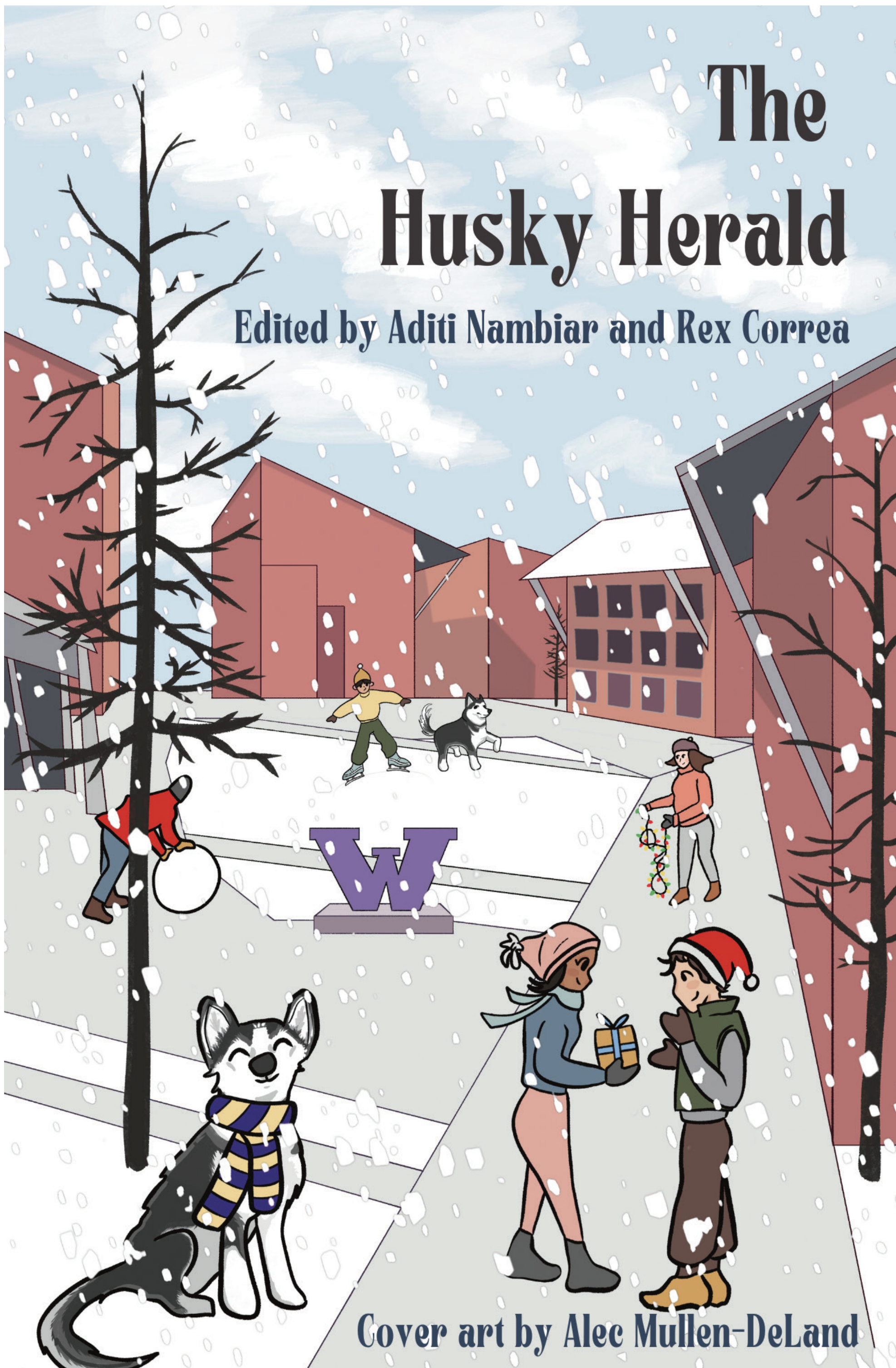


The Husky Herald

Edited by Aditi Nambiar and Rex Correa



Cover art by Alec Mullen-DeLand

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Global Advocacy and Local Initiatives: Human Rights Day 2023

Written by: Aditi Nambiar- **Editor-in-Chief**
November 2023



Photo Credit: Freepik

December 10, 2023 marks the 75th anniversary of the Universal Declaration of Human Rights (UDHR). Proclaimed by the United Nations (UN) general assembly in Paris on December 10, 1948, the UDHR is a document that lays out the inherent, fundamental rights that all human beings of this world are entitled to – irrespective of a person's identities including but not limited to race, religion, language, national, social, or ethnic origin, political opinion, or any other status.

The UDHR is the world's most translated document, being available in more than 500 languages, as stated by the UN. Known as one of the world's most groundbreaking global pledges according to the UN, the UDHR serves "as the foundation for an expanding system of human rights protection that today focuses also on vulnerable groups such as persons with disabilities, indigenous peoples and migrants."

Upholding human rights is continuous work that takes a collective effort from individuals and communities at all levels. With growing global challenges of conflict, exacerbating disparities, and intensifying injustices due to current social and political events, the efforts needed to ensure that people are protected across all corners of the world are growing more arduous. While the UDHR's

primary resolution is to celebrate accomplishments in human rights, the objective of observing Human Rights Day each year also serves as a way to bring ongoing human challenges to the forefront and foster further advancements in the global advocacy and defense of these rights that should be universal.

On Human Rights Day, the UN High Commissioner for Human Rights typically addresses the General Assembly or delivers a statement in order to call attention to new initiatives for pressing concerns with human rights and "confront the existential challenges that face humanity [that are] ultimately about building trust and restoring hope," as said by current UN High Commissioner for Human Rights, Volker Türk at the 54th session of the UN Human Rights Council on September 11.

Knowing the resources and programs available to protect individual rights locally is crucial to being a part of this cause for humanity. Here in Washington, the Washington State Human Rights Commission (WSHRC) serves to "eliminate and prevent discrimination in Washington State through the fair application of the law, efficient use of resources, and establishment of productive partnerships in the community," as stated on their official website.

Established in 1949 by the Washington State Legislature, the WSHRC focuses on enforcing protective and non-discriminatory policies for a myriad of human rights concerns within the community. The WHRC provides support for navigating issues related to employment, fair housing, public accommodation, credit and insurance, and more. Other local organizations that students should be aware of include the King County Civil Rights Commission, Equal Rights Washington, and the Seattle Human Rights Commission

In an effort to dissect what it means to be a global citizen and explore how "issues that affect a community can influence the rest of the world", the Global Scholars program at UW Bothell brings together UW Bothell students from diverse backgrounds "to think through global issues and explore diversity, difference, and identity as central to all global engagements" as written on their webpage (<https://www.uwb.edu/connected-learning/global/global-scholars>).

Students interested in studying abroad or global internships are encouraged to participate in the Global Scholars program, which is a cohort-like structure that welcomes students of all backgrounds and identities who share a passion for global engagement topics such as human rights.

The UW Bothell Student Association for Immigrants and Refugees also serves as a pillar for celebrating diversity on campus, providing a safe space for first-generation, immigrant, and refugee students, as well as initiating advocacy for various human rights issues. Students who are interested in getting involved can stay up to date for opportunities via their Instagram page ([@uwbsafir](https://www.instagram.com/uwbsafir)).

Within the university tri-campus community, the University of Washington Center for Human Rights (UWCHR) is celebrating 15 years of promoting human rights research and "engaging productively with local, regional, national, and international organizations and policymakers to advance respect for human rights," as stated on their website. The UWCHR research team examines local human rights implications and their impact on Washington state residents, with their latest research studying the effects of contemporary immigration enforcement across Washington.

Some other issues their projects aim to address include mass incarceration through their "Rethinking Punishment" project and their "Indigenous Rights and Environmental Sustainability" project which aims to initiate deeper discussions around environmental sustainability and climate change with a focus on tribal communities and Indigenous peoples' rights.

Observing 75 years of the UDHR is a "common standard of achievement for all people and all nations," as the UN states. They urge all global citizens to know that "whenever and wherever humanity's values are abandoned, we are all at greater risk. The solutions to today's greater crises are rooted in human rights."

Transgender Day of Remembrance

Written by: Rex Correa- Assistant Editor
November 2023

OPINION



Photo Credit: Unsplash

Content note: This article covers topics of violence and death.

On November 20, 1999, trans activist Gwendolyn Ann Smith founded Transgender Day of Remembrance (TDoR) as a vigil for homicide victim Rita Hester. Decades later, TDoR has become an annual, international observance to honor victims of anti-trans violence. It is preceded by Transgender Awareness Week, celebrated from November 13-19 (GLAAD.org). The week is spent raising visibility and promoting advocacy for the community. Trans history and experiences are shared and celebrated.

The week ends with somber reflection on the community’s loss. Trans people are disproportionately affected by violent hate crimes; on TDoR, this hard truth is confronted. According to the Human Rights Campaign, at least 36 trans and nonbinary Americans have been lost to fatal hate crimes in the last 12 months – the majority of whom were young people of color. Across the nation, vigils were held to honor their memory. Time was spent reflecting on the trans community’s past and future.

The best way to honor the dead is to protect the living. There’s plenty of support by and for trans people on a local and national level. For example, Gay City (gaycity.org) provides educational, health, and legal resources to Seattle’s queer community. Trans Lifeline (877-565-8860) is a 24/7 ho-

line that supports transgender people experiencing crises. UWB’s very own Diversity Center hosts Queer & Trans Time every other Wednesday from 2-3 p.m. in UW1-161. More resources can be found at their website: sites.google.com/uw.edu/qtbookreads.

Besides these resources, we can all do our part to support our trans family, friends, and neighbors by educating our communities on queer identity and addressing stigma. By backing anti-discrimination laws and speaking out against anti-LGBTQ+ legislation, we can create a safer society. The Seattle area is mostly supportive of the queer community, but there is still change to be made within and beyond our home.

As a trans man, I believe in the power of the trans community. We’ve seen so much tragedy, but we’ve also seen triumph. We now live in a world where our truest, happiest selves are within reach. Most importantly, we have each other.

Rest in Power

- Jasmine “Star” Mack, 36
- KC Johnson, 27
- Tortuguita, 26
- Unique Banks, 21
- Zachee Imanitwitaho, 26

- Maria Jose Rivera, 22
- Cashay Henderson, 31
- Tasiyah Woodland, 18
- Ashley Burton, 37
- Rasheeda Williams, 35
- Banko Brown, 24
- Ashia Davis, 34
- Chanell Perez Ortiz, 29
- Jacob Williamson, 18
- Camdyn Rider, 21
- Kylie Monali, 41
- De’Vonnie J’Rae Johnson, 27
- Thomas “Tom-Tom” Robertson, 28
- Charm Wilson, 32
- Bre’Asia Bankz, 27
- Alexa Andreevna Sovoka, 30
- Imani “YOKO” Bass, 30
- Dacoda “Codii” Lawrence, 25
- Dolli Goins, 27
- Luiz Ángel Díaz Castro, 22
- Thaddeus “Tad” Keegan Bradley, 27
- Sherlyn Marjorie, 35

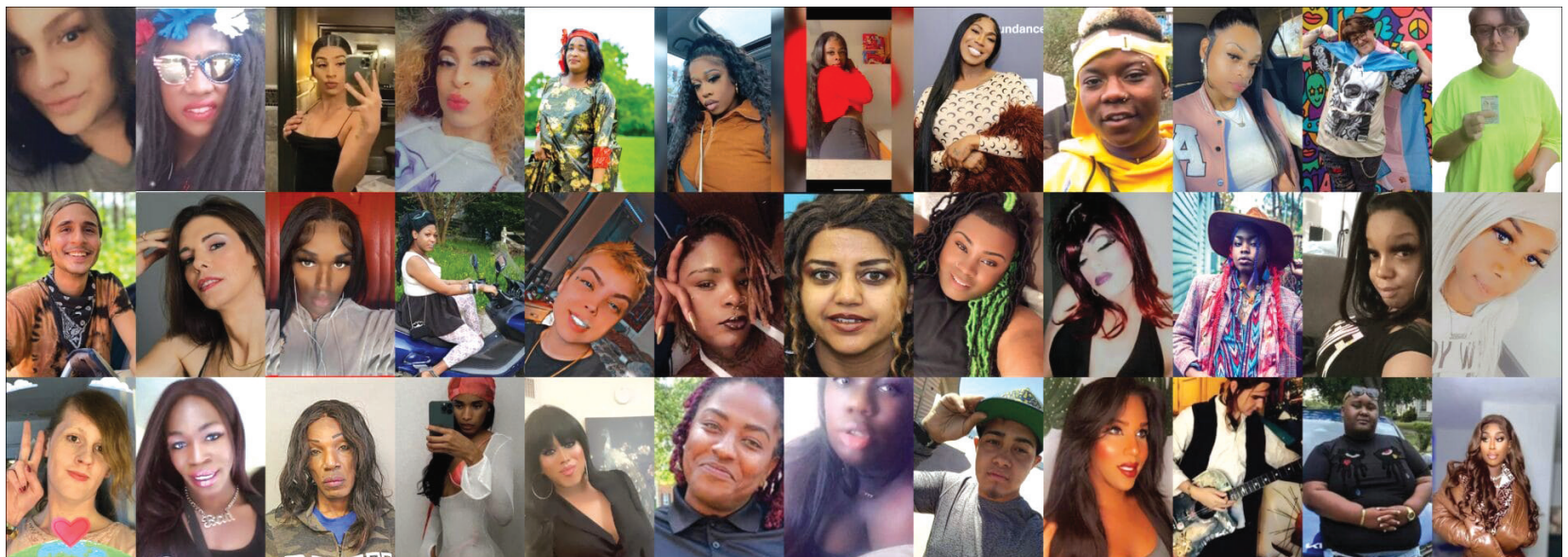


Photo Credit: GLAAD

International Volunteer Day

Written by: Chloe Frink- **Student Reporter**
November 2023



Photo Credit: Unsplash

Picture this - a mill of people are buzzing around you straightening table cloths and scribbling words on name tags. A general air of excitement and activity thrives around you. You and your partners have been working hard all morning, and now you're playing the game of hurry up and wait. You're already tired, but it feels good. You know the rest of the day will feel even better. This is the glimpse into the life of a volunteer.

International Volunteer Day was established in 1985 by the United Nations

General Assembly in order to recognize and express gratitude for those who spend their time voluntarily serving others. The holiday is internationally observed every year on December 5 and, in addition to recognizing hard working volunteers, International Volunteer Day encourages people to join causes they care about.

The greater Seattle area is full of volunteer opportunities. Focusing specifically on the areas closest to campus, here are some opportunities that you can get involved in for this year's Volunteer Day:

Northshore Senior Center, located just across the river from campus, has a wide variety of positions you can take up as a volunteer. Suitable for empathic people who are interested in healthcare and caretaking, these volunteer positions The positions best suited for college students include kitchen helpers, fitness instructors, dishwashers, and front desk receptionists. You can apply to volunteer for Northshore visiting their website at www.northshoreseniorcenter.org/volunteer-opportunities/.

Homeward Adoption Center is a five minute drive from campus, just on the edge of Woodinville town center. If animals and found families hold a special place in your heart, this is the perfect place to spend your free time to support a good cause. Positions include receptionist positions, facility maintenance, and, most excitingly, dog and cat

care. Dog and Cat care are recurring volunteer positions that dedicate one day a week to spend in the adoption center. Dog care volunteers also have subcategories of dog-walking and feeders/cleaners. You must be at least 18 to care for dogs. Visit their website at www.homewardpet.org/volunteer/ to apply.

For students interested in healthcare, specifically providing medical care to patients, EvergreenHealth has volunteer opportunities at their Kirkland and Monroe campuses. Although a longer commute than the past two examples, the drive would be worth the invaluable experience that you could gain from volunteering here. Learn how to be a medical professional, start developing your network, and get a running start at working out your calling of serving people. You can visit their website at <https://www.evergreenhealth.com/volunteer/> or call their switchboard number at 425-899-1000 for general questions about volunteer opportunities.

This International Volunteer Day, support your community encourage friends and classmates to dedicate your free time to supporting a cause that is dear to your heart. If someone you know is a dedicated volunteer, consider asking them about their experience to learn more about the ways you can help your community. Visit <https://www.aarp.org/volunteer/> to find other possible volunteer positions.

The Daylight Savings Debate

Written by: Ashlyn Huber
- **Student Reporter**
November 2023



Photo Credit: Unsplash

As the winter quarter at UW Bothell approaches, the days have grown shorter and shorter. The roosting crows of the wetlands are often seen flocking home at dusk, just as classes are let out and students begin rushing home. It's a beautiful time of the year, and it's brought to our attention by the one-hour shift of daylight savings each year on the first Sunday of November - but what are the advantages of daylight savings, and how is it affecting us?

According to National Geographic, there are several theories about the origins of daylight savings. As early as 1784, Benjamin Franklin wrote a letter for the Journal de Paris, drawing attention to the fact that the sun rose as early as 6 p.m. in the morning. It then set so early in the day that Franklin calculated the city of Paris was wasting an enor-

mous amount of wax and money on candles.

Later, in 1895, the entomologist George Hudson proposed a two-hour shift much like our daylight savings, to allow more daylight for workers to go bug hunting in the summer for leisure. Daylight savings was not put into action until World War I, when Germany implemented a one-hour shift to preserve resources and maximize their use of daylight hours. Shortly after, the U.S. adopted a similar plan in 1918.

Today, more than 70 countries use daylight savings. This bi-annual shift allows us to soak in more sunlight, as people are more likely to take a walk or play sports outside while it's still bright. Additionally, industries such as petroleum and outdoor recreation are supportive of the time shift, claiming it increases their profits.

Daylight savings also has concerning drawbacks. Every spring, we lose one hour of sleep on the day of the transition and more during the week that follows as we adjust to the change. This may be related to increases in car accidents and could affect our health, according to a study published in the National Library of Medicine. Additionally, we lack evidence supporting the idea of extra sleep when we gain the hour back in November.

Any abrupt shift in sleep can affect our circadian rhythms, the 24-hour sleep-wake cycle our body follows to regulate our physical, mental, and behavior processes in response to the amount of light we're exposed to. Just like how staring at your phone for an hour before bed can affect your sleep, the one-hour jump imposed by daylight savings can negatively impact your body. According

to Harvard Health Publishing, "disrupted sleep can cause people to feel fatigued, groggy, and less focused." These are just a few of the many negative effects, which may also include lower cognitive performance and mental health.

Luckily, there are ways we can make the shift easier on our bodies. Most importantly, we can make the adjustment more gradually. Three days before the change, we can go to bed fifteen minutes early. The next day, we can increase the shift to thirty minutes early, and continue the process to ease our way into daylight savings.

After the one-hour shift, be sure to stay aware of your body's response and schedule afternoon naps if you feel tired. You can also limit your consumption of alcohol and caffeine during the shift to reduce their impact on your rest. For more information on the adjustment, visit: <https://www.health.harvard.edu/the-dark-side-of-daylight-saving-time>.

Currently, Hawaii, Alaska, and several U.S. territories do not observe daylight savings time. It seems there is hope that the U.S. may end the bi-annual shift in the future. The U.S. Senate has considered several bills that would make daylight savings time permanent, putting a stop to the one-hour shifts that have been disrupting our sleep.

No decisive action has been taken yet, so for now, it may be best to cherish what we do have: an extra hour of sunlit leisure time to do as we please outdoors. As the shortest days of the year come closer, the UW Bothell community looks forward to a relaxing winter break with plenty of cheerful festivities - and of course, hours of uninterrupted sleep.

Raised on Technology: How Digital Media Impacts Development

Written by: Hannah Kemp- **Student Reporter**
November 2023

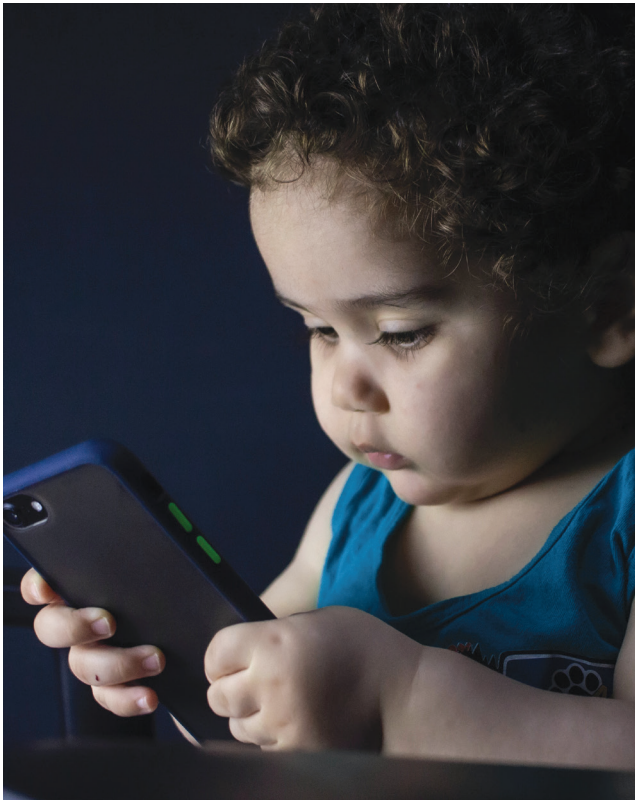


Photo Credit: Unsplash

Following the release of her latest book, *Technology's Child: Digital Media's Role in the Ages and Stages of Growing Up*, UW associate professor and co-director of the UW Digital Youth Lab, Katie Davis, Ph.D., hosted a virtual seminar on November 14 to discuss her research and findings.

The book explores technology's impact on child development throughout the arc of development from early childhood to early adulthood. It focuses on parts of development that are crucial, including the development of self-regulation and literacy, play and learning, changing family and peer relationships, and development of identity.

A fundamental question raised in her research was "When does technology support child development and when does it not?" According to Davis, in many cases the answer is, "it depends." During the online seminar, Davis discussed the importance of self-directed and community supported digital experiences for children. Digital experiences where children are in control of their digital interactions are better for their development.

Allowing children to play games online

is not necessarily bad for their development. Play is important for a child's development for many reasons: It helps with the development of symbolic thinking, interpersonal skills, moral sensibility, and emotional regulation. While digital play can allow children to develop these skills, not all digital play is the same. Davis elaborated that open-ended and self-directed activities are some of the most important types of digital activities for cognitive and social development.

Children's play that is not restricted by aspects of the game itself and allows children to create their own world boundaries is called "loose parts" play. This type of play is incredibly important for children's development and can be anything from playing pretend to painting on a blank canvas.

"Dark patterns" are features in children's games to be cautious of such as time pressures, characters begging the child to stay on longer, virtual rewards, and navigation restraints. These are things that attempt to keep the child playing on the app for as long as possible. Games and apps that feature these dark patterns prohibit the child from controlling their digital experience.

This control aspect can be applied to many points in the child development arc. Shifting to early adolescence, games are often replaced by social media as the main form of digital entertainment. Social media is not always a terrible thing, though. During a time of changing family relationships, centrality of peer interactions, and the development of identity, many adolescents begin developing interests, exploring their emerging identities, and finding connections and communities through social media.

For adolescents, a self-directed, community supported digital experience is best. Unfortunately, the format of many popular social media apps such as Instagram and TikTok feature infinite scrolling, algorithmically curated feeds, and signals such as likes and followers to quantify popularity and social status. These are examples of dark patterns that serve to keep people on the app for as

long as possible. These design features of your favorite apps were placed there intentionally for the same reason—to keep you there for as long as possible.

Children and adults alike may be negatively affected by digital experiences. It is important for adults to provide support to young people, which can take on many forms. Support may look like listening and sharing personal struggles with digital experiences to remind adolescents in your life that they are not alone.

If a child in your life is struggling with creating positive digital experiences, you can adjust settings on their devices to control how long they can remain on the app or pause auto-scrolling on certain apps. If you are not sure if a digital experience is positive for you or the youth in your life, consider whether the experience is self-directed and community supported, and ask who is in control - the user or the app?

While authoring her book, Davis said that she attempted to "bring [her] researcher self and parent self together." As a parent herself, Davis made an important distinction for parents in the digital age: being a good digital parent is not about being the perfect parent all the time, it is about learning to be a "good enough" digital parent. Not every digital experience is going to be perfect. Learning from these imperfect experiences and trying to make the next one better is what matters.

The book, *Technology's Child: Digital Media's Role in the Ages and Stages of Growing Up* by Katie Davis, Ph.D, is available for purchase online and in-store at select bookstores throughout the Seattle area. There are copies available to borrow at the University of Washington libraries and Sno-Isle Libraries. You can find out more about Davis's research and other works by visiting her website at <https://katedavisresearch.com>.

FALL FOOD DRIVE

**Support the Husky
Pantry through our
annual Food Drive!**

**Donation bins
available NOW
through 12/15/2023**

**See next slide for donation bin
locations!**

**DONATION BIN
LOCATIONS**

- UW info desk
- UW2 lobby
- Discover Hall lobby
- ARC first floor lobby
- Summit Hall lobby
- Husky Hall
- Health and Wellness
Resource Center (ARC 120)

**Any questions? Stop by the
HaWRC and ask!**

Image Credit: Health and Wellness Resource Center via Instagram

University of Washington v. Washington State University Apple Cup 2023 Highlights

Photography by: Bryan Saldana- Student Photographer
November 2023



#9 Thaddeus Dixon during the pregame of the UW v. WSU Apple Cup at Husky Stadium Seattle.



A trumpet player of the Husky Marching Band performs during pregame.



Drum major Ahmed Bello of the Husky Marching Band spins his mace as the band performs.



Dubs, the husky dog, along with mascot Harry and the Spirit team run down the gauntlet as the game begins.



UW Wide Receiver #1 Rome Odunze runs with football in hand as #3 WSU Cam Lampkin holds on to Odunze's shirt.



UW #1 Odunze catches the football into the end zone, scoring a touchdown.



UW #9 Thaddeus Dixon and #24 Makell Esteen celebrate on the field.



The UW Husky Marching Band performs a christmas themed field-show during halftime.



Dubs, the husky dog, plays with a WSU cougar chew toy during the game at Husky Stadium Seattle.



UW Linebacker #42 Carson Bruener trips WSU #25 Nakia Watson at Husky Stadium.



UW #9 Thaddeus Dixon and #24 Makell Esteen celebrate at Husky Stadium Seattle.

Get to Know Your Student Reps! ASUWB Director of Student Advocacy and Director of Outreach

Written by: Rex Correa- Assistant Editor

What is your role in ASUWB?

I am the Director of Student Advocacy and I serve as the student's voice. I conduct quarterly surveys and hold quarterly Town Hall meetings to figure out what the major issues for students on campus are. Then with the feedback I have gathered, I will decide what projects to work on for that quarter. This can include issues such as food availability, campus safety, and resource accessibility.

What got you interested in being involved with ASUWB?

This is my second year doing ASUWB and I decided to continue this role because I loved being able to have an impact on campus. Being able to update my colleagues about changes that are happening on campus after they voiced their concerns is such a rewarding feeling. I'm glad I'm able to contribute to making students' experience on campus better.

What is something UWB students should know about you?

You can come up to me on campus anytime you see me- I'm down to talk about anything! Let me know any ideas you have for campus and my team and I can work together to make those ideas come alive.

If you could go back and give your younger self one piece of advice, what would it be?

Everyone is in the same boat as you! They're all looking to make new friends and form new connections so don't be afraid to reach out to your classmates. Enjoy your time at UWB and make the most of it! :)



Nashwa Abukhder, she/her/hers
ASUWB Director of Student
Advocacy

Major: Biochemistry

Continued...

What is your role in ASUWB?

As the Director of Outreach for ASUWB, my responsibilities involve overseeing external relations. This includes engaging with the Vice Chancellor of Advancement and External Relations, participating in meetings with the City of Bothell Chamber of Commerce, and coordinating events such as the ASUWB Distinguished Faculty and Staff Awards, including the Student of the Month Award program. Additionally, I handle relationships with businesses for the organization’s networking events and student discount programs.

What got you interested in being involved with ASUWB?

Upon observing the lack of unity on our campus post-COVID-19, I felt a strong desire to mend and strengthen our community. As the Director of Outreach, I’ve had the opportunity to engage with various stakeholders, including university administrators, faculty, staff, local businesses, and community leaders. This role serves as a platform for me to foster connections, establish partnerships, and cultivate robust support networks for both ASUWB and the student body. My commitment lies in being a dedicated advocate for student interests, needs, and concerns. In my capacity as the Director of Outreach, I serve as the voice of the students to the university administration and external organizations. This role empowers me to actively contribute to decision-making processes, shape policies, and drive positive change on campus. Through this active engagement, I aim to create a positive impact not only within the university but also set an example for positive community involvement before graduating, leaving a legacy of positive change.

What is something UWB students should know about you?

Fantasy is my ultimate escape, and I’m wholeheartedly obsessed! Whether I’m navigating the intense survival drama of The Hunger Games, exploring enchanting worlds through magical wardrobes in Narnia, or casting spells with the wizarding wonders of Harry Potter, I’m completely immersed both the books and movies. It’s like having a golden ticket to an endless adventure where magic is real, and every moment is a thrilling surprise. Recently, I was blown away by the new Hunger Games movie, and what surprised me the most was how hard it became to hate President Snow. The film added a whole new layer to his character, making me appreciate the complexity of his role in the story.

If you could go back and give your younger self one piece of advice, what would it be?

It’s good to think about the future, but don’t stress too much. Take each day as it comes. Plan smart, but enjoy the little things in life without worrying too much about what’s far ahead. Life is a journey, and sometimes, it’s best to go one day at a time.



Sarah Azam, she/her/hers
ASUWB Director of Outreach

Major: Education with Biology
minor

UW Bothell Annual Crow Watch

Photography by: Zain Almaliki- **Student Photographer**
November 2023

Every year in fall, the local population of crows (estimated to be up to 16 thousand according to the UW Bothell “Crows on Campus” webpage) make a nightly migration which UW Huskies and community members come together to observe for the most eventful peak of this phenomenon. This year the event was held on November, 15, 2023.



UW students, staff, and faculty watch the crows flying over the sports field from the sky bridge near the North Creek Events Center.



Crows flying over campus at dusk.



Students, staff, and faculty gather inside to learn more about the crows.



Community observing the crows at dusk.

Computer Science Education Week: Computer Clubs on Campus

Written by: Aditi Nambiar- **Editor-in-Chief**
November 2023

Computer Science Education Week (CSEdWeek) is celebrated annually from December 6 to December 12. First launched by the Association of Computer Machinery (ACM) in 2009, CSEdWeek was founded “as a call to action to raise awareness about the need to elevate computer science education at all levels and to underscore the critical role of computing in all careers,” as stated on their official website (csedweek.org). With the computer-related workforce continuing to grow exponentially as opportunities arise in the local community, students interested in gaining hands-on experience in the computing field can get involved with the many computer clubs here at UW Bothell created by students with similar interests. These clubs foster opportunities for networking, career growth, skill development, and making long-term connections by offering specialized opportunities in computing.

Information provided by: Brandon Bui- **GrayHats Cybersecurity Club Officer**



GrayHats Cybersecurity Club

Find us on:

Discord: <https://discord.gg/g67Q8K-56FE>

Instagram: [@uwbgrayhats](https://www.instagram.com/uwbgrayhats)

UWB Presence: <https://uwb.presence.io/organization/grayhats-cybersecurity-club>

LinkedIn: <https://www.linkedin.com/company/uwb-grayhats/>

Main Purpose:

The UWB Cybersecurity Club has two main focuses/meetings.

1. General Cybersecurity: This is the chance for the club to explore topic related to cybersecurity. In the past we have done open source intelligence gathering (OSINT), Jeopardy Style CTF competitions, web exploits, social engineering...pretty much whatever the club wants to do.
2. The Collegiate Cyber Defense Competition (CCDC): The CCDC is the largest defensive cybersecurity competition in the nation at the collegiate level. This is our chance to put our technical skills to the test and defend against real world attackers. Every week we practice, build out our tools/scripts, and work with our mentors to prepare ourselves for the competition.

Who is this club for?

Our club is open to anyone. However, the majority of students in the club are computer science/applied computing majors. We specialize in cybersecurity, primarily the defensive side but there is a bit of offensive security as well.

How can students join the club?

We hold meetings weekly 12- 2p.m. and 3-5 p.m. in UW1-321A (Cybersecurity Lab, though this will change once we move into Innovation Hall). We also have an active Discord server. Students can also become an official member by joining our club on Presence.

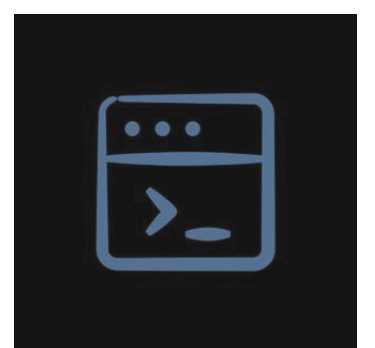
Explore more
computing clubs:




Association of
Computing Machinery
Instagram: @uwb_acm



Association of
Computing Machinery- Women
Instagram: @uwb_acmw



Computing Careers Club
Instagram: @c3uwb

JOIN ROBOTICS


MAKE A LIFE / MICROBIOME DETECTION SYSTEM!


We need students to help us compete in the University Rover Challenge! **URC**

Biology Students:
Build a system that detects the presence of life on Mars!

Knowledge on biological systems, microorganisms, chemistry, or biological sciences is preferable, but none is required at the time of joining!

We are also looking for team members for our finance and marketing divisions!

TrickFire Robotics 

Apply today with the QR Code! 

Or use the link:
trickfirerobotics.org/join_us

Image Credit: Trickfire Robotics Club

apply to be a computing careers club officer

are you interested in....

- representing student voices and experiences in CSS faculty?
- improving student career and education resources?
- leading meaningful initiatives and changes to the CSS program?

positions available....

- secretary
- treasurer
- front-end dev
-and more!



Image Credit: Computing Careers Club via Instagram

Seasonal Depression Awareness Month

Designed by: Xuan Bui- Visual Media Designer
October 2023

SEASONAL DEPRESSION AWARENESS MONTH



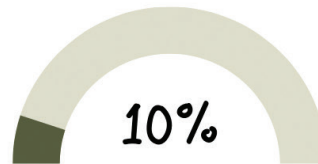
Seasonal Depression Awareness Month is intended to educate the public about seasonal depression, also known as Seasonal Affective Disorder (SAD).

Source: Meet Caregivers



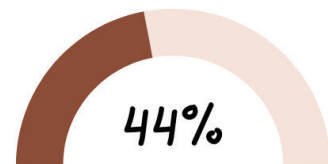
Seasonal affective disorder, or SAD, is a condition in which people experience a significant mood change when the seasons change.

Source: SAMHSA Substance Abuse and Mental Health Services Administration



About 10% of Washington residents experience SAD

Source: Eastern Washington University



Up to 44% of college students experience SAD

Source: Best Colleges



SAD can affect your mood, sleep, appetite, and energy levels, taking a toll on all aspects of your life from your relationships and social life to work, school, and your sense of self-worth.

Source: HelpGuide.org

UW Bothell resources and support

Counseling Center
Location: UW1 - O80
Email: uwbcc@uw.edu
Phone: 425-352-3183

Health and Wellness Resource Center
Location: ARC-120
Email: hawrc@uw.edu
Phone: 425-352-5190

Seasonal Stories: Dive into Husky Book Club's November Book of the Month and December's "Winter Horror"

Written by: Leilah Abdalla- Husky Book Club Social Media Coordinator

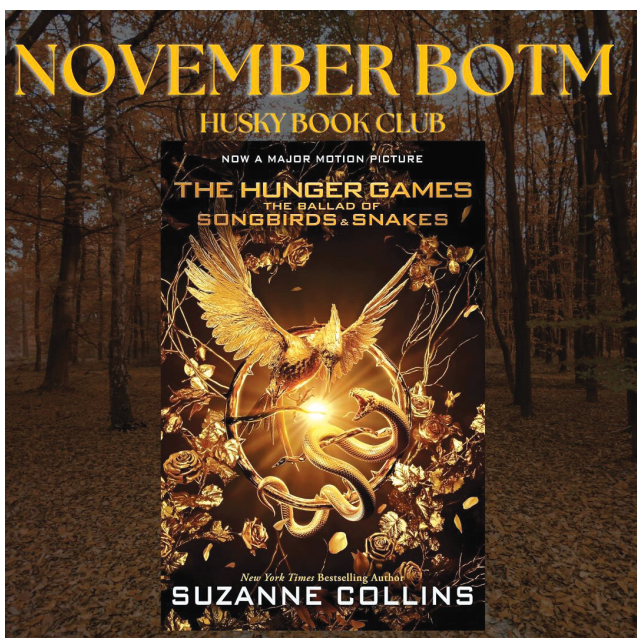


Image Credit: Husky Book Club via Instagram

The Husky Book Club was founded in 2020 as an opportunity for students to come together and discuss their love for books. Amidst months of disconnection and remote learning, our vision was to rekindle a sense of community by fostering connections through the joy of reading. Our mission is to promote reading, connect readers within our community, and encourage literacy inside and outside of the university community. The club is open to all UW Bothell and Cascadia College students.

The book club makes it a goal to read one book per month, which is known as our Book of the Month (BOTM). We have found that one book a month is easy to balance with other student responsibilities. We would hate for reading to feel overwhelming! We want students to find reading to be enjoyable rather than like a chore.

Each month's BOTM follows a different theme that is typically decided by the

board members, although that does not go to say that we aren't open to suggestions! We open up the book of the month to be chosen by its members, as it is our goal to stay connected with the student body!

In the past, we've typically held polls via our Instagram (@huskybookclub) or we have chosen at our monthly BOTM meeting. Our November BOTM, was picked by our newest members of the book club who attended our September meeting.

The main way students can be involved with the Husky Book Club is by attending monthly meetings that are typically held on the last Wednesday of each month at 6 p.m. at the UW Bothell library (although this is subject to change every month). During these meetings, we discuss the book we've read for the month and build relationships with other book lovers. We welcome everyone to join these meetings, regardless of whether they are avid book readers or only enjoy reading

every once in a while! Anyone interested in meeting others who share some fondness for reading is invited.

For our November BOTM, we read *The Ballad of Songbirds and Snakes*, the prequel to *The Hunger Games* series written by Suzanne Collins. Although Thanksgiving was just around the corner, we didn't choose this book because of its connection to hunger – but rather because the movie came out on November 17! Despite this dystopian fiction being out for three years already, the movie premiere inspired us all to pick up this exciting novel (again, for some readers).

The Ballad of Songbirds and Snakes is a 2020 novel that acts as the prequel to the infamous *The Hunger Games* trilogy. The story unfolds in the dystopian world of Panem during the tenth Hunger Games, decades before the events of the original series take place. This novel focuses on the protagonist Coriolanus Snow's journey to becoming the authoritative President Snow readers know from the original series. Just after turning eighteen, he is assigned to mentor Lucy Gray Baird, a tribute from District 12 which is known to be the lowest-ranking district.

As the story progresses, readers wit-

ness Coriolanus Snow develop from a young man with aspirations to a twisted man with no semblance of morality. The book explores themes of power, privilege, and the loss of innocence. This compelling backstory to *The Hunger Games* expands upon the character's motivations and offers a deeper understanding of and layers of complexity to the dystopian world's history.

For those who read *The Hunger Games* series throughout middle and high school, *The Ballad of Songbirds and Snakes* is the perfect pick-up for a nostalgic read. We all loved revisiting the world of Panem and exploring the history of *The Hunger Games*. Previous fans of *The Hunger Games* who are interested in finding out about Snow's villain origin story will love the compelling narrative that Collins creates as she dives deeper into the complex characters and moral dilemmas of *The Hunger Games* universe.

Not only is this book a must-read for *The Hunger Games* enthusiasts, but it's also a captivating novel to read even if you have never read *The Hunger Games* trilogy. We recommend that everyone give this book a try and read about the unique world that Suzanne Collins builds that keeps every reader

on the edge of their seat.

In the future, we hope to hold read-ins, bookstore meetups, and more! Head over to our Instagram ([@huskybookclub](https://www.instagram.com/huskybookclub)) to find out more about the December BOTM. Prepare for a frosty fright this December with our "Winter Horror" theme—don't worry, we promise it won't send shivers down your spine... or maybe just a few! We are planning to meet on January 3 at 6 p.m. in the UW Bothell Library, but be sure to stay updated with our Instagram for updates and possible changes.

We welcome all students to get involved in the next Book of The Month by following our Instagram. Our Instagram is the main way we communicate with our members. This is where we ask for BOTM suggestions, poll books for our BOTM, and announce meetings and club events!

We also have a Discord (which can be found at linktr.ee/Huskybookclub) and encourage students to become involved with us on that platform as well. Happy reading!

Winter Magic Word Hunt

Created by: Aditi Nambiar- **Editor-in-Chief**

S	N	O	W	C	F	I	R	E	P	L	A	C	E
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P	R	E	S	E	N	T	S	Y	I	E	K	S	A
C	S	S	C	I	G	T	R	A	C	V	R	E	L
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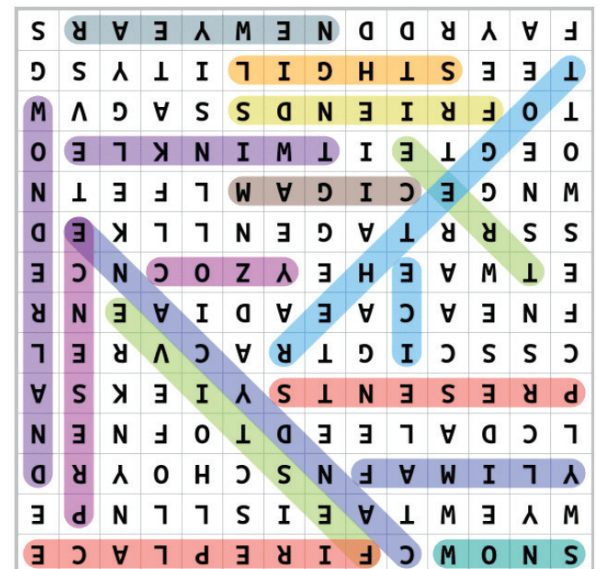
- TREE
- COZY
- PRESENTS
- WONDERLAND
- ICE
- CANDY CANE
- SNOW
- FRIENDS
- LIGHTS
- MAGIC
- NEW YEAR
- FESTIVE
- PRESENCE
- FIREPLACE
- TWINKLE
- TOGETHER
- FAMILY

Play this puzzle online at : <https://thewordsearch.com/puzzle/6421262/>



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