try to connect with whatever they can find, but it is a hard and difficult process. Garrison says that this leads to a feeling that there is “nothing for me” here, and that it is hard to connect with the small pockets you find. She says it leads to giving up on the search before it even begins.

Regardless of this, she assured us during Data Day, the pockets of Black community that can be found in the greater Seattle area run deep and strong. After putting together, the “why” behind the issue, Garrison’s analytically-wired thinking started firing on a way she could use her corporate training to develop a database to catalogue and list different resources and events in a comprehensive and efficient manner that would help the search be simplified.

Launched only last June, HBS now has over seven thousand followers on Instagram and has developed a stocked database of Black owned businesses, government programs designed to serve the local Black community, community organizations, and Black-led resource groups. As of Data Day, there were 311 official members on the website.

Their guiding principles are different than you would expect from a typical directory website. In the words of its founder, HBS is not meant to be a typical company. HBS lived up to the “Kiesha standard,” and is not a business for a massive monetary profit, but rather for the benefit of the community. HBS uses the power of organizing information to strengthen and shine light on

existing resources and members of the Black community.

Campaigns led by HBS seek to establish collaboration between members of the community whilst resisting the replication of oppressive practice in order to be as harm-free as possible. A guiding question for the company is “How do we repair and recover from communal harm? How do we hold those responsible accountable without exiling them from the community?”

HBS is completely aware of the diversity within the Black community of Seattle. In a powerful post on their website at <https://www.heyblackseattle.com/principles>, they write: “Having differences means we do not all have the same challenges and vulnerabilities... you will encounter people who are not Black like you, they are Black like themselves.”

In one answer to this question, Garrison seeks to continuously give back to her community. During the later parts of the Data for Good Workshop, she revealed to the students attending that HBS aims to donate \$5,000 thousand dollars every time they gain 2,000 thousand members in order to fund the community they are trying to bring to light.

It is safe to say that Garrison has achieved her goal of making a comprehensive and detailed one-stop-shop for the Black Seattle community to seek resources and community with others like them. Her resilience and determination has resulted in a successful community resource that is constantly expanding. It hasn’t even been a year since HBS was officially opened for business, and yet it has proved itself to be popular and useful within the Seattle community.

Hey, Black Seattle! is a community partner with the University of Washington Bothell. In the Data for Good Workshop, students were able to get a glimpse into how HBS is able to function as it does, learn about the software platform Brilliant Directories, and even learn how Garrison herself organizes and enters community member information onto the HBS website.

During the workshop students were able to take real community data and organize and enter it in accordance with Garrison’s guidelines, all while exploring and learning about different resources within the Black Seattle community.

If you have any interest in Hey, Black Seattle!, you can become a member of the website and explore all that the website has to offer by visiting <https://www.heyblackseattle.com>. You can also follow them on Instagram ([@heyblackseattle](https://www.instagram.com/heyblackseattle)) for quick and convenient exposure to events and businesses near you!



Photo Credit: Freepik

UWB’s Garage Show: For Car Enthusiasts

Written by: Ameer Kiani- **Student Reporter**
May 2024



Photo Credit: Freepik

This weekend, on May 18, University of Washington Bothell’s Car Club held its first car show at the South Garage. UWB’s Car Club is a vibrant club where car enthusiasts can come, share, and enjoy their passion for cars. The car club was founded in 2016/2017 by Tristin and a few other car enthusiasts to provide a community where people can share knowledge and socialize with other car owners.

The May Garage Show: Five Years in the Making

The May Garage Show is a significant achievement for the Car Club since it’s their first car show in over five years. It is a testament that the club has shown perseverance and dedication after having faced many challenges over the three years. The Garage Show was a magnificent event filled with cars, motorcycles, SUVs, and trucks. The event included free food and the opportunity to hang out with fellow car enthusiasts and vote for their favorite cars. The club also had their club featured with an eco-friendly Go Kart Club, showing their commitment to technology and sustainability.

Car Club: Home for Car Enthusiasts

As Club President Mirsab Sohail stated, “Our main purpose is to create a social community where anyone can socialize whether you’re the biggest car fanatic or someone who knows nothing. We want everyone to enjoy our passion and love for cars.” Other than the Garage Show, the Car Club has been very active with the campus and the local community. They have meetings off-campus, movie nights with movies on cars, and allow their members to learn, network, and grow in car knowledge.

Personal Stories from the Garage Show

For this issue, the Husky Herald gathered personal stories from some members of the vibrant on-campus car community. For ex-

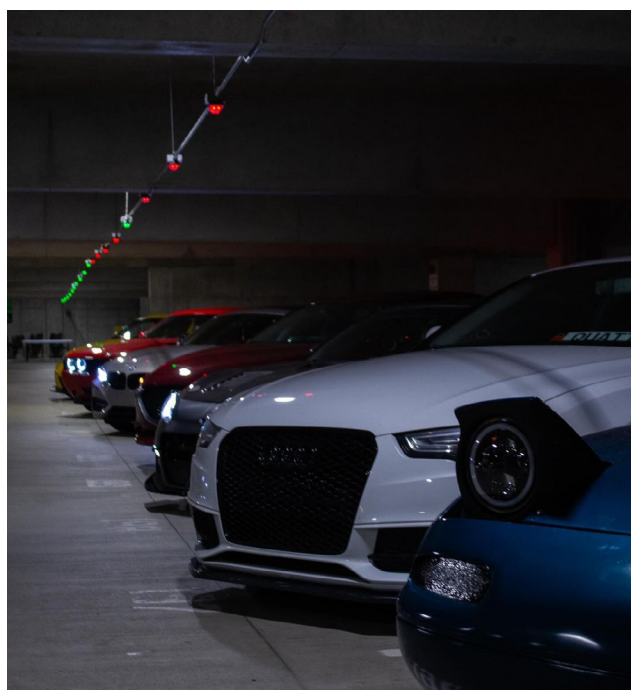
ample, Sam, a proud owner of a Nissan 370z, shared that his favorite car memory was showing his new car to family and friends on the first day. Travis, who drives a 2004 Infiniti G35 coupe, cherishes the memory of building his car with a custom kit and color, highlighting the creative talents possessed by the car club members. These stories display the joy and pride that come with being a part of the UWB Car Club.

Resources and Support for Students

For students with diverse interests and needs, UWB provides resources to facilitate their passions. The university’s Student Engagement and Activities office helps organize and promote student clubs, enabling them to thrive and prosper. Additionally, the Counseling Center and the Health and Wellness Resource Center provide essential aid for the mental and physical well-being of students on campus.

Local resources in Bothell also support students. For example, the Bothell Police Department and local auto-repair shops offer assistance and expertise to car enthusiasts.

Looking Ahead



As the school year approaches its end, the Car Club is celebrating its achievements and looking forward to future goals. The primary goal this year was the Car Show, which they have proudly accomplished. Moving forward, the club aims to expand to the UW Seattle and UW Tacoma campuses, sharing their passion for cars across the Puget Sound area.

The Car Club is a testament to the power of community and shared interests, drawing together students and local enthusiasts for the love of automotive culture. With a strong foundation and vision, the Car Club aims to maintain its legacy of fostering connections and creating memorable experiences for all.

Additional Information

For more information about the Car Club and how to get involved, visit their Discord channel at <https://discord.gg/PfuMw5x2BY> and follow them on Instagram here: [@carclubuwb](https://www.instagram.com/carclubuwb). Additionally, students can access UWB’s Student Engagement and Activities office (<https://www.uwb.edu/sea/>) and the UWB Counseling Center (<https://www.uwb.edu/student-affairs/counseling>) for further support and resources.



Photo Credit: Car Club via Instagram

SpringFest 2024: Day of Play!

Photography by: Allison Doak- **Student Photographer**



Students Preparing for the Obstacle Course



Students Exchanging Tickets for Rewards



Students Compete in Connect Three Basketball



Inflatable Man Next to Obstacle Course



Hippo Inflatable Minigame



Students at Dartboard Soccer



Rock Climbers



NEP Preparing Students for Rock Wall



Photo Credit: Clamor via Instagram

National HIV Testing Day

Designed by: Nya Maddox- Visual Media Designer

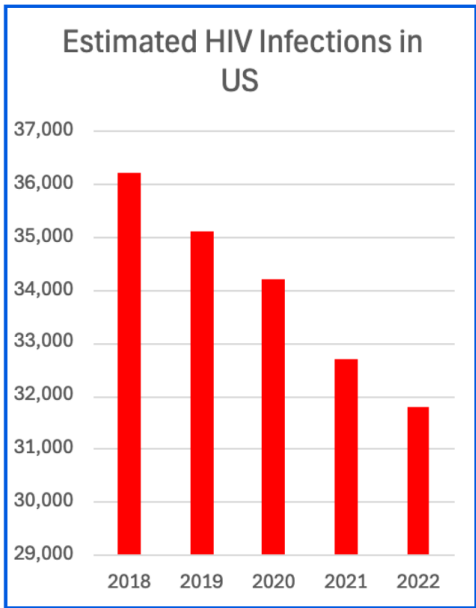
June 27th is... **National HIV Testing Day**

HIV IS:

- a virus that lowers the body's ability to fight infection
- spread through contact with bodily fluids (ex. unprotected sex or injection drug equipment)

“Level Up your self-love”

- slowly declining in the US due to effective treatment/prevention methods such as medication



data from the Centers for Disease Control and Prevention



How can I get tested?

you can test at home with an antibody test, or visit a lab for an antigen/antibody or nucleic acid test!



Who should get tested?

anyone from age 13 to 64!

Global Running Day 2024: Celebrating Fitness with Community

Written by: Rohit Jesudoss- **Student Reporter**
May 2024

Global Running Day, celebrated on the first Wednesday each June, marks a worldwide event dedicated to celebrating running for active living. Global Running Day prompts people from all around the world to get up, go outside, and run around.

As per globalrunningday.org, the purpose of Global Running Day is to remind us of the positive benefits of running on both our physical and mental health. In addition to these positive benefits, Global Running is dedicated to promoting community spirit and the importance of being active.

Running is one of the easiest forms of exercise and its convenience is one of the main reasons for its significance. The very first Global Running Day began in 2006. However, back then, the event had been known as National Running Day because of its small following. In 2016, National Running Day had gone worldwide as more people around the world joined in the celebration, prompting the change to Global Running Day.

Now in 2024, Global Running will continue the celebration of running on Wednesday, June 5. The question still

stands: why is running so important and what can we specifically gain from it? Drawing back to our physical and mental health benefits, running can help with improved cardiovascular health, better sleep, improved memory, fewer colds, and overall increase in mood and energy as noted by WebMD.

Running can help increase circulation near the heart, lower the risk of cardiovascular disease, which is a leading cause of death, and even helps reduce the chances of a heart stroke.

In fact, according to the World Health Organization (WHO) “cardiovascular diseases (CVDs) are the leading cause of death” and take “an estimated 17.6 million lives each year.” Why does this happen? The WHO elaborates that cardiovascular diseases are caused from poor diets, lack of exercise, tobacco use, and alcohol abuse. Running gives us the benefit of leading an active life while helping maintain a healthy weight, reducing the chances of developing CVDs later in life.

Physical benefits aside, running can improve both cognitive function in the brain and mood. When we run outside, “the hip-



Photo Credit: Freepik

pocampus — the part of the brain associated with memory and learning — has been found to increase in volume in the brains of regular exercisers” (Hopkins Medicine). This is good for those struggling to learn or memorize and students as running can help learn the amount of information given to them in the classroom.

In addition, “exercise has a dramatic antidepressive effect” which could be due to the release of endorphins during running which elevates mood in runners, as stated by Johns Hopkins Medicine. This is good for those looking for a mood boost or an

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increase in energy due to long periods of inactivity or low productivity.

These are just some benefits that running can have on our mental health, not to mention the numerous other physical benefits mentioned earlier.

In Washington, we are fortunate to have so much nature around us to go jogging, running, biking, and even hiking, near both Seattle and Bothell. In Seattle, we have the Green Lake Trail that's 2.6 miles long, the Discovery Park Lighthouse Loop that's 4.5 miles long, and the Alki Beach Trail that's 7.6 miles long, if you're feeling a longer run as noted on alltrails.com.

The Alki Beach Trail also offers a view of the Seattle scene for those wanting less of nature view compared to urban scenery. There are even places near our own campus for runners looking to get outside.

There's the Bothell Landing Trail

that's 3.1 miles long, the Blyth Park and Tolt Pipeline Trail that's 5.4 miles long, and the closest to our campus (and the longest), the North Creek Trail that's 6.3 miles long, stretching from our campus to Thrasher's Corner. Each one of these trails offer amazing views for runners, capturing all the "green scenes" Washington has to offer.

UW Seattle offers its own Global Running Day event, which strives to encourage community members to come down to the main campus and participate in a run. Participants are encouraged to run with other students, professors, and members of the Seattle area to explore the streets of Seattle while running.

In 2024, UW Seattle is hosting the event once again on Wednesday, June 5 between 12 a.m. and 12 p.m. to encourage people to participate in at least a 1-mile run. Participants must be registered using

their UW NetID before the run in order to run during the event. More information on registration and accommodations here: <http://calendar.washington.edu/bothell/174847791/GlobalRunningDayPledge-to-runwalkorwheelfor1mileormore>.

Similar to UW Seattle's running event, UW Bothell just hosted its 19th Annual Bothell Husky 5k event on May 11, 2024, organized by the UW Bothell Alumni Association. The event looked forward to fostering community and to help fund the university's scholarships; in particular, the UW Bothell Alumni Endowed Scholarship, which provides tuition assistance to the school's undergraduates, graduates, and certificate students.

But again, the main purpose of the run is fostering relationships and bringing attention to the importance of being active through running.

SEA's Farewell Letter: Thank you, Aditi!

Written by:
Ashley Tsang
- **Incoming Editor-in-Chief**
Ashlyn Huber
- **Incoming Managing Editor**
May 2024



Photo Credit: UW Bothell Campus News

As the 2023–2024 school year comes to a close, community members brought together by their shared educational goals at UW Bothell are now moving on with their careers. Incoming students can be seen touring the campus, returning students are deciding on Summer or Autumn quarter classes, and graduation is quickly approaching.

Within the UW Bothell Student Engagement and Activities (SEA) organization, we are likewise experiencing ripples of these changes as our current student-staff team prepares to transition their roles to next year's incoming team. Thus, we would like to dedicate this article to our current Editor-In-Chief, Aditi Nambiar, in recognition of her instrumental role in leading the Husky Herald for the past three years.

While Aditi will no longer be a part of our team as a senior at UWB next year, we will continue to experience the valuable impact of her hard work. This May, we have taken the time to gather acknowledgments from the SEA staff in recognition of Aditi's legacy.

Pauline Tolentino
(Assistant Director for SEA):

"There are not enough words to describe how amazing Aditi is, as a team member, a writer, a leader, and an overall league of her own. She has been instrumental in not only bringing The Husky Herald back to life post-pandemic, but has taken Student Media and the UWB community to new levels of engagement, creativity, and dialogue ... With Aditi's courage, vision, commitment, and undeniable skills and talents, there is no doubt she will change the world."

Dr. David Goldstein (Faculty Advisor):

"We were immediately impressed with her work ethic and her desire to learn about university-level journalism ... Working with the assistant editors that joined her for each of the three years she served as editor-in-chief, Aditi built upon the strong legacy of her predecessors to increase the newspaper's scope and readership, emerging as a dedicated champion of all student voices, especially those that have been less audible in the campus community.

As Aditi moves onto other challenges for her senior year, she is leaving the newspaper in the strongest position it has been in since its founding more than fifteen years ago ... I was gratified that the Chancellor recognized Aditi with the Student Civic Leadership Award through Campus Compact, but I think Aditi's most significant legacy is the strength of the Husky Herald itself. The campus will reap the benefits of her dedication for years to come, which makes it a bit easier for me to accept her "retirement" from the newspaper."

Nicolette Natividad (UWave Radio Station Manager 23-24):

"Aditi is one of the most hardworking people I know. She's dependable and always gets her work done even if she's fighting against sickness, deadlines, and anything life throws her way. She's persistent and has always succeeded in anything she sets her mind to ... It has been an absolute pleasure working with Aditi this year! I am so grateful to have had her as a teammate ... I know we wouldn't have been able to make it through this year without all her and all her support."

Marchie Sayas (UWave Radio Station Manager 22-23):

"Working with Aditi in 2022-2023 was a great experience for me ... I also often spent time with her in the ILO or in Husky Hall working on our projects/daily tasks. We were both passionate about our positions and the organization we worked under, so we also became accountable with each other to take a break from work and school and to focus on our mental health... Our team worked together so closely during our time that we made sure that everyone kept each other in check about their work-school-life balance.

She has also brought a lot of great ideas into improving our system in Student Media – with the room bookings, promotion ideas, and CELR collaborations/volunteer sessions ... She was an encourager – for the team and the students she worked with. Overall, she has positively impacted the Husky Herald team, Student Media team, and all of us."

Amoshaun Toft (UWave Faculty Advisor):

"Aditi Nambiar has been a tremendous asset to the Husky Herald and Student Media at UW Bothell. I was impressed with her energy and professionalism from day one, and was excited to get the opportunity to work with her in a range of settings during her tenure.

From working with the UWave Radio and Clamor teams on joint efforts, to acting as a classroom instructor and community contact for my courses on journalism, she has gone above and beyond to bring students into a shared community of media makers. She was always prepared, on time, and clear.

Her commitment to journalistic standards have been met only by her excitement about innovative and engaging content ideas, ensuring that every issue of the paper is fun, engaging, and informative for the community ... Aditi, if your time with the Husky Herald is any indication, I trust that you will do great things in your life after leading the paper.

While we are sad to see you go, we

Continued...

honor the work that you put into the organization: we are all better people for having been able to work alongside you.”

Rex Correa
(The HH Assistant Editor 23-24):

“Grit is about working on something you care about so much that you’re willing to stay loyal to it.’ writes psychologist Angela Duckworth, author of ‘Grit: The Power of Passion and Perseverance’.

Aditi is one of the grittiest people I have ever met. Her dedication to her studies and The Husky Herald has been superhuman. She has created a resounding impact on the campus community that is sure to be felt long after she has graduated.”

Max Stephens
(The HH Assistant Editor 22-23):

“The Husky Herald, Student Media, and UWB’s student body will forever owe Aditi a debt of gratitude ... Aditi had a vision for Husky Herald - one of a paper that supports, informs, and entertains the community and student body she cares about - and she never ceased to work as hard as she could to see that vision to fruition. It made me want to work harder and I consider myself lucky for having the opportunity to work alongside her.”

Madison Van Alstine
(Current SEA Project Assistant):



Photo Credit: Marchie Sayas

“To me, Aditi has been a beacon of inspiration. The work that she has done in flawless and filled with a genuine passion that is hard to come by these days. I remember walking into training when I first started my journey as a Project Assistant ... The Husky Herald was beyond lucky to have someone talented and dedicated as Aditi. I may not have worked with her for very long, but she will forever be a person that I look up to.

Congratulations Aditi, I would wish you good luck, but you truly do not need it. Continue being a beacon for people and do one of the many things you do best- uplift stories because the pen you use is not only mightier than the sword but mightier than anyone else’s.”

Looking Into the Future

In the years to come, the Husky Herald and all of the SEA team will continue to work toward our mission of creating environments where students can engage and navigate college life. We are grateful for Aditi’s dedication to our mission, and we hope she will continue to follow her dreams as we work toward ours, united in our passion for writing and journalism.

Interactive Activity:
Word Search

Washington Wonders

S	I	E	H	D	J	A	Y	U	A	S	K	S	C
C	S	E	C	E	E	E	E	D	S	S	L	N	I
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E	E	T	E	E	A	H	L	S	A	A	O	Q	P
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C	I	U	L	A	T	L	K	I	P	A	I	B	U
S	A	V	L	S	L	O	S	C	I	C	E	O	N
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C	S	R	O	A	B	T	J	P	C	S	I	R	A

- SKAGIT VALLEY
- RAINIER
- SALISH SEA
- PACIFIC CREST
- DECEPTION PASS
- OLYMPIA
- PUGET SOUND
- SNOQUALMIE
- PIKE PLACE
- SAN JUAN
- VANCOUVER
- CASCADES
- BAINBRIDGE
- LONG BEACH

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>May/June 2024 Husky Herald Team:</p> <p>Editor-in-Chief Aditi Nambiar 2021-2024</p> <p>Assistant Editor Ashlyn Huber- Spring 2024</p> <p>Incoming Editor-in-Chief Ashley Tsang 2024-2025</p> <p>Cover Artist: Alec Mullen-DeLand</p>	<p>Student Reporters: Chloe Frink Ameer Kiani Rohit Jesudoss</p> <p>Student Photographer: Allison Doak</p> <p>Visual Media Designer: Nya Maddox</p> <p>Faculty Adviser David Goldstein</p> <p>Assistant Program Manager Pauline Tolentino</p>	<p><i>Special thanks to the rest of the Student Engagement & Activities team for making our work as the on-campus newspaper possible!</i></p>
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#HowDoYouHerald?

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