

The Husky Herald

DISCOVER YOUR TREASURE THROUGH WAVES OF CHANGE



Edited by Ashley Tsang, Ashlyn Huber, and Mya Vo
Cover Art by Kristine Baldoza

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Letter from the Editor-in-Chief: Welcome to New Waves of Opportunity!

Written by: Ashley Tsang - **Editor-in-Chief**
September 2024

Dear Huskies,

Welcome to the first Husky Herald issue of the 2024-25 year!

I hope you all had an amazing summer to relax and rejuvenate before beginning an exciting journey. My name is Ashley Tsang, and it is an absolute honor to be the new Editor-in-Chief of UW Bothell’s official student newspaper, and to build upon its many predecessors to reach new heights. With this year’s new changes, I am especially excited to connect with our community members to document all of our unique experiences, news stories, and goals as they continue to make up our diverse and vibrant campus culture.

This year, we have a new Managing Editor role on our administration team, which will add another exciting perspective and dynamic within The Husky Herald. I would like to officially introduce our new Managing Editor, Ashlyn Huber, who will be overseeing all things related to our timeline and publishing schedule; along with our new Assistant Editor,

Mya Vo, who is the copy editor for our monthly publications. Together with our assigned student contributor team, we are dedicated to depicting informative yet entertaining news stories to help you gain inspiration and stay connected during your time at university.

To start, I am thrilled to present to you, The Husky Herald’s September 2024 issue: “Discover your Treasure through Waves of Change!” In this back-to-school edition, we highlight significant changes within the UW Bothell community as well as campus resources that may help with your academic success and beyond. Thus, I kindly invite every student this year to ‘ride the wave’ with us by taking small steps to prioritize your growth in this essential phase of change and self-discovery.

The Husky Herald newspaper is excited to experience many changes within Student Media to provide students with more engaging opportunities to get involved and better understand our community partners, events, and the world around us.

Through creative dialogue and expression, we serve an everlasting purpose of inclusivity to recognize and understand the diverse experiences of the student body to better connect our community. We are proudly student-led and encourage students who value the same creative spirit to be part of our mission!

Make sure to follow our Instagram page ([@husky_herald](#)) and GatherUWB platform where we will frequently repost school events notifications, as well as announcements for our workshops, events, and open contributor applications!

As we celebrate an amazing year ahead of us and The Husky Herald’s upcoming 16th birthday, I welcome every one of you to pick up our monthly issues at our various newsstands on campus and as always, we would like to know, #HowDoYouHerald?

Warmly,

Ashley Tsang
Editor-in-Chief, *The Husky Herald*



Photo Credit: Freepik; Edited by Ashley Tsang

UW Bothell Clubs and Campus Connections

Written by: Ashlyn Huber - **Managing Editor**
September 2024



Photo Credit: Freepik

Whether you are a UW Bothell student, alumni, or community member, The Husky Herald team is excited to welcome everyone back for the 2024-25 academic year! Our campus thrives in a beautiful pocket of the Pacific Northwest, with a tight-knit population of scholars; our network of clubs and connections are always growing to fit the needs of our community. In this article, we are delighted to highlight some of the prominent organizations on our campus, as well as outline how students can work together to create their own clubs that suit their interests.

Starting this fall, UW Bothell’s new online hub for campus groups and events is available at gather.uwb.edu, where community members can connect with each other and find

others who share their interests.

Residential Life

One popular campus organization is Residential Life, located at Summit Hall, they support students living on-campus with a dedicated team of staff members and student leaders. Residential Life provides community programming, mentorship, roommate conflict management, and policy enforcement for resident students. Students living on campus will have direct access to advisor services and bonding events such as career planning workshops, Earth Day celebrations, and friendship bracelet making. To learn more, visit their website at <https://www.uwb.edu/campus-living/>.

Continued...

Student Government

The Associated Students of UW Bothell (ASU-WB) is made up of staff members and student-elected representatives who advocate for the student body. From initiatives such as the Student of the Month, to lobbying for public higher education through the Washington Student Association, this team works tirelessly to ensure to “enhance the entire student experience by supporting and/or drafting policy that promote student interests, needs, and welfare.”

To fulfill their mission, ASUWB hosts weekly public meetings, along with quarterly Town Hall events to connect with students on campus and allow them to learn more about the organization’s purpose. Students can also run for office or apply as staff to get involved. To learn more about their work, visit <https://www.uwb.edu/asuwb/>.

STEM-Focused Clubs

At UW Bothell, there are several popular clubs focused on academic subjects relevant to our community members. Bothell Women in Science and Engineering (BWise) presents an opportunity to learn more about creating an inclusive community, working to “encourage and promote diversity in STEM disciplines by supporting underrepresented groups in STEM”.

Furthermore, the Association of Computing and Machinery (ACM) and the Institute of Electrical and Electronics Engineers (IEEE) are professional organizations with local, student-run chapters at UW Bothell. At our university, the ACM chapter regularly hosts hackathons, resume reviews, networking events, and workshops to learn about industry opportunities.

Likewise, the IEEE chapter runs mock interview sessions for students and provides

support for Electrical Engineering classes. At TrickFire Robotics, students can participate in a collaborative setting to build a Mars rover to compete in the University Rover Competition.

For those interested in health sciences, the Pre-Med, Pre-Dental, and Biology Clubs are active and provide many learning opportunities and support for classes or studying which can be found on gather.uwb.edu. These clubs host general meetings where members can get to know one another, and periodically invite experts in the field to discuss their careers and provide advice.

Business Clubs

UW Bothell also is a hub for students interested in business, with organizations such as Finance Club or Marketing Club providing ways to get involved and expand their network. Finance Club works toward a more hands-on university experience through a stock competition for their student-managed fund. The club also actively provides information about upcoming internship opportunities at our resource and club fairs.

At Marketing Club, students of any major can explore new skills while forming bonds with their peers and meeting industry professionals. Last year, the club hosted an information session with Ryann Funk, who spoke about her role as the Integrated Marketing Manager at the international company, Funko Pop. Officers in marketing Club also host career preparation workshops for students to refine their resumes.

Cultural Clubs

The UW Bothell also offers many clubs focused on creating spaces for students to connect with others to celebrate their culture or lifestyle. For instance, any member of the community can join organizations such as the Indian Student

Association, Filipino American Student Association, Latine Student Union, and explore the many other options at gather.uwb.edu. Each of these organizations provide a way for students to connect with others of similar backgrounds or learn about each other through mentorship, heritage-related events, or networking opportunities.

Entertainment and Arts

For students interested in finding community through shared passions, the UW Bothell offers many hobby-related clubs. Husky Hooks and Needles offers enjoyable events to learn about fiber arts, and the Book Club provides monthly discussions about literature selected by members.

At Digital Arts Club, members can work with their peers to learn about the variety of technology used to create digital artwork, while Husky Game Development encourages students to practice creating games through showcase events, workshops, and more. In addition, Bothell Beats is the university’s music production club, where producers and musicians come together for collaboration.

Next Steps

These are just a few of the niche communities at UW Bothell, and students can always create their own clubs to suit their own interests by following the five simple steps outlined at <https://www.uwb.edu/sea/clubs>. Furthermore, UWB students can participate in clubs on any of the three campuses that make up the University of Washington. So, this fall, whether you are a freshman, returning student, or another valued member of our community, take the time to consider which enriching organizations are available for you to join and how it could benefit your life or future career; it could mean all the difference!

Resources On Campus: Academic Advising is here to help!

Written by: Mya Vo - Assistant Editor
September 2024



Photo Credit: Freepik

As the first week of autumn begins, UWB welcomes its latest class of incoming students onto its grounds. Starting one’s college journey can be an exciting and nerve-racking stepping stone for students to begin exploring what they are passionate about and want to pursue. To help ease the process, UWB has dedicated a First Year and Pre-Major advising team to help guide students on their first steps of this journey. Academic advisors are there to help students pick out their classes, decide on a major, and make sure students stay on track to graduate.

Additionally, academic advisors can support students beyond the aforementioned avenues. Suzanne Yates, the Acting Assistant Dead for Academic Advising, shared, “They

can help you get connected with academic and personal support services, talk about post-degree options, and help you navigate a number of challenging situations you might face while in college. Students shouldn’t hesitate to reach out to their advisor whenever they have questions.”

Scheduling an appointment

To meet with their advisor, students can book an appointment on Navigate360 (uwb.campus.eab.com) for academic advising. Students can additionally schedule a meeting to learn about other resources on campus like Career Services, disability resources for students, academic tutoring and coaching, and many other opportunities. Pre-Major students are assigned to an academic advisor based on their area of interest and can access advisors that work within majors as well.

Yates suggested that students schedule an advising appointment a few times a year to discuss their planned courses, but every student is different and may want to meet with their advisors more often. It is important to note that Pre-Major Advisors are very busy during peak registration times, the first week of the quarter and Registration Period 1, which makes it important to plan ahead when booking appointments. If students have quick questions they want to be addressed, drop-in advising is also available.

In addition to meeting with an academ-

ic advisor, student peer advisors can also help students with drop-in appointments. They can inform students on how to navigate MyPlan (myplan.uwb.edu), how to register for courses, explain course grading, and other general questions. Peer advisors are available during autumn, winter and spring quarters, except for finals week and the breaks between quarters.

Facing First Year Difficulties

Some students may feel apprehension when asking for help and are unsure of what they can ask. Yates addressed these anxieties by sharing, “We hope students aren’t nervous to ask us anything! We’ve quite literally heard it all! But we know talking to someone about your college plans can be very personal and anxiety-inducing. Advisors are trained to help guide the conversation to help make sure you have the information you need to be successful,” said Yates.

Yates also talked about some of the difficulties of being a Pre-Major student and how working with advisors can help provide support during this time. “Being a Pre-Major student can be tough, because often you’re considering multiple majors, or worried about how competitive admission to a major can be. By working with your advisor, we can help clear up any parts of the major process that may seem confusing or vague. We want students to remember that there are many paths to different careers, and your Pre-Major advisor can help you navigate your options,” she said.

Continued...

New changes to the office and advising team

While students adjust to changes in their lives that college can bring, the advising space and team organization has also undergone recent changes to better help students. The former Student Success Center has been updated into a newly centralized Academic Advising Office where all undergraduate advisors will be, and SSC is now a check-in area for advising, shared Yates. Prior to the start of fall quarter, students should have received an email about the change and how to find their advisor in the new space.

Along with the revamped Academic Advising Office, the organization of UWB advisors has been updated as well. Yates mentioned the reasoning behind some changes, which include reorganizing advisors into

groups who work with similar programs, allowing for each program to have multiple advisors to help students. An additional change the advising team has undergone is to create a more consistent experience for Pre-Major students, who now have access to advisors that work within majors, which can ease the transition between advisors.

“There are lots of other reasons, including what works well for advisors, and what current research says works best for students!” she said.

Exploring resources on campus

UWB’s dedicated advising team ensures that students don’t have to navigate their academic journeys alone. Another supportive resource available are peer coaches, trained student-leaders who are assigned a group of

first-year students to meet with in one-on-one coaching sessions during fall quarter.

While UWB has many resources to support academic decision-making, there are many opportunities for exploring varied interests on campus like joining clubs, Intramural Activities, programs from the Office of Connected Learning; as well as the many other ways to get involved with the school community which you can keep up with the new campus community platform Gather UWB (gather.uwb.edu).

Yates strongly advises that students take advantage of the many resources that UWB offers, “Don’t be afraid to ask questions and explore. There are so many types of activities and opportunities you can take advantage of as an undergraduate student, and some of those are just as important as your coursework. Take some time to find out all that Bothell offers and take advantage of it!”

Cheers to the New Residential Village: Huskies’ New Home Away From Home

Written by: Rohit Jesudoss -
Student Reporter
September 2024



Photo Credit: Front entrance of Summit Hall by Luciana Blume

From 2009, UW Bothell has provided housing for students to live and work in one place, while also having multiple communities around them. To accommodate the growing student population, UW Bothell began construction in 2021 to expand the campus with the addition of the Residential Village, which boasts additional campus housing and a new dining hall.

While Phase One of the Residential Village has been completed, Phase Two and the final project are expected to be complete in Sept. 2024, when autumn quarter begins. The Residential Village at UW Bothell sits next to campus on Beardslee Boulevard, just a few minutes from students’ classes. In addition to the shorter commute and student communities, the Residential Village also offers other benefits like its amenities and affordable suites, compared to other housing options near campus.

The Residential Village offers three new halls for living: Hall, Forest Hall and Horizon Hall. Each one is dedicated to a specific class of students at UW Bothell, but the

Forest and Horizon Halls are open to both UW Bothell and Cascadia College students.

Summit Hall is exclusively for UW Bothell’s first year students. It offers residents shared double and triple suites, a community lounge on the first floor, and a community kitchen, which is shared with Forest Hall. The large community lounge on the first floor is perfect for residents wanting to socialize with their peers and take part in social events hosted through the Residence Life team at UW Bothell.

Each floor within Summit Hall also offers multiple lounges for students to connect with each other and study spaces where students can find quiet workplaces to study. Since Summit Hall is exclusively for first year students, students here can find the transition to college easier with peers in the same classes and year, compared to being placed with upperclassmen with different class standings. The amenities and socialization opportunities seen in Summit Hall make it an amazing choice for the incoming freshmen class to live on campus.

Forest Hall is for upperclassmen at both UW Bothell and Cascadia College. Forest Hall offers similar amenities to Summit Hall, with a community lounge on the first floor, a community kitchen, which is shared with Summit Hall, as well as smaller lounges and study spaces on each floor. Forest Hall also offers private room options with the one-bedroom plan and the four-bedroom plan; there’s also a shared room option with the two-bedroom plan.

Additionally, Forest Hall hosts centralized mail and package services for the entire Residential Village, meaning all students will get a chance to see Forest Hall’s beautiful modern structure when picking up their mail. Given the amenities, private/shared floor plans, and walkable distance from both campuses, Forest Hall is an excellent choice for upperclassmen to get the best out of their college experience.

Horizon Hall is for upperclassmen, transfer and graduate students at both UW Bothell and Cascadia College. Horizon Hall features apartment style living with units including a kitchen, living area and a dining area. There are private options with the four-bedroom plan and studio apartment, and alternatively, there is a shared option

with the two-bedroom plan. Horizon Hall is meant for those that want a more private and apartment-style living experience. The living setting with the diverse classes of students make it a popular choice for those wanting a balance between privacy and socialization in their college experience.

The Terrace Dining Pavilion is the newest addition as part of UW Bothell’s campus expansion conveniently located in the Residential Village. The Dining Pavilion is open to both the UW Bothell and Cascadia College communities, including staff, not just residents of one of the three halls.

The Dining Pavilion boasts two floors, the lower level and upper level, which both offer different meal options. The lower level of the Pavilion offers options from FoodLab and Clean Plate, while the upper level offers options from Urban Kitchen and the Market Bar. The Dining Pavilion currently woffers these choices Mondays to Sundays 8am to 6pm, however hours can change during university breaks or federal holidays.

To learn more about living in the Residential Village and dining at the Terrace Pavilion, see the resources below, which also include points of contact for specific or personal questions.

Learn more about residential life: <https://www.uwb.edu/campus-living/about-residential-life-1> (includes information on points of contact, gender housing, disability accommodations, and important dates for residents)

Learn more about the Residential Village: <https://www.uwb.edu/planning-administration/planning-space-management/construction/read-more-husky-village> (includes a brief overview of Phase 1, Phase 2, and Final Project, a FAQ section for questions, and a point of contact for personal inquiries)

Learn more about the application process for the Residential Village: <https://www.residentialvillage.com> (includes application, floor plans, FAQs, and additional resources to clear up confusion)

Learn more about the new Terrace Dining Pavilion: <https://bothelldining.campusdish.com/LocationsAndMenus/Terrace-DiningPavilion> (includes general information on meal plans, menu, catering, etc.)

An Insider's Perspective of Residential Village

Photography by: Luciana Blume - **Student Photographer**

Photographs feature Summit Hall, a residence hall for first year students and Terrace Dining Pavillion.



Outdoor dining hall seating



Outside of Summit Hall meeting space



Lush walkways bordering the new Terrace Dining Pavilion



Natural light in Terrace Pavilion



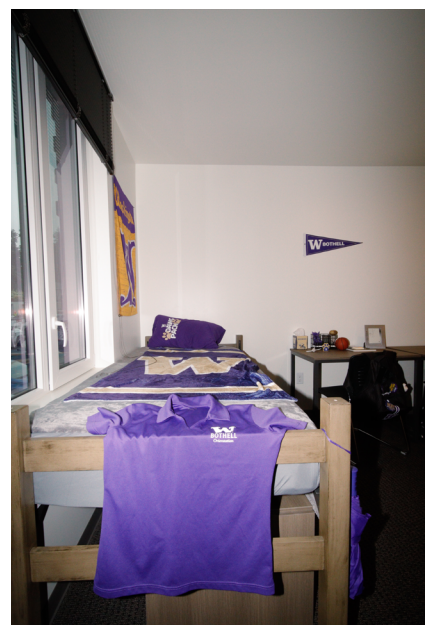
Seating area in Summit Hall living space



Communal kitchen in Summit Hall



Dining tables on the lower level of Terrace Pavilion



Summit Hall dorm bed with Husky Gear

Fostering Community through Wellness Opportunities at the ARC and Intramural Activities

Written by: Amanda Sim - Student Reporter
September 2024



Photo Credit: Students playing flag football by Kaitlin Nguyen

As a college student, there’s a lot to balance--social life, academics, and overall health. Both physical and emotional health are crucial for people’s well-being. While it may seem overwhelming to balance all these as a busy college student, it is still possible with the immense resources offered here at the UW Bothell. At UW Bothell, we have the Activities and Recreation Center (ARC) to help students take care of their physical health.

The ARC is open to all UW Bothell and Cascadia students and provides resources and amenities specifically focusing on students’ wellness and health. Research conducted by Zhangqing University about the correlation between physical activities and college students’ mental health states “...physical exercise reduced the harmful effect of stressors affecting mental health when performed at moderate intensities.”

Not only does physical exercise help with mental health, but it has also been shown to have a positive correlation with peer relationships and the academic performance of students. Resources at the ARC provide opportunities for students to take care of their health and get to meet new people.

The ARC features a Fitness Center that allows students to exercise or take free group fitness classes offered such as yoga, indoor cycling, cardio and more. When asked about any tips to help students prioritize wellness while exercising, Holly Curry, the ARC’s Program Manager for Fitness says “We recommend all participants in Group Fitness classes to listen to your body and make sure to hydrate/fuel regularly. No matter the class you are taking, listen to what your body needs.”

To help support students’ basic needs and health education and wellness, the ARC also has a Health and Wellness Resource Center that can be accessed on the first floor. Additionally, the ARC offers many amenities and resources for students to use, such as an Outdoor Wellness Nest that provides outdoor gear and equipment for students to rent out for free, a sports complex, study and gaming alcoves, as well as meeting rooms and event space.

The ARC also offers Intramural Activities, which are made up of team sports and leisure activities intended to create an environment where students, faculty and staff can participate. This year, Intramural Activities

are excited to implement more pop-up style events to engage with the increasingly large groups of students coming in every year. For the first time, Intramural Activities are hosting IM Skill Building sessions to create a space for students to practice and learn about specific sports before joining the league. Intramural Activities offer various sports such as soccer, basketball and flag football. This year, they are bringing back badminton and adding cricket for students to enjoy.

In an interview with the Intramural Activities and Outdoor Facilities Program Manager, Madeline Edmonds says “From my perspective as the Program Manager, I enjoy seeing how our programs bring students from both the University of Washington Bothell and Cascadia College together,” when asked about what aspect of Intramural Activities she enjoys the most. Intramural Activities provide a wide variety of sports, played in teams and individually, to help students relax from academics and have fun while connecting with others on campus which supports students’ wellness.

When asked about wellness, Edmonds says, “For me, who you choose to surround yourself with is key in promoting wellness. Spending time with those who share mutual goals and hobbies. Interacting with people who inspire you and push you to be the best version of yourself.” She also shares how many people associate wellness with being physical but it’s much more than that such as emotional, intellectual, spiritual and more, going beyond just physical, almost every aspect contributes to wellness.

While it may seem that life is too busy to prioritize one’s well-being, the resources offered at UW Bothell through the ARC and Intramural Activities, provide a convenient way for students to work on their physical and emotional health, while also balancing school. Resources here at UW Bothell are student-run and student-focused, providing support for students’ wellness to help them live healthy, balanced lives.

For more information about all the amenities in the Activities and Recreational Center, visit <https://www.uwb.edu/arc/>.

Intramural Activities Brings Vibrant Energy to School Sports!

Photography by: Kaitlin Nguyen - Student Photographer
Field Day at the Sports & Recreational Complex -August 22, 2024



Student Lead JM Placido managing check in



Seven students playing flag football



Student playing soccer



Madeline Edmonds, the Intramural Activities & Outside Facilities Program Manager



Four students playing basketball



Student playing soccer



Row 3: Pairs of students playing badminton



Row 4: A group of students playing flag football



Getting Started with Global Initiatives at UW Bothell

Written by: Palashpriya Bhattacharyya -**Student Reporter**
September 2024



Photo Credit: Global Scholars 2024 cohort

UW Bothell offers the opportunity to undertake Global Initiatives which includes studying abroad opportunities, the Global Scholars Program and COIL Initiatives.

Studying Abroad

Global Initiatives at UW Bothell invites students to study abroad where students can earn credits towards their degree through these programs. Studying abroad has positive effects on students' perception of diversity and culture. It helps develop critical thinking skills – to help

see an issue from multiple angles, appreciation for the different cultural background, coexistence with different people and most importantly the confidence to work comfortably in a new environment and interact with different teams outside one's comfort zone.

The opportunity to study abroad benefits students by expanding their global skills like adaptability, intercultural communication and learning on the go. A 2003 RAND study surveyed 135 HR managers from 75 companies, and it was revealed that the most important employee skill sets were managerial ability, teamwork, strategic international understand-

ing, and cross-cultural experience.

Not only that; students who experience this golden opportunity can highlight experiences such as global coursework, community involvement research, extensive travel and internships on their resumes or in an interview. To read more about study abroad experiences, check out their student blog at uwbglobal.blog.

The Global Scholars Program

The Global Scholars Program is where students from diverse communities receive guidance on how to go on about any global or domestic opportunity. “We have such a rich diversity of cultures and languages represented within our student body, so my first piece of advice is to take the time to get to know your peers. The program is a year-long, co-curricular cohort in which students consider the ethics and equity of global engagement and connect that to their own identities,” said Natalia Dyba director of the Global Initiatives.

Two classes the BIS 318 in spring and BIS 418 in autumn, provide support and teach global scholars how to pursue global experiences or any internship. “A diverse set of individuals can create such a dialogue that allows you to explore yourself and others on what it means to be a global citizen and understand others better, regardless of if they hold a different perspective than you”, Naomi Yohannes, a 2019 inaugural cohort of Global Scholars added.

For interest in joining the program, check out <https://www.uwb.edu/connected-learning/global/global-scholars/join>.

COIL Initiative

The Collaborative Online International Learning (COIL) initiative helps deepen global engagement in the classroom without the need to study abroad. It helps implement online collaboration with international partners and fosters global competence by developing and integrating a diverse culture in global classrooms. Read more about the COIL initiative here: <https://www.uwb.edu/connected-learning/global/coil-initiative>.

How to start the journey?

Students are recommended to ask themselves basic questions involving their priorities in academics and other factors.

1. Would you focus on a particular subject to meet degree requirements or take elective courses of personal interest?
2. How long do you want to go abroad for?
3. What locations are you interested in?
4. Do you want to have an internship?
5. What kind of residence will you be willing to stay at?

Once students are done reflecting and answering these questions, they can have a clearer idea of what they want and look to the resources available. The UW Bothell study abroad page contains all the listed program opportunities with all their respective details.

Financial Resources

An important factor in considering global opportunities is the expenses. The cost of studying abroad varies greatly depending on the program’s type and location, which affects different factors including program tuition, airfare, UW study abroad fee, international living expenses, and passport costs.

“With financial aid and scholarships, many students, especially those already receiving financial aid, get the majority of their program fees covered”, said Natalia Dyba, Director of Global Initiatives, when interviewed about her advice on financial resources.

Budget sheets are available in a program’s brochure for students’ reference. Students who have a good understanding of budgeting and financial planning will be more prepared for living abroad. Ways of doing this are applying for financial aid and scholarships like the UW Bothell Study Abroad Ambassador Scholarship, Benjamin A Gilman International Scholarship, and many more.

The University of Washington also offers many tools like Financial Planning Sample Timeline, Financial Planning Sample Budget and Fundraising worksheets to help those interested in the program. One-on-one for talking about funding options are always available at everyone’s fingertips by setting up an appointment through Navigate.

Where to find out more

Global Initiatives overall enhances its focus on

helping students’ study abroad, internationalizing its curriculum, developing intercultural competence, and encouraging global engagement locally.

Student Experiences

“My professor was very helpful and informative, as were the other UWB staff members I contacted while abroad. You feel a hundred times more confident than before and experience a once-in-a-lifetime opportunity to fully immerse yourself in another country,” said Catherine Cruz explaining why students should take the opportunity after spending one week in Spain. Link to blog: <https://uwb-global.blog/how-a-dream-became-a-reality-a-letter-to-first-gen-students-looking-to-study-abroad-spain-w-catherine-cruz/>

“Studying abroad in London has been more than just an educational experience; it has been a journey of transformation. This program has broadened my perspective, allowing me to see the interconnectedness of global histories and their impact on health. It’s not just about learning facts and figures; it’s about understanding the human stories behind the data”, said Elizabeth Alebachew after her month-long journey to London to learn about public health. Link to blog: <https://uwbglobal.blog/navigating-the-dark-empire-public-health-lessons-from-london-w-elizabeth-alebachew/>

Visit <https://www.uwb.edu/connected-learning/global> for more information about global opportunities and resources at UW Bothell to help you get started on your journey today!

Public Transportation Tips from Holly the Husky

Art by: Rae Hatab - Comic Artist

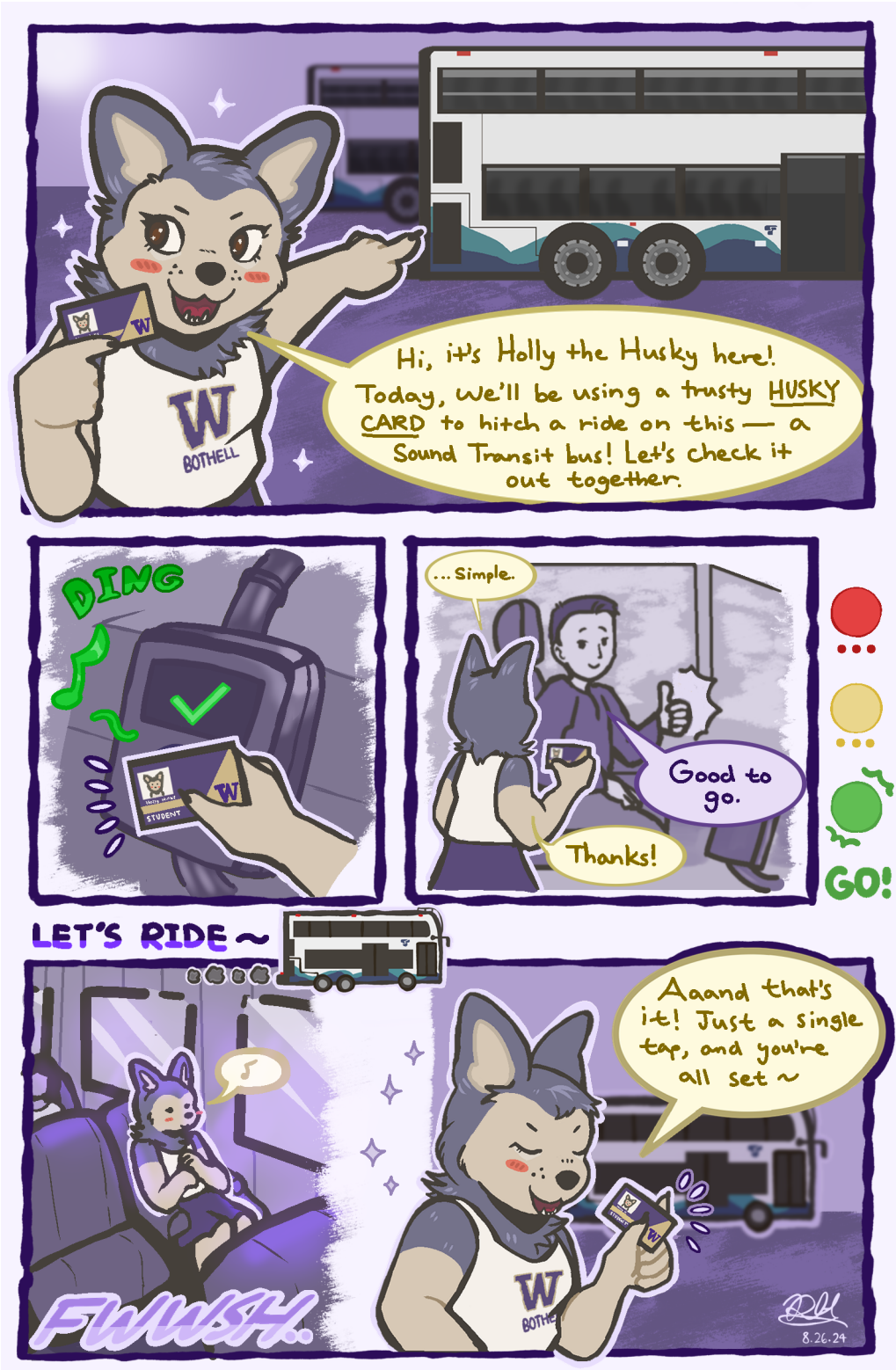
Community Transit has made recent changes to bus services this September with the implementation of new routes and a new light rail system.

See more details here: <https://www.communitytransit.org/buses/service-changes>

UW students can purchase a quarterly U-Pass which gives unlimited rides on a variety of public transportation services through their MyUW account, learn more at Commuter Services on UWB’s website. Follow Holly’s instructions with just a simple tap and you’re on!



QR code to Commuter Services Transportation Resources: <https://www.uwb.edu/commuter-services/transportation>



Happy Mid-Autumn Festival

Designed by: Leena Peerzaz - Visual Media Designer



Sept. 15-17,
2024



The Mid-Autumn Festival begins on the 15th day of the 8th month on the Chinese lunar calendar. This year it took place from Sept. 15-17.

Full
Moon



Typically during this time, friends and family gather to enjoy the full moon. Historically, it has involved worshipping the goddess of the moon, Chang'e, who is accompanied by the moon rabbit also known as the Jade Rabbit.

Source: Study CLI



Source: Freepik

Red Lanterns

One tradition of this celebration is that families set out red lanterns, often displayed in parks or set afloat in the water, which the whole community gathers together to watch.

Moon
Cakes



Moon cakes are a delicacy that people often exchange as a gift during the Mid-Autumn Festival. There are several variations of moon cakes that range from salty to sweet based on the region.

Hazing Prevention Week

Designed by: Nya Maddox - Visual Media Designer

September 23rd to 27th is:

national **HAZING** prevention week

- Hazing includes any act as part of a person's initiation into/affiliation with a group that is likely to cause physical or emotional harm
- Over half (55%) of college students have experienced some form of hazing

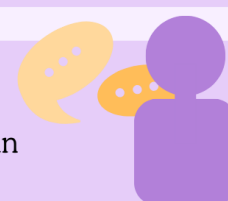
types of hazing:

intimidation

- lowest tier
- name calling
- duties only assigned to new members/rookies

harassment

- mid tier
- verbal abuse
- any form of questioning under pressure or in an uncomfortable situation



violence

- highest tier
- forced alcohol consumption
- assault (ex. paddling)



preventative resources:

- UW's official training course, accessible on their website
- hazinginfo.org
- StopHazing

Letter from the UWave Station Manager

Written by: Nour Currie
September 2024



Photo Credit: Nour Currie

Hello!

My name is Nour Currie, and I am the UWave Radio Station Manager for the 2024-2025 year. I oversee the overall operations of the station, manage the on-campus studio, and coordinate with UWave staff, programmers, volunteers, and stakeholders. I am a senior Media and Communications Studies major, and this is my third year on the UWave team.

This year, I am looking forward to

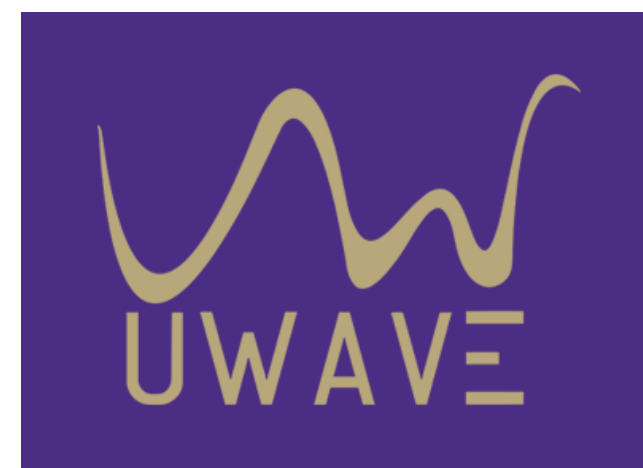
leading UWave Radio as we make major strides as a small college radio station. I am excited for our new team, and I would like to introduce them: Samantha Boggs is our new Program Director who curates all of UWave's content, from the music you hear on the air to the student and faculty-produced radio shows and podcasts we publish. Excitingly, Samantha is UWave's very first paid Program Director in its history. Ari Pereira is our new Studio Engineer, and she is responsible for ensuring the smooth functioning of all of our broadcasting equipment, software, and live stream. She will also be DJing campus events throughout the year.

We have many ambitious goals this year, the biggest of which is to finally build our very own Low Power FM radio tower. Last year's team successfully obtained an official LPFM license from the FCC - a painstaking and complicated process that they navigated extremely well. With federal approval out of the way, we are now currently in the process of funding the construction of the tower. When this project is completed, UWave Radio will officially be on the airwaves as an FM broadcaster, and this will bring several new possibilities, challenges, and responsibilities for the station that we are all very excited about. We also plan to fill our livestream with original student-produced music and radio

shows this year.

If you are interested in getting involved with UWave, there are several opportunities to volunteer, submit music, or host a show. To learn more, follow us on Instagram: [@uwaveradio](https://www.instagram.com/uwaveradio) or visit our website: uwaveradio.org. I am thrilled to be UWave Radio's Station Manager this year, and I am looking forward to all of the great things my team will do.

-Nour Currie, UWave Radio Station Manager



Social Media Platforms:

Instagram: [@uwaveradio](https://www.instagram.com/uwaveradio)
Website: <https://uwaveradio.org/>
Live radio broadcasting: <https://uwaveradio.org/live-radio>

Get to Know Your Student Reps!

ASUWB President and Vice President

Written by: Ashley Tsang - **Editor-in-Chief**
September 2024



President
Fernanda Armas (She/Her)
Major: Psychology

A message to new and returning students:

Welcome to UW Bothell, Huskies! My advice: lean on your support system and stay connected with your friends and family. As you begin this new chapter of your life, remember that asking for help is a sign of strength, not weakness. And most importantly, be yourself—those unique qualities are what brought you here, so embrace them fully!

What got you interested in being involved with ASUWB and what are you looking forward to this year?

As a woman of color and international student with a background in multiple leadership roles, becoming part of a larger mission like ASUW was a natural progression for me. My experience as CEB Chair and a voting member of Club Council last year revealed the deeper changes needed to enhance our campus community. Now, as an aspiring law student, I see ASUWB as a pivotal opportunity to develop the skills and knowledge that will shape my future career. This year, our team is embarking on a series of ambitious projects aimed at making a lasting impact. We are dedicated to expanding mental and physical health resources on campus, increasing voter turnout for ASUWB elections, and ensuring our student body is well-informed and supported during the upcoming U.S. elections. Additionally, we are committed to strengthening ASUWB’s involvement in tri-campus relationships, advocating for students through lobbying efforts, and tackling a wide array of initiatives that will benefit our community. The excitement and energy within our team are palpable, and we’re ready to make a real difference this year.

What do you enjoy doing outside of campus?

Despite a busy schedule, I find joy in the little moments of downtime. Whether it’s reading a good book, making coffee, spending time with friends, exploring new adventures, or relaxing with my cat.



Vice President
Rajbir Singh Sandhu (He/Him)
Major: Computer Science &
Software Engineering

A message to new and returning students:

Welcome to a new academic year at UW Bothell, Huskies! Whether you’re a new face on campus or returning for another exciting year, we’re thrilled to have you here. This is your time to dive into fresh opportunities, connect with peers, and challenge yourself both inside and outside the classroom. From engaging in clubs to discovering new passions, there’s something here for everyone!

What got you interested in being involved with ASUWB and what are you looking forward to this year?

What initially got me interested in being involved with ASUWB was the opportunity to make a tangible impact on the student experience at UW Bothell. As someone who has seen the campus grow and change, particularly as part of the first group to live in Summit Hall, I felt responsible for contributing to that growth and ensuring accessibility to even our most competitive Majors. My experiences as a CSSE major also highlighted the importance of student representation in decision-making processes, especially regarding academic resources and campus life. This motivated me to take a more active role in shaping the future of our campus. This year, I’m looking forward to collaborating with other ASUWB members to push forward initiatives that reflect the needs and desires of our diverse student body. I’m particularly excited to work on projects that enhance the student experience in areas like academic support, campus facilities, and overall community engagement. Additionally, as a resident of the newly opened Forest Hall, I’m excited to contribute to the development of our residential community and experience firsthand how these new spaces can foster student connections and involvement. It’s an exciting time to be part of UW Bothell, and I can’t wait to help shape its future!

What do you enjoy doing outside of campus?

Outside of campus, one of my favorite hobbies is cooking. While I love the systematic nature of computer science, taking a creative break in the kitchen is a great way for me to unwind and recharge. Plus, it’s always fun experimenting with new recipes! Growing up in the mountains of Snoqualmie, hiking has also been a huge part of my life. Whenever I drive back home on weekends, I make it a point to visit some trails with friends or family—it’s my way of staying connected to nature. This love for the outdoors has carried over to my time at UW Bothell, where my friends and I often take spontaneous walks around campus and explore different parts of Bothell.



Photo Credit: @uwb_ceb via Instagram



AD by Audrey Phan -UW Community Standards & Student Conduct

Dining Options for Students

Written by: Ashley Tsang - **Editor-in-Chief**
September 2024



Photo Credit: Terrace Dining Pavillion by Ashley Tsang

Finding a good place to eat may be difficult for college students, especially when considering factors such as distance, price, and taste.

Here’s a list of several food options amd eat-eries that may fulfill your preferences.

Bothell Dining:

- Terrace Dining Pavillion: Offers a salad bar, hot food, customizable sandwiches, and other quick bites on rotation at the lower level
- The POD Market
- GoldBrew
- NEW: Quad Market
- NEW: Village Cafe

Husky Pantry:

- Located in the Health and Wellness Resource Center (HaWRC) at ARC 120
- Accessible resource for all students to take

and donate staple grocery items and a variety of wellness products.

Read more about the Husky Pantry here:
<https://www.uwb.edu/student-affairs/hawrc/basic-needs-programming/husky-pantry>



Photo Credit: @bothelldining via Instagram

Local restaurants near campus:

- Tubs Gourmet Subs, Bothell
- Ta Joia, Bothell
- Julio’s Restaurant, Bothell
- Dough Zone, Woodinville
- Applebee’s Grill + Bar, Bothell
- Pho Vina, Woodinville
- Curry Leaf Cuisine of India, Woodinville



Photo Credit: POD Market by Ashley Tsang

Dessert/Cafes near campus:

- Baskin Robbins, Bothell
- Cafe Ladro, Bothell
- One Bite Cafe, Woodinville
- Woodinville Bagel Bakery, Woodinville

September 2024
Husky Herald Team:

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Ashlyn Huber 2024-2025

Assistant Editor
Mya Vo 2024-2025

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Pauline Tolentino

SEA Program Manager
Rafi Kakar

Special thanks to the rest of
the Student Engagement &
Activities team for making
our work as the on-campus
newspaper possible!

STUDENT ENGAGEMENT & ACTIVITIES

WELCOME WEEKS

SEPT 22

SUNDAE FUNDÆ

Ice Cream, Face Painting, Games, & Crafts

11AM to 2PM | HUSKY HALL PARKING LOT

SEPT 25

CEB WELCOME CONCERT

Music, Food, & Activities

5 to 9PM | ARC SPORTS FIELD

SEPT 25

LASER LIGHTS SHOW

Lights, Music, & Friends

9 to 10PM | ARC SPORTS FIELD

SEPT 26

STUDENT MEDIA OPEN MIC NIGHT

Performances, Food, & Swag

6 to 8PM | ARC OVERLOOK

SEPT 27

CEB ARC AFTER DARK

LED Games, Mermaid, Spam Musubi, & More!

7 to 10PM | ACTIVITIES & RECREATION CENTER

SEPT 29

MARINERS GAME

Free Baseball Game Tickets | While supplies last

12 to 4PM | T-MOBILE PARK

OCT 1

CLUB FAIR

Clubs, Clubs, & More Clubs

11AM to 2PM | ARC OVERLOOK

OCT 2

ARRRRCADE NIGHT

Arcade Games, Food, & Fun

3 to 7PM | UWB/CC LIBRARY

OCT 9

TAILS & TALES: DRAG STORYTIME

Queens, Stories, Photobooth, & DIY

4:30 to 7PM | UWB/CC LIBRARY

FOR EVENT INFO:

uwb.edu/calendar

BROUGHT TO YOU BY

STUDENT ENGAGEMENT & ACTIVITIES

saf Services & Activities Fee

STF LIFE

Residential LIFE

arc activities & recreation center

BOTHELL BD DINING



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

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