

The Husky Herald

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The Science of Gift Giving: Why Less is More

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



Image Credit: Freepik

Every holiday season, people face the common dilemma of finding the "right" gift to express their appreciation to their loved ones. While gift-giving is a beautiful tradition, it is also one of the biggest drivers of environmental harm during the holidays. The increasing reliance on online shopping has changed how consumers give gifts, which also emphasizes the need to examine the science behind consumption habits. Shahrzad Tehrani, UWB's Sustainability Coordinator, provided The Husky Herald practical tips on how sustainable choices can help transform gift giving in our community.

Tehrani shares that the Sustainability Office works with faculty and students to host programs, events, and educate the campus community on environmental justice, fast fashion, and ecology. She has also collaborated inter-departmentally with organizations such as the Alliance 4 Sustainability club, the Health and Wellness Resource Center, Student Engagement and Activities (SEA), and Outdoor Wellness. By fostering a transparent culture of environmental awareness, the office serves as an accessible resource for community members to advance and adopt sustainable practices in their daily life and communities.

While gift-giving is a cherished tradition, it often carries unintended environmental and psychological consequences, particularly during

high-volume holidays like Black Friday and Christmas. According to The Conference Board Holiday Spending Survey, the average American intends to spend 7.9% more in 2024 compared to the previous year, with only 8% of consumers planning to shop in physical stores.

The rise in digital marketing along with fast and accessible online shopping platforms like TikTok/Instagram Shop, TEMU, and Shein has made online shopping more convenient than ever in terms of variety and price. However, flashy features like limited-time sales and constant trends can make the browsing experience not only accessible but also highly addictive.

The popularity of the digital shopping experience often contributes to overconsumption where the demand for resources outpaces the planet's ability to replenish them. The emphasis on affordability and quantity over quality worsens this cycle, leading to significant environmental consequences like pollution and climate change, especially towards the holiday season. Tehrani shares, "In the context of our day-to-day lives, overconsumption can look like buying a new holiday mug every year, throwing out a shirt that has a hole instead of mending it, buying the latest trending reusable water bottle and chucking the perfectly good bottle we already own." When thinking about buying a gift, the pressure to follow social trends, amplified by digital marketing strategies, and convenience can unintentionally contribute to environmental degradation as a result of repeated psychological habits such as scrolling.

Adding to this is the science behind online shopping, which can subtly reinforce unconscious habits. Tehrani raises an interesting point about human desire for dopamine, a chemical associated with pleasure and reward in the brain. "As hunter-gatherers, we'd get this rush when we hunted an animal that would feed us for many meals. Today, we get this rush when we click "check-out" in the Amazon cart or when we open that package that comes to our door. Our brain's dopamine release drives us to repeat this behavior and keep shopping, and industries are taking advantage of that," she says.

This dopamine-driven "retail therapy"

combined with tactics to promote endless scrolling, personalized recommendations and limited-time flash sales, makes it even harder to stop and think about online shopping's long-term effects. "The results of this are massive violations of human rights and labor standards, waste production that increases exponentially, pollution and ecological damage, and more," Tehrani adds.

To mitigate overconsumption during the holiday season, Tehrani suggests asking oneself how often the recipient will use the gift and considering creative and personalized gift alternatives that can make the surprise more meaningful to the recipient.

The key to being less wasteful is focusing on intentionality, rather than giving in to the impulse to click check out on a quick purchase. In an economy overwhelmed with mass-produced goods and endless marketing campaigns for trendy gadgets, the most impactful gifts are often those that carry deep personal meaning, showing that the giver has taken the time to think about what the recipient genuinely cares about or enjoys. Think of a sketchbook for an artist or a gift card to a relaxing spa for a friend who works long hours.

Retail and online gifts frequently involve mass-produced items with excessive packaging, disposable materials, and limited durability, contributing to significant waste and unused items left to collect dust in homes. Rather than simply choosing something off of a trending page on Amazon, Tehrani shares that her favorite ideas for gift giving are, "Experiences, like tickets to the museum or local theatre ... Sentimental gifts, like a scrap book or album, personalized art, handwritten recipes, cutting from your own plants ... Something you know they need or an upgrade to something they already own," and "Unique, second-hand finds that remind you of them."

Focusing more on personalized gifts rather than quantity over quality can make the act of gifting more meaningful for the giver and the receiver this holiday season. By actively treating both the planet and gifting habits with more care, people can productively work towards a more environmentally thoughtful future that natural ecosystems and communities will truly cherish.

Joseph Sherman: New Associate Vice Chancellor of the Division of Advancement

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



Image Credit: UW Bothell News website

This year, the UW Bothell Division of Advancement welcomed Joseph Sherman as its new associate vice chancellor. Previously a part of the UW Foster School of Business, Sherman now works to further UW Bothell's mission, ensuring students have the resources they need for fulfilling college experience and are adequately prepared for their next steps after graduating.

The Division of Advancement at UW Bothell aims to connect funding sources with campus initiatives through fundraising, marketing, and alumni / community engagement. As one of the division's leaders, Sherman leads campus fundraising efforts by working with his team to identify constraints in campus resources — encouraging philanthropy from companies, alumni, and other sources.

Describing his role, Sherman stated, "Any given day, I'm meeting internally to understand what our priorities are... where our academic partners need help or preparing them to make pitches and or execute on philanthropy and programming." Externally, he contacts those interested in using their philanthropy for the UWB to inform them of how they can help. "We've got really wonderful programming, and we want them to be able to see the impact of their gifts."

As Sherman explained, the new residence halls are a prime example of a partnership between UW Bothell — a public institution — with a private company, Capstone Development Partners. This public/private partnership has resulted in the opening of two brand new

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residence hall buildings, as well as a new apartment building, providing roughly 1,000 students with on-campus housing that opened this academic year. To learn more about the project, visit: <https://www.uwb.edu/planning-administration/planning-space-management/construction/read-more-husky-village>. Recently, Capstone decided to be a philanthropic partner as well and have created an endowment to make the dorms more accessible for students.

Currently, Sherman is focused on fundraising to support further development of UW Bothell's resources. Regarding national support, he stated, "it's unfortunate, but we don't prioritize fully funding education at all levels." Because of this, he's always looking for ways to gather more funds, for instance by considering whether there are new needs that should be ad-

dressed.

Through his role, Sherman impacts students' learning experiences by raising money for scholarships and making them as accessible as possible. His department does not have control over tuition rates, as these are set by the state. Instead, Sherman focuses on leveraging philanthropy and encouraging alumni to donate. Students themselves also can contribute a gift to support education at the UWB.

In the coming months, Sherman plans to continue raising funds to help the campus. "Probably the next biggest ... fundraising event is the March 14th unGALA," he shared, adding that the event would bring UW Business School and other UW Bothell alumni back to the campus to "reconnect and raise funds for our students." (To find out more about this event, visit:

<https://www.uwb.edu/business/give/ungala>.) Sherman also explained there will be a more official announcement about the gift that the company Capstone is making, along with other donor gifts in the Vantage Point. Essentially, this means more programming or scholarships to support students. Furthermore, Sherman will be collaborating with campus leadership to outline fundraising priorities for the future.

Overall, Sherman shared, "It's been a wonderful first five months... It's a very special place, and I'm really enjoying getting to know it, seeing the very sincere commitment to inclusion and accessibility, and meeting some incredibly bright students and incredibly talented academic leaders."

Commemorating International Migrants Day

Written by: Mya Vo - Assistant Editor

December 2024



Image Credit: Mya Vo

Every year, International Migrants' Day is celebrated on Dec. 18 in order to show appreciation for and celebrate the rights of migrants around the world. The date is significant because Dec. 18 is the anniversary of what is commonly known as the Migrant Worker's Convention or Migrant Rights Convention. This year commemorates the 34th anniversary of the day, and it is important to highlight the issues that migrants continue to face and what resources there are to support them.

The United States Committee for Refugees and Immigrants (USCRI), explains that the United Nations definition of international migrant includes any person who has changed their country of residence, regardless of status and the purpose of their migration. The USCRI additionally stated that in 2020, 3.5% of the global population of which over 281 million people were international migrants and over 59 million people were internally displaced. According to the International Organization for Migrants, 2024 has been the deadliest year for migrants with nearly 8,600 deaths, this number underscores persistent challenges that affect migrants which include barriers to accessing education and healthcare.

At UW Bothell, the Diversity Center works to support undocumented students through providing "a safe place, a safe environment where the student can feel seen and that they belong, and the gratification to contribute to others," stated Isabel Hernandez, the current Undocumented Student Coordinator.

Additional parts of Hernandez's role include guiding students to on-campus resources and helping them reach the right department at UWB to suit their needs. Hernandez also

hosts support meetings for students who are from mixed-status families and works to support them in working towards their goals. One way that students and staff can support migrant students is through sharing resources and opportunities, like jobs, internships and raising awareness about scholarships forms of financial assistance. She also mentioned, "An important limitation to achieving higher education among migrant students is the lack of knowledge about financing college and networking. Promoting spaces to network is key support," said Hernandez.

Some resources and organizations that Hernandez mentioned that support migrant students in these areas include:

- Bellevue College - Office of Diversity, Equity, and Inclusion (ODEI)
- Centro Cultural Mexicano in Redmond
- Consejo in King County
- Diversity Center at UWB
- El Centro de la Raza in Seattle
- Ethnic Cultural Center at UW Seattle
- Growing Contigo
- Northwest Education Access (NWEA)
- Student Legal Services at UW Seattle
- University of Washington Three Campuses – ODEI
- Youth Eastside Services in Eastside

When asked about the importance of supporting migrant students and the children of migrant workers, Hernandez said, "In many cases migrant students or migrant students came in their childhood. Those students' world is here, they only know this reality. Such students already have a set of disadvantages such as grow-

ing apart from the rest of their family, loneliness, financial distress and more." She went on to say that immigrant children or second generation immigrants should receive "...school support, financially, academically, navigating the school system, mental support to flourish in the unknown path of [the] education system." Hernandez spoke about how as migrant students navigate their education, there are many things they may have to learn which includes what resources are available at school to support them — in many cases migrant students also work which limits their time at school and their ability to see potential resources at their school.

On Dec. 2, the National Alliance of Mental Illness (NAMI) at UWB hosted an event where students could hear from an immigration lawyer. Diana Moller provided in-depth information about immigration policies, different types of visas and systemic inequities which target migrants. Moller additionally shared about a few different organizations like the Appleseed Network (a nonprofit network of public interest justice centers), the International Family Justice Coalition (which provides pro-bono representation for mixed status families) and Northwest Immigrant Rights Project (among many other things, provides legal advocacy for immigrants).

Knowing and sharing what resources are available for migrant students and families is invaluable because this information can empower people to know their rights and take initiative. With the recent re-election of Donald Trump, there have been growing fears amongst many communities regarding the worsening treatment of immigrants and migrants due to his propagation of xenophobic and racist rhetoric. It is important to uplift the voices of migrants not only on this day, but throughout the year in order to consistently uphold human rights.

When asked for additional thoughts, Hernandez shared that it's important for undocumented students and any marginalized person to make alliances through community building and support. Some methods she shared were making family safety plans, engaging in workshops and events, as well as with organizations that provide legal, mental, and academic advice for themselves and their families. She also emphasized the importance of connecting with community members.

"Connect or reconnect with UWB faculty, staff members, friends, and peers to feel in community and enjoy their support. Students, once we realize our agency we unlock our true power," said Hernandez.

Diversity Center Instagram: https://www.instagram.com/uwb_diversity/

Never Fear, Career Services is Here

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



Image Credit: UWB Career Services website

When students are in college, it can be both interesting and nerve-wracking for them to think about life after college. The transition from graduation to a career can be daunting — even with a degree, students may feel like they could've done more to prepare for post-college life.

Internships can help college students gain work experience, regardless of class standing. While there are a few companies that may restrict their applicant pool to upperclassmen, there are still internships that extend their application for underclassmen. According to Handshake “Internships are often steppingstones to a first job, providing valuable experience, training, and confidence.”

In today’s job market, having more work experience is well perceived and can often raise an applicant’s chances of attaining a position in a company. In fact, Handshake additionally states “internships lead to more job offers and higher starting salaries when it comes to a job search.” This is a compelling reason for college students to seek an internship.

College students additionally have the option to pursue micro-internships, which serve as an alternative to traditional internships. Forbes defines micro-internships as “short-term, paid, professional assignments that are similar to those given to new hires or interns.” College students who feel like their schedules are too busy for internships should be reassured as today’s internships and micro-internships offer full-time, part-time, in-person, remote, and hybrid options to accommodate busy schedules, leaving more reasons to apply. For more information on internships and micro-internships, students can visit UW Bothell’s Career Services page (<https://www.uwb.edu/career-services/jobs-and-internships/internships>).

To look for internships, students can use the Handshake app, LinkedIn, Indeed, or any other hiring platform. Handshake in particular helps connect students to relevant jobs and industries and “...is the number one site for college students to find jobs,” according to Handshake. The platform is also free to use, with paid plans available at the student’s discretion.

To help students learn more about career preparation and readiness, The Husky Herald has reached out to the Career Services at UW Bothell to ask for their best career tips including interview preparation, how to build a resume and what to include, as well as how students can get the most out of the Career Services.

1. What are some of the best interview tips and resources Career Services offers/recommends for students?

Career Services offers an abundance of

interview resources (<https://www.uwb.edu/career-services/resources/interviews>) to help students prepare effectively. These include virtual mock interview platforms, tools for salary negotiation, and one-on-one personalized mock interview sessions with career coaches. Top interview tips we recommend is leveraging tools like LinkedIn’s “Interview prep”, or ChatGPT to generate interview answers using the STAR method (Situation, Task, Action, Result). This approach helps students save time while allowing them to customize their responses with personal insights and experiences.

2. What should students do to prepare themselves for an interview/how can students better prepare themselves?

To prepare for an interview, students should clarify any key questions with the recruiter, such as dress code or interview format, ideally within a week of receiving the invite. Researching the company and role thoroughly is essential—review the job description, understand the organization’s values, and align your skills with the position. Practice common interview questions (e.g., “Tell me about a time when...”) and anticipate behavioral and role-specific questions during the interview. Finally, review key points about your past experiences and goals to prepare thoughtful follow-up questions to leave a strong impression.

3. What services, specifically, does Career Services offer for students looking to use Career Services?

Career Services (<https://www.uwb.edu/career-services/>) offers resume and cover letter reviews, in-person or online. Students can schedule 30-min appointments with assistant career advisors and career coaches, or come in for quick 10-15-minute sessions during drop-ins. We can also help with mock interviews, career exploration, salary negotiation, graduate school applications, internship & job search, networking strategy as well as LinkedIn/Handshake profile review.

4. How important is a resume for students and what should they include/not include to boost their chances at getting hired?

A resume is a formal document that summarizes an individual’s professional background, skills, education, and achievements that is customized for each job description. It is often the recruiter’s first impression of the candidate. Students should focus on well-polished education and experience sections, avoiding irrelevant details like hobbies or generic summaries. If experience is limited, include relevant academic projects, presentations, research or personal projects

that demonstrate skills for the role. To give themselves the best chance at getting an interview, students should make sure that their resume is formatted appropriately for their industry, includes key words from the job description, and that every bullet point is clear, impactful, result oriented, and aligned with the job requirements.

5. What services or opportunities does Career Services offer that you feel that students should know more about?

Many students are unaware of our website resources, including guides on resumes, cover letters, interviews, salary negotiation, and more. We also offer many online platforms such as Forage, a free and open-access online library of employer-designed job simulations where students can build skills. For international students, GoGlobal provides tailored resources for global job searches, including an H1B employer database and visa guidance. Participating in internships allows skill building, career exploration, and networking opportunities in industry. Additionally, students can book appointments with career coaches for personalized advice on career paths related to their degree.

6. How can students get the most out of Career Services?

Students get the most out of Career Services when they start early and engage regularly with us. First and second year students can focus on exploring career options and building foundational skills, while juniors and seniors can fine-tune their job search strategies and application materials. Attending employer connection events, workshops, and career fairs, scheduling one-on-one appointments, and actively using career resources can make a significant difference in a student’s success. Meeting with career coaches frequently over time allows for personalized guidance tailored to students’ goals.

7. Is Career Services open to every major and students of all class standings (freshman, sophomore, etc.)?

Yes! Career Services is open to all students, regardless of major or class standing. Whether a first year student exploring career options, a senior preparing for full-time employment, or a graduate student looking for research opportunities, we’re here to help. We also offer services to alumnus for up to 3 years after graduation.

8. Are there any additional tips or information you’d like to share?

Career development is a journey, not a one-time event. Start building your professional brand early by networking, engaging in internships, and seeking mentorship. Don’t hesitate to reach out to Career Services at career@uwb.edu with your career related questions. Finally, remember that confidence comes with preparation, so students should take advantage of these AMAZING resources. We are here to support your success!

If students have additional questions that have not been covered in the Q&A, they are encouraged to drop in or schedule an appointment at Career Services located in Founders Hall UW1-103. Drop-in hours for students vary between each quarter. For the most current schedule, students can visit ([____](#)) and find updated drop-in times there. To schedule an appointment, students can use their Navigate app and select Career Services to confirm their appointment. Students additionally have the option to choose either an in-person or zoom option when scheduling their appointment.

A Reel Review of the Short Film “Dimensions of Dialogue”

Written by: Palashpriya Bhattacharyya -
Student Reporter December 2024

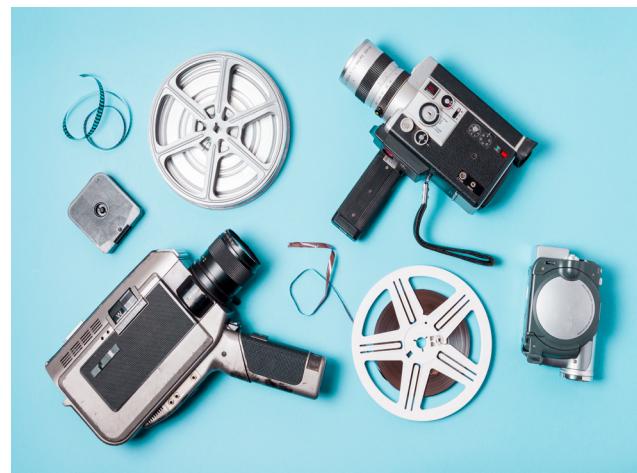


Image Credit: Freepik

National Short Film Day is an annual celebration honoring the power and creativity of short films. Recognized on Dec. 28, this day commemorates the anniversary of the world's first-ever public screening of short films in 1895, when the Lumière brothers showcased their groundbreaking cinematic works in Paris. Short films, which are often under 40 minutes, have since become a vital part of the film industry, serving as a medium for experimentation, storytelling, and showcasing emerging talent.

This day highlights the importance of short films in pushing the boundaries of visual storytelling. From fostering innovation to addressing powerful themes concisely, short films have influenced culture and nurtured countless filmmakers, like David Lynch, Andrea Arnold, Christopher Nolan who later became legends in the industry. Celebrating National Short Film Day encourages audiences to appreciate these compact cinematic gems, while recognizing their role in shaping the art of filmmaking.

One of the top-rated short films on IMDb, “Dimensions of Dialogue” (1982) by Jan Švankmajer is a surreal, stop-motion animated short film that explores themes of communication, conflict, and the cyclical nature of relationships. The film is

structured into three distinct parts or “dialogues,” each illustrating a unique facet of human interaction. Without any dialogue or narration, the film relies on its striking visuals, metaphors, and sound design to convey its meaning.

Švankmajer delves into the power struggles inherent in interactions, whether in intellectual debates, romantic relationships, or practical collaborations. The 11-minute film also relies heavily on metaphor - the objects and actions symbolize abstract ideas like dominance, compromise, intimacy, and failure, and is an inviting watch for viewers who love breaking down abstract concepts into concrete ideas. The film also entails the mechanical and repetitive nature of interactions that suggests a critique of how modern communication—whether intellectual, emotional, or functional—can become dehumanized, unproductive, and disconnected from authentic understanding.

The three segments of the film are:

1. Eternal Conversation (or Exhaustive Discussion): This segment depicts anthropomorphic figures made from everyday objects (e.g., food, utensils, office supplies) consuming, merging, and recreating one another. Each figure attempts to dominate or incorporate the others, resulting in a repetitive cycle of destruction and creation. This symbolizes the futility and redundancy of certain types of communication or arguments, where participants consume one another's ideas without reaching any resolution.

2. Passionate Dialogue: A man and a woman (created from malleable clay) engage in a cycle of intimacy, love, and eventual destruction. They initially merge harmoniously, forming a beautiful union, but soon begin to overwhelm each other. The conflict escalates until they tear each other apart, leaving behind fragmented, lifeless forms. This segment reflects the fragility of relationships, the balance between love and destruction, and the difficulties of maintaining harmony in intimacy.

3. Factual Dialogue: Two figures resembling busts interact by presenting useful objects (e.g., toothbrush, pencil). At first, their exchanges are

functional and cooperative, but miscommunication leads to the presentation of incompatible items, resulting in dissonance and destruction. The figures eventually break down, reduced to ineffective and dysfunctional entities. This illustrates how practical communication can devolve into misunderstanding and failure, especially when cooperation is replaced by discord.

Švankmajer’s “Dimensions of Dialogue” is a profound exploration of human interaction, illustrating the beauty and tragedy of our attempts to connect and our failures with miscommunication.

The film suggests that while dialogue and relationships are essential to human existence, they are fraught with difficulties, misunderstandings, and power struggles. It reflects on the destructive potential of miscommunication and the cyclical nature of our attempts to resolve conflict, leaving viewers with a sense of the complexity, fragility, and resilience of human connection. Through its surreal imagery, it invites introspection about the nature of relationships and the ways we communicate in personal, social, and global contexts.

While the film is often bleak, its cyclical nature implies that reconstruction is always possible, offering a glimmer of hope amidst the chaos.

Short films like “Dimensions of Dialogue” are easy to watch for busy students, hold a curated message and are common for new filmmakers. UW Bothell offers media production classes through its School of Interdisciplinary Arts and Sciences. Key offerings include:

- Digital Media Skills: Video, audio editing, and digital storytelling.
- Film Production: Hands-on filming, directing, and editing.
- Sound Design: Podcasting and audio storytelling.
- Photography: Visual storytelling with digital tools.

Students also have access to media labs, equipment to check out through UWB-IT and are able to develop advanced capstone projects. These media classes along with their experienced instructors enable students to create their own short films for self-expression.

What To Do in Washington's Winter Wonderland

Written by: Amanda Sim - Student Reporter
December 2024



Image Credit: Freepik

Winter is—a season that encompasses both cold and warmth, from the snow and freezing temperatures, to cozying up by the fireplace with a nice cup of hot chocolate. With winter's arrival, sometimes the cold weather makes staying inside all day cozying up in bed tempting, but there are so many things to do in Washington to explore the season.

To begin, The Outdoor Wellness program here at UW Bothell provides students with free outdoor rental gear and offers many events related to the outdoors. Their mission is to get more students to participate in outdoor activities and develop connections with their peers. Previous winter activities the Outdoor Wellness hosted were snowshoeing, snowboarding, snow tubing, and skiing for students to enjoy being active in the cold weather. For indoor activities, Outdoor Wellness hopes to expand its indoor climbing program and include new programs for the winter quarter, such as work parties and outdoor skills workshops. Students can sign up for Outdoor Wellness activities through myarc.uwb.edu.

Most programs are free and open to those of all levels, abilities, and backgrounds.

Rileigh Thompson, the Outdoor Wellness Program Manager, mentioned the snowshoeing and forest bathing program at Gold Creek Pound, overnight at Mountaineers Lodge at Mt. Baker, and all the Skiing/Snowboarding and snowtubing events as highlights from previous winter quarters. Thompson's favorite winter activities are skiing and snowboarding, with snowshoeing being a close second. This year, Outdoor Wellness will be offering snowboarding and skiing lessons to students at Stevens Pass Ski Resort, which they couldn't do last year.

When asked what she is excited about for this upcoming winter, she says “I am most excited to get out in the snow this year! Last year was a bit of a letdown in the snow department, so we look forward to (hopefully) a lot more powder to play in this season.”

For those who want to venture into their own winter activities, the Nest Gear Shop also offers free rentals to students for up to two weeks; more information is available at <https://www.uwb.edu/arc/recreation/outdoor-wellness/the-nest>. The Nest is located on the lower level of the ARC. They offer winter clothing, such as jackets, hats, snow pants, and gloves as well as snowshoes, snow shovels, ice axes, micro spikes, and snow goggles.

Outside of UWB, there are many local festivities and events, available free to students or for a fee.

Snowflake Lane - In Bellevue, Snowflake Lane is a nightly winter parade free for everyone. The parade features holiday floats, live dancers and

drummers, and an overall festive atmosphere to get people in the mood for the holidays. The event lasts about 25 minutes and runs from November 29 to December 24.

Ice Skating – The Lynnwood Ice Center is a public skating facility which offers public skating, and Stick and Puck—a non-competitive version of hockey. Prices may vary but they typically range from \$15-20 including rental skates.

Seattle Christmas Market – Open every day from November 21 to December 24, hours may vary depending on the day, but they typically start at 10 AM and end at 9 PM. The Seattle Center is entirely decked out for the holidays. The Christmas Market offers a multitude of shops, foods, live entertainment, and beautiful décor to take photos with. This is the perfect place for those who get bored easily, as there are so many shops and activities to keep everyone entertained. There is a general admissions fee that ranges from \$16-22.

Evergreen Christmas Lights Show – Get into the holiday spirit at the Evergreen Church in Bothell by watching the light show and enjoying Christmas music. Happening the entire December from 6 PM to 9 PM, this event is a tradition in Bothell and is free to those of all ages.

Tree Lighting Festival – On December 7th, the city of Bothell celebrates the holidays. There will be events happening before the tree lighting, including a Holiday Market, festive activities and meeting Santa. During this event, Santa will be lighting up the tree named “Lucky to celebrate the holidays coming up.”

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Grand Menorah Lighting – See the lighting of the giant menorah to celebrate Hanukkah in Kirkland at Marina Park. This event happens on December 7 and features live music and dancing, treats, holiday swag, and entertainment.

Holiday Trolley – Ever wondered what it's like to ride a trolley around town. Located in Edmonds, ride a festive trolley for free and

explore the city of Edmonds. Occurring on Saturdays from 11 AM to 6 PM, discover local shops, restaurants and visit the Cascadia Art Museum.

Gingerbread Village – At the Sheraton Grande in Seattle, explore the impressive architecture of gingerbread houses, created by local architectural firms. Admissions are free but donations to support the Juvenile Diabetes Research Foundation are encouraged.

Overall, winter may sometimes be the most dreaded season, but with these activities and events winter can be livelier and fun. From the outdoor winter sports and events provided by the Outdoor Wellness to the Nest Gear Shop for students who want to adventure into their own activities using free rentals of winter sports gear and clothing. For those who want to adventure in winter events outside of UWB, the greater Seattle area offers tons of events to get those into the holiday spirit.

Staying in the Loop with the Merry and Bright Bash

Photography by: Kaitlin Nguyen

- Student Photographer

December 2024



Two students getting ready to start their fiber arts projects



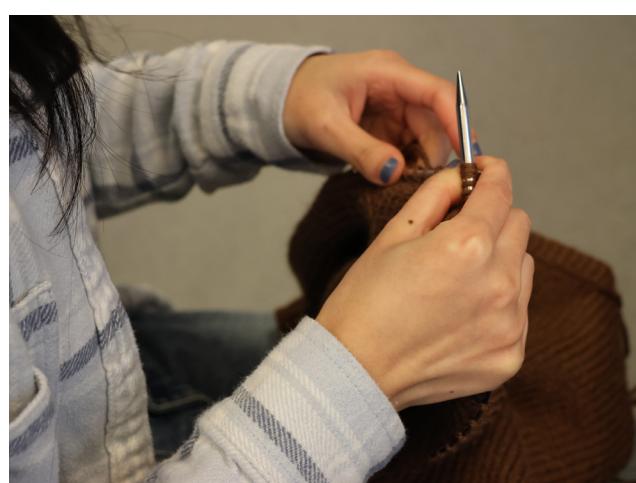
Three students sitting at the check-in table with the shared yarn pile



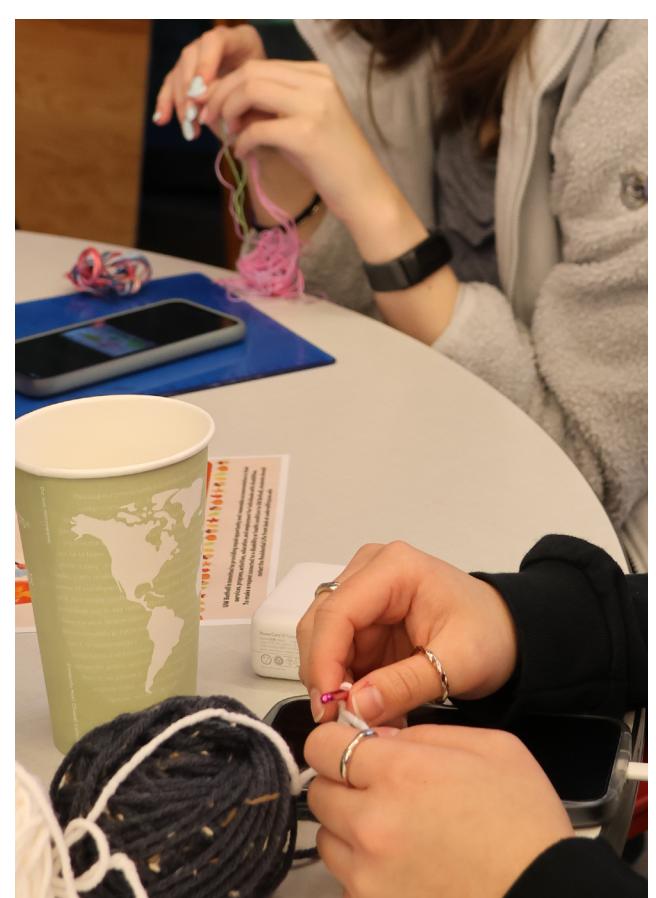
A student detangling pink crochet yarn



Two students working on projects



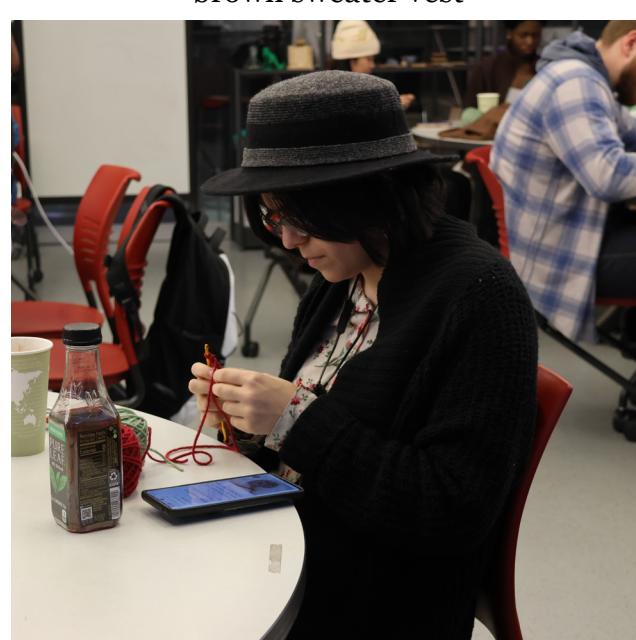
A close-up shot of a student working on a brown sweater vest



A close-up shot of one student working with embroidery thread and another crocheting



Student working on their project while watching a tutorial



Student working with red yarn and watching a tutorial

Get a Slice of ISS Pizza Fusion Night

Photography by: Luciana Blume

- Student Photographer

December 2024

On Dec. 5, the International Students Society (ISS) hosted a "Fusion Pizza Night" which invited students to enjoy international cuisine and to learn more about ISS. Students got to know each other while enjoying great food in a warm and vibrant atmosphere.



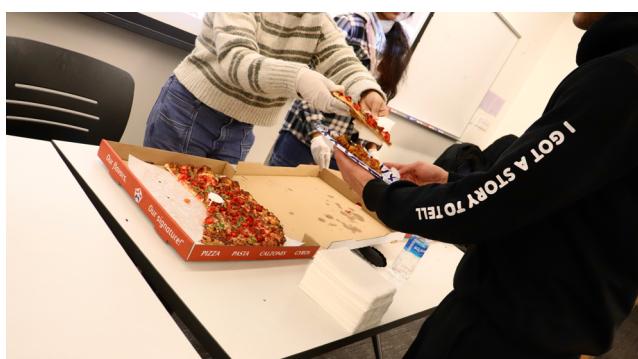
A photo of seven ISS club members



Two ISS club members serving pizza to people in the food line



A close-up shot of tandoori chicken pizza



A medium shot of an ISS member serving tandoori chicken pizza



A group of six students sitting together



An ISS member serving food while being photographed



A close-up shot of a chicken dish



Two ISS club members posing behind different dishes



Two students sitting next to each other and smiling



Three students sitting with food on their plates



A student smiling at the camera holding their plate

Partying at Pataka 2024

Photography by: Meeti Gobindpuri

- Student Photographer December 2024

On Dec. 6, Nitya, Desi Student Arts & Advocacy Association, and Indian Student Association hosted Pataka 2024, a lively event where students enjoyed music, food and various activities. The event's atmosphere warmed the heart during the winter chill and students enjoyed partying at Pataka 2024.



A large group of students gathered together



A line of students at the food tables being served



Row 2: A large group of students gathered



Two students holding up another student



Row 3: A group of students dancing to the music



Students dancing together



A student dancing in the center of a group of people



Three students dancing together



Eight dancers posed together in a line holding out their hands



A group of students dancing

A Gentle Winter Reminder for Dogs

Art by: Rae Hatab - **Comic Artist**
December 2024

As the weather gets colder and people start to bundle up in warm winter wear, it's important to extend the same gesture to one's furry friends and make sure they're cozy and comfortable during these times as well. Read about Maomi's advice on how to keep dogs warm this season.

A Gentle Winter Reminder for Dogs

RH
12.06.24

"watch for sidewalk salt!
protect your paws!"

"it's cold out there...
wear a sweater or jacket!"

A Gentle Winter Reminder for Dogs...

- Some dogs are more cold-tolerant than others.
*(Most) double-coated breeds, Nordic breeds, spitzes, heavy-set breeds, young & healthy dogs (not too young or too old)
- Small dogs, puppies/elderly dogs, and single-coated/fine-haired dogs should have their humans take precaution (stay warm)
- Lift up your paws for humans to check for ice chips/salt in between the toes after every walk
- Curly-coated breeds must SIT & STAY so their humans can brush their coat (in case of extra snow/mud!)

Happy Holidays,
Katze & Maomi

Sick! That looks great.

Lemme send it out.

And some quick edits...

Aaand done!

WHAP!

I didn't procrastinate on sending those dogs a digital postcard this year. I'm IMPROVING.

VAY!!! Let's go play!

OOOH

P.S: All Cats are Safer indoors.

Winter Break Self Care Tips

Designed by: Leena Peerzada - Visual Media Designer

Winter Break Self Care Tips

Exams are a stressful time for many students. During winter break try the following to relax and destress:

MOST IMPORTANTLY:

- Get proper rest
- Nourish yourself with good food
- Spend time with family & friends
- Acknowledge your hard work & reward yourself
- Do things you enjoy

BUT ALSO:

Try a Hobby:

- CANDLE MAKING
- CREATE A WINTER GARDEN
- SNOW SPORTS - SKIING, SLEDDING, ICE SKATING, SNOWBOARDING

To Do With Others:

- MOVIE MARATHONS
- GAME NIGHTS
- ROADTRIPS

Make a Recipe:

- HOT COCOA BOMBS
- PUDDING - STICKY TOFFEE, CHOCOLATE CARAMEL, DATE, BREAD, BLACK FOREST
- PIE - BANOFFEE, TOFFEE APPLE, COCONUT CREAM, BLACKBERRY, SALTED COFFEE

Building Perfect Snowman

Designed by: Nya Maddox - Visual Media Designer

HOW TO BUILD THE

perfect

SNOWMAN



- Start by placing a packed snowball on the ground, and get to rolling!
- Repeat this process for the torso and head, creating progressively smaller spheres.
- Grab a friend, and start stacking the spheres in order.
- Create the face! You can use buttons, stones, sticks or the classic carrot.
- Add two sticks for the arms, and you're all done.

tips:



Use moist snow! It sticks together best.

Packed snow between sections will help them stick.

Accessorize! Your snowman would love a nice hat or scarf.

Get to Know Your Student Reps!

ASUWB Director of Community Partnerships and Marketing Coordinator

Written by: Ashley Tsang - Editor-in-Chief
December 2024



Director of Community Partnerships:
Tushar Ganta (He/Him)
Major: Computer Science

What is your role in ASUWB?

"I am the Director of Community Partnerships. I'm responsible for checking in with students and clubs to see what they want on campus, and making sure it happens! I sit on committees such as the Campus Design Review Team, as well as Commuter Services. My goal as the DOCP is to make campus accessible to students, but also fun and engaging so our community can grow closer as a whole."

What got you interested in being involved with ASUWB?

"I used to be a Peer Coach on campus and loved helping out my students. I truly enjoyed it and

wanted to not only help my students, but the UW Bothell community as a whole!"

Why is outreach and partnerships important to our community?

"Outreach and partnerships are essential because they open doors to opportunities we might not have imagined. By putting ourselves out there, we create connections that can lead to meaningful collaborations, initiatives, and resources for our community. Taking that first step, even with uncertainty, will most definitely result in growth and access to valuable opportunities that strengthen our collective impact. It IS scary at first, but it is always so worth it."



Marketing Coordinator:
Caleb Dempster (He/Him)
Major: Law, Economics, and Public Policy (minor in Human Rights)

What is your role in ASUWB?

"I manage our social media accounts and the website to ensure that the student body stays connected and engaged with our work! This includes designing posts and flyers, shooting and editing videos, and curating resources for students. My work also sees me planning events like the Town Halls, and overseeing the Student of the Month program."

What got you interested in being involved with ASUWB?

"I became interested when ASUWB presented at my freshman orientation and promoted open positions on the team—I applied shortly after that and have been in the role since! I wanted an opportunity to make the most out of my UWB experience and to get involved in a meaningful way."

Why are outreach and partnerships important to our community?

"Marketing and Outreach is important in making students more aware of ASUWB as a platform for amplifying their voices and accelerating change they want to see on campus. ASUWB has struggled with its on-campus presence, so we do as much as we can to boost our influence and prevalence!"

Cyclone Experiences: Navigating Student Life Without Power

Written by: Ashley Tsang - Editor-in-Chief

December 2024



Image Credit: Meeti Gobindpuri

From Nov. 19 - Nov. 21, UW Bothell and Cascadia College experienced a power outage from the bomb cyclone storm which impacted campus wide services, academic operations, activities and students living in three resident halls. Power was restored to the Residential Village on Thursday night, Nov. 21 with classes being conducted remotely throughout Friday, Nov 22.

The Husky Herald created a form with questions to provide community members with an accessible platform to reflect and share varying experiences for residents and commuter students.

Here is what students had to say:

How was your experience during the power outage?

Caeden Statia (Horizon Hall Resident): "The power outage was a cold (haha) reminder of what we take for granted in modern society. It was a nice reminder of how easily utilities like power, heating, and internet can be taken away from us, and how we are sometimes left scrambling without them."

John Vertner (UWB Student): "It was tough. Fortunately, I was able to get the generator running and it provided power for some applications. Some of things didn't work because when there's no power, there's open circuit which means no current. For example, when I got up in the morning to make coffee, I had to move the coffee maker to a plug-in that worked."

Easton Young (Summit Hall Resident): "I was sick the entire time, so there were definitely pros

and cons. I was able to avoid penalties for classes with mandatory attendance, but at the same time, there was little I could do to occupy myself because I couldn't spend time with other people without risking spreading what I had. I read books until it got dark, but after that there was no light for me to use. I ended up leaving to go to the Lynnwood library because I needed to complete assignments digitally, and I felt really bad about it because the library was jam-packed, and I knew I was being selfish by putting my grades over other peoples' safety."

Vladimir Andral (Forest Hall Resident): "Pros: social scene at the dorms was lively. I befriended many people I would usually only make eye contact with. When the power came back on, within minutes everyone went back to their rooms, and the lobby was stale again which is kinda sad. But even after the forced socialization due to the power outage, I still hang out with the friends I made then."

T. Andre Mintz (Forest Hall Resident): "The obvious con was having no way to charge devices, at least at first. I work at the dining hall, so I imagined there would be plans to provide food across the halls. I mostly stayed in one place and offered to play card games with people, which resulted in an unexpectedly fun Wednesday night."

Horizon Hall Resident: "It was terrible. Just boring and wish I had a lamp or something to keep my room lit. I was very grateful for the free food that was provided as I had to throw out all the grocery's I had bought the day prior."

What were the top challenges you faced?

John Vertner (UWB Student): "No internet access for a few days, so I had to commute to the nearest coffee shop with power."

Easton Young (Summit Hall Resident): "Getting my assignments done; contacting my family, partner and friends; couldn't really shower because the water was freezing; food provided didn't always accommodate dietary restrictions; re-entering the building before RAs were stationed at the doors"

Caeden Statia (Horizon Hall Resident): "As the power outage lingered, the dorms became colder and colder. Soon, the warmest place in my dorm

room was being wrapped up in my bed, and everywhere else was uncomfortably cold. If it wasn't for the lack of heating, I could've stayed on campus for the entire power outage with no problem."

What do you think could be improved if it happens again?

Sai Kanishk Bathina (UWB Student): "More secure power systems in place, better response times from PSE."

Easton Young (Summit Hall Resident): "All in all, I was impressed by how this was dealt with. I think something should be done to make sure the lock system isn't dependent on the grid if something like this happens again. Additionally, having food that more people can eat would be great-- there were a lot of nuts and dairy involved in what was provided, which are both common allergens / things that people are often intolerant of."

Forest Hall Resident: "During the power outage, I wish there was water provided for us because the water fountains wouldn't work and there was nowhere to get it from unless you go to the store outside the campus."

Horizon Hall Resident: "Not much. I think Capstone, Aramark, and ResLife did all that they could do given the restraints they were facing were the same as everybody else. Only thing that doesn't make sense to me is that there are no backup generators for the dining hall."

Caeden Statia (Horizon Hall Resident): "I think this power outage highlights the importance of investing in emergency power, by both Capstone and the students in the dorms. I would like Capstone to have some amount of backup power available for heating or to charge batteries in an emergency. That being said, I think students should better prepare themselves for future power outages, now that we've gotten our first taste at a Residential Village power outage."

To sign up for UW Alert for weather and other emergencies, check out: <https://www.washington.edu/safety/alert/>

Summarising UWB SWEA's Speak-Out

Written by: Mya Vo - Assistant Editor

December 2024

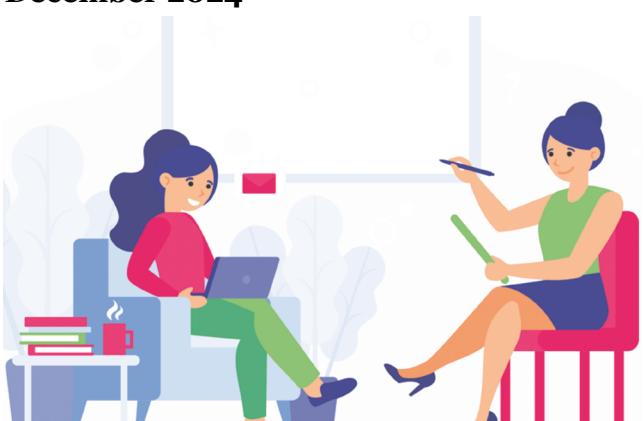


Image Credit: Freepik

Teaching is often regarded as an important, but unappreciated profession. It is societally recognized that teachers are underpaid and overworked, and this occurs even before they enter the classroom as accredited educators. In undergraduate teaching programs, education students are required to work and help teach in classrooms for a year, but they aren't paid for their time. The Student Washington Educators Association (SWEA) at UWB is a new on-campus organization fighting for change in this critical cause.

Impetus for Organizing

On Nov. 26, SWEA met to have discussions regard-

ing organizing around paid student teaching. It was a casual meeting due to the cyclone bomb storm that occurred during the previous week, impacting their ability to organize. The meeting covered conversations about SWEA's purpose, inequalities in education, casual conversations about the members' passions for teaching among many other talking points. Caitlin Ehlers, UWB Chapter and Statewide SWEA President, mentioned that the impetus for the founding of the SWEA campus chapter included her attendance at a Labor Notes Conference the previous year. Ehlers spoke about how she was looking to get involved with organizing, so she became a dues-paying member and began recruiting people to become a part of the club. SWEA is under the National Education Association's (NEA) Aspiring Educators program, which according to the NEA website, is a union that supports pre-service teachers.

Pre-service teachers face different obstacles pursuing their desired careers in teaching. Ehlers mentioned that lobbying for paid student teaching was, "A bread and butter issue that everyone was feeling."

Ryan Forrester, a club officer, noted that the stress of having to navigate necessary living expenses interferes with student teachers' ability to focus on their students and provide the best education they can for them. Being paid for student teaching, or receiving a living stipend would allow student teachers to be more successful in the program. It may also reduce the need to explore other career

paths or a second job due to rising living costs.

Where's the Money? And More About Organizing

The issue of unpaid student teaching is part of a larger lack of funding for education in Washington state and across the nation. Stephanie, a SWEA club member, shared that Washington has a flat sales tax and no income tax. She said that the state also has a regressive tax system because the percentage of what lower-income state residents are paying in terms of taxes is in much higher proportion to their annual income to what affluent people are earning. Ehlers mentioned that another problem in Washington is that the state is reliant on property tax.

She shared some historical context for why this is the state of Washington's tax system is that in the 1930s, Washington had a progressive income tax system, but in 1934 the Washington Supreme Court overturned this and changed the policy to be a one-percent income tax. Currently, the tax system remains the same since and requires a supermajority to overturn, but Ehlers says the Washington Supreme Court refuses to prioritize this.

The conversation progressed to Forrester talking about that wealthier people are able to send their children to private schools, so they aren't as privy or concerned about the issues that affect funding in public schools. Ehlers stated that it's important to talk to people who cast votes, because many

Continued...

people aren't informed that student teachers aren't paid for their work.

She also spoke about how there is an important legislative session at the beginning of the year and a big issue that they are fighting for is to get progressive taxing system. Ehlers also shared that parents, teachers and students are organizing a campaign called, "Billion Dollar Bake Sale." On Jan. 30, parents are going to Olympia to increase the funding that is provided to education and an expansion to education funding overall.

Quality of Education and Inequities

The lack of funding hurts everyone involved in the education system – especially the students. Ehlers spoke about how large class sizes make it difficult for teachers to be able to recognize early learning issues that arise with students, which makes their learning experiences more difficult later on. Additional funding would help support smaller class sizes in earlier grades, which is a preventative measure that would decrease the need for remediation later

on.

Zoe Miller, SWEA's social media manager, spoke about how underfunding education creates more stress for students when their teachers are stressed out. She said that students begin to feel invisible when they aren't able to have one-on-one differentiation which would support their learning. Ehlers said that WEA priorities include fully funding special education, which includes all of the supporting staff like speech pathologists, paraeducators and IAs.

Stephanie spoke about how there is a vicious cycle in special education, since there isn't enough support in public schools, families who are able to afford private school or homeschooling move their children to those places instead, which lowers the number of differently-abled students in schools and in turn lowers the funding received.

Inequities that impact students' learning environments also impact who is able to become a teacher. Miller additionally claimed that teaching is only a possibility for those that can afford to have a year of unpaid work. She questioned how much more equitable teaching could be if there was more

funding for student teachers. Stephanie stated that most of the teachers in the U.S. are white and women, which makes it so that education is missing a lot of perspectives who don't have the available resources. Diverse perspectives are important because they can help reflect and uplift the voices of marginalized groups who are underrepresented in educational institutions.

Importance of Education and Teaching

Education can be an important part of self-discovery and personal empowerment. Nelson Mandela once said, "Education is the most powerful weapon which you can use to change the world." In order for students to have an empowering education, state and legislative policies must be created that support the educators who will teach upcoming generations of students. Creating a more equitable field for student teachers to enter will allow a wider diversity of people to become educators and to meet the needs of students. SWEA's mission is to uplift student educators by raising awareness of the barriers they face to become teachers and to challenge those barriers.



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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!

HELP FOR THE HOLIDAYS

The Health & Wellness Resource Center (HaWRC) for UW Bothell and Cascadia has compiled a guide of resources available for students over winter break.

Food Resources:

- **Renewal Food Bank:** Open to all, can visit in person once per week. Mondays 12pm-3pm; Tuesdays 4pm-6:30pm; Wednesdays 10am-1pm.
 - Address: 15022 Bel-Red Rd, Bellevue
 - Website: <https://renewalfoodbank.org/>
- **Mill Creek Community Food Bank:** Open to all, no one is turned away. No ID required. Register online first to receive food.
 - Address: 4326 148th Street SE, Mill Creek (located behind Gold Creek Church)
 - Website: <https://www.hopecreekcf.org/>
- **FamilyWorks Food Banks:** Anyone is welcome to shop here regardless of zip code or income. No ID or other forms of verification required.
 - Address: Wallingford Location | 1501 North 45th Street, Seattle Greenwood Location
 - Website: <https://familyworksseattle.org/food-banks/#programs>

Shelters and Staying Warm:

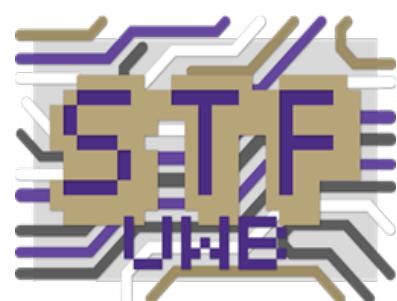
- **YouthCare:** Provides on-site case management, connection to education programs, physical & mental health services and meals at various locations. If you need immediate help, call the main phone line.
 - Address: 1828 Yale Avenue, Seattle, WA 98101 (The green building on the corner of Denny and Stewart; bus routes: 8, 10, 43, 60)
 - Website: <https://youthcare.org/get-help/>
- **New Horizons:** Operates a nightly shelter for young adults ages 18-25 and other daily services.
 - Address: 2709 3rd Avenue Seattle, WA 98121
 - Website: <https://nhmin.org/get-help/>
- **King County Library System:** Most libraries are warm and open to the public. Check for locations and times. Here is the information for the Bothell Public Library.
 - Address: 18215 98th Avenue NE, Bothell
 - Website: <https://kcls.org/locations/bothell/>

Additionally, Hopelink Mobile Market will continue at its regular time. This is just a small list of the resources compiled by the HaWRC, please follow the QR code or link for the additional resources.

Note: The provided information is for convenience and informational purposes and are not an endorsement or approval by the HaWRC regarding the products, services or opinions of the providers.



<https://www.uwb.edu/student-affairs/hawrc/resource-library>



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