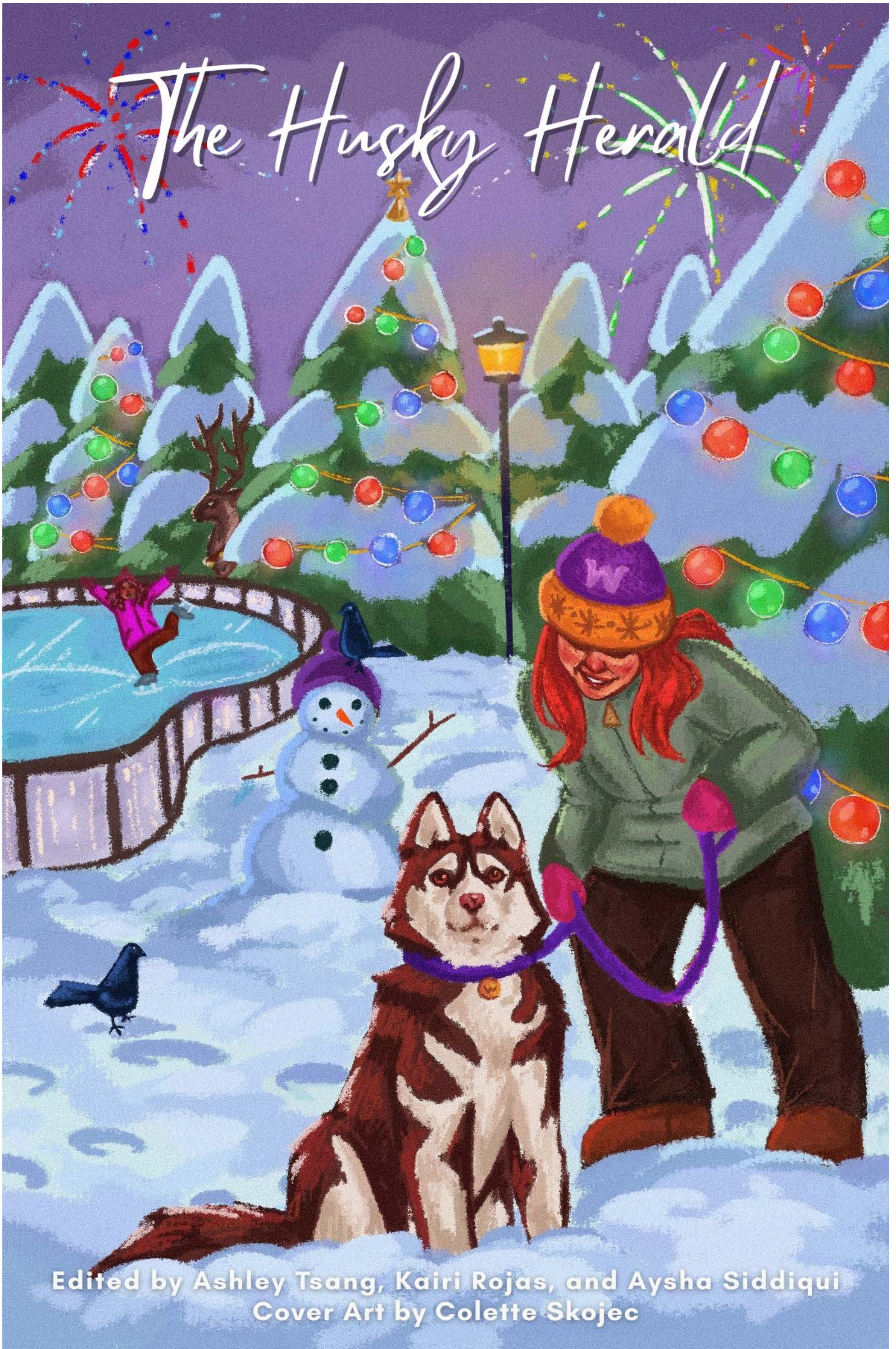


The Husky Herald



Edited by Ashley Tsang, Kairi Rojas, and Aysha Siddiqui
Cover Art by Colette Skojec

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Intentional Goal Setting for the New Year

Written by: Ashley Tsang - **Editor-in-Chief**
December 2025

The month of December often invites deep reflection on the past year and the moments that define it. Even if a few items on your 2025 resolutions list remain unchecked, it is worth recognizing how far you have come and what has given you purpose. As a university student, it is common to feel pressured by time, whether you are completing credit requirements, securing your first job offer, or juggling responsibilities outside of school. Despite the stress, this is a reminder that you are always making progress and learning through many new experiences. Everyone's timeline looks different, and goals won't always align with the classic New Year's resolution model, which follows the calendar year.

There's a familiar saying, "time is money," often attributed to Benjamin Franklin, who used it to warn young tradesmen that idleness could lead to lost income. The phrase emphasizes the economic value of time and the opportunity cost that comes with delay. Today, it is often used to justify maximizing every hour of our day, sometimes fueling the pressure to set ambitious an-

nual goals. Although time is incredibly valuable, it isn't a tangible commodity like money or net worth. The value of money changes as its value grows and drops with the economy. In contrast, time will always keep moving forward at the same pace, regardless of external circumstances. So, while the quote might've applied for tradesmen and may hold true in financial productivity-driven contexts, it is worth questioning whether it should guide every personal goal that is set.

When planning for a new year, it can be healthier to focus not on what you might lose but on where you can grow and improve over time. Thus, I invite you to approach goal setting with gentleness, patience, and an understanding that progress does not always have to follow a strict timeline. In times when productivity is glorified, it is easy to overlook the systems we live in, such as the norms of constant striving that shape our expectations.

Here are some New Year's resolutions ideas to guide your reflection and inspire meaningful growth. The goals may not guarantee productivity gains or financial rewards but may offer clarity and a deeper sense of fulfillment.

- Write letters to your family and friends to show appreciation (not only on their birthdays)
- Volunteer at an organization or contribute to a cause you are passionate about
- Organize, whether it be your music playlist or your room
- Attend or watch workshops about topics of interest
- Start a journaling habit and practice mindfulness
- Build new creative skills over a period of time
- Support your long-term health by prioritizing 15 minutes of daily movement

Want to share your approach to a resolution and what it means to you? Email us at uwbhh@uw.edu! We'd love to hear your story.

Happy New Year and happy reading!

Midnight Surprise!

Comic by: Mahnoor Asim - **Comic Artist**
December 2025

Sydney and BK happily look back on their year together, and BK's big moment of revealing their real name turns into a funny, light-hearted surprise as fireworks burst around them.



Image Credit: Meeti Gobindpuri



Image and Blurb Credit: seattlecenter.com

Alaska Airlines New Year's Eve at the Needle

"Just before midnight, find your spot outside to view Alaska Airlines New Year's at the Needle. The 18-minute show will begin seven minutes before midnight, when 500 drones take to the sky next to the Space Needle. A drone countdown leads into a thrilling pyrotechnic display as fireworks launch from the tower at midnight."



UW Husky Highlights: 2025 in Review

Written by: Kairi Rojas - **Managing Editor**
December 2025



Image Credit: Unsplash

In January, the University of Washington Bothell started the new year off by welcoming back winter residents to the dormitory halls. Events were hosted to provide a sense of community to campus residents, and it was a great chance to meet other residents in the building as well as connect with their RAs. Various UWB club events were also held during January, including general meetings for the Filipino American Student Association, Husky Hooks and Needles, Delta Sigma Pi, and Car Club, giving students various opportunities to connect with the Husky community.

The University of Washington Seattle started the year off with a range of public lectures and arts-humanities events, including talks on social justice and global politics. The Jackson School lectures featured guest speaker, [Silky Shah, an Executive Director for Border Watch](#), who spoke about U.S immigration policies. Silky Shah showed how immigration reinforcements intertwined with systems of repression. The Chicano Grammy award-winning band, Quetzal, lectured about the inspiring works of Dr. Martin Luther King Jr. There were various performances held including: [Les Ballets Trockadero de Monte Carlo](#), [Guest Pianist Recital: Gil Kalish](#), and [Kodō One Earth Tour 2025: Warabe](#).

During the cold brisk month of February, the University of Washington Bothell was recognized by Carnegie Recognition for Research. The Carnegie Foundation for the Advancement of Teaching recognized the University of Washington Bothell as a “research college and university.” This prestigious award shows the dedication to the growth in innovation at an institutional level. It is a direct reflection of the faculty here at UW Bothell, showing consistency in striving for innovation and fostering growth and knowledge in the students. [Within the decade, over 80 million dollars was donated to faculty for research and development](#). The recognition will not only open doors for students but also elevate our institution’s reputation and provide students more hands-on experiences. This recognition brought a spark to campus, during a month that is notorious for gray skies and clouds.

With the rain showers helping the spring flowers bloom, the UW campus’s energy also bloomed with the arrival of the Cherry Blossom Festival from late March to early April. Every year since the early 1960s, the UW Seattle campus has planted one of the most prominent features on the campus, the Yoshino Cherry Trees. These cherry trees attract thousands of tourists

every year who want to see this rosy bloom in the heart of the Seattle campus, the quad, accompanied by the third annual U-District Cherry Blossom Festival with over 80 businesses participating. During the 2025 festival, U-District had special cherry-themed drinks, foods, and retail products to promote these festivities.

In April, the UW Tacoma campus hosted a campus clean-up event, which was the largest campus clean-up yet. This event was held on Earth Day, with live music, food, giveaways, and information on campus organizations related to sustainability. The Tacoma campus also held various events during the month of April relating to Earth Day such as: [GetGreen Earth Month Competition](#), [Seed Library Kick-off Event](#) and [Spring Day of Caring](#). The Bothell campus also held Earth Fair, which had very similar festivities as the Tacoma campus Earth Day Celebration. The event at the UWB campus included live music, a pop-up thrift shop, plant giveaways and was a prime opportunity to meet with local organizations or campus clubs!

The month of May brought not only flowers, but also action regarding politics. During this month, there was a pro-Palestinian protest held by a group named “Super UW,” which included students. This protest was against the ties between Boeing and UW. Boeing has military contracts that the students believe “are used by Israel in their US-funded genocide of Palestinian people,” according to [The Guardian](#). Many dumpsters were set on fire, while the group of protesters was occupying the Interdisciplinary Engineering Building on campus. At the protest, police arrested 32 people; 21 of those people were students, according to [UW News](#). According to [AP News](#), the students arrested were not only suspended but also banned from all three campuses.

While the sun began to shine and the bees buzzed around campuses, the 2025 graduates got to walk in the 150th Commencement Ceremony in June. With all three campuses combined, President Cauce presented nearly 18,833 degrees to the class of 2025. According to [UW News](#), the Seattle campuses had 15,412 degrees conferred. With the Commencement at the Tacoma Dome, UW Tacoma’s 2025 class conferred nearly 1,758 degrees, which was record-breaking as the graduates walked in a roaring, cheering stadium. Lastly, UW Bothell held their 34th Commencement Ceremony. The Bothell campus conferred nearly 1,663 degrees. Overall, it was a very successful graduate season for all three campuses with prosperity and bright futures ahead for the 2025 graduation class.

During June, Donna Kerr received the inaugural Catalyst Award for her leadership during UW Bothell’s founding. Donna Kerr received her bachelor’s degree from the University of Kansas, then proceeded to get her PHD in Philosophy from Columbia University in New York. Kerr played a vital role in the prospects of UW Bothell, before it was even an idea. Kerr created a report; a plan to expand upper-division and graduate programs in the Puget Sound Region. Kerr presented it to the State Legislature, and with that, the two campuses beside Seattle were born: Bothell and Tacoma. Kerr stated, “The branch campuses were born out of a need — not just for more opportunities at the upper-division level, but if you looked inside that, more opportunities for people who had been underserved,” according to [UWB News](#). Due to Kerr’s involvement in providing funding for UW Bothell, she was named the recipient of UW Bothell’s Catalyst Award, which is an award to recognize

people who played a vital role or transforming role at the university.

In July, UW Bothell selected Santhi Perumal as its new Vice Chancellor for Planning & Administration, effective Sept. 1, 2025. Santhi Perumal is changing and influencing the education system with strong beliefs and experience in making financial systems more approachable and user-friendly. Perumal has experience in leading teams, innovation, research administration, financial sustainability, and more. [UWB News](#) states, “Perumal lauded the University’s focus on innovation, access and community. ‘UW Bothell’s spirit of collaboration reflects the kind of institution where I want to put down roots,’ she said. This is why I am so energized to join a community that is thinking deeply about its future: how to grow sustainably, serve its diverse stakeholders, and remain grounded in its mission.”

With a new school year beginning with the leaves turning orange and yellow, all three campuses welcomed students back on campus. In September, UWB held various events and activities for new students and returners to participate in. Events included club and job fairs, resource carnivals, Arc After Dark, and many others. The UW Seattle campus held Dawg Daze which also included club fair in the Red Square with vendors outside giving away complimentary prizes.

With the leaves falling and the sun beginning its hibernation for the upcoming winter, the UW Women’s soccer team finished the fall quarter with a tremendous accomplishment of winning the Big Ten Conference. The Huskies won this tournament just after the passing of goalkeeper Mia Hamant, from stage four kidney cancer. The team won this conference against Michigan State with a score of 4-1, with the winning goals coming from penalty kicks. All players from both soccer teams wore orange ribbons in their hair, showing respect for the passing of their teammate since orange is the color representing kidney cancer awareness. With this win, UW women’s soccer team honored Mia Hamant and celebrated this victory with love, community, and commitment.

During the crisp month of November, UW Bothell hosted its annual I Heart UWB Luncheon at the Meydenbauer Center. It was a fundraiser hosted on Nov. 19, to “advance our campus’s mission and create a lasting impact for our students and our region for many years to come,” according to [UWB Give](#). The event raised more than \$246,000 and counting. The luncheon had sponsors from various companies, including Pepsi, Starbucks, UW Medicine, Puget Sound Energy, WSECU, UBS, UWRA, Anderson Construction, and more. This year was the first time that The Husky Herald and Clamor tabled at the fundraiser. The event was successful overall, and the funds will impact many students’ lives and education here at UWB.

Looking back at the 2025 school year, students, faculty, and supporters have established new traditions and innovations that show how many milestones all three campuses have achieved. The year is coming to an end, but the UW’s momentum is not. All three campuses continue to strive for innovation, renowned breakthroughs, community, curiosity, and a commitment to shape a world for the better. With all of this in mind, The Husky Herald wishes everyone a happy holiday and a peaceful, safe winter break. We look forward to our continued commitment to uplifting student voices and celebrating the stories which allow the UW community to thrive.

New Winter Services at UWB Counseling Center

Written by: Aysha Siddiqui - **Assistant Editor**
December 2025

As the Washington winter season approaches, with shorter days, gloomy weather, and long days of classes, students returning to campus after the holidays may start to feel the symptoms of Seasonal Affective Disorder (SAD). A [recent survey conducted by the U.S. Census Bureau](#) found that 45% of Seattle residents reported feeling depressed for several days during the first two weeks of February. The rate was the highest in the nation in 2023. This phenomenon might be explained by the lack of sunlight and community many Washingtonians experience.

As many students are prioritizing self-care this winter, it is important to know that there are free services available to UW Bothell students which can additionally help promote well-being. The campus Counseling Center provides many mental health counseling services and is planning to introduce exciting new group therapy sessions this winter. Whether you are navigating SAD, anxiety, or college adjustments and stress of transitioning to adulthood, the counseling center is equipped to support your mental health as a student.

This winter, the campus Counseling Center is introducing a new Dungeons and Dragons (D&D) group therapy service. Dr. Taone, the D&D therapy facilitator, led a group D&D therapy session at UW Tacoma, and it was met with much success, due to which he is now enthusiastically bringing this service to our campus this upcoming quarter. In an interview, Taone believes it was successful because, “there is a combination between the general popularity of D&D and the benefits of addressing things like social anxiety in a fun and structured way that will hopefully land well with the students at UW Bothell.” These sessions help with “building social confidence in groups, learning how to identify and name your inner experiences, and a general emphasis on learning more about yourself through

roleplay and interacting with others ... learning how to cooperate with others, building social confidence and connections, challenging social anxiety, the list goes on,” explains Taone. The sessions can run up to 80 minutes and will be hosted weekly on Wednesdays 11 am - 1 pm.

The [Counseling Center's mission](#) is to “facilitate students' adjustment to college and their personal and psychological growth in becoming well-functioning and socially responsible adults.” They do this by offering many mental health services throughout the year, including individual one-on-one therapy sessions, which are their most popular service. This service include single therapy sessions or weekly or biweekly sessions throughout the year. The center can even help connect students to a long-term support through their case manager, Cindy Gonzalez, if off-campus specialized care is needed. In the past two years, the Counseling Center has introduced group therapy sessions, neurodivergent consultations, crisis consultations, psychiatry consultations, and case management. [Group therapy sessions](#) meet weekly and have a variety of relevant topics like anxiety, creative expression, bridging cultures, social confidence, and of course D&D this winter. Along with formal group therapy, the center also offers drop-in workshops like Mindful Mondays (ARC Fitness Studio on Mondays from 1:15-1:45pm) to bring more accessible options for students. Dr. Hoffman, the psychologist and coordinator of the group therapy and neurodivergent services program, states that these services, especially group therapy, have growing interest, and there is now a waitlist for the neurodivergent consultations. To learn more details about all their services, visit <https://www.uwb.edu/well-being/counseling/services/>.

Resources are free and available to all UWB students. The Counseling Center is for everyone to utilize; Dr. Hoffman seeks to remind students that “mental health is a practice not a destination. You do not have to wait until you don't have it to do

something about it.”

Currently, the Counseling Center serves around 350 students yearly and sees an average of 170 new students seeking services every fall. Compared to traditional therapy, the professionals on campus are “intimately familiar with the struggles of college students from roommate concerns and failing classes to family dynamics and transitioning into adulthood.” Dr. Hoffman emphasizes that the center tries to “cater [their] approach is to be as flexible as possible with scheduling and services” since students have busy lives and need flexible hours. She goes on to explain that one of the reasons they started offering group therapy sessions was to “both address specific mental health concerns and build a sense of belonging and community on our campus” in a way that felt accessible to students. When programming and deciding on what to offer, the center uses student needs and feedback to make decisions. Through verbal feedback, satisfaction surveys and information from faculty, student workers, staff and student organizations, they carefully cater to needs and make decisions on what and when to offer services. As they work to diversify services available, Dr. Hoffman mentions, “We know that one-size-fits-all is not the right fit for us, our campus, or our students. This is reflected in the variety of services that we now offer.”

The Counseling Center is located at UW1-080, where students can go to book appointments or drop-in for crisis appointments. Their hours are Monday-Friday from 9am-4:30pm. Students can contact the center at uwbcc@uw.edu to book appointments, join group therapy sessions, leave suggestions, requests, and questions. As winter approaches, it is the perfect time to learn more about this resource to reach your mental health goals for the upcoming year. Visit <https://www.uwb.edu/well-being/counseling/> to learn more and sign up for group D&D therapy sessions coming to campus this winter!



Teresa Hoffman, PsyD

Psychologist, Group Therapy Coordinator, Neurodivergent Services Coordinator, and Website Manager

Teresa Hoffman (she/her/hers) is a Licensed Psychologist in Washington state (PY 61304537). “I received my masters and doctorate degrees in Clinical Psychology from Antioch University New England. Prior to attending graduate school, I was a software engineer and I received two STEM undergraduate degrees from UW Seattle. I became a psychologist because I enjoy listening to the stories people share about life and geek out about how those stories shape the way the world is experienced and transformed. I enjoy working with college students from diverse backgrounds who are dealing with stress, anxiety, identity exploration, and life transitions. My clinical experience includes trauma, group therapy, LGBTQIA+ issues, neurodivergence, and learning disabilities. I look forward to collaborating with you to find a compassionate path that will lead to your emotional and academic growth. In my spare time, I enjoy reading, yoga, cooking, and spending time with family.”

Credit: <https://www.uwb.edu/well-being/counseling/>



Trevor Taone, PhD

Postdoctoral Psychology Resident

Trevor Taone (he/him/his) is a Postdoctoral Psychology Resident in Washington State. “I received my master's and doctorate degrees in Clinical Psychology from Seattle Pacific University. I decided to pursue psychology and college counseling because I have a strong desire to help others learn about themselves and have an easier time in college. I know how stressful school can be, having just finished my own degree, and want to provide a space in which we can explore how to make life more manageable. I primarily use client-centered and emotion focused therapy as a way to focus the therapy process on addressing student's specific problems and concerns. While able to help with any mental health concern that students have, I enjoy working with students on topics such as identity exploration and values clarification, relationship concerns, setting boundaries, social anxiety, LGBTQIA+ issues, emotion regulation, and academic stress. Outside of work, I enjoy finding new places to eat, video games, baking, and hanging out with my family and friends.”

The Mental Health Crisis Among Young Adults

Written by: Jen Garbiec - CELR

Student Contributor December 2025

The state of mental illness in young adults in the United States has become an increasingly serious concern in the field of public health. The past ten years have seen a marked rise in the levels of depression, anxiety, and suicide among 18 to 25-year-olds in the U.S., which has only worsened by the impact of the COVID-19 pandemic. While there is growing awareness about these concerns, there are still obstacles in accessing any kind of mental health support. Not only that, but the stigma around mental health has also prevented a variety of individuals from getting the proper help they require.

In the United States, "it is estimated that more than one in five U.S. adults live with a mental illness (59.3 million in 2022; 23.1% of the U.S. adult population)," according to the [National Institute of Mental Health \(NIMH, 2024\)](#). The [Substance Abuse and Mental Health Services Administration](#) further states that in 2023, suicide was one of the eight leading causes of death in the United States for individuals aged 10-64 (SAMHSA, 2023). As unfortunate as it is, the data clearly shows that it is not just a concern to the world of healthcare, but rather a matter that is worth learning about and being aware of in the social and economic sectors. Mental illness can lead to failure in school, unemployment, drug abuse, and problems with relationships.

One major restriction to progress is the absence of access to affordable and direct mental health services. Despite the supply in the Affordable Care Act to render mental health services on an equal footing with physical healthcare, large gaps remain in the process. Colleges and institutions of higher education currently do not hire sufficient counselors to cater to students' needs, resulting in extended queues to access counseling sessions. Currently, 60% of college counseling centers experienced an increase in requests for services without any complement of added resources, according to the [American Psychological Association](#) in 2023.

Apart from restructuring, it is important to work on the stigma connected to mental health issues. Even with the current progress in terms of awareness, there is

fear among the younger generation of being judged or stigmatized for sharing concerns they may have. Social media, while being one of the resources that can be used to reach out to others, can contribute to anxiety and depression due to the unrealistic portrayals and bullying that occur online. Campaigns by organizations, such as the You Are Not Alone campaign by the [National Alliance on Mental Illness](#) in 2021, demonstrate that connection can help to shift the cultural norm about mental health concerns.

It is also important to emphasize the importance of precautions. [Studies indicate](#) that the act of resiliency conducted from childhood ages to improve control of emotions and methods of coping with difficulties can help prevent the occurrence of mental health concerns in the future (National Library of Medicine, 2021). If mental health education can be incorporated in the school curriculum early on for students in kindergarten to 12th grade, it would empower them to take preventive action before any crisis arises to seek help related to their own mental well-being, whether that be in earlier stages of life or young adulthood.

Going forward, there must be collective responsibility involved towards these young adults. Decision-makers must place a higher priority on funding resources for mental illness in state and national policy; there must be sufficient access to care on the part of institutions of education, and collectively, there must be promotion on the part of the general public to effect shifts in attitude. Every single member of our nation's younger generation has the right to thrive and not be weighed down by undiagnosed and untreated mental illness.

The crisis in our nation's mental health is not invisible; it is observable in our classrooms, our workplaces, and our communities across our nation. The price of inaction, such as lives lost and communities left broken, keeps rising with each day that we fail to take meaningful action to support our nation's young adults. The United States has to recognize that access to mental health treatment should be a right and not a privilege.

Mental Health Matters:
HOW TO HELP IMMIGRANT STUDENTS THRIVE

Why this matters
IMMIGRANT CHILDREN FACE MANY CHALLENGES SUCH AS:

- Language barriers
- Discrimination & bullying
- Cultural misunderstandings

Barriers to Mental Health Support

- Limited access to bilingual or culturally responsive services
- Stigma around mental health
- High cost or lack of availability of care
- Fear or mistrust of professionals

Why schools are critical

- Early support within the school setting has the greatest potential to improve mental health outcomes.
- Educators and administrators serve as the frontline in recognizing mental health needs.
- School staff play a key role in creating safe, culturally aware, and supportive environments for immigrant students.

What Educators & Administrators can do

- Practice culturally sensitive communication
- Partner with bilingually trained counselors
- Expand school mental health resources
- Implement culturally responsive policies

Call-to-action
Create supportive, stigma-free school environments where immigrant children can thrive. Your leadership can strengthen mental health, academic success, and community trust.

Designed by: Camille Tran
- CELR Student Contributor
December 2025

4 Ways to Practice Gratitude

Keep a Gratitude Journal
Take a moment each day to jot down three things you're grateful for. It can be as simple as a smile from a stranger or a beautiful sunset.

Express Your Thanks
Don't hesitate to tell the people in your life that you appreciate them. A heartfelt "thank you" can go a long way.

Appreciate the Little Things
Take a moment each day to savor the little things in life. It could be your health, your loved ones, or even a cup of coffee in the morning.

Act of Kindness
Spread gratitude by performing acts of kindness for others. It's a wonderful way to not only express thanks but also to inspire a cycle of goodwill.

@uwbcounseling

Image Credit: IG @uwbcounseling

Connection In Candyland

Step into Candyland for an afternoon of sweetness, games, creativity, and relationship exploration! Make vision boards, try our tarot-style personality quiz, learn something new, and collect changes to win fun date-night packages (*Zoo tickets, Bowling Voucher, Restaurant gift cards, and more!!*)!

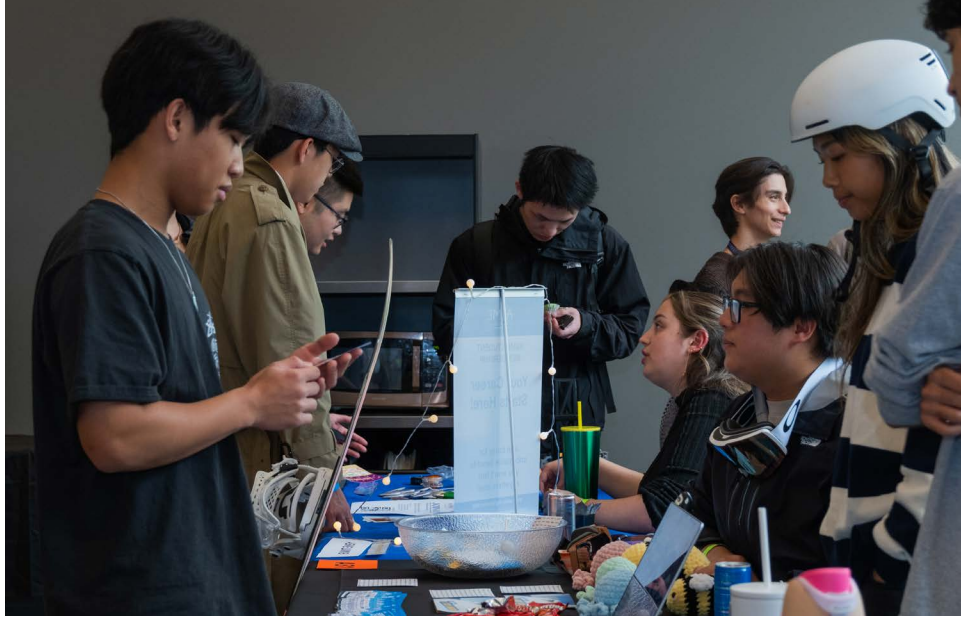
07 January - ARC Overlook
12:30-2:30

HaWRC VPA

Image Credit: IG @hawrc_uwbcc

Snippets of Fall 2025 Welcome Week

Photography by: Chantel Lam - SM&D Photographer
December 2025



2025 Fall Club Fair



Get the Scoop on ASUWB



Welcome Week Kick Off (left) and Open Mic Night (right)



CEB's ARC After Dark

Winter Self-Care Starter Pack

Designed by: Anika Anderson - Visual Media Designer

GROUP THERAPY

WINTER 2026

PROVIDED BY THE UW BOTHELL COUNSELING CENTER FOR CASCADIA COLLEGE AND UW BOTHELL STUDENTS. CONTACT US TO GET STARTED AT UWBCC@UW.EDU | UW1-080

MON	<p>MINDFUL MONDAY 1:15PM-1:45PM</p> <p>DROP-IN WEEKLY MINDFULNESS PRACTICE IN THE ARC STUDIO.</p>
TUE	<p>CREATIVE EXPRESSIONS 11AM-NOON</p> <p>USE EXPRESSIVE ARTS TO EXPLORE AND PROCESS FEELINGS IN AN EMOTIONALLY SAFE ENVIRONMENT.</p>
TUE	<p>ANXIETY GROUP 1:30PM-3PM</p> <p>LEARN HOW TO UNHOOK FROM UNHELPFUL THOUGHTS AND FEELINGS.</p>
WED	<p>DUNGEONS & DRAGONS 11AM-1PM</p> <p>USE ROLEPLAY TO BUILD CONFIDENCE, MANAGE ANXIETY, AND CONNECT WITH OTHERS IN A SUPPORTIVE AND CREATIVE SPACE.</p>

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 UW BOTHELL COUNSELING CENTER 10 DAYS IN ADVANCE AT 425-352-3183 | UWBCC@UW.EDU | UW1-080

Image Credit: UW Counseling Center

WINTER SELF-CARE

What is Self-Care?

Self-Care is the act of taking time to care for yourself that promotes well-being!

Tips:

- ❄ Stay warm
- ❄ Move your body by taking short walks
- ❄ Take short breaks from work every 30 minutes
- ❄ Stay connected to friends and family
- ❄ Listen to music to relax or motivate you
- ❄ Rest and prioritize sleep
- ❄ Keep your body nourished with healthy meals
- ❄ Limit screen time
- ❄ Try a new hobby

Resources:

UWB Counseling Center	UWB Health and Wellness Resource Center
Location: UW1-080	Location: ARC-120, first floor
Phone: (425) 352-3183	Phone: (425) 352-5190
Email: uwbcc@uw.edu	Email (for general info): hawrc@uw.edu

WA State Crisis Line: Call or text 988
WA State Regional Crisis Line: (206) 461-3222

Self Care Tips for Upcoming Winter Quarter



Illustration by: Hanin Nazifa
- Main Illustrator
December 2025

Artist Statement:

“It can be difficult to stay motivated in college and work during winter, especially with the lack of sunlight. This art piece depicts a journal with daily habits to support well-being for the upcoming winter quarter. Surrounding the journal are study materials and comforting desk decorations including a candle and a cup of coffee with latte art.

Journaling, planning the day ahead of time, and creating a fun study set-up can help us feel more motivated and productive during winter quarter. It is especially important to leave some time for self-care and destressing during this season.”

Written by: Hailey Miller - Student Reporter
December 2025

Struggling to find motivation is a common problem during the winter quarter when finals, seasonal depression, and burnout all begin to take a toll. Upcoming final exams can put a lot of stress on oneself and can lower productivity and slow down one’s ability to keep working. Another factor that may affect students’ ability to succeed is seasonal depression.

[Seasonal depression](#) is known as “seasonal affective disorder, which is a type of depression that is triggered by the change of seasons,” according to Cleveland Clinic. Its symptoms may include feelings of prolonged sadness, fatigue, loss of interest in usual activities, oversleeping, and weight gain. Although “5% of adults in the U.S. experience SAD,” it has a higher rate in Washington State compared to the national average, and can be a contributing factor that affects college students’ ability to stay motivated. Lack of motivation can also be due to excessive burnout. Considering all these factors, it is no wonder that the winter quarter is often considered by many students and professors to be the most difficult academic quarter.

Throughout the winter quarter, focusing on healthy study habits to avoid procrastination can help students stay motivated. Some helpful study habits from Honor Society include creating “a realistic study schedule, setting an achievable goal, utilizing online resources, engaging in group study sessions, staying active, and exploring internship opportunities.” Keeping these things in mind can help you be proactive during the winter

quarter and avoid procrastination.

Additionally, there are also study resources on campus, including the [Academic Support Programs](#), the [Writing and Communications Center](#), and the [Quantitative Skills Center](#) located in the Learning Commons (UW2-030). While these resources pinpoint specific skills, campus study areas such as the Gold Brew, Starbucks, and the library are great workspaces to reduce distractions and create an atmosphere that helps students focus on work. Even though these study tips can help, it is usually hard to overcome is procrastination.

Procrastination can be caused by many factors, such as feeling overwhelmed, perfectionism, or fear of failure. Some procrastination tips from Purdue Global, include, “break work into smaller tasks, manage time, and eliminate distractions.” It is important to note that as students apply study advice, it can often be overwhelming to change many aspects at once. Instead, focusing on a couple of tips at a time can slowly foster a positive mindset for change, improving one’s overall success as a student.

When it comes to acting towards one’s needs, improvement towards procrastination or SAD symptoms can grow into an essential way to maintain mental health throughout the winter quarter. According to A Healthier Michigan article, Dr. Alexander addresses why self-care is critical to oneself: “Self-care involves addressing whole person health by improving or maintaining physical, mental, emotional, and spiritual

health.” Self-care can include anything, such as working out, reading, or limiting screen time. Focusing on hobbies that relax you is a start toward mindfulness.

Mindfulness can create many positive outcomes for one’s mental health. Dr. Alexander states practicing mindfulness activities such as nature walks, meditation, or journaling can “reduce anxiety and depression, improve focus and productivity, boost emotional stability, foster a deeper connection with yourself and others, and enhance overall happiness and satisfaction.”

At UWB, there are resources such as the [Counseling Center](#) (UW1-080) that offer free quarterly services like group therapy sessions to students. Watching out for one’s mental health and signs, like changes in behavior, withdrawal from social activities, or neglect of self-care can help one remain strong throughout the upcoming quarter, before schoolwork becomes more intense.

By focusing on what is most important like our health, our ability to succeed as students can increase during the winter quarter. Following a specific number of tips at a time can help pinpoint one’s needs in a particular struggle, such as procrastination or low motivation. This winter, rethinking your habits may improve your approach to mindfulness even when doubt is present.

UWB ADVISING CENTER DROP-IN HOURS:

Monday: 9am-4pm
Tuesday: 9am-4pm
Wednesday: 9am-4pm
Thursday: 9am-4pm
Friday: 10am-4pm

Join remotely via Zoom

or

in-person at UW1-160

Schedule on the Navigate website or app!

 Navigate360

Email uwbadvis@uw.edu with questions!

National Hot Cocoa Day

Designed by: Kristine Baldoza - Visual Media Designer

NATIONAL Hot Cocoa DAY Dec 13th

Sip into something sweet

Recipe:

- 4 cups milk
- ¼ cup unsweetened cocoa powder
- ¼ cup granulated sugar
- ½ cup bitter/semi sweet chocolate chips
- ¼ tsp pure vanilla extract

Origin:

Hot cocoa originated from the ancient Maya. The Mayans created a warm, spiced chocolate drink from ground cacao beans mixed with water.

Spiced Coffee Holiday Recipe

Designed by: Nya Maddox - Visual Media Designer

Spiced Coffee

Ingredients:

- ¾ cup chilled whipping cream
- 5 teaspoons ground cardamom
- 1 cup freshly ground coffee
- 1 teaspoon ground nutmeg
- 2 teaspoons ground cinnamon
- 1 tablespoon sugar
- 1½ tablespoons powdered sugar
- 7 cups water

Directions:

- Using electric mixer, beat whipping cream in a large bowl to soft peaks.
- Add powdered sugar and beat to peaks.
- Place ground coffee, cardamom, sugar, cinnamon and nutmeg in coffee filter.
- Using spoon, mix gently.
- Add water to the coffee maker and brew according to manufacturer's instructions.
- Divide coffee among 8 cups.
- Garnish each with a dollop of whipped cream and serve

source: Elizabeth L via food.com

New Club Features



Image Credit: IG @whisked.uwb

Whisked at UWB is a welcoming space for students to connect through baking and sweets from around the world. They explore different cultures by learning about desserts, ingredients, and the stories behind them. Even if you don't have baking supplies, you are welcome to join to share recipes, learn together, and bake as a group.



Image Credit: gather.uwb

Cinema Around the World is a low-commitment club that aims to bring people together, provide a relaxing environment to help students unwind from academic stress, share diverse cultural experiences through cinema, and foster a supportive community among fellow movie lovers!

Holiday Movie Ideas

Designed by: Lilyan Nguyen - Visual Media Designer

HOLIDAY MOVIES TO WATCH

THE HOLIDAY CLASSICS

- The Polar Express
- Jack Frost
- Hocus Pocus
- Elf
- Frozen
- Rise of the Guardians
- How The Grinch Stole Christmas
- Home Alone
- The Nightmare before Christmas
- Rudolph the Red-Nosed Reindeer

NEW OR UPCOMING RELEASES

- Jingle Bell Heist
- The Night My Dad Saved Christmas 2
- Prep & Landing: The Snowball Protocol

HOLIDAY MOVIE TRADITIONS

- Hot Cocoa Bar + Movie Marathon
- Family Favorite Throwback Night
- Countdown Calendar Movies
- Ornament + Movie Pairing
- Lighting the Menorah for Hanukkah

Holiday Traditions Around the World

Designed by: Amanda Sim - Visual Media Designer



Happy Kwanzaa

Designed by: Aysha Siddiqui - Assistant Editor



From Tradition to Trouble: The Rise of English Holly in the PNW

Written by: Nyssa Deshmukh
 - Student Reporter
 December 2025



Image Credit: Unsplash

Plants have long since solidified their importance in winter holiday traditions with well-known representatives such as the matchmaker mistletoe, bright red poinsettia, and the notable English holly. English holly, scientifically known as *Ilex aquifolium*, is identified by its shiny but spiky green leaves that frame vibrant red berries. This plant can grow as a shrub or a tree anywhere from 15-50 feet tall. Originally from Western Europe and brought to the United States by English settlers, English holly has become an identifiable symbol of the holidays. It has found its way into decorations, Christmas cards, and even the dense forests of the Pacific Northwest, a place where its existence has become invasive.

Historically, English holly has been deeply rooted in Celtic traditions, where it represents fortune and has inspired the green and red holiday color palette. The plant was first brought to eastern United States as a conservation effort; however, it failed to grow

properly in the east. According to [King County's Noxious Weed Blog](#), English holly found its way into the Pacific Northwest with its first planting in Washington state in 1891. As reported by [Oregon Public Broadcasting](#), growing holly to sell as a festive plant became a multimillion-dollar industry in the mid-1900s.

Washington state became one of the world's largest producers and exporters of holly. The crop that many families relied on for income also drew the attention of American robins, birds that began eating the red berries and dispersing the seeds throughout the state. Since then, the holly plant has found time to expand into Western Washington's shady forests and the Cascade mountains running through Washington and Oregon due to the wet climate. Only recently have the plant's effects on the local forests come to the attention of ecologists. Much of the [research on English holly](#) was done at the University of Washington Bothell in 2013 by Elliot Church, a 2013 graduate, and Dr. David Stokes, a professor at the School of Interdisciplinary Arts and Sciences.

It was found that, despite its small size, English holly can block the growth of native understory vegetation. The English holly's tolerance to shade has contributed to slowing the growth of surrounding plants and trees and overtaking native organisms in the area, like fern and Douglas-Fir. The plant is also considered highly flammable and, if not adequately controlled, it can increase the risk of forest fires. In 2010, the Washington State Weed Control Board was presented with a proposal to label English holly as a Class C noxious weed, to control its spread and educate the

public. However, farmers who grew English holly were concerned that labeling it as a noxious weed would lead to a decline in sales. With the economic consequences of environmental regulations being considered by those on the board, the proposal ultimately didn't pass. English holly was instead classified as a "Weed of Concern," and local governments were given authority to teach the public about its negative impacts. Currently, English holly is considered a naturalized plant, a non-native plant that has established itself within an ecosystem, in Washington, Oregon, and California.

English holly secured a spot in Christmas traditions, yet its invasive nature creates ecological problems in the Pacific Northwest. The conflict between local agricultural interests and biodiversity concerns shows the need for proper approaches to manage its spread. As awareness of English holly's impacts on local forests and wildlife grows, monitoring and removal will be crucial in protecting native habitats while respecting the plant's significance during the holidays. Students can aid in the control of the plant's spread by participating in community projects focused on environmental conservation or properly researching removal methods. One effective method for removing smaller holly trees is to dig around them to remove their roots. Learning how to identify the invasive species can also protect look-alike plants, such as the Oregon grape that is frequently mistaken for holly. To find more information about the English holly or learn about weed control methods, check out the [King County website](#) or the [University of Washington Bothell website](#).

The Evergreen State is Heating Up

Written by: Zoya Merakov
- Student Reporter December 2025



Image Credit: Unsplash

As we approach the end of the year, the crisp, multi-colored autumn leaves and the ambient rain will give way to flurries of snow, enveloping the world in white. From skiing, sledding, building a snowman, making snow angels, or just viewing the snowy world from inside, it is always a pleasure experiencing the winter season. However, this may not be the case for future years to come. Readers may have noticed how there has been a lack of snow during winter break, heavy rains and windstorms taking away power, and the smoke that suffocates every inch of the outdoors every summer. Climate change is causing increasingly warmer temperatures that may change the winter season and other weather patterns forever.

To start, climate change is leading to extreme weather and never-before-seen weather patterns. For instance, instead of consistent amounts of rain, there have been severe downpours over a short period of time, contributing to flooding. Natural disasters are becoming progressively more common and severe due to climate change. As stated by [New York University](#), “higher temperatures cause more water vapor to evaporate into the atmosphere, which acts as fuel for more powerful storms. Because of these climate-related factors, ‘once in a hundred years’ storms have occurred more frequently in the 21st century.”

Looking directly at Washington, according to the [Environmental Protection Agency \(EPA\)](#), “Washington’s climate is changing. Over the past century, most of the state has warmed one to two degrees.” [Eastern Washington](#) in particular is expected to experience more warming than the coastal regions of Western Washington, as a result of the moderating influence of the Pacific Ocean. This has an impact on Washington’s winters, as the overall temperatures during winter will rise as well. The Washington State Department of Ecology describes how Washington’s winter temperatures are expected to rise, with less snow and more rainfall in the future. This may result in Washingtonians eventually experiencing spring and summer-like temperatures in the winter, eliminating the season altogether.

Climate change has already begun to impact winter weather in Washington. The [Executive Climate Office of King County](#) states that in 2015, “there was a record low snowpack (4% of the average amount) in the Central Cascades.” The Executive Climate Office of King County also goes on to describe how Winter 2017 was the wettest winter on record; the high amount of precipitation created a plethora of

landslide hazards and flooding. Besides the decreasing amount of snow from year to year, the warmer winter temperatures have had negative impacts on Washington as a whole. The warmer weather is causing the ice glaciers and snowpack to melt earlier in the year, which will impact the overall water supply. [Carbon Brief](#) explains how the acceleration in snowpack melt often causes river flow to increase in glacier-fed water basins and rivers in the short term. However, “once the snow melts beyond a certain threshold, a ‘peak water’ point is passed, and river flow declines again.” Additionally, there are many communities that heavily rely on glaciers as water sources. As glaciers melt to a larger extent, these communities must find other sources of water. Melting ice will also cause coastal waters to become warmer and more acidic as the loss of sea ice has contributed to a significant amount of ocean water getting [exposed to the atmosphere](#), where it absorbs more carbon dioxide. Acidic oceans can harm coastal reefs, which are habitats for marine animals. Various fish species may also decline, resulting in a loss of fish species, including shellfish, clownfish, and salmon. For all those who eat shellfish and salmon, these fish species will likely get more expensive due to the smaller quantity, resulting in products so expensive that it would not be practical to buy anymore. Additionally, since shellfish and salmon are vital parts of multiple ecosystems, their decline could also affect other species such as bears which primarily eat salmon.

[Looking towards the future](#), Washington will experience “especially increased risks from precipitation, heat, and fire due to climate change over the next 30 years” (Ecology). Furthermore, by 2080, Washington’s, “heaviest rain events are expected to be 22% heavier. Washington’s sea levels are also expected to rise to “15 inches by 2100.” All of these extreme and unpredictable weather patterns are due to climate change. The longer dry season will increase the risk for wildfires, and the melting glaciers will lead to sea levels rising, contributing to flooding. Washington will also be more prone to wildfires, and there will be a “4-fold increase in annual areas burned in Washington’s forests by the 2040s.” Greenhouse gas emissions contribute to climate change, and the [areas that contribute the largest number of emissions are the transportation sector, buildings, and electricity consumption](#).

All this extreme and unexpected weather poses a risk. Wildfires are increasing the rates of illness, hospitalization, and death. These increases are due to the influx of air pollutants, poor air and water quality, and fire-related injuries. Furthermore, climate change causes damage to infrastructure, as flooding and wildfires ruin properties. Extreme heat can also cause the asphalt on roads to melt, causing it to warp, in addition to steel railways buckling. Even without extreme events, “rising temperatures will increase the gradual wear and tear on infrastructure too, increasing costs over time,” according to the [Council on Foreign Relations](#). The infrastructure and property loss will also cause productivity loss and supply chain disruption. As a result, the global economy will be “11 to 14 percent smaller by the middle of the twenty-first century than it would have been without climate change ... millions of people will be leading much poorer lives than they would have otherwise.”

Luckily, Washington does have a plethora of state-wide climate policies and legisla-

tion in place to combat these negative effects. Some mitigation strategies include the [Washington State Climate Resilience Strategy](#) which aids infrastructure and working lands for the broader impacts of climate change. Moreover, the Climate Commitment Act directly addresses greenhouse gases, which are a factor that largely contributes to climate change. Washington Climate Partnerships is another strategy under the Washington State Department of Ecology that builds the Comprehensive Climate Action Plan (CCAP). This plan is responsible for serving as a roadmap for reducing greenhouse gas emissions and ensuring a sustainable future for Washington.

The University of Washington Bothell is also doing their part to mitigate climate change. For instance, the campus [Sustainability Action Plan](#) includes strategic goals for UWB to become more eco-friendly. This plan involves the Campus Advisory Committee on Environmental Sustainability, a concrete five-year sustainability plan, and making campus operations such as transit, dining, and waste management more environmentally friendly. Some fun facts about UWB include the campus housing a “58-acre wetland that is a sustainable, functioning floodplain ecosystem within an urbanizing watershed.” Additionally, in conjunction with the [Puget Sound Energy Green Direct](#) program, UWB purchases “100% of its electricity from the Lund Hill Solar project and the Skookumchuck Wind Project.” Lastly, the campus does not use any pesticides and is home to “native plants, pollinators, salmon, beavers and other wildlife.”

Moreover, UWB has an Environmental Studies major, a Conservation and Restoration Science major, and an Earth Systems Science major, all dedicated to equipping students with the knowledge to go into different pathways in the environmental sector. Starting Spring of 2026, UWB will also offer a minor called Climate Change in Society that is dedicated to discussing the effects of climate change. To add on, there are interesting classes offered surrounding climate change and environmental sustainability. Some of these classes include Introduction to Sustainability, Climate Change Adaptation Policy, Climate Anxiety, Climate Relief and Resilience, and Impacts of Climate Change.

Furthermore, clubs such as Alliance 4 Sustainability and the Native Plant Society are committed to spreading awareness about sustainability and making sure the campus is doing its part to combat climate change. Some events that Alliance 4 Sustainability has held include styrofoam recycling days, restoration events, and wetlands walks. The Native Plant Society also educates members about native plants and holds invasive species removal events.

Ultimately, Washington’s winters will get progressively warmer, and snow days may become a thing of the past. To combat climate change, it is important to stay informed, raise awareness about environmental issues, and contact state representatives and legislators to pass legislation that enriches Washington’s current climate policy. At UWB, it would also be helpful to take climate change classes and contribute to the on-campus clubs. If action is not taken to combat climate change, the economy and infrastructure will suffer, winters will adopt sauna-like temperatures, and human health will take a disastrous turn for the worse.

Impact of Government Shutdown in Washington State

Written by: Rohit Jesudoss
 - Student Reporter December 2025



Image Credit: Unsplash

On Oct. 1, 2025, the U.S. government shut down after failing to reach a resolution on the spending bill (or appropriations bill), which is required annually for the government to operate. If an appropriations bill is not passed by Oct. 1 of each year, Congress would have to enact a continuing resolution, which would allow for temporary operation, according to the [U.S. Senate](#). While an appropriations bill had seen success in the House, it failed to win in the Senate, along with a continuing resolution. Senate republicans voted to pass the bill but faced democratic resistance to extend the enhanced Affordable Care Act and rescind the cuts to Medicaid spending in the One Big Beautiful Bill Act, according to [Fact Check](#). While an initial effort to pass a continuing resolution failed, a new continuing resolution garnered democratic support, opening the government as of Nov. 12, 2025. However, it should be noted that the new continuing resolution will only be effective until Jan. 30, 2026, according to [Politico](#).

While the end of the shutdown brings some optimism back, it's not easy to forget how many citizens' lives were disrupted through the lack of funds for essential services and increased displacement within the workforce. Specifically, in Washington State, the [White House](#) added information on the economic impact of the shutdown, which involved a reduction in growth and employment, delayed and stopped federal benefits, and frozen loan distributions for small businesses. Washingtonians additionally see three key state agencies that have been affected by the shutdown, including the Department of Social and Health Services, Department of Health, and Employment Security Department, according to [Washington State Office of Financial Management \(OFM\)](#).

The Department of Social and Health Services delivers a wide variety of services including the supplemental nutrition assistance program (SNAP), electronic benefits transfer (EBT), temporary assistance for needy families (TANF), housing assistance, child support, vocational rehabilitation, adult care, mental health services and disability support. For more information about their work, contacts, or to locate a service office, see their website at [dshs.wa.gov](#). [OFM says](#) nearly one million Washingtonians rely on the federal SNAP program with an estimated \$37 million per week distributed across Washington households. When the shutdown took place, SNAP funds were scheduled to end on Nov. 1, a month after the shutdown began. However, thanks to a federal court order, the Trump administration had to fully fund November SNAP benefits, which included one million Washingtonians, according to a [statement](#) from Washington Governor Bob Ferguson. However, initially, Governor Ferguson directed \$2.2 million to support Washington's food banks ahead of the federal court order. The initial \$2.2 million had been aimed to combat food insecurity in the event SNAP funds weren't restored, demonstrating the need for federal funds to prop up programs like SNAP.

The Department of Health additionally faced operational difficulties from the shutdown. The department tackles disparity in Washington by catering to vulnerable and underserved communities in Washington. Their work is incredibly com-

prehensive and tackles asthma to zoonotic disease; a full list of individual programs and contact information can be found on their [website](#). The Department of Health identified [Washington's Women, Infants, and Children \(WIC\)](#) program at risk of closure amidst the shutdown. The WIC program provides food for more than 212,000 Washingtonians annually, but unfortunately, it faced a funding shortage and would have had to cease operations, according to the [Department of Health](#). The WIC program is an essential service which serves one-third of babies born in Washington, 36% of children under the age of five, and 29% of pregnant people. The WIC additionally delivers nutrition education, breast and chest feeding support, and health screenings through its expansive network. While the reopening of the government brought regular funding for operations and lifted some strain in delivering essential services, the shutdown almost risked a complete closure of the WIC program. Perhaps, a longer shutdown into December could've collapsed the WIC program entirely, leaving more than 212,000 Washingtonians helpless.

Last, but not least, the Employment Security Department had their operations disrupted by the federal shutdown as well. Their primary work revolves around employment support, offering assistance with unemployment insurance and paid family and medical leave. However, they're responsible for much more, all of which can be found at [esd.wa.gov](#). One consequence of the shutdown was the increase in federal workers applying for unemployment benefits. In fact, the ESD mentioned that 5,884 people filed for unemployment for the week ending Oct. 3, 2025, which was 1,094 more than the week prior. That number spiked to 6,287 for the

week ending Oct. 10, illustrating the consequences of the shutdown on the workforce. The laid-off and furloughed workers now face financial stress, a lack of income, delayed unemployment processing, and decreased support from the state government. Ultimately, the uncertainty felt and the fear of other federal workers losing their jobs became the cherry on top of the longest ever government shutdown.

For students at the University of Washington - Bothell, the Husky Pantry is accessible for those who may be facing food insecurity. The pantry can be especially helpful in challenging times like the recent shutdown, where SNAP and EBT benefits have been delayed for many. It is located in the Health and Wellness Resource Center (HaWRC) at ARC 120 and is currently open on Mondays and Tuesdays from 12pm to 5pm. If those times do not work, students can request access at another time by contacting the HaWRC (hawrc@uw.edu). Students should additionally verify with the HaWRC for the most current schedule, which may change from quarter to quarter.

While people from all over the U.S. see an end to the extensive shutdown, it is important to remember how significant a government shutdown can be and how reliant a lot of people are on the federal government to operate like normal. For Washington, the shutdown had a sizeable economic impact and disrupted key state agencies leaving residents experiencing delays, disruptions, and uncertainty in essential services. Even as these agencies recover, residents should be aware that state government itself cannot sustain residents for long and that cooperation with the federal government is really the cornerstone of being able to deliver essential services to US residents and Washingtonians alike.

Local Food Resources

Designed by: Leena Peerzada - Visual Media Designer

Food Resources Around Bothell

About 10% of people in WA state face food insecurity. Here are some local resources to reduce hunger.

On-Campus

- **Husky Pantry**
 - Health & Wellness Resource Center located in ARC 120
 - Open Mondays & Tuesdays, 12-5pm
- **Hopelink Mobile Market**
 - Bothell & UWB, Kenmore, Woodinville
 - Comes to UWB on 1st & 3rd Thursdays of every month, 11:30am-12:30pm

Local Food Banks

- Canyon Hills Community Church, Bothell
- The Northshore Senior Center, Bothell
- Cedar Park Kenmore Church, Kenmore
- Kenmore Senior Center, Kenmore

Sources: Seattle Times, WA Economic Justice Alliance

CEB's Native American Heritage Night

Photography by: Estel Soriano Bergua
- **Student Photographer**
December 2025

On Nov. 25, Campus Events Board (CEB) at UW Bothell hosted Native American Heritage Night at the ARC Overlook. Students and community members heard from panelists, enjoyed a powwow performance, and connected over traditional foods from Off the Rez and Natoncks Metsu.



Native American sweet berry tarts



Bietna Haile, Kaylie Heshmati, and Cyris Villegas serving food to students



Jason Vickers, Nick Terrones, and Adan Rodriguez in a discussion panel



Sarissa Boggs introducing panel of speakers



Dance Performance by Lauren Nabahe



Lauren Nabahe finishing her dance performance

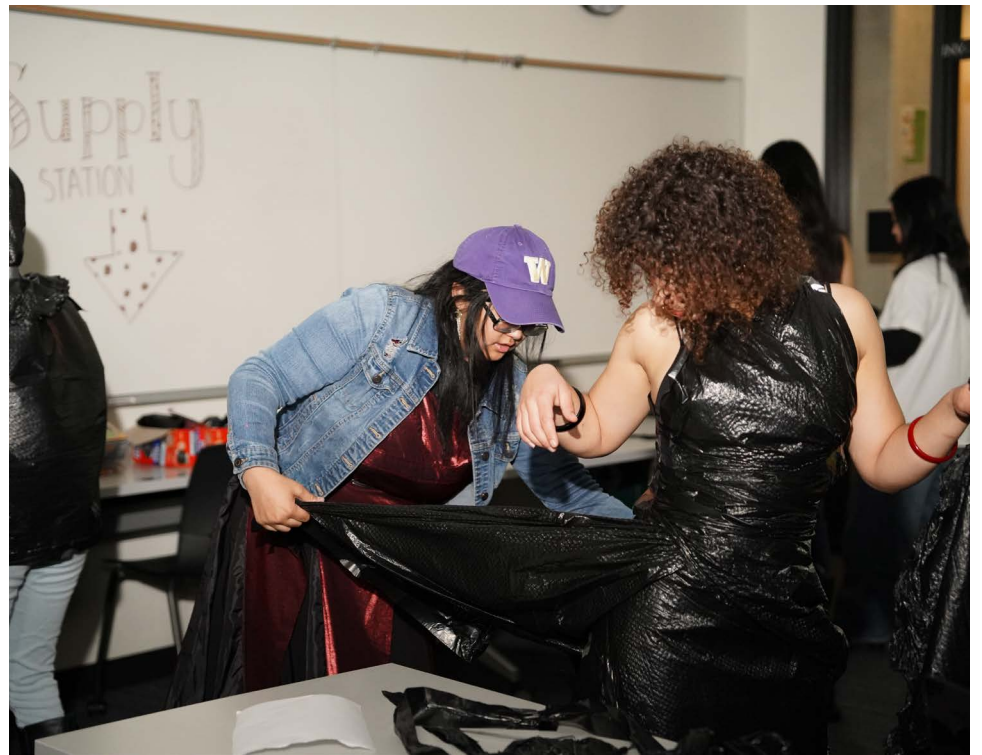
Stitched Fashion Club: But it's Balenciaga

Photography by: Meeti Gobindpuri
- SM&D Photographer
December 2025

On Nov. 15, Stitched Fashion Club at UW Bothell hosted But It's Balenciaga, a fashion runway challenge, inspired by the trash bags used in Balenciaga's Fall 2022 collection. In this event, teams had limited time and supplies (trash bags, tape, etc.) to create and present runway looks and photographs.



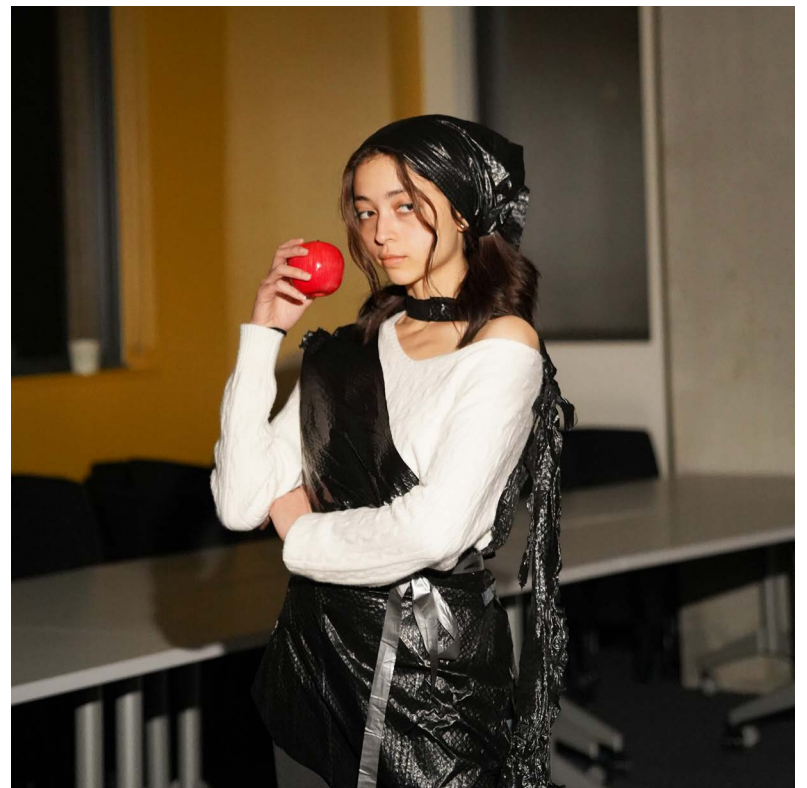
Club members looking at the light source



Student making a dress



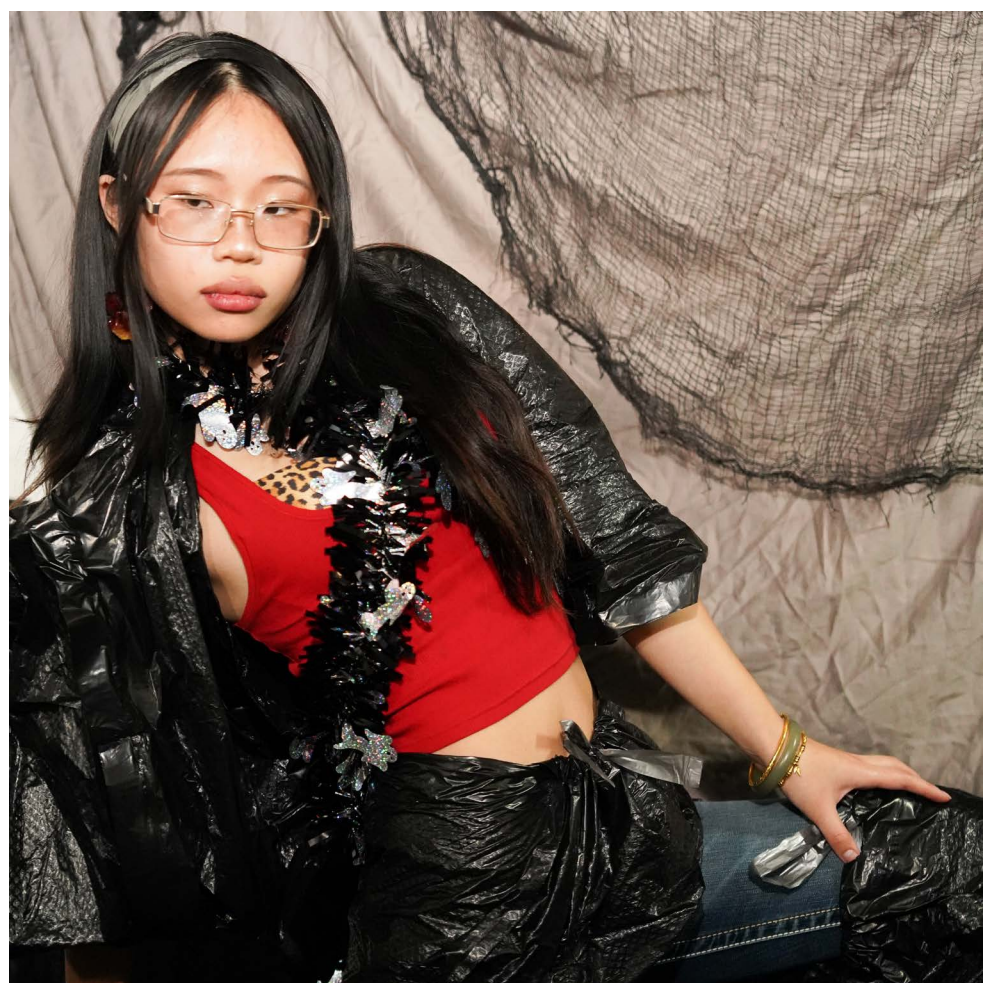
Hair styling



Student posing with an apple



Close up of sunglasses



Student modeling for the camera

Get to Know Your 2025–26 Student Reps!

ASUWB Director of Senate

Written by: Ashley Tsang - **Editor-in-Chief**
December 2025



Director of Senate
Zoya Merakov (she/her)

Major: Law, Economics, and Public Policy
Minor in Human Rights

What is your role in ASUWB?

“As the Director of Senate, I am an elected official of the ASUWB Board of Directors. I collaborate with the other board of directors to productively vote on campus policy during executive board meetings. My main role is to deal with all things Senate-related. I am the Speaker of the ASUWB Senate, and I facilitate senate meetings. This year, I spearheaded the hiring and onboarding of 18 different student senators, which is our largest student senate post-COVID. Whether it be one-on-one meetings or group check-ins, I also en-

sure that senators feel supported and confident enough to serve the UWB community. Additionally, I connect senators with relevant personnel and aid them in legislative matters and initiatives, making sure that the legislation being introduced has a positive impact on the various constituencies that make up the student body. I work closely with the Vice President, Miyuki Sandoval, who serves as the Vice Speaker for the Senate. I also work closely with Dagim Woldermichael, who is the Internal Affairs Coordinator and serves as the Clerk for the Senate. Together, we make up the Senate team! My biggest goal for this year is for students to feel represented by their senators and provide plenty of opportunities for senator and student collaboration.”

For those who are not familiar with student government, how would you describe the Senate and the responsibilities within it? How can students get involved?

“There are two branches of student government. One is the executive branch, made up of the board of directors, and the other is the legislative branch, comprised of the senators. In that regard, the Senate acts as a check for the Board of Directors. If the Board of Directors wants to make any changes to the ASUWB Bylaws, Constitution, or pass legislation, it must be passed through the Senate First. The Senate is also responsible for drafting its legislation and voting on policy. The ASUWB Senate also holds bi-weekly meetings on Fridays from 10 am-12 pm. These meetings are public! I encourage students to come to senate meetings and observe what is going on. Students can additionally request to speak at senate meetings if they wish by contacting me at least 48 hours before the senate meeting. Students can also engage with their senators by emailing them, attending their office hours, and engaging with their outreach. In terms of becoming a senator, hiring for the 2025-2026 senate is mostly completed. However, ASUWB is still looking for a Senator representing Forest Hall! If becoming a

senator sounds interesting, hiring for the 2026-2027 senate will likely open fall of next year!”

How many Senators are there at UW Bothell, and what different things do they advocate for?

“There are currently 18 senator spots at UW Bothell, with one spot still vacant for Forest Hall. There is at least one senator per academic school, three senators representing commuting students, three senators per residential hall, and specialty senators that include the Transfer/Dual Credit senators, Veteran Senator, Graduate student senator, International student senator, and Club Senator. The senators first and foremost responsibility is to advocate for their community. For example, a senator for the school of IAS is responsible for listening to the students of IAS and hearing their concerns, feedback, comments, and acting accordingly. The senators are also encouraged to write additional legislation that still positively impacts the UWB Community. One example of additional legislation that I used during Senate Orientation is a senator passing legislation that will add paper towels to the bathrooms. Right now, senators are conducting outreach with their communities and learning what support they need. The senators will then advocate for changes that directly uplift the community that they are representing.”

What do you enjoy doing in your free time?

“I love to read, my favorite book is the 7 Husbands of Evelyn Hugo. I also like to write, and I write for the Husky Herald! Check out my article in this issue about Climate Change’s Impact on Washington. I also love to go on walks, go to the gym, and watch 90s/early 2000s tv shows! I also enjoy being engaged on campus whether that be attending events or serving as an officer for various clubs.”

Music Album Review: Rosalia’s “LUX”

Opinion Piece by: Estel Soriano Bergua
- **Student Contributor December 2025**



Image Credit: Wikipedia

Rosalia’s new album, ‘LUX’, has broken many records since its release on Nov. 7th. This is the singer’s fourth album and probably her best one yet. Lux combines all of her previous singing and writing styles, while also diving into a newer style of orchestral pop. Her previous works were more in the area of flamenco style with a mix of electronic beats, and even different styles of reggaeton and bachata. Lux focuses on more classical tunes while still remaining true to her roots of flamenco, a classical style of music from the south of Spain.

If you know anything about Rosalia, it is that she likes a challenge. So, the choice to completely shift to a new style of music isn’t all that surprising. The album’s title means

Light in Latin, and so far we know that religion and saints were one of her main inspirations while writing this album. For instance, in the album cover, we see Rosalia dressed in a white nun’s habit, accompanied by a veil. Lux features many notable singers and choirs such as Bjork, Yves Tumor, and Carminho, just to name a few. As expected, all features of the album complement it very well musically.

However, what really shocked fans and everyone else was her decision to write and produce it in more than a dozen different languages. Rosalia’s ability to transition smoothly from English to Spanish to German and to many more languages is fascinating. She does it in such a skilled way that you can’t tell when one language ends and another begins. The whole album is a constant flow of emotion; even when you can’t understand what she says, you feel it in the song. In an interview with the New York Times, Rosalia explains that it took her a few years to truly understand what she was writing in each language and made sure it was her intentions.

The album’s lead single Berghain, set the tone for the shift in her style to a more classical vibe. The single was released along with a music video about a week before the album reached fans. As of now, the single has over 28 million views on YouTube alone, and the

album itself is fighting for the top spot on the global Billboard 200. Berghain features Björk and Yves Tumor, who complement Rosalia in this gothic and classically inspired hit.

Notably, one of the tracks that stands out the most is “Mio Cristo Piange Diamanti” (My Christ cries diamonds), which Rosalia sings in Sicilian from start to finish. The song itself sounds like a religious anthem from the 1960s in Italy. Rosalia explained in an interview with NPR that it took her almost a year to produce that song. Some of the other songs on the album, such as ‘Reliquia’ or ‘De Madruga’, fit very well with her style of upbeat and pop flamenco that she is known for. If you are a fan of Rosalia’s older songs with a more pop style, don’t worry, she still included a few songs that fit that style. ‘La Perla’ and ‘Dios es un Stalker’ lean into pop tunes that still match the musical artistry of the album.

That being said, as with any other album, it isn’t a style for everyone. Older fans might miss her more upbeat and pop style, while some might dislike her focus on religion. As a newer fan of Rosalia’s, I would definitely recommend you check it out because the soothing tones with the mix of so many different languages create something unprecedented.

Catch up with The Husky Herald!

Storytime with Student Media on Nov. 6



Hiro (left) reading and Paisley (right) holding the recent issue

I Heart UWB Luncheon on Nov. 19



Editors tabling and posing with Holly the Husky



Attendees (left) at UW2 Commons and Kairi (right) tabling



The Husky Herald 2025-26 Editors
Kairi Rojas (left), Ashley Tsang (middle), Aysha Siddiqui (right)



Ashley (left) and Aysha (right) holding caricature drawing

The Husky Herald

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- Visual Media Designer
- Campus Photographer

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December 2025
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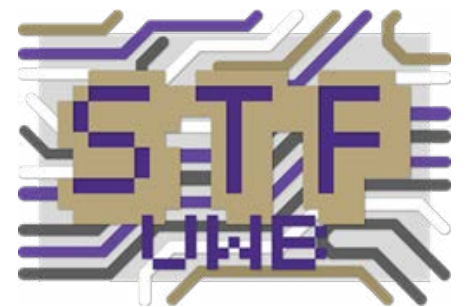
SEA Program Manager
Rafi Kakar

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

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Thank you for reading the Herald! We would like to know **#HowDoYouHerald?**
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Do you want to contribute to The Husky Herald?
We are always looking for student photographers, artists, writers, and more! If you have a talent that you would like to share with the Herald and gain experience to add to your resume or portfolio, please email us at uwbhh@uw.edu or contact us on our website thehuskyherald.com.