

# The Husky Herald

Edited by Ashley Tsang, Kairi Rojas, Aysa Siddiqui

Bella

Emma

Cover Art by Colette Skojec



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# What Chinese Almond Cookies Taught Me About My Identity, Resilience and Achievement

Written by: Ashley Tsang - **Editor-in-Chief**  
April 2026



April 9 is recognized as National Chinese Almond Cookie Day. When I looked through the holidays of April to plan this month's content, this date stood out and inspired me after reading the 2024 Southeast Past and Present Futures (SEAPF) magazine, where many UW Bothell students reflected on recipes that hold personal meaning.

Despite the name, Chinese almond cookies are more American than people may know. Traditionally, earlier versions had decorative stamps like mooncakes, which can be traced back to Southern China, where they were softer and made with mung bean flour instead of almond flour. Additionally, to suit American tastes, lard was replaced by butter and sweetness was increased in many baked goods such as cream buns, sponge cakes, and Hong Kong egg tarts (another one of my favorites). Today, Chinese almond cookies are just a simple, round, crunchy golden dessert topped with an almond.

As food traditions often change, the cookie also evolved when many Southern Chinese families migrated to Chinatowns across California, New York and the United States during the nineteenth and twentieth centuries to build bakery businesses. These bakeries served as both economic footholds for immigrant families and gathering spaces for people who spoke the same language.

In many ways, the almond cookie reflects the adaptive nature of the Chinese American experience. That idea feels deeply familiar to me as someone who was raised in Southern California in Monterey Park, a city shaped by generations of Asian immigrants.

There, Asian culture can be heard and seen in everyday life through the languages spoken in grocery stores and the English translations on billboards and street signs.

When I moved from a diverse city to suburban Washington in my teenage years, I immediately felt a difference in the way I spoke, dressed, and carried myself. That experience made me realize how deeply I valued being surrounded by people who understood those experiences, which is why I chose to move out and seek a more connected community at university.

Like many students who move away from home, I had to learn how to rebuild a sense of belonging. During my first year living on campus at UW Bothell, I met many students whom I can now call my good friends, who shared the experience of living between cultures, responsibilities and expectations. In my second and now third year, I learned through planning Storytime with Student Media that community can be created through vulnerability and dialogue, even when it brings together diverse ways of seeing the world.

Within my family, I have seen the quiet economic pressures of putting food on the table through stretched budgets, worn shoes, and hands roughened by long hours of work. These experiences have shaped how I understand success. It's often only seen as a visible achievement, but it is also tied to an immense amount of sacrifice and adaptation to ensure the next generation has better choices than the last.

This April, I am incredibly honored and proud to be recognized as a recipient of the Husky 100. The award made me reflect on what achievement really means and what it is rooted in. I have come to view my success as part of a larger journey of strength, shaped by the risks my ancestors took to create opportunity for me. It is also tied to the broader communities, such as Monterey Park, that have created space for me to belong and grow.

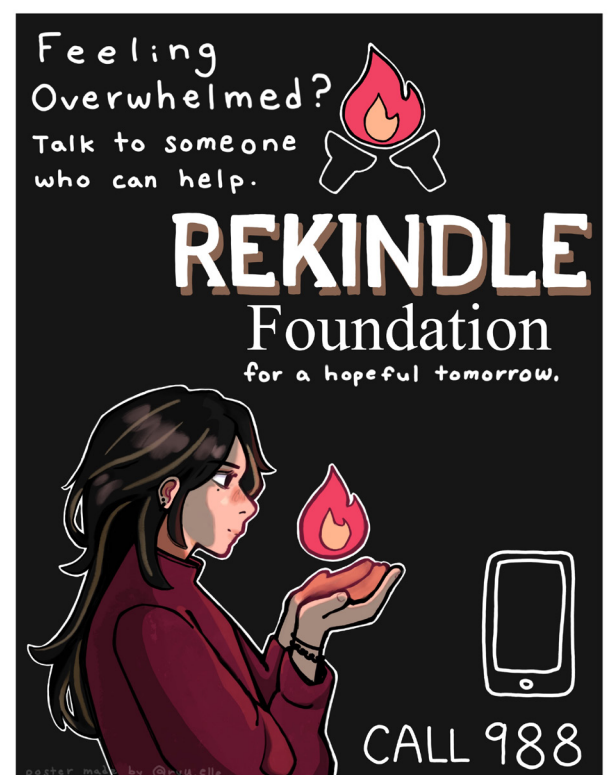
That is exactly why local cultural neighborhoods such as Seattle's Chinatown-International District matter and deserve to be cared for. They have provided immigrant families with places to find work and safety in an unfamiliar country, while also introducing broader communities to new foods and traditions. Today, many businesses face ris-

ing costs, redevelopment pressures, and gentrification. If more bakeries and restaurants are forced to close, we will lose the recipes, stories and spaces that hold communities together.

My experiences navigating identity, family responsibility and community at UW Bothell have shaped how I understand success as something rooted in resilience and acts of service. As a first-generation Chinese American and 2026 Husky 100 recipient, I am proud to carry these experiences with me to continue uplifting stories and the histories behind them, like the Chinese Almond Cookie.

For students interested in advocacy, building lasting connections, or learning more about the SEAPF program, visit their page on the OCL website or contact the Co-Directors, Nhi P. Tran ([nhiptran@uw.edu](mailto:nhiptran@uw.edu)) and Dr. Raissa DeSmet ([rdesmet@uw.edu](mailto:rdesmet@uw.edu)).

100  
THE HUSKY



Designed by: Heidi Ryu  
- **Student Contributor**

# Highlights from the SheBelieves Summit

Written by: Kairi Rojas  
 - **Managing Editor**  
 April 2026

Photography by: Meeti Gobindpuri  
 - **SM&D Photographer**

The SheBelieves Summit was hosted at Hatback Bar and Grill on April 14-15, with the main event being held inside Victory Hall. The SheBelieves Summit is an annual two-day event conference presented by Deloitte, aimed to foster leadership, networking and empowerment of the next generation of women in sports. The event featured influential leaders and executives from business, sports, athletes, and philanthropy. The goal for the event was to not only inspire but to also discuss how to succeed on and off the field.

Hatback Bar and Grill is known for premium dining and for having high energy located right across the stadiums and owned by our local Seattle baseball team, the Mariners. The entire building was bought out for this event, hosting over 700 people including attendees, speakers, PR teams and event workers.

The first day was hosted specifically for networking facilitated by VOICEINSPO. The event started before the main match, USA V.S Japan at 4:30 PM. The event was designed to have small group sessions to foster connections with participants. It gave opportunities

to everyone that attend to connect and build relationships with one another.

The second day started brightly and early on a rainy day, with check-in opening at 8:15 AM. Hatback Bar and Grill presented a variety of breakfast options for everyone, including breakfast sandwiches, fruits, pastries, yogurt, coffee, and juice.

The conference officially started in Victory Hall (Hatback Bar and Grill's event space) with TNT sports anchor and host Sarah Walsh, opening the day and introducing the head coach of the USA Women's Soccer team, Emma Hayes. Mediating this conversation with Emma Hayes, was philanthropist and-Founder Melinda Gates. The conversation was nothing short of inspiring. Both Emma Hayes and Melinda Gates were hopeful about making "cosmic changes" in women's sports.

Emma Hayes was born in London, U.K, and moved to the United States to accept her position as head coach of the USA National Women's Soccer team. Growing up, she was very inspired by her father and spoke about how his support encouraged her to dream big. Hayes realized that in England, however, she didn't have a system that uplifted her and supported her endeavors.

The conversation between Hayes and Gates was stirring. Hayes made perspicacious connections between women's health, society,

and sports, illustrating how it's all interconnected to performance. Hayes is driven to do the research on leadership and coaching to turn it into a tangible reality for not only her athletes but for future women generations. She ends this illuminating conversation with this statement, "Women need to be lifted up because they lift up the rest of society."

Additional panelist discussions featured more influential leaders such as Founder of DeadDirt, Domo Wells and five-time hockey Olympic medalist, Hilary Knight. They both mentioned similar ideologies for embracing women's sports and changing how our society not only supports but also embodies a new way of thinking. All the speakers presented at the event used their cultural lenses and personal experience to help shape the culture of the new generation of upcoming women athletes.

This event was nothing short of an inspiring experience. It empowered women to feel uplifted, supported and motivated to shape the new generation. It was not just about getting young girls into sports but also about ensuring they stay in sports. After this conference, I am excited to see and contribute to the evolving world of women in sports. We are embracing our differences, celebrating our bodies and pushing boundaries that society may not be ready to embrace. Read more about the conference online at [thehuskyherald.com](http://thehuskyherald.com)!



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



Headline Conversation:  
 Julie Foudy, Hilary Knight



Panel: Driving Community Impact  
 Ashley Fosberg, Beth Knox, April Putney, Suneeta Eisenberg, Doug Baldwin



Panel: Advancing the Female Athlete: Science, Systems, and Standards  
 Lex Chalot, Colleen Hacker, Sarah Gregorious, Rosie White, Ally Sentnor



Don Heisler, Managing Partner at Deloitte



Panel: Unlocking Cultural Capital  
 Leah Richardson, Jen Barnes, Domo Wells, Haley Rosen

# Why Climate Change is a Feminist Issue

Written by: Aysha Siddiqui  
- Assistant Editor  
April 2026



Photograph by Pamela Singh, "Chipko Tree Huggers of the Himalayas", 1994

The food you eat, the clothes you wear, and technology you use all have one thing in common; the majority of them were produced on a different side of the planet. These industries are continuously targeted for their unsustainable practices driving climate change; however, rarely do we look at the human costs.

Oftentimes, it is the countries and people that contribute the least to climate change that end up facing disproportionate effects. This is explained by the phenomenon of geographic luck, a concept popularized by Jared Diamond explaining how success of nations is dependent on environmental factors like location and resources available. The connection between neo-colonialism and climate change becomes apparent as we witness the trends of consumer nations extracting resources in unsustainable and unethical practices from countries facing serious climate disasters. Similarly, we can take a closer look at who is impacted by the majority of the violence, and resource limitations caused by the climate issue. As Women's History Month comes to an end, and Earth Month begins, we should take a moment to reflect on the ties between women, climate, land stewardship, and resource management.

Unsustainable practices don't just have an environmental cost — they also have a human cost, and it impacts women the most. According to the [United Nations University Center for Policy Research](#), 75% of garment workers are women working in perilous conditions for unlivable wages. In agriculture, women produce 60-80% of the food, however, despite being 50% of all workers, [they make up less than 20% of land owners](#).

Climate change is not defined by an exponentially growing line on a graph. It has very real implications for communities around the world. While many of us might be unaffected on a radical level on a day-to-day basis, it is not a privilege everyone enjoys.

Climate change is considered a risk multiplier, meaning it exasperates the ongoing societal issues and inequalities. It increases workloads for women reducing their access to education and income. Women already work about [12 hours more per week than men](#) in many developing countries, this number is expected to go up. In communities without running water, responsibility of collecting water falls upon women and girls. According to the [Potsdam Institute for Climate Impact Research](#), women in parts of Ethiopia walk up to 110 minutes daily to collect water. It is expected to take up to 30% more time by 2050 due to climate change and water scarcity.

Less food availability due to drought and flooding in agricultural communities disproportionately affects women. A [study done by University of Michigan](#) found that women in In-

onesia born in years with low rainfall were on average shorter, worse in health and less educated compared to women born in wetter years. This difference was not noted in boys showing gendered preferential treatment in resource allocation for young kids in times of resource limitations.

Environmental disaster and climate adaptation plans need to work to prioritize women. [According to the UN](#), 80% of people displacement caused by climate change are women. During climate disasters, women and girls face increased risk of sexual violence, trafficking, and child marriage. In environmental catastrophes, [women are 14 times more likely to die](#).

Wangari Maathai, founder of the Green Belt Movement, encapsulates this idea perfectly, "In Kenya women are the first victims of environmental degradation ... They have begun to appreciate that they, rather than their government, ought to be the custodians of the environment."

This concept of eco-feminism explores how stewarding land through a patriarchal lens has led to exploitation of the land which in turn hurts women disproportionately. The philosophy is living out through her work, The Green Belt Movement. Maathai leads the environmental organization in Kenya to empower communities, specifically rural women by conserving the environment through creating opportunities for sustainable livelihoods. It started to combat deforestation and rural poverty. Over the course of their work, [over 51 million trees were planted, and hundreds of thousands of women were employed](#), providing income and education to women who didn't previously have

access. Maathai was the first African woman to win the Nobel Prize for her work.

Women have always been at the forefront of environmental protection movements. Long before the term "environmentalist" was coined, [Amrita Devi Bishnoi](#) in Jodhpur, India, inspired her townspeople to act and protect an ecologically and culturally significant Khejri tree species, from being cut down in the 1730s. It is recorded that as royal guards approached with axes, she ran up to guard the tree by hugging it. She and many of her townspeople were killed by royal guards before the decision was overturned. Similarly, in the 1970s, [Chipko women-led forest conservation movement](#) in rural India where people formed physical barriers to prevent deforestation. Another well-known example of similar types of activism is Julia Butterfly Hill, who spent over two years living in a tent on a thousand-year-old Redwood in California to prevent it from being cut down. These examples throughout time all reveal a successful type of environmental activism led by women.

As per the words of author [Rosemary Radford Ruether](#), continuing to assess the climate change issue impacting us worldwide "demands that we must speak of eco-justice, and not simply of domination of the earth as though that happened unrelated to social domination." The U.S. is one of the countries contributing the most to climate change, while being least at risk. One of the most impactful individual actions is being mindful of our consumption practices, especially regarding food, clothes and technology. Acknowledging the people and women most vulnerable to the climate crisis forces us to put a face to the victims of our everyday choices.

## Celebrating Wildlife

Designed by: Makylie Bean - Visual Media Designer

APRIL 6-12 | COLOR ME WILD

# NATIONAL WILDLIFE WEEK

### HISTORY

DURING THE FIRST FULL WEEK OF APRIL, NATIONAL WILDLIFE WEEK STANDS AS THE LONGEST-RUNNING PROGRAM OF THE NATIONAL WILDLIFE FEDERATION. FOUNDED IN 1963, ITS PURPOSE IS TO INCREASE AWARENESS AND PROMOTE CONSERVATION OF THE WORLD'S MOST ENDANGERED CREATURES.

### ENDANGERED SPECIES

 AMUR LEOPARD	CRITICAL, 130 LEFT
 SUNDA TIGER	CRITICAL, 400-600 LEFT
 MOUNTAIN GORILLA	ENDANGERED, 1,063 LEFT
 BORNEAN ORANGUTAN	CRITICAL, 104,700 LEFT
 HAWKSBILL TURTLE	CRITICAL, UNKNOWN

### VOLUNTEER

- SNOHOMISH CONSERVATION DISTRICT
- WHALE SCOUT
- KING COUNTY ENVIRONMENTAL

### DONATE

- WILDLIFE CONSERVATION SOCIETY
- WORLD WILDLIFE FUND
- DEFENDERS OF WILDLIFE
- OCEANIC SOCIETY

SOURCE: NATIONAL WILDLIFE FEDERATION, WWF

# Wasted Food, Wasted Opportunity: The U.S. Food Imbalance

Written by: Belen Villalobos Plascencia  
- News Reporter  
April 2026

Millions of people in the United States face food insecurity on a daily basis, yet the [U.S. Food and Drug Administration](#) has estimated that 30-40% of the entire food supply in the U.S. goes to waste. With Earth Month underway, we should ask a crucial question: what if the solution to feeding millions of those who go hungry was already sitting in the trash from our homes?

The United States wastes nearly a third of its food supply, creating consequences on an environmental, economic and social level. There are national efforts being made to reduce food waste by 50% by 2030, with current trends suggesting that the country is falling short of that goal, according to researchers at [University of California Davis](#). Food waste occurs at every stage of the supply chain, from production and distribution to retail and consumption. However, a large portion happens on a consumer level. According to the [U.S. FDA](#), 20% of a household's food waste comes from confusion over food date labels. Labels that say "best by" usually indicate quality rather than safety, yet many consumers discard food before its actual expiration date.

Food insecurity continues to affect millions in the U.S., including college students. With the rising costs of tuition, housing, and groceries, it has become difficult for students to access nutritious meals. On college campuses, food waste is often tied to daily habits and challenges in schedule. Dining hall portions, bulk grocery purchases and limited time for meal preparation can lead to uneaten food piling up. On top of that, many students struggle with either knowledge or space for proper food storage, which increases the likelihood of spoilage. These factors contribute to both financial strain and unnecessary waste.

The environmental consequences of food waste are substantial. When food is discarded, all of the resources used in its production, such as water and energy, are wasted as well. According to [UC Davis](#), wasted food also accounts for 8-10% of global greenhouse gas emissions. This is due to the decomposition that occurs in landfills, which produces methane, a potent greenhouse gas. [According to NPR](#), methane is capable of being 28 times more potent than carbon dioxide, making food waste a major contributor to climate change. This signals that reducing food waste is not only a matter of food access, but also an important environmental priority.

Policy efforts to address food waste have produced mixed results. Many state-level strategies focus on recycling methods such as composting and anaerobic digestion. While these approaches can help divert food from landfills, researchers argue that they are often prioritized over more effective solutions like prevention and food rescue. "We have a huge portion of the American population that is suffering from food insecurity, yet we waste more than a third of the food we produce," said researcher Sarah Kakkadellis of [UC Davis](#). "Instead of recycling our excess food, we should be directing as much as we can to populations that need it." Even with current policies in place, Americans are projected to generate an average of 328 pounds of food waste per person annually as stated by UC Davis. This is double the federal target, suggesting that without stronger prevention strategies, national goals will remain out of reach.

The economic impact of food waste is also significant, costing billions of dollars each year. A [2026 report from the U.S. Food Waste Pact](#) found that unsold food at grocery stores in-

creased by 77,800 tons between 2023 and 2024. [According to Waste Today](#), this resulted in a \$26.9 billion loss. Although the rate of waste has decreased slightly in relation to inventory, the total volume of wasted good continues to stay high.

An alternative approach to reducing food waste and insecurity is food sovereignty, an idea that focuses on local control over food systems with sustainable practices and accessibility. Systems encouraging food sovereignty prioritizes shorter supply chains and stronger connections between producers and consumers, which can reduce waste during transportation and storage, as stated by Hannah Wittman in a [ScienceDirect academic article](#). Localizing food systems help communities improve access to fresh food.

These ideas are reflected on a local level, with local organizations in the Seattle area such as [Nurturing Roots Farm](#) and [21 Acres](#). Nurturing Roots, an urban farming program based in Seattle, provides fresh products to local schools, food banks and community organizations. It also offers workshops on gardening and food preservation. Similarly, [21 Acres](#), which is based in Woodinville, promotes sustainable agriculture through community education, organic farming and climate-focused initiatives. Both organizations reinforce the importance of local food systems in addressing environmental challenges and improving food access.

At the University of Washington Bothell and Cascadia College campuses, [the Campus Farm](#) offers students the opportunity to grow their own food through adopt-a-bed programs. Furthermore, students have access to shared resources such as the food forest. [The Food Forest](#) provides a variety of edible plants year-round

and is fully accessible to students, reinforcing the idea that food can be both sustainable and shared within a community. According to the [UWB website](#), UW Bothell has been free of both pesticides and synthetic fertilizers since 2006. We also have on-site composting systems and diverse planting practices that promote healthy soil, thus reinforcing responsible food production on campus.

Students can also take steps to reduce food waste in their daily lives. The FDA recommends planning meals in advance and shopping with a list to avoid over-purchasing. Having proper storage space can also help, like keeping refrigerators at or below 40°F and freezing food items to extend shelf life. Other tips that students can easily do include saving leftovers, sharing leftovers or excess food with friends, or donating unopened items to food banks. Another way to reduce waste when shopping is to choose a product that looks bruised or "imperfect," which is usually discarded due to appearance rather than quality. Furthermore, understanding food labels and expiration dates can help students avoid throwing away food that is still safe to eat.

Individual actions may seem small, but they play a crucial role in addressing a much larger issue such as food waste. Reducing food waste not only preserves resources and lowers greenhouse gas emissions but also creates opportunities to redirect food to those who need it most. As Earth Month brings environmental issues to light, food waste remains a clear example of the imbalance within the U.S. food system. Greater awareness, education, and community-based solutions will be essential in closing the gap between waste and need.

## Make a Sweet Treat With Overripe Bananas!

Comic by: Atharva Barad - CELR Student Contributor

**How to make BANANA BREAD**  
By: Atharva Barad

Here's what you'll need:

- 3 very ripe BANANAS
- 2 large EGGS
- 3/4 cup COCONUT SUGAR
- 1/4 cup MELT. BUTTER
- 1/2 cup NF GREEK YOGI.
- 1 tsp BAKING SODA
- 1 tsp CINNAMON
- 1/2 SALT
- 1 1/2 cups ALL PURP. FLOUR
- 1 tsp VAN. EXT.

\* Don't forget to preheat your oven to 350°F and use a GLASS PAN

So, you wanna know how to make banana bread?

First, you wanna mash your BANANAS

And then, whisk in your EGGS, BUTTER, YOGURT, SUGAR, and VANILLA

Briefly mix in SALT, BAKING SODA, and CINNAMON

Fold in your FLOUR right after.  
\*Don't over-mix!

Now you want to pour the mix into your tray!

BAKE for 40-50 min (350°F)

VOILA! \*Let it cool for 15-20 min. before eating

\*ENJOY!

# Exciting Events Coming to Campus this Spring!

Written by: Miles Lewis  
- Campus Life Reporter  
April 2026



Image Credit: [GatherUWB](#)

Hey Huskies, are you looking to have some fun as we enter into the spring quarter? Look no further, there are many events planned on campus.

The biggest multi-event festival coming up is SpringFest, expected to happen from May 18 to May 22. SpringFest is a week-long event planned by UW Bothell and Cascadia College, bringing communities from both

colleges together. It's a collaboration between College Student Life and Events & Advocacy Board (EAB) and Student Engagement & Activities (SEA).

While there is no specific SEA theme set as of now, Pauline Tolentino, SEA Assistant Director, says that this year's theme will aim for a "floral, nautical/beachy, sun, and PNW in bloom elements." Events are still in the works for this year's SpringFest, but students can expect a lot engaging activities including rides, arts, crafts, games, food, music and more. An event confirmed so far will be a Kickoff Event, which will have a carnival, arts and crafts, and possibly a petting zoo. This exciting event will take place on campus and mainly on the sports field on May 18. The next day, will be Clubs Day, where Cascadia and UWB clubs will be tabling at the ARC Overlook.

Previous fan-favorites from past SpringFest involved the train, carnival rides, petting zoos, drag bingo, trivia, cupcake decorating, rave, and more. Some featured events included "SpringFest Kickoff Carnival," "Pies and Thighs: Drag Bingo," "Win-It Wednesday," "Spring Film Fest," and "Campus Farm Tours."

A total of around 3,000 attendees were at SpringFest across all events from Cascadia College and UW Bothell. Tolentino says, that "we hope to see that many, if not more, at this year's SpringFest."

Aside from SpringFest, cultural events hosted by the Vietnamese Student Associ-

ation (VSA) and the Filipino American Student Association (FASA) are also expected to take place this spring.

VSA will be holding their annual show. This year is titled titled "Once Upon a Time." The performance will embody mythological legends stemming from Vietnam. According to VSA President Hanson Hyunh, "Vietnamese myths and legends serves as records imbued with national identity and pride." Hyunh also goes on to say that they "carry moral lessons and traditions for generations to learn from." Attendees can expect live performances, traditions and acting at VSA's cultural event on May 2. Follow their Instagram ([@vsauwb](#)) for more updates.

FASA will also host a cultural celebration this Spring called FASAP! This event will be held on May 2 from 5:30 PM to 8:30 PM at the ARC Overlook. FASAP will have food from CheBogz, traditional dances and musical performances from Kissmark, a PNW based band. This year's theme will cover a college student assigned to write a story about her Filipino identity, questioning "Am I Filipino Enough?" FASA currently holds biweekly meetings on Wednesdays from 5:45 PM to 7:45 PM which are open to all students. You can also follow their Instagram ([@fasa\\_sa\\_uwb](#)) for more updates.

Save the date for SpringFest and stay tuned for more campus club events this lovely season!

## Fandom, Art and Culture

Designed by: Anika Anderson - Visual Media Designer

**NATIONAL ANIME DAY**

**WHAT IS ANIME DAY?**  
A celebration of Japanese animation (anime), its global impact, and the fan community that keeps it alive observed on April 15<sup>th</sup> annually!  
Celebrated all the way back in 1975 in Japan. Now observed worldwide!

**ANIME FUN FACTS**

- 1917: Namakura Gatana (by Jun'ichi Kōuchi), 4-minute anime, among the oldest surviving examples
- 1963: Osamu Tezuka creates Astro Boy, and first popular anime TV series exported to the West
- 1975: Comiket begins in Tokyo which grows into the world's largest anime/manga fan convention
- 2003: Spirited Away (by Hayao Miyazaki) wins an Oscar, which was the first non-English animated film to do so
- 2006: National Anime Day was established, spreading worldwide through fan communities

**WHERE TO WATCH**

- Crunchyroll
- Netflix
- Hulu
- HBO

**ANIME AND MANGA RECOMMENDATIONS**

**Name:** Sailor Moon  
**Where to Watch:** Tubi and Hulu  
**About:** Usagi Tsukino, a clumsy teenager, becomes Sailor Moon and teams up with her friends to fight evil and protect Earth and the Galaxy with help from Luna, Artemis, and Tuxedo Mask.  
**Writer:** Naoko Takeuchi

**Name:** Death Note  
**Where to Watch:** Netflix and Crunchyroll  
**About:** Follows Light Yagami, a genius student who finds a notebook that kills anyone whose name is written in it. The vigilante Kira tries to create a crime-free world, while the detective L works to stop him.  
**Writer:** Tsugumi Ohba

**HOW TO CELEBRATE**

- Binge watch or read your favorite manga or anime
- Dress up as your favorite anime or manga character
- Make food or drinks that are in anime. Example: Omurice in various anime
- Draw and make crafts like keychains, stickers, etc., inspired by an anime or manga
- Share your favorite anime scenes, join anime chats, and connect with others

## Lights, Camera, Action

Designed by: Hanin Nazifa - Visual Media Designer

**Movie Theatre Day**  
APRIL 23, 2026

- Celebrates the cultural importance and experience of movie theatres
  - Movie theatres create a communal space for bonding
- The day is inspired by the historical significance of the first movie theatre, called Nickelodeon, which opened in Pennsylvania in 1905

**FAVORITE SNACKS**

GUMMY, CHIPS, BUBBLE TEA

**LOCAL MOVIE THEATRES**

- AMC, Woodinville
- Anderson School Theatre, Bothell
- Regal, Alderwood
- Cinemark, Totem Lake Kirkland

**RECENT RELEASES**

- APEX
- The Mummy
- The Drama
- Mercy

source: <https://www.daysoftheyear.com/days/movie-theatre-day/>

# Hoppers: A Beaver Dream Gone Wild

Written by: Kairi Rojas  
- **Managing Editor**  
April 2026



Image Credit: Freepik

Warning: Major spoilers ahead!

I, like many others, had been eagerly anticipating the release of the new animated sci-fi comedy, *Hoppers*, because of the viral sensation of Tom the Lizard. Voiced by Tom Law, this goofy little lizard had me genuinely giggling over my phone screen. Previously, I did not see a lot of trailers or promotions for this upcoming movie, just the circulating online memes over this hilarious, slightly delirious and yet oddly relatable, lizard. Due to the overexposure of Tom the Lizard, I thought he would have more of a central role in this movie. I was disappointed to find out he just appeared occasionally for comedic relief.

The story begins, as all Disney and Pixar movies start—with emotional damage. The movie introduces the heartfelt relationship between a grandmother and a young animal enthusiast Mabel, who share a bond over their love of a local forest glade. The storyline lulls you into a false sense of security before the plot becomes one of the most

unhinged storylines, I have ever seen Disney produce. This film twisted into an unhinged like a fever dream (or more appropriately, a “beaver dream”).

Mabel, voiced by Piper Curda, finds technology that her professor made which helps humans “hop” their consciousness into lifelike animal bodies. Naturally, Mabel hops her consciousness into a lifelike beaver; not a majestic eagle or lion, Disney really was like rodent representation matters and honestly, I didn’t hate it.

Mabel makes friends with actual beavers, specifically King George, voiced by Bobby Moynihan. She then asks for his help to restore the forest glade. King George agrees to help, and they decide to call for back up from the other animal kingdom kings and queens including the: Insect Queen, Bird Queen, Fish Queen, Reptile Queens and Amphibian King. This is when the story line starts scattering and becomes a bit confusing, while sticking to the main goal of saving this forest glade from destruction for a new highway appointed by the town’s mayor.

During this discussion with the kings and queens, Mabel “accidentally” smushes the Insect Queen, a butterfly, by clapping her hands during a frustrating conversation over whether all the animals/insects should help them save the forest glade.

Yes, we all know Disney is notorious for killing off family members early in the movie. We’ve got Nemo’s mom from *Finding Nemo*... dead. In *Big Hero 6*, Hiro’s brother Tadashi... dead. Bambi—Bambi’s mother? You guessed it: dead. Mufasa from *The Lion King*? Also, dead.

And now Mabel enters the chat and casually smushes a butterfly the way the Voodoo Man

smushed Ray in *The Princess and the Frog*, with absolutely no remorse. It was hilarious, but also completely diabolical. And honestly, for a kids’ movie, I wasn’t expecting to question whether Disney is subtly promoting insect abuse... but that’s a conversation for another day.

From then on, the movie goes to all the animals trying to kill Mabel now, to revenge the lost insect queen. The queen’s line was continued by her son, King Titus, voiced by Dave Franco, who leads this vengeance. The animals ended up kidnapping the humans (Mabel and the scientist) and revealed the secret that Mabel is not actually a beaver.

Overall, this movie has twisted humor and turns, but that is what’s part of its charm. The plot was very Disney, with the death of the grandma being the ambition which drives Mabel. One thing different than most Pixar and Disney formulas, is that the humor takes a darker turn and once you watch the movie, you will truly understand why I use the word “unhinged” the most to describe it. The storyline feels oddly reflective of real-world issues, just with significantly more talking animals and dramatically higher stakes for insects. If anything, *Hoppers* suggests that if animals were in charge, things might turn out a little more harmonious... or at least more entertaining.

There appears to be a clear (though entirely unscientific) correlation between internalizing the moral lessons of Disney films and the potential for a more empathetic, environmentally conscious society. I think if audiences took even half of these messages more seriously; respecting nature, valuing community, and perhaps refraining from smushing butterflies, the world might, just might, be a better place.

## Local Business Review: Bloom Energy Bar

Written by: Aysha Siddiqui  
- **Assistant Editor**  
April 2026



Image Credit: Aysha Siddiqui

Tucked into a small Pop-Shop on Bothell Main, Bloom Energy Bar is bringing vibrant energy Italian sodas conveniently near campus. With a weekly specialty menu, students can try unique new flavors each week.

Bloom Energy Bar is a local small business serving “specialty energy drinks and Italian sodas” as described by co-founder Liyan. They focus on creating an experience for customers with fun visuals and flavor combos. Each drink is served with halal candy on top for a decorative and delicious treat.

Their most popular flavor is Moonlight, a dragon fruit, mango, blue raspberry drink with vanilla cold foam. Other popular drinks include Tutti Frutti, Starburst, and Mint Cold Brew. Drinks showcase fresh fruit and candy flavors, making them the perfect summer treat.

Red Bull and Lotus energy are the base for many of their drinks. However, due to the high customizability, drinks can be made caffeine-free with club soda.

Changing every couple of weeks, Specialty Menus feature unique flavor combos for customers to try. The flavors are seasonal with their Valentine’s week menu featuring all pink and

red drinks. In addition to the weekly specialty drink menu, customers can customize their own favor using their array of syrups and topping options. They also serve dairy-free options with oat milk creamer and coconut cream. In the future, they hope to bring smoothies and more flavors, including their recent addition of matcha.

You can find them in downtown Bothell, just a five-minute drive from campus. As an energy drink company, proximity to campus for energy drink makes them a student hot spot. Liyan mentions that as a small business founded by UWB alumni, the customer base and community they build is important and personal to them. She goes on to say how they started about two years ago as a pop-up store at different public and private events and recently established a location in the Bothell Pop-Shops allowing them to grow their customer base.



# The New Millionaires' Tax in Washington State

Written by: Danny Aguilar  
-News Reporter April 2026

On the Washington State House floor, over 24 hours of bickering and endless filibustering targeted [Senate Bill 6346](#), the controversial bill known as the "Millionaires' Tax." This bill seeks to impose a 9.9% levy on households with income above \$1 million a year. Falling mostly along party lines, state Republicans vehemently opposed the bill, arguing a wealth exodus of millionaires leaving to other states would occur, greatly reducing the tax generated. Moreover, economic growth from key economic powerhouses within the state, such as Starbucks and Boeing, would dissipate, further stripping away these key household names in Washington.

Many state Republicans saw this day as a form of fiscal suicide. Matt Marshall, a Republican state representative from Eatonville said "We have lost the trust of the people. This is a dark day in Washington's history," on the [Washington State Standard](#). Despite the fears of state Republicans, on March 30, 2026, Washington Governor Bob Ferguson, a Democrat, signed the bill into law at a ceremony in Olympia.

"Adoption of the historic Millionaires' Tax makes our tax system more fair, and means free meals for K-12 students, the largest tax break in state history for small businesses, eliminating the sales tax for baby diapers, and sending a check to nearly 500,000 working families to make life more affordable," Ferguson [said at the ceremony](#). Explaining further on what this tax entails, the Millionaires' Tax impacts an estimated 30,000 households, generating at least four billion in tax revenue each year, [The New York Times reported](#). As the Washington state legislature toes the line on a budget deficit, the additional revenue would support core government services for the state and allow investment into systemic problems for working families. Clearly, the lackluster tax revenue spurred state Democrats to entrench themselves in establishing a change for the state's tax structure.

Economists rank the state's tax system as among the most regressive in the country, according to the [Tacoma News Tribune](#). According to [Investopedia](#), regressive tax systems function based on applying taxes uniformly regardless of income. To illustrate, in Washington state, sales tax for baby diapers disproportionately affects those with lower incomes by taking a larger share of their earnings. Unlike most

states, Washington's lack of income tax forces the state to rely heavily on sales tax. From the [Washington State Fiscal Information](#), almost 50% of taxes generated came from retail sales and use tax. From this, the controversy of Washington's state tax code creates claims that it fails to acknowledge different income levels.

Proponents of the Millionaires' Tax argue this upside-down tax code fails to make Washington millionaires pay their fair share of taxes; others say Washington tax code formed from an agricultural-based economy, outdated for a state that transformed into a service-based economy in which it needs to help the state's poorest residents. Rick Steves, an Edmonds-based writer and millionaire wrote in an op-ed at [My Edmonds News](#), "After year of receiving a Bush-era tax break for the wealthy that I didn't need — I noticed that to pay for that tax cut, public funding for community programs and institutions was being decimated." Additionally, an op-ed on [The Olympian](#) by Rachael Myers and Emma Scalzo, both part of organizations intended to help working families, argue the Washington's tax system became obsolete through the state's economic shift from agriculture to service, ignoring issues like affordable housing and homelessness services. "People become homeless in different ways, but they remain homeless for one primary reason ... it is the direct outcome of an upside-down tax code that leaves our state without the resources to build and preserve affordable housing at the scale this crisis demands to provide the support and services people need to thrive in those homes," they wrote. While many in favor of this law celebrate the makeover of turning Washington's tax code into a more progressive tax system, that strives to make high income earners make them pay their fair share; challenges lie ahead for this law.

Washington state's lack of income tax stems from the definition of property in the state's constitution. In a 1933 state Supreme Court case, it was ruled that income is considered property under the state constitution, making income tax unconstitutional as it infringed on property. This quickly motivated multiple groups to challenge the Millionaires' Tax. Former state Attorney General Rob McKeena said this law is unconstitutional. "Washington's constitution is clear ... income taxes are unconstitutional under existing law," reported

by the [Washington State Standard](#). In addition, popularity seems to follow under the side of no income tax as Washington voters have rejected income tax measures at the ballot box ten separate times.

An op-ed from the editorial board on Wall Street Journal, "[Washington State's Income Tax Con.](#)" claims the Millionaires' Tax functions as a hidden crowbar to slowly lower the threshold, encroaching on middle-class Washingtonians as politicians demand even higher taxes. "Spending soars with the new revenue, and politicians demand even higher taxes ... And Democrats claim Donald Trump is the threat to democracy," the editorial board wrote. The income tax would begin generating revenue in 2029; however, uncertainty exists for the future of the Millionaires' Tax as it faces legal challenges, and direct opposition that puts the tax in jeopardy.

[KUOW](#) reported that the Washington's Supreme Court has agreed to weigh in on the constitutionality of the law, examining the "necessity clause" that prevents a voter referendum from interfering with the tax.

From fierce debates to legal hurdles to impede the tax, figuring out whether 'millionaire migration' occurs under a progressive tax system requires finding several variables that make it difficult to solve. "There's a lot of different factors to go into it ... someone who moves who is affected by the millionaires' tax could say, 'Oh, well, maybe they moved because of the millionaires' tax,' but maybe it's something they were already considering because of various other factors either employment opportunities or even family concerns," Economics Association Vice-President at UW Bothell, Thomas Purchas said.

Between balancing generating revenue for the government and incentivizing individuals to work, many policymakers and lawmakers fear taking the risk to tax their wealthy residents, given their ability to easily move to other states with no income tax such as Texas or Florida. "Rich people have the mobility to move around ... it's hard to tax the rich," Economics Association President at UW Bothell, Eren Asmaz said. Whatever the future holds for the Millionaires' Tax, it is clear the debate whether to tax wealthy individuals will continue within Washington State and the rest of the United States.

## WAYMO's Launch in Greater Seattle, Washington

Written by: Rohit Jesudoss  
- News Reporter  
April 2026

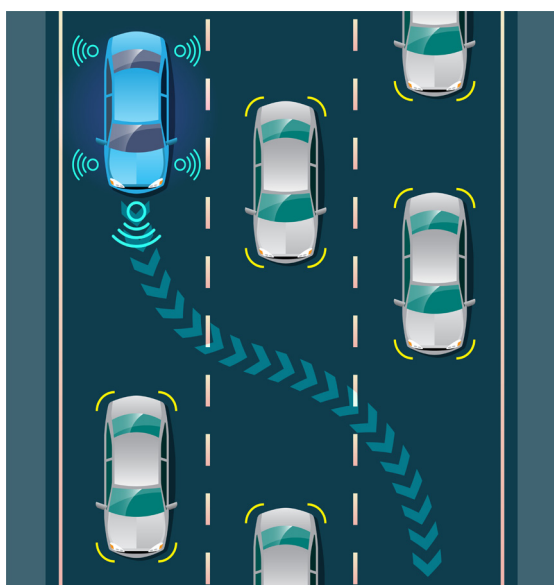


Image Credit: Freepik

Waymo, the fully autonomous vehicle operated by Alphabet, has expanded to Washington, with [vehicles spotted](#) in the Seattle and Bellevue area.

Alphabet's Waymo has been providing public, driverless rides since 2020, with operations already running in Phoenix, Arizona and San Francisco, California. However, they've further expanded into metropolitan cities including Florida, Georgia and Texas. While rides are not yet available to the public in Washington, Waymo does have plans to open it up after concluding their testing phase. Waymo's expanding presence begs numerous questions concerning public confidence, safety, and broader implications which include how autonomous transportation may impact human taxi and rideshare drivers due to reduced demand.

Waymo began at Google, a subsidiary of Alphabet Inc., [in 2009](#), setting out on a

challenge to drive autonomously over 100-mile routes, which it succeeded in. Later, Waymo became an independent subsidiary of Alphabet Inc., with the mission to make transportation safe and easy. By the late 2010s, Waymo extended invitations to their Early Rider Program to residents in Phoenix, Arizona to collect user input and launched the world's first commercial autonomous ride-hailing service with Waymo One.

Fast-forward to the 2020s, Waymo made extraordinary progress beginning with the expansion of Waymo One beyond the Phoenix metropolitan area. The company launched their rider-only service in San Francisco, California, and transitioned to an all-electric fleet. Waymo continues to collect user input to improve their services and expand their operations to more cities, which, of course, now includes the Seattle metropolitan area.

While much of the public continues to be hesitant about Waymo’s autonomous fleet and safety, Waymo is committed toward safety in every vehicle. Waymo Driver, the name of Waymo’s autonomous system, is built on [over 170 million miles](#) of on-road experience without human intervention. [The sixth-generation Waymo Driver](#) comes equipped with a 13-camera system, four lidar and six radar sensors, and even external audio receivers for better autonomous capability. It additionally [utilizes a multi-modal sensing suite](#) which includes a high-resolution camera system, advanced imaging radar, and lidar that can navigate even through a rare and complex situation.

The Waymo Driver isn’t another driver assistance feature like blind-spot monitoring or adaptive cruise control, but includes real, safe autonomy. In fact, Waymo prides themselves on the safety of their autonomous fleet. [Waymo says](#) compared to an average human driver, over the same distance in their operating cities, the Waymo Driver had 92% fewer severe crashes, 83% fewer crashes involving airbag deployment, implying Waymo had less severe crashes, and 82% fewer damage-causing crashes. Waymo additionally reported 92% fewer pedestrian crashes, 85% fewer cyclist crashes, and 81% fewer motor-

cycle crashes, which demonstrates Waymo’s serious commitment to safety.

Waymo vehicles in Washington remain in the testing phase, which is essential to give time to collect the necessary data and ensure safety. Data collection in Washington is especially important due to our wet terrain compared to the drier roads in the Phoenix or San Francisco metropolitan area. Waymo’s ability to operate without human intervention may not be possible in Washington at the moment due to city policy. For autonomous vehicles, the [Seattle Department of Transportation \(SDOT\)](#) requires a human driver to be present at all times in order to take over, should there be an issue. The SDOT added that in places like Seattle, additional local city requirements exist, which means public Waymo use could be delayed here. For reference, California and Arizona have more lenient regulations which makes it easier for the company to scale.

Waymo’s uncertainty here may upset many tech savvy professionals, but equally come as a relief for Seattle’s taxi and ride-share drivers. Generally, Waymo’s presence continues to attract concern as drivers wonder if autonomous vehicles will replace them.

[According to Yahoo News](#), protests against Waymo erupted in Seattle in late Oc-

tober of 2025, where members of the Washington Drivers Union advocated against driverless cars as they may destroy local jobs. Peter Kuel, president of the Drivers Union, shared that the shift to driverless cars is one that he doesn’t believe he or his members will make it through. [Quartz News](#) reported that in cities where Waymo is operating, like Austin, Los Angeles, and San Francisco, drivers’ hourly base pay fell year over year. Quartz News added that these drivers are earning a bit more per ride, though they’re completing fewer rides. In other words, drivers are pushed to work longer to make the same amount they previously earned. In San Francisco, Waymo is quickly gaining market share at the expense of Uber and Lyft. [Earnest Analytics](#) provided data in which Uber’s and Lyft’s market share fell 8% and 4%, respectively.

With expansion planned in more cities, Waymo could see even bigger share gains, justifying many drivers’ concerns over job security. Ultimately, Waymo’s future in Seattle is uncertain and dependent on if the city can offer a fast and clear transition to autonomous operation while addressing drivers’ concerns on whether Waymo will take their jobs.

## The Bunny Who Beat Artemis II to the Moon

Comic by: Mahnoor Asim  
- **Comic Artist**  
**April 2026**

Artemis II marked NASA’s bold return to sending humans to the Moon for the first time in over 50 years, paving the way for future deep space exploration. In this playful comic, follow a speedy bunny companion as it zips around the mission into the cosmos.



**Fun Fact:**

The official Artemis II plush mascot named “Rise,” was designed and hand-sewn by eight year old Lucas Ye.

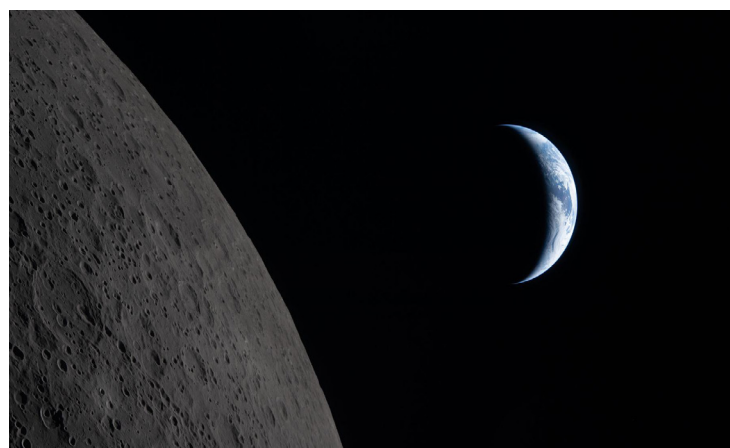
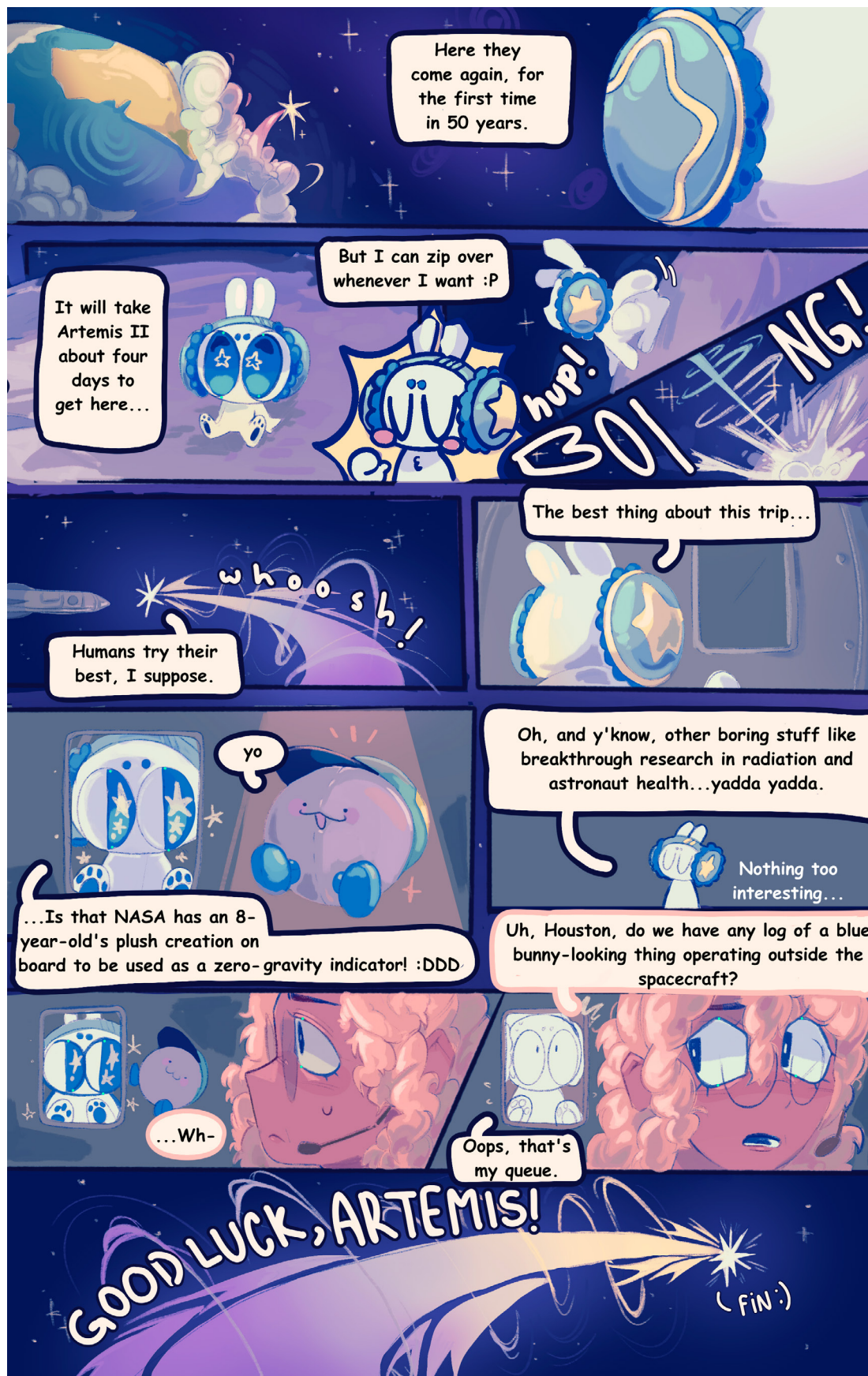


Image Credit: NASA



# Women in Business Hosts Exciting Sherwin-Williams Case Competition!

Photography by: Angelica Heimbigner  
- Campus Photographer  
April 2026

On April 10, the Women in Business (WIB) club officers hosted a competitive case competition, where students came together to develop professional skills by solving a business problem. Industry professionals judged the presentations, and cash prizes were awarded to the finalists.



WIB officers, members, and guests with certificates and bouquets



Women in Business officers posing together



First place finalists



Second place finalists



Third place finalists



Student presenting powerpoint slide to a panel of judges



WIB members posing for the camera



First place finalists introducing their team in their presentation

# Career Services: The Secret to Success

Written by: Estel Soriano Bergua  
 - **Campus Life Reporter**  
 April 2026

If there is one thing college students have in common, it's that they want free stuff. If it involves the word "free," you can expect a crowd of college kids taking advantage of food, drinks, and tote bags. So, when it comes to your career, you should do the same. One of UW Bothell's best support systems for students is [Career Services](#). Resources are included with tuition and they offer many different tools to prepare students for the workforce while in college. [According to their website](#), their mission is to "empower Huskies to explore career interests, build skills, and connect with the employment community and experiential learning opportunities." If you have never heard of them, you are missing out on some of the best tools to find your footing in the early stages of your career.

Career advisors help with resume building, finding internships, and even answering any questions about the interviewing process. Different advisors are available based on the field of study. They also have student staff who have first-hand experience in today's job market. It doesn't matter if you are a student, faculty, or alum; there is a wide array of resources available to help you succeed at UW Bothell.

Choosing a major or minor can be a challenge, and so is understanding what employment

opportunities it can lead to. One of the most useful resources for undergraduates is exploring information on the [Majors and Career Exploration website](#). If you don't know where to start with your career, the "[Career Decision Pyramid](#)" can be a great place to start. Additionally, the pyramid can help identify personal levels of career clarity and what the next logical step would be.

Ensuring you receive a job offer that pays what your work is worth is one of the most crucial job skills. The website also has a section dedicated to [salary negotiation tips and resources](#). Their best advice is to research salary trends and ensure you know what to expect when it comes to financial decisions surrounding your career. It is advised that candidates who negotiate their salary usually end up with higher pay and are seen as stronger candidates by employers.

Responses from the Career Services Student Experience survey showed that students are aware of the resources available and access them when necessary. Students highlighted their primary use of career services to be for resume review and LinkedIn help. The consensus from the survey was that the experience with career services is always pleasant and recommended to other students. Leena Peerzada, a senior studying Media and Communications, reflected on her experience, advising students to "use career services early and often" to ensure success.

This spring, Career Services will be avail-

able for in-person and virtual services from 9AM-4PM on Mondays-Thursdays and 9AM-2PM on Fridays. Their drop-in hours are Monday-Thursdays from 1:30PM-2:30PM and Fridays from 11:30AM-12:30PM. To schedule an appointment with Career Services, log into Navigate and select the Career Services care unit. Students can choose from the following services: resume/cover letter reviews, LinkedIn profile reviews, job search strategies, mock interviews, health & natural Sciences appointments, and graduate school advising.

Career Services also hosts a variety of events during the academic year for students to attend and network with employers. Coming up, they will be hosting their annual Spring Job and Internship Fair, on Tuesday, April 21 from 10:30AM to 2PM in the ARC Overlook.

With the rise of artificial intelligence in the workplace and employment uncertainty, today's job market can be stressful to navigate. You don't have to struggle and figure this out all by yourself since being part of university is looking to more experienced adults and classmates for advice and support.

We are all on this journey together and whether you are looking for a full-time job, or just exploring where your major might take you, Career Services can help. For additional information and questions, visit their office at UW1 or email them at [career@uw.edu](mailto:career@uw.edu).

# ASHRAE's Engineering Panel Sparks Connections

Photography by: Myo Zaw  
 - **Campus Photographer**  
 April 2026

On April 10, the ASHRAE Club held an industry night featuring professionals in the HVAC and MEP fields who shared insight into their work. The event gave students the opportunity to learn about career paths, opportunities, and industry expectations while networking with professionals.



Panelist discussion



Industry professionals and attendees posing (top and bottom)

This event was hosted by the American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) Club at UWB.

**ASHRAE**

Mission: "To serve humanity by advancing the arts and sciences of heating, ventilation, air conditioning, refrigeration, and their allied fields. To provide a community for HVAC engineers to foster connections and participate in tours."

Check them out on [GatherUWB!](#)



# Club Council's Heritage Night Brings Campus Together

Photography by: Gary Norris  
- **Campus Photographer**  
April 2026

On April 3, Club Council hosted Heritage Night at the ARC Overlook. The event celebrated the diverse cultural clubs on campus, featuring a fashion show, food from around the world, and several dance performances. Students connected with one another through music and shared interests.



Fardowsa Mohamud opening the night with Club Council student staff



Henna artist drawing a floral design



Student tabling and representing Palestinian heritage



SASA members playing a boarding game



Cultural dance performance



Imaan Mohiuddin (left) and Bietna Haile (right) on the walkway



Students having fun on the walkway



CEB student staff helping at the check-in table

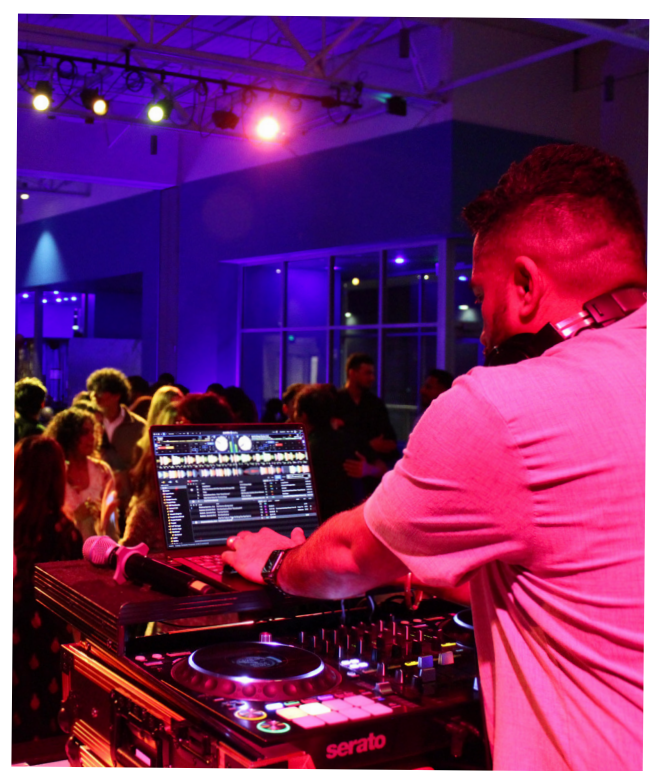
# A Vibrant Gallery of SASA's 2026 Desi Night

Photography by: Ashley Tsang  
- Editor-in-Chief  
April 2026

On April 18, the South Asian Student Association (SASA) club hosted their annual Desi Night at the ARC Overlook from 6-11PM. The large scale event brought students together to celebrate South Asian culture, featuring music, dancing, fashion and traditional food.



Food was catered by Hello! India in Everett and included hakka noodles, chilli paneer, chilli chicken, and mango lassi.



DJ sets were provided by Tanveer Sangha, with live dhol performances by Harmen, as students danced late into the night.

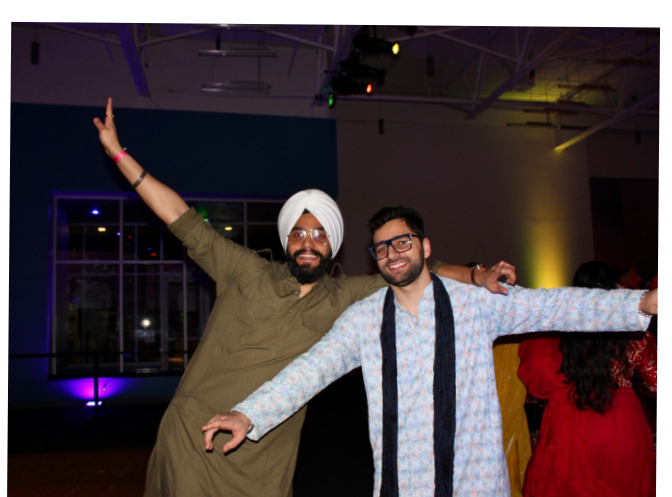


Friends having fun at the photobooth

For more, visit [@sanghasoundsent](#) and [@harmendholi](#) on Instagram!



Students posing in cultural clothing



# Get to Know Your 2025–26 Student Reps! ASUWB Internal Affairs Coordinator

Written by: Ashley Tsang - Editor-in-Chief  
April 2026



**Internal Affairs Coordinator**  
Dagim Woldemichael  
He/Him  
Major: Economics  
Minor: Policy Studies

**You previously served as the Policy & Personnel Coordinator. How does your current role differ from that experience? How have you adapted to these changes, and what continues to drive your passion for student advocacy?**

“The Policy and Personnel Coordinator position and the Internal Affairs Coordinator have the same responsibility; the only difference is the name because the current (2025-2026) team changed it. What continues to drive my passion for student advocacy is the fulfillment I get for being able to voice student concern to admin and faculty.

Last year and this year, I was able to work with both the Senate and Board of Directors on different campus initiatives and Senate formation, which allowed me to learn and gain insight into how student government advocacy works and the effect it has on student life and success.

One of the main projects I worked on this year is the creation of the Health and Wellness Fee initiative to protect our wellness services we currently have on campus and expand more services in order to support students’ well-being.

We were able to advocate for students to decide the amount of the fee to be implemented as well as if students are willing to have the fee. Throughout this project, we were able to learn about students’ opinions regarding the current wellness services and their willingness for the fee, which will allow the next year’s team to use those data in order to make efficient advocacy to protect our current wellness services.”

**What message do you have for students about voting in next year’s elections, and where can they learn about the candidates?**

“I would like to let students know that their vote decides who will advocate for them throughout the year and continue our advocacy efforts. They can learn more about the candidates on our website as well as the election committee’s Instagram (@asuwbvote).”

**What do you enjoy doing in your free time?**

“In my free time I enjoy spending time with my friends and family, cooking, hiking, watching TV shows, and exploring new food spots.”

## Kickoff Event: A Sneak Peak at Your ASUWB Candidates

Photography by: Gary Norris  
- Campus Photographer  
April 2026

Meet some of the ASUWB candidates who were at the Kickoff Candidate Fair on April 14 in the Plaza! Students had the opportunity to ask questions and connect with the candidates. Save the date for the Final Candidate Fair on April 30, from 3 p.m. to 5 p.m. in the Plaza.



Elysse Trujillo,  
President Candidate



Caleb Rotchstein,  
Director of Government Affairs  
Candidate



Hailey Ngo,  
Director of Finance Candidate



Jose Lopez-Cruz,  
Director of Finance Candidate



Lakshey Hooda,  
Director of Finance Candidate



Venkata Kurmapu,  
Director of Finance Candidate



Pidu Phin,  
Director of Community  
Partnerships Candidate



Vame Zittle,  
Director of Community  
Partnerships Candidate

# Doomscrolling Through College: How Harmful is it Really?

Written by: Zoya Merakov  
- Campus Life Reporter April 2026



Image Credit: Freepik

It takes just one swipe to come across a new TikTok trend, funny Instagram reel, and niche YouTube short. Just one more video, well maybe another one, and really, what's one more? And then... Oh no, you've just spent the entire evening mindlessly scrolling instead of completing your homework assignment due at midnight. Has this ever happened to you? Don't worry, you're not alone.

Even though people of all ages use social media, college students have been using it the most compared to any other generation. According to the [Pew Research Center](#), roughly "98 percent of current college and university students use some form of social media daily." Most current college and university students also spend an "average of 4.5 hours a day on popular social media platforms like YouTube, TikTok, Snapchat, Instagram, and Facebook."

College students use social media for recreational reasons such as connecting with friends and consuming relaxing content. Students also use social media for networking, finding professional opportunities, and learning about world news. Large amounts of time spent on social media becomes unhealthy for many people. [Campus Nation](#) reveals how so-

cial media addiction affects "57% of college students, impacting their daily routines and study habits. Many prefer scrolling through social networking apps over doing homework, with 66% admitting to academic procrastination." Moreover, the endless notifications, rapid task switching, and digital overload strain are affecting people's ability to comprehend material, concentrate and retain information, according to [Ridge](#), a social media addiction treatment center for young people.

These effects occur because short-form content captures people's attention with minimal physiological effort. [The National Library of Medicine](#) describes how the prolonged consumption of short form content may primarily engage the "lower-order cortical brain regions, such as those associated with emotional processing, and suppress activity in higher-order areas responsible for self-control and attention." This pattern could heighten the susceptibility to short video addiction, with a decline in self-control. This is particularly concerning, as the ability to focus and get work done is vital for college students. Getting increasingly distracted could also lead to a decline in grades.

According to the [National Library of Medicine](#), higher usage of social media is associated with elevated levels of social anxiety due to the fear of missing out.

Excess social media usage symptoms are described by a newly coined term: "brain rot." The National Library of Medicine describes brain rot as "a cognitive decline and mental exhaustion experienced by individuals, particularly adolescents and young adults, due to excessive exposure to low-quality online materials, especially on social media."

Even though it is fun to learn new chronically online words or memes, brain rot holds ramifications in terms of one's mental health, emotional well-being and conception of self. Unintentional scrolling and social media addiction lead to a decline in executive functioning skills, such as memory, planning, and

decision-making, all of which have detrimental effects on people's daily lives. There are many [ways to combat social media addiction](#). The main idea is to remain present in the moment and make life off the screen feel as fulfilling as being online. Staying physically active, reading, limiting multitasking, going outdoors, and keeping up with loved ones are just some ways to break toxic cycles.

The [Forest app](#) is another great tool that can help with robotically scrolling through social media. In the app, users select a tree that only grows if they stay on the tab. If users leave the app, Forest urgently reminds them to focus again unless they want their tree to die. Users can also select time increments on the app, such as working for thirty minutes before being on their phone for five minutes. A more extreme solution is the Off the Grid app, which prevents users from going on their phones at all by locking them for a set period of time.

Engaging with UW Bothell's student organizations and clubs is also an excellent way to fight social media addiction. From academic, cultural, to special interest clubs, UWB has a community suited for everyone's interests and backgrounds. Depending on the activity, participating in club events could help promote in-person social interaction and encourage students to engage with hobbies like reading or going outdoors.

Ultimately, social media addiction and the resulting effects on the brain are concerning issues for college students. For the sake of students' health, it is important to be more mindful when it comes to screentime and develop hobbies that encourage off-screen activities. Participating in off-screen activities, whether it be learning a new skill, joining a club, or engaging with friends, will ensure that life outside of the phone is valuable and rewarding. The constant loop of watching TikToks and then switching the tab over to Instagram reels instead of doing something productive can finally come to an end with better habits.

## CELERY SUCKS (vile vegetable)

Written by: Alisa Darskaya  
- Student Contributor  
April 2026



Image Credit: Freepik

Sit back and read as I uncover the shocking, life-changing, gruesome details and horrors of the truth that celery hides behind its green, slippery, bitter coat.

Today, three main types exist: stalk celery that is grown for its thick leaves, celeriac, which is grown for its root, and leaf celery, which is grown for its so-called "flavorful" leaves and seeds, although whether this flavor is enjoyable remains highly debatable. In fact, something I can assure you have never heard before, is that celery is native to the Mediterranean region. Although celery's exact country of origin remains a mystery, the eastern Med-

iterranean is hypothesized to be an option. In ancient society, wild celery had symbolic and ritualistic importance. In fact, celery leaves were discovered in the Egyptian tomb of King Tutankhamun which was most likely in reference to funeral garlands.

All in all, celery has had a surprisingly interesting history. Ancient Greeks even crowned athletic champions with wild celery leaf wreaths (try saying that five times fast), and by the 18th and 19th centuries, celery had become so popular that it was occasionally displayed as a table centerpiece before being eaten. Wrongfully so, of course, given how

sickening celery is. Today, it remains a staple ingredient in cooking around the world.

Finally, let us explore the promised gruesome details on celery. Celery is highly praised as a healthy and refreshing snack; however, this claim seems deeply misleading once you have actually attempted to eat it. The flavor is not only unpleasant, but it is a strangely bitter, nauseating taste that seems to linger, just like a stubborn ghost unwilling to stop haunting a cemetery. The texture only worsens the situation. Celery has profound, long, firm strings that bury themselves in between your teeth, exactly far enough in unreachable areas.

Additionally, the celery pieces con-tort as you chew, turning a simple meal into a lengthy battle. As a matter of fact, offering someone a piece of celery almost feels like assigning them busy tasks for the day. You could hand someone a tiny piece, leave them to run errands, complete several tasks, maybe even check off some bucket list items, and return to find that poor person still chewing the same piece. Although this seems like a great strategy to deal with one of your opps causing you problems, simply sentence them to a century-long chew.

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

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