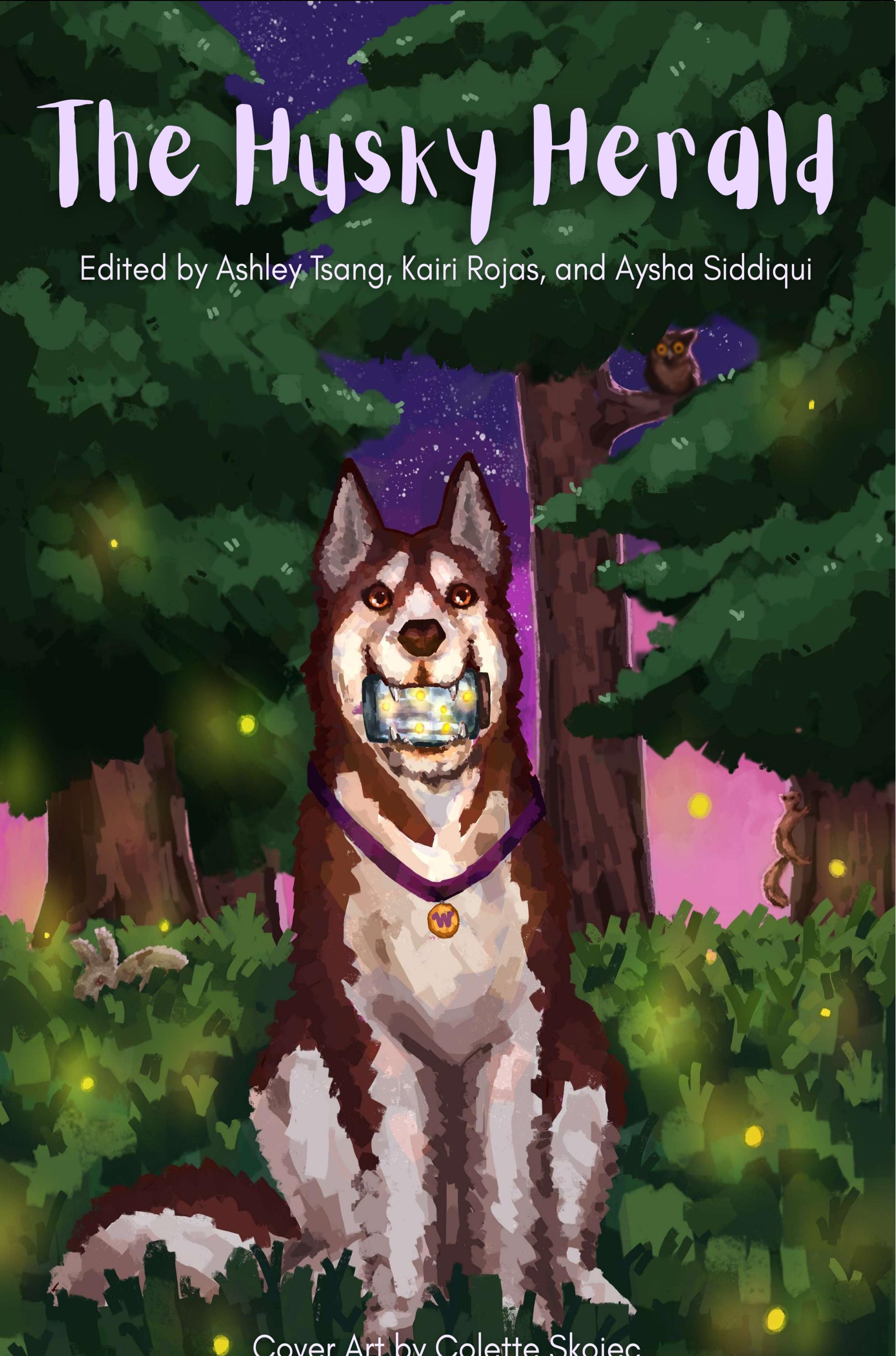


The Husky Herald

Edited by Ashley Tsang, Kairi Rojas, and Aysha Siddiqui



• Cover Art by Colette Skojec

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Letter from the Editor-in-Chief: Ignite Your Inner Glow!

Written by: Ashley Tsang - Editor-in-Chief

September 2025



Image Credit: Holly the Husky

Dear Huskies,

Welcome back (or welcome for the first time) to UW Bothell and to the first issue of the 2025–26 school year!

Whether you are a returning reader or brand new to The Husky Herald, I am so glad you are here. My name is Ashley Tsang, and it is an honor to return as Editor-in-Chief of UW Bothell's official student-run newspaper. As I begin my senior year—and my final one with the paper, I reflect on the fulfillment I have found in journalistic storytelling, and on the many student stories that have inspired our publication.

The Husky Herald enters this academic year with a stronger foundation than ever. Our contributor team has grown significantly, and our print capacity has increased to better serve the UW Bothell community. This growth positions us to elevate the quality and reach of our publication, while continuing to uphold our mission of amplifying student voices through ethical journalism and visuals.

Since our founding in 2008, we have remained committed to depicting diverse identities and experiences across campus. This year, we aim to build on that commitment with even greater impact. We invite you to share your thoughts, feedback, and ideas with us through our website (thehuskyherald.com/contact), as your voice influences

the work we do.

This year, I am excited to be joined by Kairi Rojas, our new Managing Editor, who oversees timelines and schedules, and Aysha Siddiqui, our new Assistant Editor, who will be the copyeditor for our monthly publications. Beyond editorial management, we also write stories that shape the campus narrative and engage students through Community-Engaged Learning and Research (CEL) partnerships. Together with our fall team of 15 student contributors, we are dedicated to maintaining a platform that not only informs but also connects you to opportunities, whether through clubs, volunteering, or events.

I am thrilled to present to you The Husky Herald's 2025 back-to-school issue, centered on this year's Student Engagement & Activities theme of Igniting Your Inner Glow. Similar to a glow stick that must crack before it can shine, our unexplored passions can often reveal bright new paths ahead. While exploring new ideas and interests can be intimidating at first, sharing these experiences can often inspire others in ways we don't expect so don't be afraid to crack open the unfamiliar and take up space as you are; your glow might just light the way forward.

To new and returning students: the next few quarters and years will be some of the most transformative, and you hold the power to shape them. During my time at UW

Bothell, I have discovered that involvement opportunities are everywhere, especially through the many student organizations on campus. With a genuine curiosity to step beyond my comfort zone as a business administration student, I found myself in this role during my second year on campus. Today, I am incredibly grateful to lead with the creative power of the pen to publish and uplift writers and artists. I hope my story shows that you, too, can pursue your interests and discover your own inner glow. University is a time for exploration, trial and error, and most importantly, growth, and we would love to hear YOUR story!

Anyone can submit articles, photography, or artwork for review and potential publication through our [Link Tree form](#) at any time, which we review on a rolling basis.

There would be no Husky Herald without the students, faculty, staff, and partners who have made it possible. We look forward to another exciting year of community engagement and invite you to stay connected through our Instagram page ([@husky_herald](#)), where we will frequently promote campus happenings and announce when quarterly contributor applications become available.

Coming up, you can catch us tabling with Student Media at the upcoming club fair on Oct. 1, so be sure to stop by and grab the latest copy! Additionally, mark your calendars for Nov. 6, where we will be hosting our annual Storytime with Student Media Event, featuring folklore stories and snacks in a cozy setting.

As we step into another incredible year of growth and change, I believe there is a place for everyone in our community to belong, thrive, and share stories. Who knows—you may even find your home within The Husky Herald.

Cheers,

Ashley Tsang
Editor-in-Chief, The Husky Herald

STUDENT OF THE MONTH
NOMINATIONS ARE OPEN!

Do you want to recognize a fellow student's (or your own) achievements? Scan the link to send in a nomination for Student of the Month.

ASUWB

ASSOCIATED STUDENTS
of the UNIVERSITY of
WASHINGTON BOTHELL



TINYURL.COM/3XHY37ER

Sipping on Your Morning Coffee with Accompanying Microplastics

Written by: Kairi Rojas - Managing Editor
September 2025



Image Credit: UnSplash

We all experienced moments of thirst, when nothing sounds more energizing than a refreshing iced green tea or a to-go cup of coffee to fuel your day. However, each sip of coffee, or your preferred beverage, may also contain something you did not order: microplastics. Many disposable cups, including those used by large coffee chains such as Starbucks, have been found to contain microplastics.

Microplastics (MPs) are defined as contaminants which are plastic particles less than 5mm. According to [Jkai Plastic Technology Co.](#), the two main types of plastic in disposable cups are Polyethylene Terephthalate (PET) and Polypropylene (PP). It is found that these are the most common types of plastics harming our bodies. There are many ways these microplastics can contaminate our food, drinks, skincare and even our soil! These minuscule pieces of plastic can come into contact with our bodies through ingestion, inhalation and through skin contact. Microplastics are most commonly ingested from the plastic packaging of our everyday food and drinks, states [PennState Institute of Energy and the Environment](#).

Starbucks, along with many other coffee chains and or independent stands, use lined paper cups to keep the hot liquids from seeping through the cup. However, the inner lining, which is often a thin layer of PET, can release MPs when in contact with heated drinks. A 2022 study published in [Science of the Total Environment](#) found that disposable cups can release thousands of MP particles into hot beverages. This research was led by Chuier Chen who found nearly 6,000 MP particles per litter in drinks. These MPs tend to be released through hot beverages, with the plastic lining decomposing into the beverage. Additionally, acidic carbonated

beverages may also enhance the releasing of MPs in beverages compared to water. However, it is important to note that water, such as plastic water bottles, will contain these microscopic pieces of plastic. According to the [National Institute of Technology](#), a bottle of water contains approximately 240,000 pieces.

There is currently not a lot of information on the true negative effects MPs have on the human body. However, scientists around the world are currently studying the effects of it and research has found evidence of plastic particles in human blood, lungs, gut, feces, and reproductive tissues like the placenta and testes, according to the [National Institute of Technology](#). It can be hard to detect and study due to the small size of the microplastics and nanoplastics.

In [Microplastics: Pervasive Pollution and Their Impact on Human Health](#), Oceanic Preservation Society produced a study which showed the negative effects of MPs, "Laboratory studies on animals and cell cultures have shown that microplastics can cause inflammation, oxidative stress, and even interfere with cellular function." Furthermore, the harmful chemicals in MPs are known to, "interfere with hormone regulation, potentially affecting reproductive health, growth, and development." If that is not concerning enough, scientists are associating MPs with a wide range of health issues including: neurological concerns, cardiovascular and respiratory issues, reproductive health and digestive disorders. Not only are MPs harmful to the human body and health, but it can also be harmful to the environment.

Disposable cups are advertised as convenient. Nevertheless, approximately one million single-use coffee cups are sent to the

landfill every minute. The issue with these plastic-lined disposable cups, is that they are not recyclable, unless it is recycled by a specialized recycler.

There are many alternatives to replacing these harmful cups, such as bringing your own stainless-steel tumbler which is the most effective and efficient solution. Not only will it reduce the amount MPs ingested, but it will also help reduce the amount of waste. At UW Bothell, students can take part as a sustainability-driven community, either on campus at our local Starbucks (GoldBrew or Village Cafe), or at a coffee shop near you. Bringing your own stainless-steel cup can help prevent MPs from affecting your health. Some coffee shops even offer discounts if you bring in your own mug. It is important to try to reduce buying food and beverage products with a lot of plastic wrappings.

MPs are our generation's version of lead poisoning, dangerous, and for now, the health problems are not completely discovered; however, current research shows it can be detrimental. Together, we can reduce waste and try to prevent further damage from the poisonous plastics that have already been known to damaging our health. If you want to take action and or learn more about how you can improve not only your health, but the world we live in, perhaps consider joining the Alliance for Sustainability (A4S) club, here on campus. Action can also be taken by doing your own research, and or taking classes UW Bothell provides on [sustainability and the environment](#). One person cannot change the world without collective action.



Image Credit: Instagram @uwb_alliance4sustainability



Image Credit: Instagram @uwbccfarm



CAMPUS FARM



HOW TO
GET
INVOLVED



**ALLIANCE
4
SUSTAINABILITY**

Stationary Essentials

Designed by: Anika Anderson - Visual Media Designer

Back-to-School STATIONARY ESSENTIALS

Places to Shop Near UW-B:

- TARGET - Woodinville/Lynnwood**
 - Sells:** Notebooks, notecards, and sketchbooks
 - Use:** Taking notes and drawing diagrams
 - Why I love it:** Blank pages can be used for sketches or storing notes.
- Fred Meyer - Lynnwood/Mill Creek**
 - Sells:** Pens, pencils, markers, sharpies, and highlighters
 - Use:** Taking tests and writing papers
 - Why I love it:** Writing utensils are must for classes.
- DAISO - Lynnwood/Redmond**
 - Sells:** Desk organizers, pencil cases, and storage
 - Use:** Keeping your space organized and storing important school work and supplies
 - Why I love it:** There are so many options to choose from, and they are all relatively affordable at around \$5 to \$1.
- Useful Ideas -**
 - Color-coded notes & ideas
 - Daily planner
 - Tape to hang up important work
 - Flashcards

Procrastination Tips

Designed by: Amanda Sim - Visual Media Designer

Fight Procrastination Day

About the Day:

It is on September 6th and is dedicated to encouraging people to recognize their habits with procrastination and how to tackle them.



Why do we procrastinate?

- The activity is boring/unpleasant
- Lack of confidence in our abilities
- Fear and anxiety
- Distractions
- Perfectionism

Tips to beat procrastination:

- Break tasks into smaller manageable chunks**
- Reward yourself as motivation—sweet treat!**
- Manage time and schedule deadlines with a calendar**

Sources: <https://www.mcleanhospital.org/essential/procrastination>
<https://nationaltoday.com/fight-procrastination-day/>

A History of Higher Education in the U.S.

Written by: Aysha Siddiqui - Assistant Editor

September 2025



Image Credit: UnSplash

The evolution of colleges in the United States reflects the country's changing values, priorities and needs. From the first higher education institution, Harvard, which started primarily to train young white men to become ministers, to today's many diverse growing campuses, which have programs in almost any field imaginable. It is clear that colleges have changed dramatically. Increased access, expansion of curriculum and greater federal investments all led to more inclusive campuses, and a more educated America.

18th Century -Early Colleges and Curriculum

The history of colleges in the United States starts before the establishment of the country itself. Harvard University, the first higher education institution in the US, was founded in 1636 in the early colonial stages of America. Before the revolutionary war, nine colleges had already been established. These included what are now present day Yale, Princeton, and Brown University. Their curriculum was modeled after European universi-

ties like Oxford and Cambridge.

Early American colleges were established by religious groups and the curriculum mainly focused on religious studies. According to [Early Curriculum at Harvard: Historical Sources from the Harvard Library](#), most students trained to become protestant clergymen. They were taught history, theology, Latin, Greek and mathematics. Colleges had very small class sizes and only accepted upper-class white men. The main purpose of college during this time period was to train a very certain demographic to become religious leaders, meaning that it was not an opportunity for upward mobility, but an elitist exclusive institution.

Near the end of the colonial era, science, politics and law became part of the curriculum. Colleges moved from ministry and religious training to education and preparation which applied to many more fields. Law became a popular subject in the colonies as young men became interested in politics and government with tensions brewing between the colonies and British monarchy. In contrast, training for medicine usually happened through apprenticeships during the colonial era. Medicine didn't become an established field of study in college until after the revolutionary war, at the end of the 18th century. This evolution in curriculum happened slowly over the course of almost a hundred years.

19th Century -Demographic Changes

In addition to the evolving curriculum, colleges saw changes in demographics after the American Revolutionary War. Colleges in the 18th century were exclusively male, and predominantly English puritans. In 1837, Mount Holyoke Female Seminary was founded by Mary Lyon in Massachusetts. As listed in [The Founding of Mount Holyoke Female Seminary](#), the women only col-

lege taught Latin, Greek, calculus and philosophy, which weren't taught at other women's seminaries at that time. Mount Holyoke is the first female university in the U.S. that still operates as a women's college today. Additionally, in 1837, Oberlin College became the first coeducational school and opened its doors to women. Women soon composed nearly half of their student population. A few more private schools followed example and started accepting women. In the later half of the 19th century, post-Civil War, strides were made in women's higher education with the establishment of many more female colleges. Based on the [National Center for Educational Statistics](#), the percentage of female college students increased from 20% in 1870, to nearly 50% in 1930.

Oberlin College, in Ohio, (the first co-educational college) held strong anti-slavery views and was also one of the first colleges to open its doors to black students in the 1830s. Following the civil war, in the Reconstruction era (1865-1877), Historically Black Colleges and Universities (HBCUs) were established. These were often established in the south by Protestant religious organizations and were controversial at the time of their beginning. Leaders argued for higher education institutions for people of color in a time where segregation laws were upheld, while others cautioned against self-segregation. The first HBCU to open after the Civil War in the Southern states was Clark Atlanta University in 1865. It was a major milestone as it was the first college to grant graduate degrees to African Americans.

As colleges opened their doors to more people, barriers due to income were also addressed. In 1847, the City College of New York was established as the first free public higher education institution in the United States. Since admissions were based on merit and not income, it became a popular choice for immigrants, lower income communities, and the working class.

Continued...

It was nicknamed 'The Poor-Man's Harvard" and stood as a symbol for upward mobility.

The passing of the first and second Morrill Act in 1862 and 1890 respectively was a defining moment for colleges in the U.S. The first Morrill Act created land-grant universities that taught subjects in engineering and agriculture. These subjects differentiated certain colleges from elitist religious institutions to education and professional training for all. It made education more accessible, and carved a path towards research and innovation, especially in the fields of mechanics and agriculture. The second Morrill Act passed in 1890 required states to build separate colleges for African American students if they had existing racial restrictions and segregation laws which led to many establishments. Due to the federal funds, research for efficient agriculture, rapid technological innovation and a more skilled workforce laid the ground to pushing the United States into a leading economic force in the world.

20th Century -Rapid Growth

As more people demanded education, the beginning of the 20th century introduced rapid growth in enrollment, programs and the building of college campuses. As mentioned by [Wally Boston](#), "The number of colleges in the U.S. nearly doubled to 977 from 1860 to 1900." Graduate programs started to appear as schools like Harvard, Yale, and John Hopkins University started focusing on developing PhD programs. Enrollment rose dramatically, according to the [National Center for Education Statistics](#), from 1870 to 1910. The number of bachelor's degrees awarded in the U.S. grew from 9,400 to 37,200 versus 37,200 to 827,000 from 1910 to 1950. However, even

as enrollment increased, the percentage of Americans holding a college degree was still low, under 10% as stated by [Boston](#).

During World War II, enrollment temporarily decreased, and in response, congress passed The Servicemen's Readjustment Act, (also called the GI Bill) in 1944 which provided veterans with funding for college education. This provided the incentive that created a sudden rise in enrollment. The surge of students were mostly male veterans, however, the gender disparity in enrollment slowly ended by the year 2000, after which women gradually became the majority of college students in the United States.

According to [Boston](#), another major milestone that resulted in growth for higher education was the passing of the Higher Education Act in 1965. This act introduced federal grants, loans, and work-study programs. It created the legal framework for the Free Application for Federal Student Aid (FAFSA), and the Pell Grant, something most students still rely on to this day. The aim of this act was to make higher education more affordable and accessible to lower-income students.

Today -Shifting Landscape

In 2025, college enrollment has risen to about 40% for young adults aged 18-25 years old. It is a norm and expectation for highschoolers to prepare for college applications during their junior year. According to the [Education Data Initiative](#), the peak year for enrollment was 2010. Now, it has started to decline due to factors like the contradicting attitudes towards college for young people. Additionally, due to high tuition prices, college debt, and the job market, many young people are left questioning their higher education decisions. Almost all well-paying jobs in healthcare, technol-

ogy, business and education require expensive degrees, but those expensive degrees don't always guarantee jobs. Alternatives like trade school and community colleges are becoming a desirable option due to lower costs. Discussions on the value of certain degrees and the importance of learning critical thinking skills are being had. Online degrees are also becoming more popular, making education accessible to even more people, by removing physical barriers. For some, college still symbolizes an opportunity for upward mobility, while others see it as a broken system that needs reform. With current federal budget cuts in higher education, the question lies in whether Americans see college as an institution that needs to shrink or be reformed.

Today the University of Washington Bothell, founded in 1990, stands to serve over 6,000 students. As a newer campus, it represents the latest step of the history of colleges in the U.S. The campus currently values inclusivity and access to education for all, with a diverse student population and low student debt rates. The majority of the student population are people of color. Based on the Student Diversity statistics on [UW Bothell Fast Facts](#), 34% of students are Asian, 10% are Hispanic, 10% are African American, and 5% are international students. In 2024, PayScale ranked UW Bothell #1 on its list of Best Value Colleges in the state of Washington. As students enter into the 2025-2026 school year, they may reflect on the changes they want to see on campus. Students can connect with The Associated Students of the University of Washington Bothell (ASUWB), student representative who advocate for students at UWB to voice their ideas and concerns. Find more information on their website <https://www.uwb.edu/asuwb/>.

About Procrastination: If Not Now, When?

Written by: Hailey Miller - **Student Reporter**
September 2025



Image Credit: FreePik

As a student, have you ever felt unmotivated to do a task or put off work until the last minute? You may be experiencing a common learned habit called procrastination, which is the act of delaying or postponing a task despite knowing that there could be potential negative consequences for doing so.

There are many different types of procrastination. There are perfectionists who have high standards; the ones to put off work until the task is done correctly. Next, there are dreamers that have big goals but have a lack of success due to fear of change. Lastly, defiers can make excuses, while crisis-makers might create chaos. According to [Lifehack](#), "The existence of different types of procrastination stems from the various ways individuals perceive and respond to tasks and responsibilities." To figure out what kind of procrastination type you may have, you can reflect on your daily behaviors, identify common signs, and consider adjusting your environment.

Procrastination in students has been growing due to stress, which could negatively impact mental health. According to [Procrasti-](#)

[nation Statistics](#), "80-95% of students report struggling with procrastination, with 75% identifying as habitual procrastinators." Procrastination is a common problem for most students and is necessary to reduce the struggle students face from procrastination.

The negative effects of procrastination

Procrastination can have a variety of negative effects on a student's mindset such as being less focused, due to wasted time and from missed opportunities.

Firstly, procrastination harms the mind by taking control of valuable time and easily putting off daily tasks. According to [Proactivity Lab](#), "... on average, a person wastes around 218 minutes (three hours and a half) everyday procrastinating." Students could be doing homework, working on daily tasks, or hanging out with friends instead of wasting precious time on procrastinating. In addition, procrastination can also lead to increased stress and anxiety. When procrastination is used as an avoidant coping strategy to manage negative task-related emotions, stress starts to slowly build up. The feelings of guilt, shame and anxiety can intensify from how procrastination is affecting someone which can lead to worsening motivation or poor time management in the long run.

Additionally, being less focused can result in having emotion regulation issues or have a lack of urgency. According to [Team of Greats](#), "The term for this is 'Temporal Discounting', it is our inability to judge future consequences compared to experiencing the immediate gratification ..." Temporal Discounting can be one of the reasons why students are affected with lack of career planning or have an inability to focus on daily activities.

Tips and Resource

Three straight forward tips that can help students to avoid procrastination are to 1.) have a consistent repetitive schedule, 2.) set a goal, and 3.) set alarms or reminders of a task that needs to be done. Furthermore, having a repetitive schedule can help rewire the brain into becoming more initiative-taking. According to the [National Library of Medicine](#), the author indicates, "Cultivating a sense of self-discipline can enhance motivation and reduce procrastination, especially when faced with repetitive tasks."

By setting goals and rewarding accomplishments, the mind feels confident that it can keep the goal going without reminders. This rewrites the brain for more success. Finally, practicing time management can prioritize tasks which strengthen the mind and help get into a routine of completing tasks. The ability to manage time wisely with tools like a to do list or schedule, can give extra time to one's day for breaks and slow down stress.

Resources at UW Bothell that can help with procrastination include the [Academic Learning Commons](#), located in UW2-030. Staff can assist with tutoring, which helps students be on the right track with assignments. First year students can also check in with their [Peer Coach](#) to help set goals. And lastly, students can visit the [Academic Advising Center](#) in UW1-160 to connect with their academic advisors.

Ultimately, there are many procrastination tips that could help with changing your mindset. There are also plenty of online and on campus school resources that can help with procrastination. It is a common challenge for many people and so you're not alone in this struggle. It's never too late, so don't be afraid to ask for advice around campus or strategize methods to set yourself up for success!

Everything Students Should Know About Peer Coaches!

Written by: Zoya Merakov - Student Reporter
September 2025



Image Credit: UWB OTP/Peer Coach website

Being a first-year student can feel overwhelming. Regardless of age, whether someone is living with their family or has picked a major, coming to college can be a big adjustment. The Peer Coach program at the University of Washington Bothell aims to tackle the age-old struggles that students have when attending college for the first time.

The Peer Coach program at UWB assists students by giving them a peer coach based on their meta-major. Meta-majors are a broader grouping of majors that students can choose from based on interest, to explore the degree options within. The meta-majors at UWB include business and policy, arts and media, education and society, health and natural sciences, and technology and engineering.

In an interview with Emily Leonard, the Assistant Director of Peer Coaching, Leonard stated that the peer coach program is, "unique to UWB. While the Seattle and Tacoma campuses have positions where peers are also coaching students ... We are the only campus where every incoming first-year student self-selects a coach whose relationship starts at orientation and continues through the academic year."

After asking Leonard about the main goal of the peer coach program, she explained how the peer coach program's goal is to "support all first-year students in successfully transitioning into the University of Washington Bothell. We know the adjustment to higher education is more than just academics." The peer coaches achieve this by getting to know their assigned students during first-year orientation, and then they create personalized one-on-one meetings once a month to help students navigate all aspects of their first year.

Looking at the Peer Coach perspective, Jennifer Ramirez, also known as "Peer Coach

Jenny," is a 2025–26 peer coach for Business and Policy students. She explained that "as peer coaches, our objective is to support incoming students by helping them set personalized, achievable goals that guide them through their first quarter at UWB." As a student, Jenny understands the many challenges of adapting to a new campus, and through her peer coach role, she ensures they feel supported with empathy.

"We want students to feel like they belong here at UWB, that they're seen, valued, and believed in. We want to ensure they're building self-efficacy inside and out of the classroom, that they're finding community, networking, and planning for a career that's meaningful for them," Leonard adds. Peer coaches have been helping students become more successful and connected to the campus through their involvement.

Leonard revealed how "there have been students who reported they may not have continued at college if it wasn't for their coach connecting them with the right resources. Others have shared that their coach helped them navigate imposter syndrome and feel confident in meeting with their professors, applying for study abroad, and getting involved in clubs that represent their identities or interests."

The program isn't only beneficial for students, but it is also beneficial for the peer coaches themselves. Jenny described how peer coaches "gain experience in goal setting, public speaking, problem-solving, and collaborative teamwork, among many other skills, which are valuable to anyone regardless of their career path. Additionally, the program has allowed [her] to connect with students from diverse backgrounds, exchange ideas, and build positive relationships." As a Peer Coach, Jenny's favorite part of the job is "meeting students, putting faces to names, and learning about their passions and goals has been very fulfilling. Whether connecting in person or over Zoom, [Jenny] loves answering their questions and guiding them toward the resources they need."

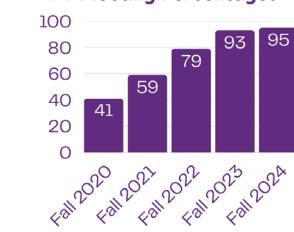
According to Leonard, the two biggest achievements of the peer coach program during the 2024–25 school year were that 95% of first-year students met with their peer coach during the fall quarter and 100% of students reported being supported through a challenge they were facing in a survey. When asked about the upcoming goal for this current school year, Leonard reported that a big goal for them is to continue being a valuable resource for students. "Our program is designed to support students, so hearing that the overwhelming majority be-

Peer Coaches Impact Retention

24 students indicated that they had a challenge that could have resulted in them dropping out of UWB in the fall quarter. Their coach helped keep them at UW Bothell.



FY Meeting Percentages



Total # of Meetings

Year	Meetings
2020	965
2021	1590
2022	1866
2023	3187
2024	2578

Total Demographics: URM: 23% | First-Gen: 43%

Campus Resources

Connecting Students:

- Alerts
- Referrals
- Financial Support
- Health & Wellness
- Clubs & Events
- Academic Warning
- High Impact Practices
- Major & Career Exploration



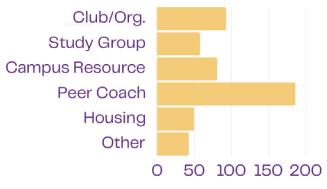
Agreed their coach connected them with helpful resources.



Agreed that peer coaching is a valuable resource.



Agreed their peer coach helped them set and work toward meaningful goals.



Meaningful Connections

Students reported making a connection with their peer coach more than any other community on campus.

"My peer coach motivated me to build better academic habits, explore clubs, and interact with my peers. I felt welcomed and comfortable; it was easy to communicate with someone who wasn't only a student, but who was also knowledgeable about campus."

Image Credit: Infographic for the Office of Advancement

believed we were achieving that is something we plan to continue ...", Leonard stated. For more statistical data regarding the impact of the peer coach program, reference the Infographic for Advancement.

Overall, being a first-year student can be tricky, and the peer coach program is here to help with all the trials and tribulations involved. One piece of advice from Peer Coach Jenny to first-year students is, "to not compare yourself to others! As we transfer into college life, it can be overwhelming at times, and it becomes easier to compare ourselves to others or begin to question our abilities ... Instead of measuring yourself against others, focus on your own growth. Celebrate your wins, no matter how small, and treat setbacks as learning opportunities. Rather than striving for perfection, focus on making intentional improvements for yourself."

Interested in becoming a Peer Coach? Stay connected through the Orientation and Transition Programs Instagram page [@uwbotp](#), where they announce their applications in the Autumn Quarter!

9 Hobbies That Can Help Boost Mental Health

@uwcounseling



Image Credit: Instagram [@uwcounseling](#)

The One-Stop Shop for Campus Safety



Download "UWB-CC Safe" on the App Store and Google Play Store.

Image Credit: Instagram [@uwbotp](#)

VIOLENCE PREVENTION & ADVOCACY
University of Washington Bothell & Cascadia College
WE BELIEVE YOU

WHAT CAN ADVOCATES PROVIDE?

- Emotional support
- Safety planning
- Referrals to resources
- Support with accommodations
- Reporting options



Advocacy appointments can be scheduled via the QR code or online!



Image Credit: Instagram [@vpa_uwb_cc](#)

Washington State's Gas Tax Hike

Written by: Rohit Jesudoss

- Student Reporter September 2025



Image Credit: FreePik

Washington residents are in for a more expensive ride, literally. According to [Washington State Standard](#), for the first time in nearly a decade, the Washington Legislature approved a six cent gas tax increase set to go into effect in July 2025. This increase would bring the state's per-gallon gas tax from 49.4 cents to 55.4 cents. That is before a 2% year-over-year increase to account for inflation. The state tax on diesel is additionally expected to go up by three cents in July 2025 to 58.4 cents, and another three cents in 2027. Then, a similar 2% year-over-year rise will be implemented to combat rising inflation costs.

These additional tax hikes on gas and diesel are part of a larger plan to raise \$3.2 billion over a six-year period to sustain Washington's transportation system. Specifically, the gas tax is expected to raise \$1.4 billion, while the diesel tax is expected to raise \$160 million during the six-year period. The revenue collected will then support maintaining highways, filling potholes, ferry operations, and fish passage restoration, among other general maintenance. Washington lawmakers argue the added costs on gas and diesel-powered vehicles will help sustain and improve the state's transportation system; however, many Washington residents remain skeptical.

While these hikes are essential in garnering additional revenue, Washington will hold the nation's third-highest gas tax, trailing California and Pennsylvania. A separate article from the [Washington State Standard](#) mentions that the new tax hikes are added on top of federal fuel taxes, which are 18.4 cents for gas and 24.4 cents for diesel. [Washington's Department of Revenue](#) lists a combined state and federal tax rate of 73.8 cents per gallon of gas after the hike takes effect, while for diesel, there is a combined state and federal tax rate of 82.8 cents.

Washington's gas prices have exceeded the national average for a while, and now, the price of fuel will go up even further. According to the Washington State Standard, the average price for a gallon of regular gas

in Washington sat around \$4.45; however, in 2024, the same gallon cost consumers \$4.33, as reported by the AAA. Nationally, the average price for a gallon of regular gas sat at \$3.20, which is noticeably cheaper in Washington state. KOMO News reports a price range between \$4.22 in Skagit County and \$4.70 in King County along the I-5 corridor. These varying costs have people in Seattle divided on whether the increased tax can be substantiated.

Interviewees have told [KOMO News](#) they are not seeing the city or road infrastructure improvements that validate the additional costs imposed on them. KOMO News interviewed Timothy Durden, a Seattle local, who said, "Seattle doesn't pay [any] money on the infrastructure here. You go down I-5, it bumps everything. So, I don't think we spend enough money on that." Another Seattle resident, Quinn Sullivan, told KOMO News, "We're basically California now with our gas prices," suggesting Washington's gas prices are rather overwhelming for drivers. Seattle residents are definitely not pleased with the extra cost of gas, and many feel that the extra cost does not seem substantial to the improvements they want to see in Washington.

With statewide tax hikes on gas and diesel-powered vehicles, Washington residents may be looking to reduce or cut fuel costs altogether. To reduce or cut these costs, alternative fuel, plug-in hybrid vehicles (PHEVs), and electric vehicles (EVs) may be appealing choices for Washington residents. [The Washington State Department of Licensing](#) (DOL) offered tax exemptions for alternative fuel and PHEVs, which expired on July 31, 2025. To qualify for the tax exemption, new vehicles must have a purchase price of \$45,000 or less, or \$30,000 or less for used vehicles. Consumers should be aware that while a trade-in can help lower the costs of a vehicle, it cannot qualify for tax exemptions.

For instance, if a new vehicle cost \$48,000 and a customer had a trade-in car worth \$6,000, the tax exemption would not apply even though the cost of the new vehicle had been brought down to \$42,000. Alternatively, there is a federal tax credit of up

to \$7,500 for qualified plug-in EV or fuel cell electric vehicles (FCEV) as part of the Inflation Reduction Act of 2022 for purchases made in 2023 or later. The [Internal Revenue Service](#) (IRS) lists who qualifies and what vehicles qualify for the federal tax credit.

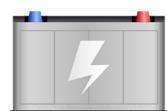
However, Sec. 70502 in the [One Big Beautiful Bill Act](#) under the Trump administration is ending the \$7,500 federal tax credit after September 30, 2025. Prospective buyers have an opportunity to take advantage of the federal tax credit before then and save more on their EV and FCEV purchases. In fact, EVs may be cheaper for some consumers, especially with federal and local incentives. [CNBC](#) says, "While EVs still tend to cost more up-front to purchase, recurring charges for fuel and maintenance are generally cheaper – adding up to a total lifetime cost that can be lower than that of a gas vehicle."

EVs have lower maintenance costs, which are responsible for the long-term savings buyers can expect. Still, buyers will need to do their research to ensure EV ownership makes sense. Charging costs can vary widely depending on the location. The same article from CNBC notes, "Home charging access reduces the lifetime cost of a 300-mile midsize SUV by roughly \$10,000, on average, and up to \$26,000, according to the University of Michigan study." While alternative fuel, PHEVs, EVs, and FCEVs will surely appeal to buyers amid rising gas and diesel costs, buyers should conduct plenty of research and take advantage of both federal and local incentives to see savings on new purchases and ownership.

Washington residents will be facing a steep road ahead. They will be paying some of the highest gas and diesel taxes in the nation, in an effort to sustain and improve their own transportation system. However, the economic environment will become more complex with the added costs on owners of gas and diesel-powered vehicles, the expiration of tax exemptions for alternative fuel and PHEVs, and the end of the federal tax credit for EVs, all of which may ultimately increase expenses for interested consumers.



Image Credit: Instagram [@carclubuw](#)



Where Nature Meets Summer in Downtown Bothell

Photography by: Estel Soriano Bergua
- Student Photographer
September 2025

Just a mile from UW Bothell, these summer scenes capture the vibrant downtown where education, recreation, and nature thrive side by side. Bothell's Main Street includes many nearby shops, boutiques and parks for the community to enjoy.



A couple walking to dinner on main street



McMenamins Anderson school sign



Two women paddle boarding in the Sammamish river



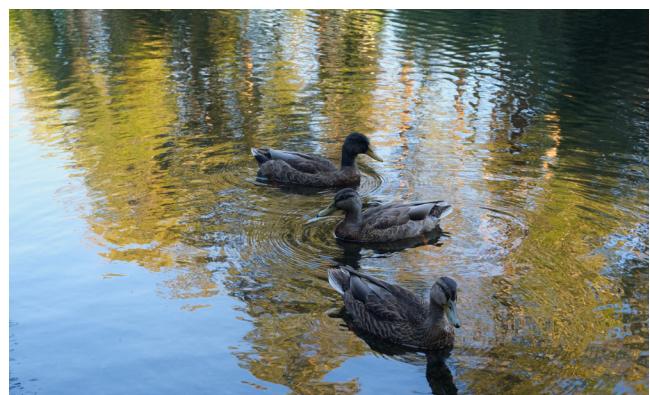
McMenamins building in downtown Bothell



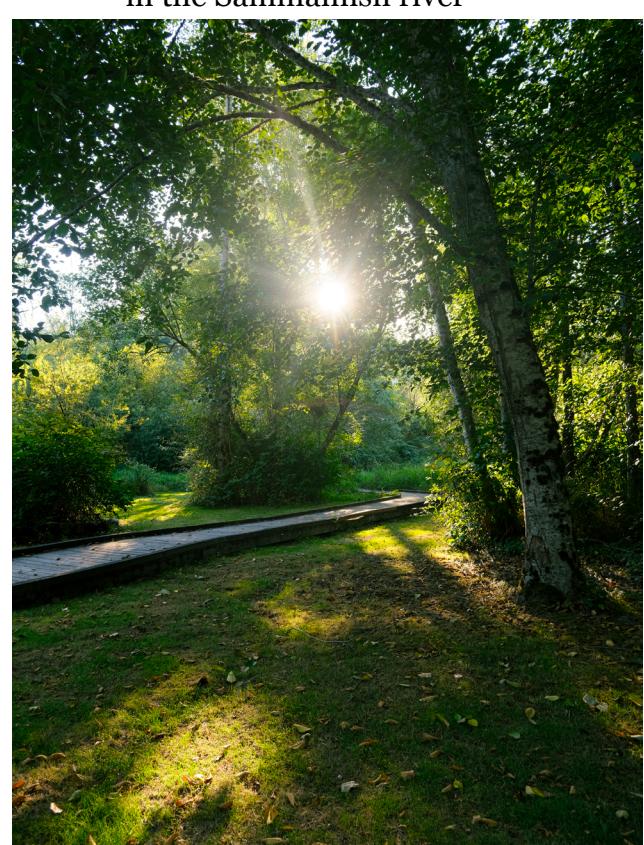
A dad and his child paddle boarding in the Sammamish river



Single white flower plant



A family of ducks swimming in the river



A hidden creek in the park at Bothell Landing



Empty street in Bothell Downtown

The Heart of Puyallup: Washington State Fair 2025

Photography by: Marc Montefalcon
- Student Photographer
September 2025

The Washington State Fair returned to Puyallup for its 125th anniversary, from August 29 to Sept. 20. There were a variety of vendors, animal exhibitions, and carnival rides. The fair is also recognized as one of the biggest in the world, according to their website [https://www.thefair.com/!](https://www.thefair.com/)



Swing ride in the air



Crowded street near the barns



Spinning green gravity ride



Girl petting a horse



Caretaker tending to goats



Kid's hand petting a goat



Baby with duck mascot



Taco meat with cook in the background

Too Much of a Good Thing: Technology's Contribution to the Rise of Overconsumption

Artwork by: Hanin Nazifa

- Main Illustrator
September 2025

This illustration is a representation of consumerism through items that went viral in the past year. The playful artwork highlights how TikTok trends play a significant role in consumerism. Social media platforms like TikTok can quickly influence the next popular product and consumer purchasing behavior. In this piece, I initially got inspired by the many blind boxes, collectibles, and bag keychains that started trending online and in person. I illustrated a person unboxing popular collectibles while recording a TikTok. The table also displays popular items seen on social media; including matcha and a small Coach shoulder bag.

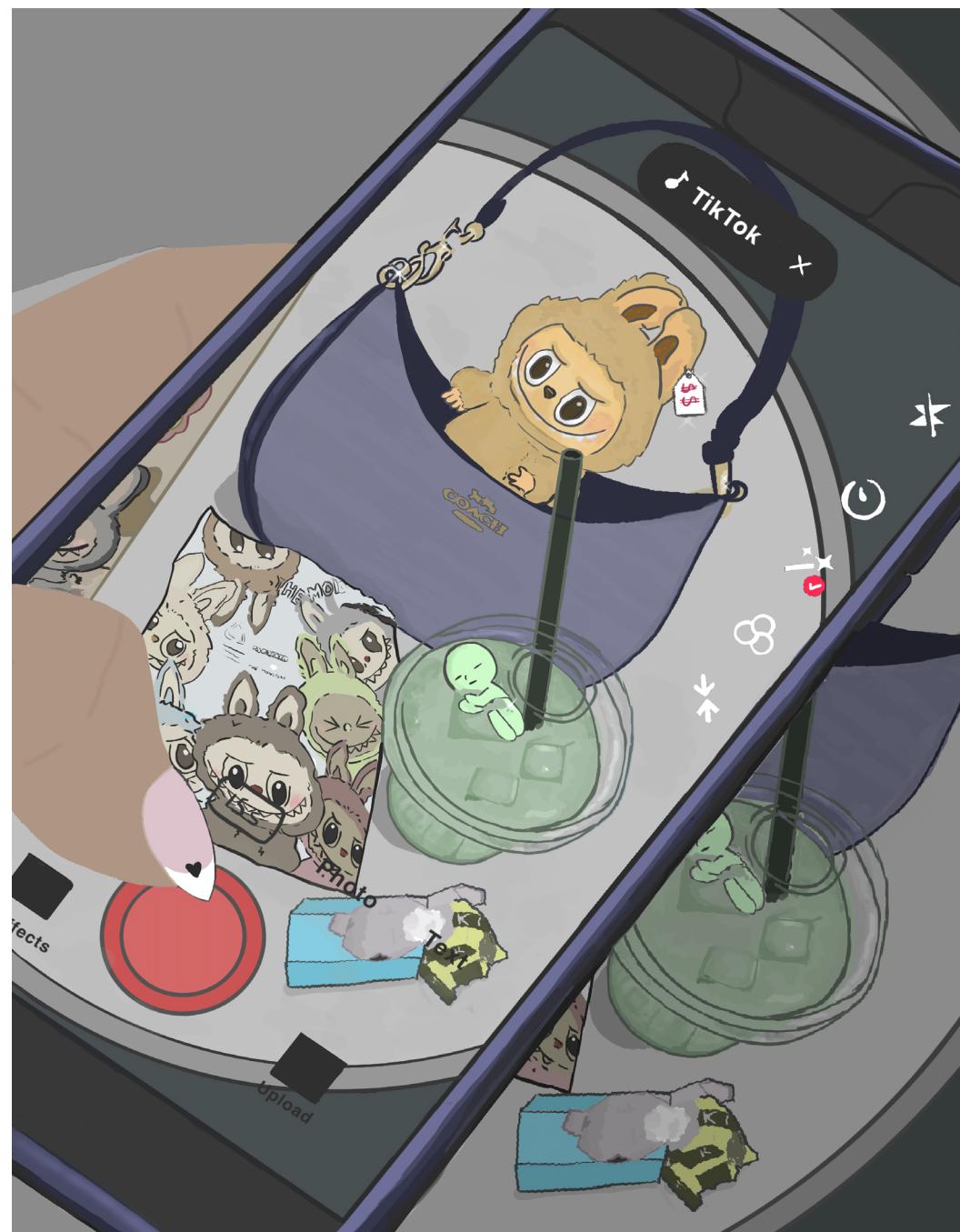
Written by: Nyssa Deshmukh

- Student Reporter
September 2025

Many Labubu dolls have found a home in landfills, bars of Dubai chocolate have melted out of popularity, and GenAI has become overwhelmed by the newest image generation trend. Products that had people fighting in lines a few weeks ago no longer elicit the same reaction. So, what comes next? Another expressive bag charm? A new brand of water bottle offering ten different colors? Or a gelatinous snack that looks better than it tastes? In a society that attributes worth to material wealth, we have become nurtured into believing that there is always a need for more than just the necessities.

When a product becomes outdated, there will always be a novel replacement. The act of excessive and often harmful overuse of goods and services, known as overconsumption, has led to ecological problems and an exponential increase in consumerism. According to The Daily Cardinal, owning everything has become a show of status, and in modern times, influencers and capitalists have taken advantage of competitive consumerism for the sake of profits. The rise in overconsumption and its devastating effects on the environment can be attributed to rapid technological advancements reflected in social media algorithms and generative AI.

To some, the fear of missing out (F.O.M.O.) is but an acronym. However, in a world of social media, it can be wielded like a weapon. It's a figuratively shiny weapon with profit opportunities when it hits the right target: Generation Z. Today, Gen-Z prides themselves on progressiveness and inclusivity. So, what better place to find a community of like-minded people than on the internet? Social media apps such as TikTok and Instagram, known for short-term video content, have become homes for people all over the world to form online denizens. Once places to share common interests, these communities became another gateway for overconsumption to take control. TikTok and Instagram are addictive, so in the midst of scrolling, it is often forgotten how pervasive advertisements extend their claws towards persuad-



able teenagers.

Teen years are the crucial period for the creation of one's personal identity, and fashion can be a great form of self-expression. However, social media's development of aesthetics has attributed appearance with fitting into a community, allowing corporations to blend identity with product consumption. For example, it is common to attribute being punk with leather jackets and spiky hair, rather than the political attitudes and rebellious nature. Therefore, the easiest way to find belonging in the punk crowd will always be to look the part by purchasing clothing and accessories affiliated with the popularized punk aesthetic online. At least, that's the message pushed by fast-fashion brands through targeted advertisements and influencer culture.

'FashionTok', a garment-loving community on TikTok, has been in hot water for its encouragement of fast fashion through ever-changing trends. One recent trend was the Shein haul, where sponsored influencers would buy and show off massive amounts of clothes from the online fast fashion brand, Shein. Influencers and Shein would continue to make money, promising consumers that looking good didn't have to be associated with a hefty price. According to [Time magazine](#), rising sales allowed Shein to beat H&M and Zara for the most searched clothing brand. Using algorithms and targeted advertisements, the fashion company boosted sales and even doubled its available inventory up to 600,000 units in 2023 alone. The brand's dramatic rise in popularity led to negative consequences, as positive online content gave way to criticism of cheap quality

clothing. This was particularly since most of the purchased items were discarded to make room for newer, trendier clothing circulating on the app.

When brands are trying to maximize profits through quick and cheap fashion, the environment is often seen as collateral damage. In [Shein's 2023 sustainability report](#), the company had contributed 16.7 metric tons of carbon monoxide. Through research done by [Yale Climate Connections](#), it's evident that the company's carbon emissions were due to textile waste of polyester, microplastic pollution, air-shipping, and unsafe factories employing overworked laborers.

Fast fashion is present even for products meant to encourage sustainability. According to [Bucknell University](#), the reusable water bottles that have gained popularity on social media are often used as a status symbol, under the guise that owning one makes one environmentally friendly. That belief, however, becomes faulty when so-called sustainable items are being produced and purchased in mass amounts. It attributes the act of buying something reusable to sustainability rather than reducing waste and overconsumption overall. The Stanley Cup, tote bags, and other reusable products were created to motivate consumers to be more environmentally conscious. Yet, the increase in popularity caused corporations to show their true colors when it came to making a profit. With brand new colors and patterns being consistently produced to attract a wider audience, the environmental cost of producing these goods are often ignored.

Considering the rise of technology,

Continued...

artificial intelligence integration was bound to emerge sooner or later in the consumer world. Generative AI is a machine learning tool that can spit out text and images within seconds and has quickly been overused by humans for a variety of reasons.

Generative AI has been credited for writing essays and completing final projects, but it has also been declared revolutionary for its descent into the world of art. With a click of a button and a short prompt, ChatGPT had managed to generate images in a span of mere seconds. As more people began to generate such images, AI images became harder to distinguish from human-made art. The ease of generating art contributes to the commodification of art. It creates a myth that art serves no real purpose other than to be looked at. This has allowed many companies to take advantage of AI art for advertising and marketing purposes leading to mass layoffs of graphic designers and artists in these industries.

To make matters worse, GenAI has been trained on art posted online by real human artists looking to amass a following and sell their work. As a result, independent artists have begun losing commissions, money, and their hard work to AI and the corporations that insist on using it to save a few dollars.

The film company Studio Ghibli, best known for the movies "Spirited Away" and "Howl's Moving Castle," fell victim to an [im-](#)

[age generation trend](#) circulating on social media in which people would ask the AI to transform an image into the Studio Ghibli art style by Hayao Miyazaki. Personal photos or movie stills were used, and it didn't take long for this trend to gain popularity. In spite of this, the trend consumed large amounts of energy and water, even causing servers to slow down and melt. According to the [Environmental and Energy Study Institute](#), the processor chips needed to generate AI responses are prone to overheating and require around five million gallons of water daily to cool down, encroaching on Earth's freshwater supply. As more people use AI for image and text generation, the environmental impact of its data centers often gets overlooked in favor of convenience.

AI data centers, buildings that power generative AI modules, are responsible for the mass consumption of water and energy. They contribute significantly to greenhouse gas emissions and affect local communities. In Memphis, Tennessee, Elon Musk built 35 methane gas turbines meant to power his [xAI supercomputer](#). Although temporary, xAI has no federally required pollution controls and is the leading cause in the decline of the air quality and public health in the area. Residents have been struggling to breathe, stating that the air outside smells like gas. These turbines have emitted up to 2000 tons of nitrogen oxides and a chemical called formaldehyde, known for worsening lung conditions. The introduction of Musk's xAI has led to

higher cases of asthma and cancer than those present before.

Society does not have to lose hope and succumb to overconsumption and the decline of our planet. In an effort to combat overconsumption, many have taken to the internet to popularize the 'underconsumption core' TikTok trend. The movement encouraging the public to be content with what they own has allowed people on the platform to show their ways of reducing waste through furniture thrifting, upcycling, and growing plants. It is important to remember that we are not out of solutions and have yet to hold corporations accountable or fight for more ecologically sustainable legislation. In a world where everything is sold for people to buy, it is essential to remember that, as consumers, big corporations may always be influencing our purchasing behavior in some way to make profit.



Image Credit: FreePik

Roommate Shenanigans :p

Art by: Mahnoor Asim - Comic Artist
September 2025

Sydney just moved into her dorm room. While playing video games, they start to miss her cat Paprika. Adelaide, the RA, explains the pet policy for the UWB campus to Sydney and BK.



Get to Know Your 2025–26 Student Reps!

ASUWB President and Vice President

Written by: Ashley Tsang - Editor-in-Chief
September 2025



President

Adan Rodriguez (He/Them)

Majors: Mechanical Engineering and
Business Administration
(Option: Supply Chain Management)

What is your role in ASUWB?

My job is all about representing YOU! I act as the UWB student representative to or on numerous groups and committees. For example, there is the Board of Regents (which controls all of UW), the UWB Chancellor's Cabinet, the UW Alumni Association, and the Washington Student Association (which helps us lobby in Olympia and D.C.). In some of these meetings, I am the only student voice or one of a few. It is critical that students be involved in decisions for UWB, UW, Washington, and the United States as a whole! Besides external meetings, as one of several other responsibilities, I chair the ASUWB Board of Directors, which is our executive board. I need to work closely with the ASUWB Director of Senate, Zoya Merakov, to listen to and aid our legislative branch (the Senate). I also work closely with the Vice President, Miyuki Sandoval, and Director of Legislative Affairs, Hiro Hirano-Holcomb.

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

Do you want to make a difference? I do. And I know that ASUWB is an excellent method! However, before I knew that for a fact, I was the treasurer of TrickFire Robotics club here at UWB (shout-out!). One thing I did was work on applications for the club's funding. Because I had direct experience, I decided to apply to be a member of the Student Technology Fee Committee (2 hrs/week) and Services & Activities Fee Committee (3 hrs/week). I figured I would have a unique perspective that would help the student committees function. From there, I learned about more opportunities to get involved in meaningful work,

so I ran for office to be the 2024-25 ASUWB Director of Finance. Finally, I ran to be your student government President! I am looking forward to ASUWB hiring new committee members and Senators to help even more students gain valuable experiences and for ASUWB to do more for you! I am proud to represent you!

One piece of advice you'd like to share with UWB students?

There is SO much you can do at UWB! Like, there are over eighty clubs! There are more events on campus than any of us could possibly go to! Did you know there was a rave on campus last spring? Did you know that UW Student Legal Services provides free legal consultations to all students? Most people aren't aware that Student Legal Services exists. There are all these events and services that you can make use of if you choose. So, my advice to you is to seek out opportunities on and off campus! There are more out there than you may think!

What do you enjoy doing outside of campus?

I enjoy playing a wide assortment of games, including tabletop roleplaying games like Dungeons & Dragons, videogames like Hades, and chess. I am an avid reader of wiki articles on almost any topic, be it history, cheese, or a work of media I heard the name of just a few minutes ago. My Native American and Nicaraguan heritage is valuable to me; I do things with family. Since I appreciate variety in life, I'm a foodie, and I like to try new things in general, such as when I went skydiving for my 21st birthday.

What is your role in ASUWB?

As the Vice President of ASUWB, my role focuses on managing our team and ensuring that we're actively working toward the initiatives we've set for the year. Much of my time is dedicated to committee work, collaborating with campus administration, and serving as the Vice-Speaker for our Senate. In this role, I work closely with our President, Adan Rodriguez, to guide our team, and with Zoya Merakov and Dagim Woldemichael to lead and support Senate operations. Beyond that, I serve as a bridge between students and administrators, making sure student voices are represented in important decisions. It's a role that challenges me to balance leadership, advocacy, and teamwork every single day!

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

I have been involved in student government for a few years now, most recently serving as Club Council Treasurer and the Chair of the Services and Activities Fee (SAF) Committee. I wanted to step into a role with greater opportunities to drive meaningful change, and ASUWB was the perfect fit. I chose to run alongside Adan because I trusted our shared vision and knew we could commit to a year full of advocacy and hard work for the UWB student body. This position allows me to take a broader perspective on the issues that matter most to students while still staying grounded

in the everyday challenges they face. This year, I'm most excited to connect with more students and campus partners, and to see our team's work translate into positive, lasting impact for the UWB community.

One piece of advice you'd like to share with UWB students?

Whether this is your first or final year at UWB, I encourage you to be bold! It's never too late to get involved on campus—whether through jobs, mentorship programs, or joining a club. Our club community is one of the most diverse and dynamic aspects of UWB, with organizations spanning cultural, academic, and special interests. Getting involved is one of the best ways to find your place here, so take the leap. Your time at UWB moves fast, but the connections you build and experiences you create here will stick with you long after graduation. I wish you all a great year ahead!

What do you enjoy doing outside of campus?

While much of my time is spent on campus through student government and my roles in Bothell Consulting Association (BCA) and Women in Business, I love to take advantage of any free time I can get. My favorite thing to do is cooking Japanese recipes from my family's cookbook and baking desserts. I also enjoy spending time watching movies, reading classic books, and trying new restaurants with my friends!



Vice President

Miyuki Sandoval (She/Her)

Majors: Business Administration
(Option: Supply Chain Management,
Concentration: Finance)

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MAKE AN IMPACT BECOME A SENATOR!

BENEFITS

- A \$200 quarterly stipend
- Professional development
- Support on-campus changes
- Civic engagement opportunities
- Additional experience to seek an executive role in ASUWB

RESPONSIBILITIES

- Work at least 5 hours a week
- Attend most bi-weekly meetings
 - Fridays from 10 AM to 12 PM
- Talking to constituents
- Drafting legislation
- Voicing thoughts and issues to UWB staff

SENATOR POSITIONS

One Senator per School:	One Senator per Residential Hall:
<ul style="list-style-type: none"> • Business Senator • Education Senator • IAS Senator • Nursing & Health Studies Senator • STEM Senator 	<ul style="list-style-type: none"> • Summit Hall Senator • Horizon Hall Senator • Forest Hill Senator
	<ul style="list-style-type: none"> • Three Commuter Senators • International Senator • Veteran Senator • Graduate Senator • Transfer and Dual Credit Senator

APPLICATION

INSTAGRAM

ASUWB is committed to providing accessibility to students. Contact the Director of Senate, Zoya Merakov at asuwbdos@uw.edu with questions or comments.

saf **ASUWB**
Services & Activities Fee

ASSOCIATED STUDENTS
OF THE UNIVERSITY OF WASHINGTON BOTHELL

Image Credit: Instagram [@asuwbothell](#)

Dear Diary Day!

Designed by: Kristine Baldoza - Visual Media Designer

September 22

Dear Diary Day

Dear Diary,
Today I learned what Dear Diary Day is!
On September 22nd, we celebrate the tradition of keeping a diary and reflecting on our lives.

JOURNALING & MENTAL HEALTH

- Provides a safe space for emotional processing
- Helps you prioritize problems, fears, and concerns
- Opportunity for positive self-talk

JOURNALING SUPPLIES

HIGHLIGHTER

Temple on the Shore Painting

Artwork by: Chandramathi Murugadass
- Student Contributor

Artist Statement:

“It’s a painting of the Shore Temple, a UNESCO world heritage site. The actual monument is on a beach, I took a quirky take on the name on the literal name of the temple, and used the beach waters as the sky and the shore as the monument.”



WELCOME WEEK 2025

THE COLLABORATORY IS REOPENING!

9/26 @ 12-2pm
Collaboratory (DISC 152)

Celebrate the Collaboratory's relaunch! Drop in to craft DIY keychains, buttons, decor, and more. Snacks, creativity, and fun, open to all skill levels!

STUDENT ENGAGEMENT & ACTIVITIES **Collaboratory**

Student Marketing & Design

POSTERS, GRAPHICS, PHOTOS, AND SO MUCH MORE!

Scan the QR code to access our SM&D marketing request form.

AT NO COST

<https://cglink.me/2zX/s74>

Letter from the UWAVE Station Manager

Written by: Samantha Boggs
September 2025



Image Credit: Samantha Boggs

Hi there!

Do you ever wonder, are radio stations still around? Luckily, your campus has one! UWAVE Radio has been an established student-led 24/7 radio station at the University of Washington Bothell and has been serving the UWB community since 2011.

Let's meet the UWAVE team! I am Samantha Boggs and I am in my 3rd year studying Electrical Engineering. I am your Station Manager, serving you a running station, making sure we are at your service during in-campus events, hosting events like Open Mic Night, and assisting my teammates and more! Meet Caitlin Zhou, our second Program Director in UWAVE history.

She curates all the programming you hear on the stream, keeping up with the charts and bringing you new music. She also oversees volunteers, enabling student programmers from any background to bring their radio show or podcast to life while being compliant with the FCC (Federal Communication Commission) regulations. Austin Robertson, our new Studio Engineer, ensures our broadcasting equipment and software function smoothly. He also assists with DJing for UWAVE.

Enough about us, here are opportunities waiting for you at the studio. Our 24/7 stream is always welcoming new content. Therefore, if YOU are interested in making a podcast or radio show, submitting your own music, or DJing for a campus event, please

check out our website and get involved by filling in the forms listed ASAP. No experience is required.

If your club or organization needs help with music during your events or other occasions, you can also put in a DJ request through our website, and we will be there bringing you the music.

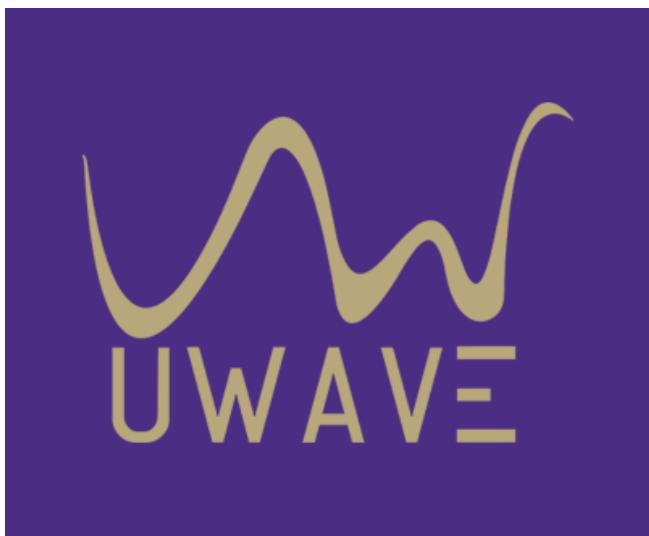
Looking ahead of the school year, my goal with UWAVE this year is to bring a 11-watt transmitter to life, which will bring us a step away of being an online-streaming station to a legitimate LPFM (Low Power Frequency Modulation) Station, where you can tune in your car for student-made content and emergency alerts within the Bothell community and expand from there. We also want to gather more student insights into what they like to hear music and program wise. While improving our service to a greater number of listeners, we aim to cultivate more campus culture and engagement like mini outdoor concerts to bring music to everyone.

Do you have any ideas, or would you like to talk to us? We would love to talk to you!

Get involved with making your own podcast/radio show, submitting your own music request or DJ with us at <https://uwaveradio.org/> and connect through our Instagram @uwaveradio. You can also email me uwbsm@uw.edu.

I am super excited to serve you this academic year and am always open to hear what students like and want!
Your Voice, Your Vibe.

-Samantha Boggs,
UWave Radio Station Manager



Social Media Platforms:

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

Coming up, Student Media will be hosting Open Mic night on Wednesday, Sept. 25! Stop by for student performances and to support your peers! Light refreshments will be provided.

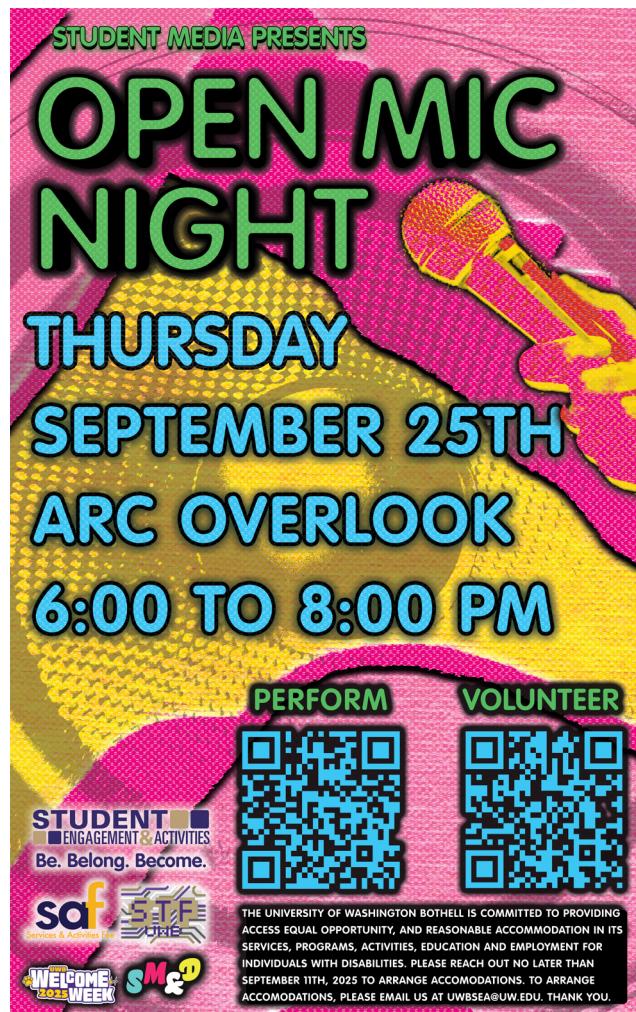
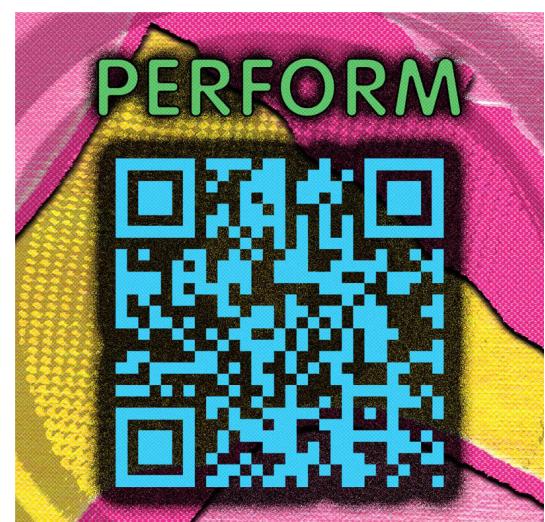


Image Credit: Instagram @uwaveradio



Scan here to volunteer or perform!

National Chai Day

Designed by: Leena Peerzada - Visual Media Designer

NATIONAL CHAI DAY



Founded by SomruS, the world's first Indian liquor line, wanted to recognize chai's flavor and its esteemed cultural prominence. Although this day of recognition only started in 2018, chai's origins date back 5,000 years in Asia. Before, it was utilized for medicinal purposes among royalty. Over time, it has taken on many recipes & fulfilled various purposes! Source: National Today

HOW TO MAKE CHAI



Step 1: Boil water & spices/chai mix/tea leaves in a saucepan, let simmer for 3 min

Step 2: Add preferred milk into the mixture & let boil until it's a creamy consistency.

Step 3: Lower the heat & let chai steep for 3 min

Step 4: Pour chai through a strainer into a mug

Step 5: Add sweetener & stir & enjoy!

Optional: Pair with sweet or savory snacks

SPICES

Commonly in Masala Chai: cardamom, cloves, cinnamon, black pepper, ginger

Optional: star anise, fennel, nutmeg, mace

CAFES SERVING CHAI

- Aditi Chai - Pike's Place
- Chai N More - Bellevue
- Seattle Samosa, Spice Waala, Masala Chai and Chow - Seattle

World Coconut Day

Designed by: Nya Maddox - Visual Media Designer

September 2, 2025 is...

World Coconut Day



History: • Created on September 2nd, 2009 by the Asian and Pacific Coconut Community (APCC)

- Coconuts are considered the tree of life because nearly every part of the plant is used, for everything from food to construction.
- They are a staple in many different cuisines, from curries to sweet treats.

Recipe - Coconut Sticky Rice

Ingredients: 1 can full fat coconut milk
1 cup water
1/2 teaspoon salt
1 cup white jasmine rice



Instructions:

- Place coconut milk, water and salt in a saucepan and place over medium heat.
- Bring mixture to a low boil then add rice and mix until combined. Bring to boil then reduce heat to medium-low and cover. Cook for 20 minutes, until liquid has absorbed and rice is tender.
- Fluff rice with a fork before serving.

recipe credit to juli bauer roth via paleomg.com
info source: <https://copracocoons.com/blogs/blog/world-coconut-day>

National Dumpling Day

Designed by: Lilyan Nguyen - Visual Media Designer

National Dumpling Day



Dumplings are made from dough, filled with different fillings. They can be boiled, steamed, fried, or baked. Long ago, dumplings were invented by Zhang Zhongjing during the Han Dynasty. After, the Silk Road trade helped to spread delicious recipes abroad. Immigration and colonialism also helped to introduce Dumplings to other regions of the world.

[Learn more below!](#)

DUMPLINGS AROUND THE WORLD

			
Shu Mai	Ravioli	Gyoza	Mandu
<ul style="list-style-type: none"> • Pork • Shrimp • Mushrooms 	<ul style="list-style-type: none"> • Cheese • Herbs • Pasta dough 	<ul style="list-style-type: none"> • Pork • Cabbage • Ginger 	<ul style="list-style-type: none"> • Pork/Beef • Tofu • Veggies

DUMPLING FUN FACTS:

- Almost every culture has its own variation of a dumpling.
- The largest dumpling ever made weighed over 600 lbs.
- Dumplings date back to over 1,800 years ago in China.

LOCAL RESTAURANTS:



- Modoo Banjeom - Bothell
- Spring Bistro - Bothell
- Dough Zone - Woodinville

Source: <https://www.history.com/articles/delightful-delicious-dumplings>



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Image Credit: Instagram [@bothelldining](#)

September 2025

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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!

WELCOME UWB 2025 WEEK

9/21 SUNDAY
SUNDAY FUNDAE
Ice Cream, Face Painting, & Yard Games
11AM - 2PM | Residential Village Quad
Hosted by Student Engagement & Activities

9/22 MONDAY
PICTURE WITH THE PACK
Join the UWB fam for a big field photo
1PM - 1:30PM | Sports Field

9/23 TUESDAY
DAWG TREATS
Ice cream & join the UW community
1:30PM - 2:30PM | Plaza
Hosted by Office of Advancement

9/24 WEDNESDAY
CAMPUS RESOURCE CARNIVAL
Games, Popcorn, & Campus Resources
10:30AM - 1:30PM | Plaza
Hosted by Orientation & Transition Programs

9/25 THURSDAY
CAMPUS RESOURCE CARNIVAL
Games, Popcorn, & Campus Resources
10:30AM - 1:30PM | Plaza
Hosted by Orientation & Transition Programs

9/26 FRIDAY
COLLABORATORY GRAND REOPENING
DIY Crafts, Cookies, & Refreshments
12PM - 2PM | Collaboratory
Hosted by The Collaboratory

9/27 SATURDAY
HUSKY MOBILE PRESENTS: MOVIE NIGHT
Showing Superman
8PM - 10PM | Plaza
Hosted by Orientation & Transition Programs

9/29 MONDAY
WHAT'S BREWING AT SEA
Grab coffee & learn about upcoming events
11AM - 2PM | Plaza
Hosted by Student Engagement & Activities

9/30 TUESDAY
FOAM SWEET FOAM PARTY
Foam Party, DIY Dirty Sodas, & Games
6PM - 8:30PM | Residential Village Quad
Hosted by Residential Life

10/1 WEDNESDAY
POP CULTURE TRIVIA NIGHT
Will your pop culture prowess reign supreme?
6PM - 8PM | NCEC
Hosted by Academic Advising

CLUB FAIR
Learn More About UWB Clubs
11:30AM - 4PM | ARC Overlook & NCEC
Hosted by Club Council



Scan the QR code for more Welcome Week events!



EVENT INFO AT UWB.EDU/ORIENTATION/WELCOME-WEEK

The University of Washington is committed to providing access and accommodation in its services, programs, and activities. To make a request connected to a disability or health condition, contact the sponsor of the event you are interested in 10 days prior to the event date.



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