

The Husky Herald

A Storytelling Harvest - Celebrating 16 Years

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Cover Art by Kristine Baldoza

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Celebrating 16 Years of Storytelling with The Husky Herald

Written by: Ashley Tsang - **Editor-in-Chief**
October/November 2024

On Oct. 13, 2008, UW Bothell’s official student newspaper was launched to be a platform for student expression and connection while continuously innovating to meet journalistic standards and the needs of the community.

Throughout the years, The Husky Herald has valued free expression, and its pages have been a space where important conversations begin. Today, 16 years later, we come together to celebrate not just the publication, but the hundreds of independent voices, passions, and stories that have filled our print and digital issues. Each page symbolizes a testament of empowerment, engaging our senses by offering a fresh perspective through one’s eyes and new voices from people’s stories.

Stories are not just a series of words; they reflect who we are, what came before us, and our interconnected relationships with the world. They capture the dreams, hopes, questions, and experiences in our community at UW Bothell to remind us that we are not alone and that our individuality truly matters. Our publication supports students by sharing their passions, organizations, and educational interests which allows us to create a space of inclusivity and curiosity to make an impact on something larger than oneself.

Here at UW Bothell, The Husky Herald takes pride in amplifying the voices of students and faculty through our editorial and quarterly contributor team to inform and entertain. As our campus has expanded exponentially and evolved, so have the stories we tell. From lighthearted articles of campus events to in-depth explorations of representation and social justice, each story has played an integral role in shaping the conversation around what it means to be part of this tight-knit community.

As we commemorate 16 incredible years of The Husky Herald, we thank every person who has shared a piece of themselves through these pages and on our digital website. Whether you have been a reader, writer, editor, staff member, or supporter, your contribution and involvement matter and has made this milestone possible.

In this combined October and November 2024 issue, we collaborated with resources on campus such as the Collaboratory, Counseling Center, and professors to inform you about current news events and explore autumnal topics. We look forward to providing more opportunities such as the Sweet 16th Scavenger Quest to engage and give back to our community members.

Finally, we invite you to pause and re-

flect on the stories that have shaped you. How has your experience at UW Bothell impacted your identity, passions, and goals? How can your voice contribute to the ongoing narrative of our campus and community?

As we reflect and mindfully share our experiences and thoughts, we are working together to build an everlasting culture of inclusivity, to uplift every voice here, no matter how quiet.

Here is to the next chapter of The Husky Herald!

Ashley Tsang, Editor-in-Chief
The Husky Herald

Stay tuned for announcements on our Instagram page @husky_herald regarding our winter contributor applications, set to open next month!

For interest in submitting your story and work to us, check out our submission form here: <https://forms.office.com/r/RKNT4WNC3>.

To suggest a topic for future articles in The Husky Herald, check out our form here: <https://forms.office.com/r/tEHw4hKUTS>.



Photo Credit: Ashley Tsang

Celebrating World Origami Day: On-Campus Crafting Resources at the UW Bothell Collaboratory

Written by: Ashlyn Huber - **Managing Editor**
October/November 2024



Photo Credit: Collaboratory

Whether it’s family gifts for the holidays, homemade birthday presents, or a personal challenge to fold a thousand paper cranes, nearly every culture around the world has a place for arts and crafts that bring joy to those who make them. This year on November 11, The Husky Herald is excited to honor World Origami Day, recognizing its origin and its broader significance for the UW Bothell community by highlighting the crafting resources and services provided by the Collaboratory on campus.

World Origami Day honors the birthday of Lillian Oppenheimer, who was born in the 1890s and played an integral role in founding Origami USA and the British Origami Society.

The two organizations offer a place for members to practice the art of paper folding together and learn new strategies from each other. Origami USA hosts an annual “World Origami Days” each year with a series of 19 online origami classes from Oct. 24 to Nov. 11, 2024, where participants can learn to fold intricate shapes such as seahorses, cardinals, and even the character Wall-E from the titular Pixar film. To view the schedule and learn more about the organization, visit <https://origamiusa.org/wod2024-schedule>. Similarly, the British Origami Society (<https://www.britishorigami.org/>) provides events such as conventions and mini-meetings, in addition to art galleries and lessons for new

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enthusiasts.

While the celebration of World Origami Day began rather recently, the art itself has a much longer history, possibly originating in China and later becoming popularized by Japan. The English name origami comes from Japanese words meaning “folded paper”, and the art was added to the country’s kindergarten curriculum in 1868. In Japan, origami has a special place in relation to cultural celebrations and locations; it is used to decorate shrines and temples, as well as adorn gifts at feasts or weddings. When paper first became available in Japan, priests were fascinated by its purity and beauty, resulting in the art of paper-folding originally symbolizing prayer, according to <https://www.britishorigami.org/cp-lister-list/paper-and-religion-in-japan>. Japanese legends also provide a deep meaning for certain origami shapes, with paper cranes symbolizing strength and resilience.

At first, only the privileged class used it for religious rituals, due to the cost of paper, but the art form gained popularity as the less expensive washi paper was introduced (for more information, visit: <https://www.origami-air.com/about-origami>). As time went on, new techniques were developed, such as softening the paper’s folds with water. Now, origami serves as an enjoyable way to create art. It has also been applied as a revolutionary engineering

technique: for example, the Japanese astrophysicist Korya Miura used the principles of origami into her design of folding solar panels for satellites, allowing for larger panels to be transported within space crafts.

Besides learning about innovations rooted in origami, another wonderful way to celebrate World Origami Day is to participate in the art directly — and here at UW Bothell, the Collaboratory provides the ideal place for community members to do just that, and more. Located in Room 152 in Discovery Hall the Collaboratory is stocked with art supplies and engineering equipment to suit the needs of creators and their projects.

The Collaboratory Space Manager, Jesus Govela shared more about the Collaboratory and its services. Besides supplies for crafts like origami (colored paper is available, but not thin origami paper), the Collaboratory provides training and access to crafting machines, workshops to learn how to use them, as well as communal events such as gift wrapping. “The most popular activity to do in the Collaboratory is 3D printing for sure,” Govela explained. Following 3D printing, students enjoy laser cutting and button/sticker making. “Besides that, lots of students enjoy the vibes and use the seating area to study, talk with friends, and work on projects together,” he added. Since the space is located near classrooms in the UWB campus, it’s a con-

venient place to gather. To learn more, visit their official website, <https://www.uwb.edu/connect-ed-learning/collaboratory>.

Previously known as the Makerspace in 2014, the space was recently re-designed and opened again in 2022 as the Collaboratory. It’s a free resource for students, staff, and faculty with a mission to “foster an open, welcoming, and inclusive environment to all students regardless of experience.” As Govela emphasized, prior experience or STEM knowledge is not needed to participate in Collaboratory activities; the staff are always available to help with projects, operating machines, or learning about the resources offered. Visitors can drop in during their open hours (10am - 5pm Monday to Thursday and 10am - 3pm on Fridays), as well as follow their Instagram for announcements here: https://www.instagram.com/uwb_collaboratory/.

Overall, creative projects are an enjoyable way to connect with others through origami, 3D printing, or other forms of self-expression. Many years ago, Lillian Oppenheimer found joy in spreading the ancient craft of origami throughout the world through her involvement in Origami USA and the British Origami Society. With her birthday — World Origami Day — just around the corner, it’s the perfect time to stop by the Collaboratory or pick up a creative project. Origami or otherwise, it may be a delightful experience.

To Be or to ChatGPT: Discussing the ethics of Generative AI Use

Written by: Mya Vo - Assistant Editor
October/November 2024

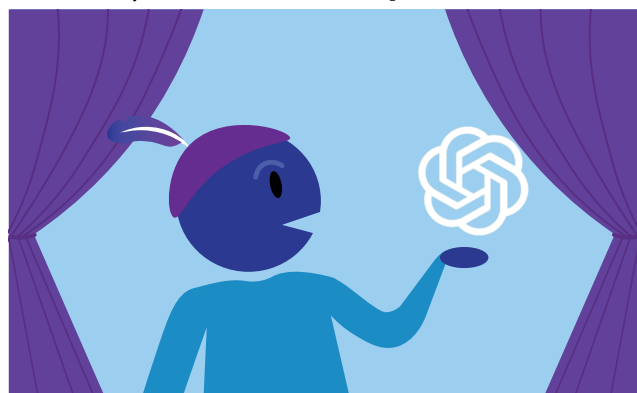


Image Credit: Mya Vo

Over the past few years, generative AI (GenAI) software, such as ChatGPT and Claude.ai, have become more popular, which has led to increasing social media discussions forecasting the replacement of humanity and increased technological potential, as well as causing concern among educators on how to incorporate the new technology into classrooms. At UW Bothell, many professors have outlined various policies from no-tolerance policies regarding GenAI for certain projects to allowing credited uses for idea generation and editing.

Dr. Katrina Harack, a professor of composition and literature, discusses some benefits of GenAI use that she has seen in her classes. This includes helping students with writer’s block, brainstorming for vocabulary and restructuring essays, as well as providing potential editing changes to writing. She additionally explained that students should not have the AI software rewrite their assignments for them.

Some concerns she emphasizes are that if students don’t cite their use of AI properly, GenAI use can quickly become a plagiarism issue. Harack mentions that large language models’ (LLM) use of creators’ writing materials and artwork without their consent is an ethical issue. Additionally, Harack shared that there are large issues with privacy, inherent biases, AI hallucinations (inaccurate, misleading or fabricated results from GenAI), environmental concerns, and reliability when they don’t always provide accurate information. The harm from the misinformation that GenAI can provide contributes to the perpetuation of systemic biases and the easier spread of mis- and disinformation, according to Harack.

“With all of these concerns and no current

will or ability to regulate the companies producing generative AI, I am worried about the implications for our society if people continue to use generative AI extensively without regulation of these companies,” said Harack.

Bias in, Bias out – Concerns with GenAI content and use

While GenAI has allowed for positive impacts as noted by Harack, there are many unseen harms that go unnoticed with casual use of the program. GenAI is often perceived as an unbiased source of information due to its automated nature, however, generative programs often will produce information that is more biased than real-world data.

According to [a 2023 study from Bloomberg](#), Stable Diffusion, an AI image generator, amplified gender and racial stereotypes when analyzing images of different professions based on skin color and perceived gender. When prompting Stable Diffusion with the word “judge,” around 97% of the photos were perceived to be men, despite the fact that 34% of U.S. judges are women, according to Bloomberg. The perpetuation of biases from seemingly neutral programs must be addressed by the companies behind them.

Dr. Roger Stanev, professor of whose research interests include machine learning and ethics, additionally shared many concerns about the use of GenAI including that people are beginning to trust large language models (LLM) to make important decisions regarding their health and professions.

“I am concerned about the spread of disinformation, manipulation of voice and image (e.g., deepfakes), defamation, privacy violation, impact on work and jobs, digital divide, global warming, just to name a few. I am very concerned about students (and the public at large) becoming reliant on LLM tools such as ChatGPT in unreflective ways...” Stanev stated.

GenAI has been used to for harmful purposes, for example users can generate deepfakes, which are false depictions of people without their consent. The ability to easily generate deepfakes have strongly contributed to sexual harassment and exploitation. Stanev’s additional concerns about GenAI being used in unmindful ways are shared by Rafi Kakar, Student Engagement and Activities Program Manager and business gradu-

ate student.

Kakar shared that GenAI has been transformative in how his MBA program approaches learning, including using it for idea generation and to streamline workflow processes in academia. While acknowledging GenAI’s usefulness, he brought up several concerns, “However, I’ve also noticed that while AI can speed things up, it’s essential to maintain a balance so that we don’t become overly reliant on it. For some, it has impacted critical thinking and problem-solving skills because there’s a temptation to let AI do more of the heavy lifting” said Kakar.

Similarly to Harack, he additionally shared concerns about the accuracy of information due to GenAI pulling from large datasets and potential job loss in fields where GenAI can replicate routines and creative tasks. “While AI can handle certain tasks instantly, like drafting content or analyzing data, I believe human creativity, empathy, and critical thinking will remain irreplaceable,” said Kakar.

The environmental impact of GenAI

Another frequently unseen factor in the use of GenAI is the enormous environmental toll of generating text and images. Stanev notes that GenAI models consume copious amounts of natural resources because of the data centers that train and host the models. To improve their models, the software continuously needs to acquire even more data than it presently consumes. Stanev shared that the U.S., along with other countries, has committed to reducing carbon emissions to reduce the acceleration of global warming.

“We have obligations with the rest of the world and future generations. Any tech in development or use that is not helping reduce harmful environmental impacts is arguably adding to the problem. Tech should help us combat crises, and not make living conditions worse on earth in ways that it could turn our planet inhabitable to many,” said Stanev.

Dr. Jody Early, professor of public health, cited information about the high energy cost of GenAI, “AI, and the world’s voracious demand for it, contributes to our carbon footprint. According to the International Energy Agency, a single average data center consumes the equivalent of heating 50,000 homes yearly and contribute[s] to carbon

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emissions.”

In addition to the large carbon footprint of GenAI, the excessive consumption of freshwater resources should be examined. [Research from professors at the University of California Riverside and the University of Texas at Arlington](#) reveal that, “... training GPT-3 in Microsoft’s state-of-the-art U.S. data centers can directly evaporate 700,000 liters of clean freshwater, but such information has been kept a secret. More critically, the global AI demand may be accountable for 4.2 – 6.6 billion cubic meters of water withdrawal in 2027, which is more than the total annual water withdrawal of 4 – 6 Denmark or half of the United Kingdom.”

The excessive amount of clean freshwater that is used in the development of GenAI models is concerning for what is ultimately a nonnecessity. Another environmental factor that GenAI affects are carbon emissions, according to [MIT Technology Review](#), the daily emissions that come with using GenAI far outpace the emissions from training the large models and for a commonly used model like ChatGPT, it might take only a couple of weeks for its usage emissions to exceed the training emissions.

However, there are ways to make GenAI use more sustainable. Early notes that a common suggestion she’s read from different experts on AI is to use the many LLMs that have already been developed and for companies to modify a currently existing learning model, then integrating their own

content, rather than creating a new model entirely from scratch.

“Another idea is to use training models that use energy from renewable sources. For example, Google has started to build a clean energy data center in Quebec and shift to 24/7 carbon free energy by 2030. We need to keep pushing to embrace and scale the use of green energy sources here in the U.S.,” said Early.

Where to go from here

In her final thoughts regarding Gen AI, Early emphasized, “AI is only going to get better. It’s changing how we learn, how we think about learning, how we work, how we problem-solve, and how we innovate. We cannot escape it (unfortunately or fortunately, depending on how you see this). By viewing AI as a collaborative assistant rather than a shortcut, we can harness its potential to deepen learning experiences and prepare students for a future where AI integration is commonplace.”

While GenAI programs may seem like a common facet of life now, careful and conscientious use can mitigate its large environmental toll. In the same MIT Technology Review article, the research team discovered that, “The team found that using large generative models to create outputs was far more energy intensive than using smaller AI models tailored for specific tasks... The reason generative AI models use much more energy is that they are trying to do many things at once, such as

generate, classify, and summarize text, instead of just one task, such as classification.”

Another thing to keep in mind is that while GenAI has been gaining much press over the last few years, predictive AI has been around for a while and has benefits that should become more strongly recognized. Predictive AI is a form of machine learning used to identify patterns and make predictions about events. According to [Forbes](#), predictive AI has a higher potential to impact the efficiencies of different projects, can operate autonomously, as well as being less expensive and having a smaller footprint when compared to GenAI.

ChatGPT and other GenAI programs can benefit workers and students by making their work easier, however, those benefits privilege only a few in comparison to the global population. Climate change is an ongoing issue, and people in the Global South are the ones being primarily harmed by excessive resource consumption in the Global North who are the main ones privileged by technological advancements like GenAI. With the enormous environmental toll that GenAI programs cost, the perpetuation of systemic biases, among many other issues, it is best to minimize the casual use of these programs – or not use it at all.

To learn more about UW AI general guidelines: <https://itconnect.uw.edu/guides-by-topic/security-authentication/artificial-intelligence-guidelines/>.

Salutations to Salmon: The significance of salmon in Washington’s ecology and economy

Written by: Rohit Jesudoss -
Student Reporter
October/November 2024



Photo Credit: Dr. Jeffrey Jensen addressing and audience by Kaitlin Nguyen

The autumn season is an interesting time for salmon in Washington State when the salmon swim back from the ocean into the freshwater streams where they were born. Every year, salmon start the process of spawning where they come back to these freshwater streams to lay their eggs underneath the gravel.

Students had a chance to see these salmon on the UW Bothell Campus at the North Creek Wetland on Oct. 15th when UWB and Cascadia College host their Salmon Watch, where students and visitors can learn about salmon’s importance in our ecosystem from local organizations and go to the North Creek Wetlands. During the event, both students and visitors will not only have a chance to see the salmon, but additionally learn about the wetland’s history, significance in the surrounding ecosystem, and the University’s commitment to sustainability and ecological restoration.

The North Creek Wetlands have quite a history behind them that many students on campus and the public may not be aware of. For

one, glaciers used to exist where UW Bothell’s campus is built today, and left big rocks, called glacial erratics, inside the wetlands. That’s right, the wetlands weren’t the same wetlands we come across campus today.

In fact, the North Creek Wetlands used to be a flat cattle ranch before being restored in 1997 to now provide a habitat for wildlife and a plethora of flora growing inside. Through the University’s ecological restoration effort, only were the Wetlands able to undergo such a transformation. UW Bothell continues its commitment to protecting the flora and wildlife, which includes a river that is Salmon-Safe Certified. The Salmon-Safe Certification earned by the North Creek Wetlands says the river is free of harmful chemicals like pesticides and fertilizers in the water, which could potentially harm the salmon that swim through. The North Creek Wetlands is only one example of the University’s commitment to ecological restoration, turning a once dry and flat cattle ranch into now a 58-acre wetland which is full of diversity in both wildlife and flora.

In Washington, salmon aren’t only known for their spawning and migration processing the autumn; they also hold deep cultural significance due to their ties with Washington’s Indigenous People and Native American tribal groups. For these tribes, salmon are more than a food source; they are a part of these tribes’ cultural identity and history.

According to the Washington state government, “The state’s first inhabitants-Native American tribes-define themselves as Salmon People. Salmon are woven throughout tribal lives as a source of food, income, art, literature, heritage, and celebration.” To learn more, visit their website here: <https://stateofsalmon.wa.gov/executive-summary/why-recover-salmon/>. When salmon are involved in so many parts of their lives, it’s almost compulsory for both Indigenous and the Native American tribal groups to hold, honor, respect, and protect salmon.

Beyond their local significance on the campus’ wetlands and regional significance

for Indigenous tribes in Washington, salmon are equally significant to our state’s economy. However, Washington’s economy could soon face a handful of challenges as salmon numbers are declining in our region. Fortunately, Indigenous and Native American tribal groups have contributed efforts into to protecting salmon, beginning with restoration efforts and habitat protection in tribal lands.

Additionally, the Indigenous and Native American tribal groups maintain a include partnership with the Washington Department of Fish and Wildlife, where “treaty tribes co-manage the state’s salmon, including collaborating with the federal government to set harvest seasons. Tribal hatcheries produce about 40 million juvenile salmon annually to support commercial, recreational, and tribal harvest, and to sustain important populations.” (1). The effort maintained by tribal leaders and government officials highlight both the importance of salmon to the economy and Washington’s culture. Protecting salmon and investing in restoration practice will help continue the Indigenous and Native American tribal groups’ culture and foster economic activity with more salmon in the water.

A smaller number of salmon in the wild directly implies smaller numbers of salmon caught, markets and grocery stores lose revenue due to the loss of salmon. Stores have a business opportunity and can potentially increase prices on existing salmon to make up for the loss on uncaught salmon, but face a new challenge when consumers stop buying salmon altogether due to its expensive price tag. When people continue to employ harsh chemicals and destroy the habitats where the salmon reside, they’re also hurting Washington’s economy as the salmon either find new places to live or reduce in numbers due to an overall decreased reproduction rate. This makes it crucial to protect salmon in the region through the reduction of harsh chemical use like pesticide and fertilizer like in the North Creek Wetlands, and from environmental damage including pollution and habitat destruction.

Bothell's Salmon Watch Event: Community and Culture

Photography by: Kaitlin Nguyen - **Student Photographer**
October/November 2024

Photographs feature UW Bothell and Cascadia College's Salmon Watch on Oct. 15, where students from both campuses and local community members were invited to learn more about the salmon and their importance in Washington.



A group of people traveling back from the wetlands after the tour



Person tabling for a local organization about salmon



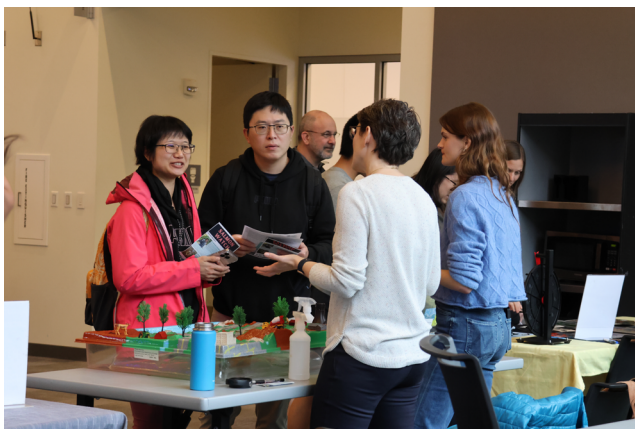
People discussing the impact of pollution on the local ecosystem



Representative from the Sno-King Watershed Council speaking to people



People learning about the life cycle of a salmon



People conversing at an ecology table



ARC staff member starting a tour of the wetlands



Representative from Mid Sound Fisheries Enhancement Group speaking to an event participant



A group of people listening to the tour of the wetlands



Dr. Jensen speaking about salmon with two students



Two salmon on display



Person with cool salmon themed shirt in front of table with poster board



Two people viewing a "Salmon Seeson" map



People at the end of the wetlands bridge listening to the Outdoor Wellness staff

Embracing Emotional Wellness Month

Written by: Palashpriya Bhattacharyya - **Student Reporter**
October/November 2024



Photo Credit: UW Bothell's Counseling Center webpage

Emotional Wellness Month is observed annually in October, aiming to promote emotional awareness, self-care and mental health. Throughout the month, individuals, organizations, and communities come together to raise awareness, reduce stigma around mental illness, and encourage emotional intelligence.

This month emphasizes building resilience, sharing personal stories, and providing resources and support. Key organizations, such as National Alliance on Mental Illness (NAMI), American Psychological Association (APA), Mental Health America (MHA), and Substance Abuse and Mental Health Services Administration (SAMHSA), offer tools and expertise to foster emotional wellness and advocate for mental health policies.

UW Bothell offers a variety of resources to facilitate students' adjustment to college and promote personal and psychological growth. Most of its beneficial services are offered by primarily the Counseling Center, the Health and Wellness Resource Center (HaWRC) and the Violence Prevention and Advocacy Office (VPA).

The Counseling Center supports students in becoming emotionally healthy through various mental health services. It emphasizes the importance of emotional and psychological development in enhancing academic success. Their services are designed to help students resolve personal, social, and academic issues while promoting wellness and prevention.

Students commonly seek counseling for issues such as stress, anxiety, depression, relationship problems, academic difficulties and more. Counseling helps students by providing a supportive environment to explore and address these concerns. UWB counselors work with students to develop coping strategies, improve self-awareness, and make positive changes in their lives. "If you're concerned about something no matter how big or small, it never hurts to come in for support," the Counseling Center stated in an interview with The Husky Herald.

"Spending time in nature can im-

prove emotional wellness. Take a walk in our wetlands or get involved in the community garden," the Counseling Center added in response to how students can access support for their emotional wellness on campus. Physical exercise is also a great way to maintain emotional health, and the Counseling Center offers Mindfulness Monday, a group mindfulness practice every Monday at 1:15 pm in UW1-370.

The Husky Herald asked the Counseling Center for their advice on how students should take care of their emotional wellness when they get stressed about the UW curriculum. "When setting up a schedule the first thing you need to do is schedule time for yourself," they explained, "Think of yourself as planet Earth and everything else should revolve around it. Even 15 minutes to reflect in the morning and 10 min at night can go a long way. Even if you're only able to do it once a day, that is good too. So many people go through their day without dedicating a minute to be with themselves. Also communicate with friends, family, professors, and resources on campus." These simple steps are one way to get started with self-care this month that anyone can benefit from.

One of the supportive services the Counseling Center offers is six initial 45-minute therapy sessions, and most students resolve their concerns within four sessions. If a student needs more assistance, the counselor may refer them to case management services to find longer-term care off-campus. This ensures that students receive the necessary support even if they require extended counseling. The Center aims to provide comprehensive care tailored to each student's needs.

Additionally, the Counseling Center provides three types of group therapy: skills, support, and process. Skills groups focus on developing mental health-related skills like mindfulness and emotional regulation, while support groups bring together individuals with shared experiences to normalize and validate those experiences. Process groups are unstructured and focus on interactions among group members to increase

self-awareness. Each type of group therapy serves a unique purpose and provides a different therapeutic experience for participants. The Counseling Center currently provides a skill-based group and process group, but their option for support group may open in the future.

Confidentiality is a crucial aspect of the counseling process at the Counseling Center. Counselors will not share any information about a student without their permission, except under specific legal conditions. This is essential as it creates a safe space for students to open about their concerns without fear of judgment or repercussions. It helps build trust between the student and the counselor, fostering a supportive environment for effective therapy.

The Counseling Center plays a vital role in supporting students' academic success and personal growth by providing mental health services tailored to students' needs. They offer clinical services, outreach programs, consultation services, and program evaluation to facilitate students' adjustment to college life. By offering counseling, group therapy, workshops, and consultations, they help students address personal, social and academic challenges. The Counseling Center's commitment to development and wellness contributes to creating a supportive environment that enhances students' emotional well-being and overall success in college.

To learn more, visit their website at <https://www.uwb.edu/student-affairs/counseling>.

UW Bothell also has the HaWRC, which assists in connecting students with on campus and community resources. It partners with a variety of community programs such as United Way Benefits Hub to provide resource connections, financial assistance, housing, food, and public benefits enrollment all of which contribute to a student's mental health. Their services also include peer health education and off campus wellness resources and are available at <https://www.uwb.edu/student-affairs/hawrc>.

Lastly, the Violence Prevention and Advocacy Office (VPA) office, leads efforts to create a community free from sexual assault, domestic violence, and related experiences at UW Bothell and Cascadia College. They focus on prevention programs, survivor advocacy, and fostering a culture of consent and respect. The VPA office provides confidential support, resources, and prevention initiatives to address the root causes of harm and promote a safe and supportive campus environment. Their mission is to support survivors, educate the community and work towards a campus free from violence and harassment. You can learn more about their resources here: <https://www.uwb.edu/violence-prevention/>.

Overall, the University of Washington, Bothell provides a safe and inclusive environment for all students, faculty, and staff. Emotional wellness is a journey, not a destination. It requires ongoing effort, self-awareness, and support. UW Bothell is committed to creating a supportive community that promotes emotional wellness.

Deliberating Dialogue and Debate Tips

Written by: Amanda Sim - **Student Reporter**
October/November 2024



Photo Credit: Freepik

In honor of World Communication Week this November, The Husky Herald is featuring the best practices for productive dialogue and effective debate. World Communication Week, which occurs from Nov. 1 - Nov. 7, celebrates different forms of dialogue, showing how it plays an important role in both personal and professional lives. Two forms of communication are verbal and written communication. Written communication occurs in written words such as emails or letters, while verbal communications occur through conversations and speeches. In both personal and professional situations, verbal communication happens more often than expected, either in dialogue or debate format.

When it comes to communication, dialogue is essential; it occurs when there is a conversation between two people. This quarter, UWB’s B CUSP 131 Dialogue, Disagreement and Democracy course led by Professor Ed Taylor and Professor Cinnamon Hillyard covers crucial topics about conversation and dialogue. In an interview with The Husky Herald, Professor Taylor explained that productive dialogue is a discussion where people achieve their goals, learn together, and solve problems. Many people make the mistake of disrespecting others when creating dialogue,

which causes the conversation to be counter-productive. Taylor emphasizes the importance of listening to others by saying “Listening is an art and requires a willingness to be empathic and to learn. If the dialogue is a zero-sum game, it is less likely to be productive for either.” Conversations like these can turn heavy, and when preparing oneself for heavy topics Taylor suggests making sure both parties are emotionally and intellectually prepared.

Additionally, Taylor speaks about the significance of hearing from other perspectives, as it allows one to be open to learning from opinions and perspectives different from their own. Taylor’s personal experience with having an open mindset when it comes to dialogue comes from his journey in South Africa, where he learned to try and let go of himself and his experiences, to learn more about others around him. Overall, when people become more open and willing to learn from others, that is where they can create productive dialogue.

Here are some tips on how to have productive dialogue:

- Be respectful
- Be present
- Listen to the other person
- Understand their perspective
- Be generous

While productive dialogue is an essential form of communication, not everyone will agree with one another, which is where debating comes in. Debating occurs when a party argues about a certain topic with the opposing party in a formal manner. Debating is an essential skill to have, but it’s also crucial to understand how to debate effectively and constructively. When asked about some common

mistakes of debating, Taylor stresses the importance of knowing your intentions, but also to never attack a person’s character when disagreeing with them. Even if there are different opinions, it’s important to be willing to listen to and understand the other person, as that is what makes for an effective debate.

When it comes to debating in a respectful manner, Taylor explains, “I try and focus on the argument rather than attack the person. Try and truly understand how someone comes to their positionality or point of view.” Taylor emphasizes that when debating someone avoids marginalizing or belittling the other person.

Here are some guidelines for how to debate effectively:

- Take notes – make sure you know all the information about your claim but also have evidence to back it up.
- Be confident
- Focus on going after your opponent’s case not your actual opponent
- Have fun and take advantage of having an audience

Overall, communication is essential to everyday lives; productive dialogue and debate help enhance communication in both personal and professional lives. Taylor’s insights help recognize common mistakes of debating and suggestions on how to create a productive dialogue. Communication is all around us, as productive dialogue and debates happen more often than we may be aware of during our day-to-day life.

By enhancing our communication skills using the tips provided, we can make sure we know what to do during a dialogue and debate to create a productive conversation.

Flag Football at Intramural Activities

Photography by: Luciana Blume
- **Student Photographer**
October/November 2024



The referee watching over players from “You Like That” and “Dawgs”

Photographs from Intramural Activities seven v seven flag football game on Oct. 26, featuring the last four teams. The self-named teams are the “Bothell Brownies” (pink jerseys), “Punjab de Sher” in the red jerseys, the “Dawgs” in the light blue jerseys and “You Like That” (yellow jerseys). The Bothell Brownies were the champions of the tournament.



A member of “Punjab de Sher” defending the ball against three members of “Bothell Brownies”



A player from team “Bothell Brownies” running with the ball



Team “Punjab de Sher” huddled together with a “Bothell Brownies” player off the side



An artistic long exposure photo of the field



A player from team “You Like That” being chased by a player from team “Dawgs”



A distant photo of a “You Like That” member being chased by a team “Dawgs” member



A player from team “You Like That” being chased by a player from team “Dawgs”



Players from team “You Like That” running together



Players from “Bothell Brownies” huddling and discussing together



A player from team “You Like That” and team “Dawgs” on the ground

A Salmon’s Journey Home

Art by: Rae Hatab - **Comic Artist**
October/November 2024

Join kokanee salmon as they return to their home waters and start a new generation of salmon. See their perilous as they fight to survive on their travels!

We are what some call the "Little Red Fish"...

Returning home to spawn is a strenuous task.

But we're better known as the Kokanee salmon.

Growing up is too, of course.

Herons... Otters... And eagles too, for my larger kin. Such predators, with their sharp beaks and rough teeth, can end our journey.

Mother Nature will test their tenacity...

Rest in peace, my dear sister. Our children will persist.

And our remains will nurture future generations.

Rae Hatab
11.01.24

Crows on Campus

Designed by: Nya Maddox - Visual Media Designer

Crows on Campus


fun facts:

- They gossip and hold grudges, so watch out!
- Crows mate for life, but they're more monogom-ish!
- They can make and use tools
- While they're often confused, ravens are larger with a larger bill and long wedge-shaped tail

source: uwb.edu/about/crows

watching tips for uwb:


- Between the ARC and North Creek Event Center is a great spot to crow watch!
- They're active around twilight
- Arrive 30 minutes before sunset
- Bring your camera and/or binoculars!



ADHD Awareness Month

Designed by: Leena Peerzada - Visual Media Designer

October Is: ADHD Awareness Month



ADHD or Attention Deficit/Hyperactivity Disorder affects adults and children and is generally attributed to traits of inattention, hyperactivity, and impulsivity.

ADHD Awareness Month arose because of a growing need for awareness and acceptance.


You can participate and help raise awareness this month by:

- Self-educating via lectures, seminars, real interactions
- Engaging in discussions about ADHD to exchange information, deepen understanding & evoke solidarity
- Supporting ADHD-related efforts & orgs, and working towards fighting against misinformation

Source: Evolve Treatment

The 3 Presentations of ADHD


Inattentive: appears to not be listening, attention issues, easily distracted, etc.



Combined: symptoms from both Inattentive and Hyperactive-Impulsive presentations

Source: ADHD Awareness Month Coalition

Hyperactive-Impulsive: restlessness, fidgety, tends to interrupt, etc.




It is important to do self-research and ask professionals if possible.

For More Info:

UWB's Neurodiversity Consultation Service:

- One 45-minute in-person session to talk about or screen for ADHD, autism, learning disabilities and/or any other neurodivergent identities. They do not provide official diagnoses.



Letter from the Clamor Coordinator

Written by: Michael Gumayan
October/November 2024

Photo Credit: Chantel Lam; MMGD

Hello Huskies,

My name is Michael, I go by he/him pronouns, and I am the Clamor Coordinator for the 2024-25 year. My role is to provide operational and logistical support to the Clamor editorial board, like funding requests, space reservations, etc.

Clamor is the Literary and Arts journal filled with creative, inspiring, and diverse array of perspectives reflecting the unique experiences of the UWB community. We

feature a diverse range of content including photography, digital art, poetry, stories, and multimedia showcasing the incredible talent of our contributors.

Clamor is published by students and is comprised by student editors in BIS 401 at UWB. Students in this class not only gain professional experience in publishing and editing a journal, but they also gain valuable soft skills like teamwork and collaboration, presentation, and time management all the while contributing to a meaningful project.

You can find Clamor journals in many shared spaces around campus like the entrance in the library, the common space on the second floor in Discovery Hall. Additionally, we often table at events like Open Mic Night, the Club Fair, and the Resource carnival, as well as in various locations around campus.

Throughout the year, Clamor editors are busy communicating with contributors, promoting the class, and hosting workshops and/or art showcases. The end of the school year is always an exciting time, as editors prepare to publish the journal and showcase the work to the UWB community.

This year, I'm particularly looking forward to meeting all the new editors and I'm eager to see what they will accomplish this

year, culminating in our celebratory launch party to honor the new Clamor journal in spring.




Hope to see you all there!

Kind regards,
Michael

UWB LITERARY & ARTS JOURNAL

CLAMOR

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Get to Know Your Student Reps!

Director of Legislative Affairs

Written by: Ashley Tsang - **Editor-in-Chief**
October/November 2024



Director of Legislative Affairs:
Sienna Jarrard (She/Her)
Major: Law, Economics, and Public Policy

What is your role in ASUWB?

My position is the Director of Legislative Affairs. I'm responsible for overseeing all of our legislative efforts and creating our legislative agenda. Our legislative agenda is like a list of priorities that we want to lobby for in our state capitol, Olympia, and in Washington D.C. during the legislative session, focusing on a wide range of student issues. I'm currently visiting classes and administering surveys to en-

courage student to vote in the upcoming elections by pledging and to get their input on what issues we should focus. So far, we've been gathering student feedback on topics like increasing financial aid opportunities, operational expansion of UWB's counseling center, increasing capacity in the computer science program, and policies supporting undocumented and international students. Another part of my role is planning our annual lobby day, Huskies on the Hill, alongside our legislative liaison, Rawah Al-Nahi. This is the day where we bring hundreds of UW students from all three campuses to the capitol to meet with legislators, share their stories as students and talk about the issues that are impacting them. Save the date for the 2025 Huskies on the Hill which will be on February 3rd, more information to come!

Why is it important to vote and where can students find voting resources on campus?

Voting is important because it allows people to shape their government and community by having a say in the decisions being made and in the people who are making decisions that affect their lives. Sometimes it doesn't feel like your vote has much of an impact, especially in an election as large as the presidential one, but your vote matters most on the state and local levels.

Those elected officials are the ones who have the most impact on your daily lives, making decisions on community infrastructure, zoning laws, local taxes and managing public education. Our state senators and representatives have a direct say in how our campus operates including funding our campus, expanding programs, setting guidelines for tuition increases, funding basic needs resources for students

and managing financial aid programs. So, it's important to use your voice and power to elect officials who want to support you and whose ideas you align with. On our campus, we have a ballot box located outside the ARC so anyone can drop off their ballot during the voting period (October 18th to November 5th at 8pm). We will also be having a ballot printing station inside the ARC on November 4th and 5th if you forget to bring your ballot. We have also established a specific resource page for voting where you can find more information about updating your voter registration, knowing who and what is on your ballot and important dates. Visit asuwbgov.my.canva.site to learn more!

What got you interested in being involved with ASUWB?

I went to Bellevue College last year and I was a part of the student government there as the Director of Events. It was an experience I really enjoyed and it exposed me to the lobbying and legislative work that students can do. I got to testify on a bill during session and attend multiple lobby days so I knew I wanted to be a part of ASUWB and apply for the DOLA position so I could concentrate on advocating for students.

What are you looking forward to this year?

I'm looking forward to meeting a lot of students, it's my first year at UW Bothell and I love meeting new people and hearing their stories. I'm also really looking forward to Huskies on the Hill and engaging more students in our legislative efforts by encouraging them to attend our lobby, testify on bills that are important to them and to visit Olympia!

Should You Go on Strike? As Explained by *SpongeBob SquarePants*

Written by: Karlo Rodriguez - **Student Contributor**
October/November 2024



Image Credit: Freepik

Imagine working at a fast-food restaurant. You, a cashier, waiting for customers to stroll by. But then, your boss comes in and hands you your meager restitution: your paycheck.

Excited by the fact that you are getting paid for the work you have done, you open the envelope. But to your surprise, it's your paycheck with fees. The fees include \$2 for lollygagging to \$10 for standing. Your boss tells you that each time you goof off, they're going to charge you for it. And you stand there confused. Trying to figure out why the job you work for is charging you for working there. These collection of events later results in SpongeBob and Squidward going on strike against the Krusty Krab for unfair wages. But if you were in their situation, would you go on strike?

This SpongeBob SquarePants episode:

Season 2, Episode 20, Squid on Strike, starts at the Krusty Krab. Mr. Krabs, owner of the Krusty Krab, is counting the Krusty Krab's finances. Unfortunately, they find that profits are down \$3 from last month. I know, shocker.

Mr. Krabs analyzes how SpongeBob SquarePants and Squidward Tentacles, the employees for the Krusty Krab, are working. Mr. Krabs finds SpongeBob and Squidward doing non-relevant tasks, like breathing or tying their tie for work. This results in Mr. Krabs cutting down their paychecks and making them pay a bill for working at the Krusty Krab. Squidward, fed up with the situation, wanted to do something about this. SpongeBob was not, however.

SpongeBob was going to pay Mr. Krabs his fees. But Squidward turned SpongeBob away from Mr. Krabs. Squidward tells SpongeBob, "We've got to unite as workers and demand the respect we deserve from the boss." Squidward tells SpongeBob that they deserve to be treated fairly and that they should go on strike. SpongeBob, not fully understanding what going on strike means, agrees, and starts telling everyone in the Krusty Krab that they're going on strike. However, Mr. Krabs finds out and retaliates by firing SpongeBob and Squidward from the Krusty Krab.

Looking at a similar real-world example, let's take a look at Starbucks. Sojourner Elleby, a producer at Bloomberg, covered a story called Why Starbucks Workers Fought to Unionize.

In this story, they covered a leading organizer named Michelle Eisen who helped organize Starbucks Workers United. The main kickstart of Starbucks Workers United was during the pandemic when Eisen and many employees found that Starbucks' culture was shifting. Many employees were overwhelmed and tired of the working conditions at their Starbucks locations and decided to unionize to be recognized by the National Labor Relations Board. This allows that specific Starbucks location to establish an agreement with management to set up pay, benefits, policies, and working conditions standards. What Eisen, and many other employees at Starbucks, are fighting for is important. Though SpongeBob and Squidward's goal was not to create a union but to go on strike for better pay, it's important to recognize that going on strike is important to tell management that you are fed up with the conditions that you are working in.

Squidward is teaching SpongeBob how to go on strike after being fired. Squidward says something memorable while talking to SpongeBob that I do want to point out: "Soon he'll realize he needs us more than we need him. We are workers united." What Squidward is trying to point out is that Mr. Krabs cannot function at the Krusty Krab without his employees that have worked there for many years. Mr. Krabs can hire new employees, but the training and costs that go into this would be overwhelming.

Continued...

Squidward Tentacles shows different ways of going on strike. First, getting rid of your uniform. Second, making picket signs explaining why employees are protesting. Squidward emphasizes that it needs to be short, sweet, and to the point. Unfortunately, SpongeBob does not understand these methods. This resulted in Squidward telling SpongeBob to sit out. Squidward then decided to make a speech to the people of Bikini Bottom about the Krusty Krab. This is a critical point in the episode. What Squidward says in the speech is that: “The gentle laborer shall no longer suffer from the noxious greed of Mr. Krabs! We will dismantle oppression board by board! We’ll saw the foundation of big business in half! Even if it takes an eternity! With your support, we will send the hammer of the people’s will crashing through the window of

Mr. Krabs’ house of servitude.

It can be shown that Squidward is trying to say that the employees in the Krusty Krab are being given harsh treatment and that it is the people that needs to show “big business” that they have the power and can create a change in the working conditions at the Krusty Krab. If you are working under conditions that you believe is stressful, harsh, or difficult, and you believe that your fellow co-workers are also going through this situation, then it may be time to speak up to management. And if management is not able to provide you with support, then a strike may be in order.

At the end of the episode, Mr. Krabs eventually comes to a discussion about getting SpongeBob and Squidward’s jobs back. Although the episode does take a turn with how SpongeBob interpreted Squidward’s speech, the

episode covers major points of going on strike. Many people go on strike to fight for better working conditions. This is only when you speak to management, and they decide to not do anything to alleviate the new pressure that the employee is going through. This is when employees decide to protest. I find it interesting with what

Squidward says where he is willing to go on strike for an eternity. Going on strike is the final resort to add pressure on management. A strike does have its risks where you can be replaced or receive no pay for the time during the strike. However, it is either you keep things the way they are, or you decide to act against management. At the end of the day, the question still remains: Should you go on strike? Even considering the risks involved, are you willing to fight for better working conditions or can you adapt to the harsh conditions in the workplace.

CEB’s Spooktacular Event Conjures School Spirit

Photography by: Meeti Gobindpuri - **Student Photographer**
October/November 2024

UWB’s Campus Events Board and Cascadia College’s Events Advocacy Board’s Spooktacular celebration on Oct. 31 at the ARC Overlook.



Two students dressed as a cowboy and a horse



Students posing together in costumes



Two students and staff member dressed as anime characters



Seven students posing for a photo together



Student dressed as a Star Wars character



Four students posing in front of a wall decoration together



Students in line at food table



Four people dressed as Ghostface pointing at each other



Student in pink dress with flowers posing

October/November 2024
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Assistant Editor
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*Special thanks to the rest of
the Student Engagement &
Activities team for making
our work as the on-campus
newspaper possible!*



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