

THE HUSKY HERALD

EDITED BY ADITI NAMBIAR AND REX CORREA



COMMUNITY CONNECTIONS
&
HEARTFELT HARMONY

COVER ART BY ALEC MULLEN-DELAND

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Celebrating Black Excellence with Campus Events Board and Social Justice & Civic Education’s Storysharing and Art Gala

Written by: Aditi Nambiar- **Editor-in-Chief**
February 2024

On February 16, 2024, Campus Events Board (CEB) and Social Justice & Civic Education (SJCE) held a “Celebrating Black Excellence” storysharing art gala to provide a welcoming space for the community to recognize the cultural experiences, contributions, and excellence of Black students and community members.

The two organizations under Student Engagement & Activities invited prominent Black guest speakers to share about their experiences and intersection between their identities and professions, and the event was emceed by CEB social issues and awareness programmer, Amaziah Martin, and SJCE supervisor, Andrea Schwandt.

Erin Reddick, AI developer and founder of ChatBlackGPT presented about Con-

fronting Bias in AI, covering the ethical issues with bias with developing generative AI and the need for culturally informed generative learning models in the new age of technology.

Elisheba Johnson, co-founder and curator of Wa Na Wari: Black Art Center and principal of Waymon Arts Service, shared about the purpose behind her work through their Seattle art studio- “the house that fights displacement with art.” Wa Na Wari’s mission is to create a space for “Black ownership, possibility, and belonging through art, historic preservation, and connection.”

The event also featured Azhar Amir Kimanje, founder and CEO of Sablesync, a real-time design engine software development company. An international student from Uganda studying computer science at Seattle Pacific University (SPU), Kimanje founded and currently serves as president of the SPU chapter of the National Society of Black En-

gineers. Combining his passion for technology and problem-solving, Kimanje aims to uplift his community through dynamic problem-solving.

UW Bothell’s very own Black Student Union (BSU) also announced their upcoming second annual Shades of Brown Showcase in honor of Black History Month to celebrate the diversity of Black culture. The event, taking place at the ARC Overlook on February 29, will have food from local, Black-owned businesses, a highlight fashion show, dancing, and other performances with an open mic.

The “Celebrating Black Excellence” event co-organized by CEB and SJCE provided a valuable opportunity to collectively rejoice in celebrating Black students and local community members who have made immense contributions to the local community and beyond.

Photography by: Ella Silvas and Christina Scott- **Media, Marketing, and Graphic Designers, Student Affairs**



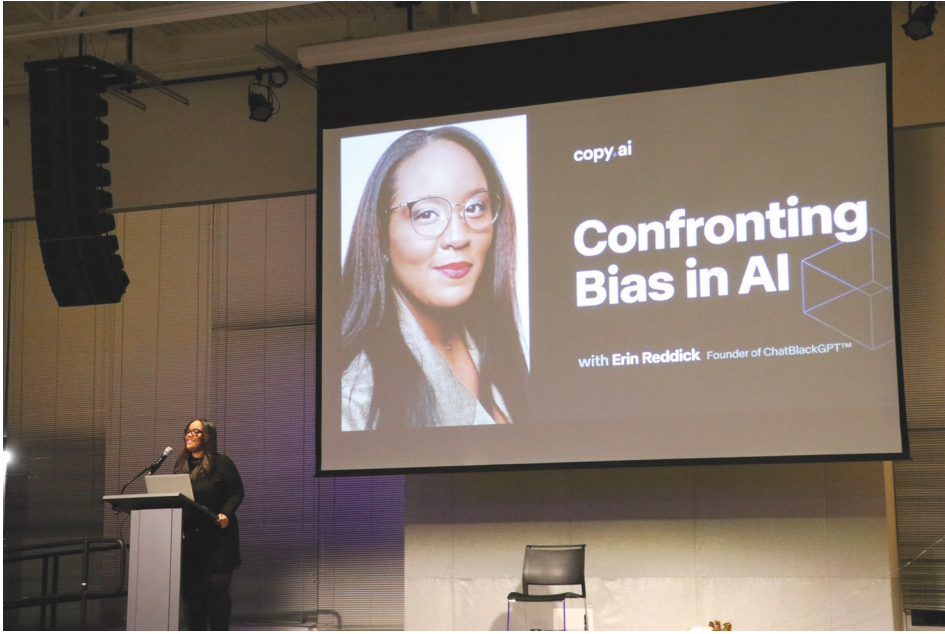
CEB social issues and awareness programmer, Amaziah Martin (left) emcees alongside SJCE supervisor, Andrea Schwandt (right)



SJCE and CEB event organizers and Black Student Union at the event



Student and community audience at the storysharing and art gala, CEB members in front



Erin Reddick, founder of ChatBlackGPT, speaks on Confronting Bias in AI



Gold and black decorations adorn the ARC Overlook



Elisheba Johnson, co-founder of Wa Na Wari: Black Art Center and principal at Waymon Arts Service



Azhar Amir Kimanje, founder and CEO of Sablesync and president of the National Society of Black Engineers chapter at Seattle Pacific University

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BSU officer board announce upcoming Shades of Brown Showcase



UWave Radio DJing at the event

Harm Reduction Saves Lives: Combatting the Fentanyl Crisis

Written by: Rex Correa- Assistant Editor
February 2024



Photo Credit: Unsplash

Content note: drug use, overdose, death

In 2020, an estimated 168 King County residents fatally overdosed on fentanyl; the rate has dramatically increased since then, with 1,078 fentanyl-related deaths in 2023. The toll has reached epidemic levels, and this issue deeply affects our community.

On Wednesday, February 7, in Mobius Hall, Director of Advocacy and Programs Tristan Seikel led an overdose prevention and response training session on behalf of the Washington Recovery Alliance. The session covered the mechanisms and dangers of fentanyl, the motivations behind drug abuse, how to respond to an overdose, and where to access harm reduction resources and supplies. Seikel accomplishes the alliance's mission to "advance mental health and substance use recovery by changing public understanding and shaping pro-recovery public policy" (washingtonrecoveryalliance.org).

According to a qualitative study by UW's Addictions, Drug & Alcohol Institute (ADAI), drug use in general is motivated by unmet needs (adai.uw.edu). The majority of its respondents were unhoused and had trouble accessing shelter, food, and employment. Individuals may use to self-medicate, soothe physical pain, cope with mental illness and trauma, or for pleasure. Adverse childhood experiences and lacking a sense of security can often be risk factors for opioid abuse.

Fentanyl is an incredibly potent synthetic opioid developed for medical use. Its effects include pain relief, euphoria, and re-

laxation. Production of the drug for recreational use is unregulated, leading to inconsistent dosage and cross-contamination with other substances.

As per the ADAI's study, users are aware of the risk they are inflicting upon themselves by taking fentanyl recreationally. Participants shared:

"It's killing way too many people, good people who don't deserve to die. And it makes you a prisoner to the drug."

"It consumes you. It makes you think that you're all alone in this world."

"I'm not looking to die. I'm just looking for some pain relief."

"I never expected my life to be like this."

Overdoses are characterized by central nervous system depression, in which the body's autonomous processes are slowed down. Pulse and breath rate decrease leading to hypoxia, or oxygen deficiency. Unresponsiveness, pale or blue skin, a slow pulse or lack thereof, and impaired breathing are indicative of an overdose. Action should be taken immediately.

Once an overdose has been identified, call 911. Tell the operator where you are and what symptoms you are noticing. Do not omit any details, as medical responders' only priority is to help you.

Naloxone, or Narcan, is a lifesaving

medication that can reverse the effects of an overdose. It only acts on opioid receptors, making it safe to give to anyone no matter the cause of their symptoms. It can be acquired by anyone regardless of age and without a prescription.

As you wait for help, naloxone should be administered nasally. Give all the spray in the device. A second dose can be given if the medication does not take effect within three minutes or if the overdose continues when it wears off – make sure to alternate nostrils. Monitor their vitals as you wait for it to kick in.

As they are unable to breathe properly, they should be given rescue breaths. Gently lay the person down, then carefully tilt their head up to open their airway and pinch their nose shut. Cover their mouth with yours, forming an airtight seal, and gently breathe out for a full second. Watch their chest rise and fall with each breath. Repeat this every five seconds until they can breathe on their own or responders arrive. If they are pulseless and you are certified to do so, administer CPR (healthline.com).

If they become conscious, put them in the recovery position. Move them to their side with a knee extended to keep them from rolling over. Place one of their hands beneath their head for support and tilt their chin up to open their airway. Give reassurance and keep them calm, let them know what happened, encourage them to accept help, and stay with them until help arrives.

ICARE can be a useful acronym to help you remember the steps: identify signs of an overdose, call 911, administer naloxone, give rescue breaths, and ensure their safety.

RESPONDING TO AN OVERDOSE

IDENTIFY

SIGNS OF OVERDOSE

CALL 911

GIVE LOCATION & SYMPTOMS

ADMINISTER NALOXONE

SPRAY INTO NOSTRIL

RESCUE BREATHS

EVERY 5 SECONDS

ENSURE SAFETY

KEEP CALM AND ENCOURAGE HELP

Image Credit: Rex Correa

Responding to an overdose is safe. Contrary to popular belief, fentanyl cannot be ingested through skin contact. According to stopoverdose.org, the Good Samaritan law grants immunity from prosecution for drug possession to victims and first aid providers. Intervening is always the right choice.

Variability of dosage, adulteration or mixing of substances, underlying health conditions, and using alone are risk factors for overdosing. Stigma is a major factor, as well. Social pressures prevent victims from seeking help for their addictions. They may isolate themselves, forgoing assistance in emergencies. Humanizing addicts and bringing down stigma is imperative for harm reduction. Giving them avenues to heal and prevent further harm has the potential to stop this epidemic in its tracks.

Plenty of resources are freely available for anyone in the Seattle area. Sound Pathways' Harm Reduction Center "offers substance use prevention and intervention methods designed to meet people where they are" (soundpathways.org/hrc). Some of their judgement-free services include syringe exchange and disposal, treatment referrals, and overdose reversal medications such as naloxone. King County's public health department provides access to local data and distributes training materials and harm reduction supplies (kingcounty.gov/overdose).

In times of non-medical crisis, the local 24/7 Alcohol/Drug Hotline can be reached at 206-722-3700 or 1-800-562-1240. If you need help finding free naloxone in your area, stopoverdose.org's Naloxone Finder can lead you to nearby services. The People's Harm

Reduction Alliance can mail you naloxone free of charge, as well (phra.org/naloxone).

The intramural Health and Wellness Resource Center (HaWRC) in ARC-120 provides our campus with health education and distributes wellness supplies such as naloxone. The HaWRC's Health Educators Reaching Out (HEROs) are certified peer educators who "conduct health promotion and prevention programming that addresses priority wellness topics, including emotional well-being and mental health, sexual health, and more" (uwb.edu/arc/hawrc). Services such as these keep our campus safe.

Access to resources, alongside education and understanding, gives us the power to heal our community.

Creativity on Campus: UW Bothell Hosts its First Ever Makers Fair

Written by: Ashlyn Huber- **Student Reporter**
February 2024



UW Bothell community attending the Makers Fair, North Creek Events Center

Photo Credits: José Cuevas Lopez

It's Valentine's Day 2024, and over 80 vendors — 26 students, 30 alumni, and a few faculty and staff members — have gathered at UW Bothell's North Creek Events Center and ARC Overlook to sell their unique creations. A constant stream of over 600 visitors flows through the doors and around the tables, which are bursting with colorful keychains, crocheted plushies, and even delicate glass art. Music from UWave Radio floats through the air, and UW swag trades hands, along with delicious cookies and light refreshments.

Welcome to the UW Bothell's very first Makers Fair, co-sponsored by UWB Alumni Engagement and Student Engagement & Activities (SEA); and co-coordinated by SEA program managers, Pauline Tolentino and Jireh Reduque. The event, which spanned four hours, was also accompanied by a Makers Workshop held by the Collaboratory a few days prior, introducing community members to the skills, tools, and resources behind the creations, so that they could learn to become makers as well. Additionally, just before the fair began, small business owners were provided the opportunity to network amongst themselves during the Makers Mixer event.

The Husky Herald has been delighted to interview several of the makers involved in

the fair to gain more perspective on the impact of this new event in the Bothell community.

"It [was] a chance to share my passion with others and be part of a celebration of creativity, craftsmanship, and innovation," shares Kaylie Heshmati, a first-time vendor at the Makers Fair, reflecting on the encouragement she has received from others to participate in the fair. Heshmati is the owner of the small business GlamByKaylie, which focuses on creating "pieces that resonate with people on a personal level, whether it's the symbolism, beauty, or story behind it."

She began during the challenges of COVID-19, and has continued building her business out of her creative designs. Heshmati draws her inspiration from her passion for innovating new, meaningful designs for her customers. Her small business has led to networking opportunities with other vendors, allowing her to interact with other entrepreneurs.

For new makers, the idea of starting a business may seem daunting. Heshmati acknowledges the risk in devoting time to a startup idea and encourages those who are interested to start small and slowly build a foundation of connections and creativity.

"My biggest piece of advice is to just go for it," she adds, "We all begin somewhere, so I urge you to remain determined, letting your passion take you toward greater achievements."

It's all about finding the right niche that fits your passion, and following through day after day as you build up your network and your products. Heshmati's story and design process is unique to her, beginning with her childhood love for jewelry. Slowly but surely, she devoted her artistic passion to selecting materials and experimenting with designs.

She states, "Comfort is just as significant as the aesthetic ... I ensure each piece is not only visually appealing, but enjoyable to wear." Heshmati's passion for her creations is evident in the beautiful display she put together for this Makers Fair. To learn more about her business, visit her Instagram here: [@glambykaylie](https://www.instagram.com/glambykaylie).

The Husky Herald also had the pleasure to speak with Angelina Ly, a seasoned vendor and the current president of UW Bothell's Entrepreneurship Club about her experience as a maker. For Ly, being part of a makers fair has been a long-term goal since joining our college. Ly shares, "I think it's a great place to showcase talents and passions and I've seen so much community being built from makers."

Ly owns a small business named FireFlySlime, selling slime at conventions, in stores, and online through her website at <https://fireflyslime.com/>. Like Heshmati, Ly's business blossomed out of a hobby she was passionate about. She explains that slime has traditionally been considered a children's toy, but all users can benefit from it through stress relief or as a form of creativity.

The transition between a simple online hobby founded in 2017 to a full-scale, streamlined business took several years of dedicated growth. Now, Ly is excited to share that she has more than 500 followers on social media and primarily sells her products online through her website. Recently, she was highlighted in Scholastic Magazine, as well as Fox Studio13.

To new vendors, Ly offers the advice: "Just go for it! Being creative and/or a business owner comes with the fact that the entire process is a learning experience ... If you

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have an open mind and are ready to learn from your mistakes, you can accomplish anything!" Even as a full-time business administration student at the UW Bothell, Ly finds the time to run FireFlySlime. She is a true inspiration for anyone interested in making.

Finally, The Husky Herald contacted SEA project assistant Madison Van Alstine for further insight about the fair. Alstine fulfills an important role in UWB's Student Engagement & Activities (SEA), the organization that co-hosted the Makers Fair. As a project assistant, Alstine is responsible for tasks such as working as the administrative assistant to gather club information and assembling orders.

In addition to planning the fair, Alstine was also a vendor herself, running the small business ZodiaBlossom to design and sell post-it notes (for more information, visit her Instagram @zodiablossom). Alstine balances entrepreneurship with a full schedule of two jobs and her responsibilities as a UW

Bothell student applying to graduate school. Like Ly and Heshmati, her passion for her business's products is what allows her to take steps toward success. "I love stationery items ... it helps me stay organized and it feels good to know I am the one who designed them."

Alstine recommends for new entrepreneurs to follow a similar approach by creating something they enjoy. She shares, "I love to draw and a long time ago I started to do digital art. This, mixed with my love for stationery, created ZodiaBlossom. I recommend going to makers fairs, artist alleys, or anywhere else of that sort. If you find a product similar to what you want to make, you can ask the artist questions, oftentimes they may be able to help you in some aspect."

In addition, Alstine encourages students to explore GatherUWB for clubs they may be interested in, like the Entrepreneurs of Bothell. To access GatherUWB, follow this link: <https://uwb.presence.io/>.

Alstine is optimistic that UW Bothell

will host another Makers Fair in the future. With more than 400 participants besides vendors and volunteers, she expects that the fairs will not only invite more UWB community members to participate but inspire them to start exploring their own creative ideas. "There is something truly amazing as a participant in seeing what amazing work others can do," she explains, adding that the Makers Fair tradition will hopefully encourage others in our community to pursue their own passions.

As Heshmati, Ly, and Alstine have demonstrated, many of us have a creative passion of our own. UW Bothell's recent Makers Fair shows just how successful some of our community members have become by pursuing those passions. If you are interested in creating a business of your own, keep in mind that this year's fair will be the start of a new UW Bothell tradition. Perhaps you will be on the other side of the tables next time, selling your own creations and inspiring passersby.

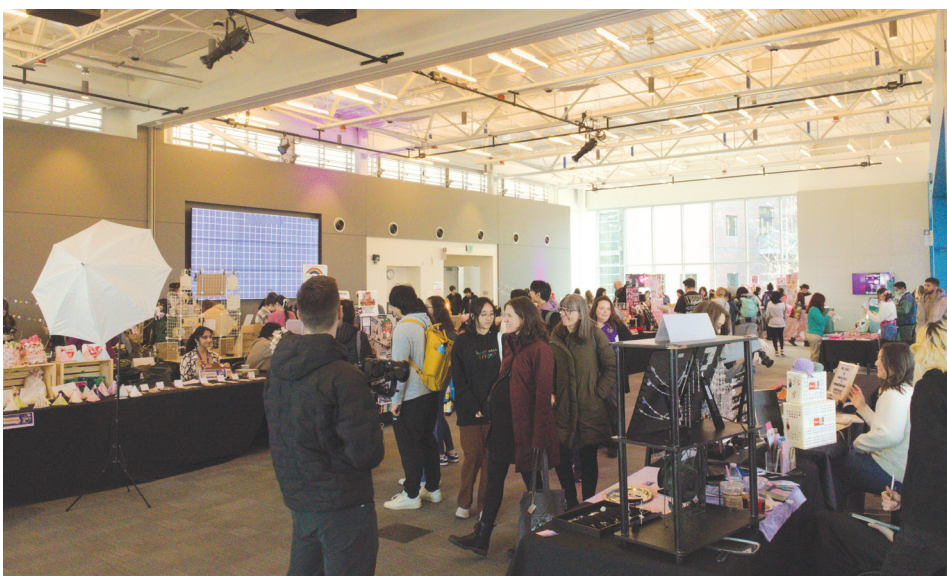
Photography by: José Cuevas Lopez- **Student Photographer**



UW Bothell community engaging at the Makers Fair, North Creek Events Center



Participants interact with the Collaboratory's display and showcase of community creations



Makers Fair at the ARC Overlook



Makers' booths displaying products

Makers' booths displaying products (continued)



International Day of Women and Girls in Science

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

February 2024

OPINION

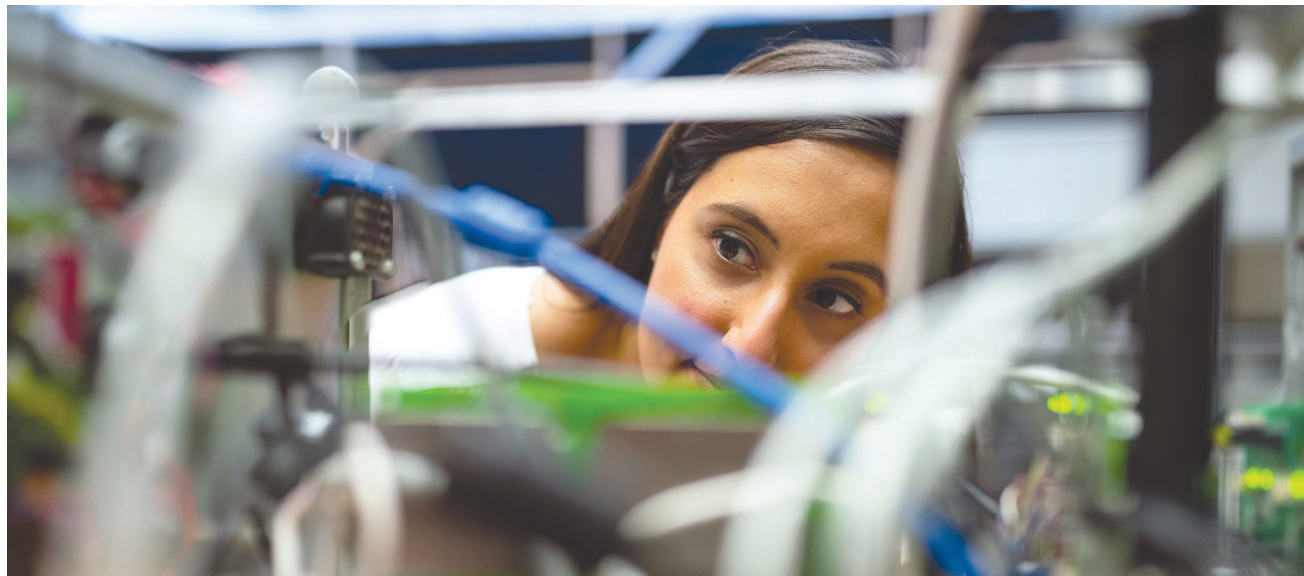


Image Credit: Unsplash

The state of Washington is a fearsome place to behold regarding science, technology, engineering, and math. With Boeing, Google, Microsoft, and Amazon all in my backyard, growing up in this area has impacted my desire to study and be involved in STEM. I was constantly inspired by the success surrounding me, and the high school I went to nurtured this desire in its students. Now a college student, I recognize how cool it was that I got to experience living near a tech hub, and how big of a draw this aspect is for potential students at universities near Seattle.

Although I am not currently a STEM major at UWB, many of my friends are and have been involved in science or tech-related for years. In honor of my incredibly ambitious and intelligent female friends, I want to showcase the International Day of Women and Girls in Science.

Founded by Her Royal Highness of the Jordan Hashemite royal family, Princess Nisreen El-Hashemite, and celebrated on February 11, the International Day of Women and Girls in Science is a day of recognition and promotion of the important role women play

in science. The day was implemented through Resolution A/RES/70/212 during the 2015 United Nations Educational, Scientific and Cultural Organization (UNESCO) General Assembly.

At its core, the International Day of Women and Girls in Science seeks to break through the boundaries and ceilings that women face when stepping into STEM fields. As women are outnumbered and under-represented, UNESCO hopes to diversify all living generations of scientists in order to tackle the greatest problems faced by modern science and technology.

The University of Washington- Bothell is a good example of the STEM educational environment I mentioned earlier. Embraced by the hustle and bustle of Seattle STEM, UWB offers really good opportunities for any prospective student who wants to get a quality education in science or technology. But how does the UW Bothell promote and respect gender equality in these fields, and what kind of opportunities are available for women in STEM?

The UWB not only has a decent selec-

tion of STEM-related clubs, but we specifically have STEM clubs catered towards women and underrepresented groups.

The Association for Computing Machinery - Women's (ACM-W) is the women's chapter of the ACM on campus. The ACM-W works to promote female participation in the computing industry and fosters a "supportive and collaborative environment where students of all backgrounds can come together to explore their passion for technology," according to their page on the Club Directory on Presence. You can connect with them through Gather UWB or through their Instagram page, [@uwb_acmw](https://www.instagram.com/uwb_acmw).

Another good club for women seeking community and networking in STEM fields is BWiSE, or Bothell Women in Science and Engineering. They also seek to create a supportive and welcoming community, but they specifically say that BWiSE is open to anyone, regardless of gender or involvement in STEM academically.

BWiSE seeks to promote awareness and diversity in STEM, but, "create a safe space for members to understand the effects of implicit biases on the image of the STEM professions and create a positive community that actively works to change the status quo," (BWiSE Gather) They meet on Mondays at 3 p.m. through Zoom. You can connect with them on Gather or through their Instagram [@BWiSE.uwb](https://www.instagram.com/BWiSE.uwb).

Do you love your AirPods and noise-cancelling headphones? We have Hedy Lamar to thank for Bluetooth. Next time you look at the moon, I challenge you to remember Katherine Johnson, the mathematician who helped Americans get to the moon. As you scroll through your phone or type away on your computer, give thanks to Ada Lovelace, the creator of the very first computer algorithm. Without women, science would simply be a sad shell of the knowledge we have today.

Get to Know Your Student Reps! ASUWB Marketing Coordinator

Written by: Rex Correa- **Assistant Editor**



Caleb Dempster, he/him
ASUWB Marketing Coordinator

What is your role in ASUWB?

I'm the Marketing Coordinator! In this role, I'm in charge of keeping our social media profiles and website current to ensure that the student body and relevant stakeholders are kept in the loop. I take photos, shoot and edit videos, design graphics, and recently worked with the UWB Marketing and Communications team to conduct an overhaul of our website. You can check it out at www.uwb.edu/asuwb

What is something UWB students should know about you?

Scottish born and raised. Kinda, my family moved here and then I was born right after that, so I was pretty close. Currently connecting with my roots and my ancestors by learning Gaidhlig. Tha mi Caleb agus tha mi à Kilmarnock, East Ayrshire. Tha mi an annan sgoil an-drasta. A bheil mi trang, sgìth, agus brònach? Tha. Tìoraidh.

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

Get a SAD (Seasonal Affective Disorder) lamp.

Major: Law, Economics, and
Public Policy

The Psychology of Procrastination and Tips to Overcome It

Written by: Ameer Kiani
- **Student Reporter**
OPINION



Image Credit: Freepik

Procrastination is defined as the act of delaying or postponing something. Students often procrastinate in completing their classwork and assignments. Although it may feel good to forget about your assignments until the last minute, procrastination has many bad effects including increased stress and lower productivity. It is important to explore why college students procrastinate, and then identify the factors and habits to overcome this counterproductive behavior.

Psychology Of Procrastination

There are many factors as to why students resort to procrastination instead of developing healthy study habits. Firstly, according to an analysis written by Piers Steel for the *Psychological Bulletin* research journal, 80-95% of college students admit to procrastination, with around half of them doing it frequently

resulting in poor results. Despite the common perception, procrastination isn't normally tied in with laziness, says Devon Price in his article *Laziness Does Not Exist* for humanparts.medium.com.

Procrastination stems from the fear of failure and uncertainty about taking the first steps of classwork. Other factors include abstract goals, perfectionism, anxiety, lack of motivation, and poor organization skills. Some students also enjoyed the thrill of working at the last minute against a deadline, according to Joseph Ferrari's study on procrastinatory behavior for the *Journal of Psychopathology and Behavioral Assessment*.

How Procrastination Hampers Productivity

Procrastination becomes a major issue when it starts to affect the college student's productivity and well-being. Signs of this include:

- Missed deadlines: Assignments are constantly turned in late.
- Lower grades: The grades suffer due to rushed, lower quality of work.
- Increased stress: Students report higher stress and anxiety due to impending deadlines.
- Poorer health: There have been links found between procrastination and stress, depression, and fatigue, as concluded in a community study conducted by Johannes Gutenberg University.

How To Overcome Procrastination

If you're a procrastinator, don't worry! There are proven strategies to break the cycle.

- Break large projects into smaller steps: By deconstructing a larger assignment into more manageable parts, this reduces the intimidation factor and makes it easier to start, (oxfordlearning.com).
- Set concrete goals: If there are clear goals with specific actions and times to study and work on assignments, there will be better results (solvingprocrastination.com).
- Create designated study spaces: A quiet and distraction-free area will maintain focus and reduce the urge to procrastinate
- Improving time management: There are methods including the Pomodoro Technique, which means alternate study times with short breaks, which enhances concentration and productivity.

UW Bothell Academic Success Programs

The University of Washington offers support to students through various academic success programs. Among these services include tutoring, writing support, and assistance with study skills. Students can reach out for these resources by reaching to the UW Bothell Academic Success Programs website at: uwb.edu/academic-support-program

While procrastination can be harmful to a student's success, it is a habit that can be broken by taking the right strategies and support. After understanding the root causes of procrastination and then implementing the practical tips mentioned above, UW Bothell students can improve their academic performance and reduce stress and anxiety.

National Eating Disorders Awareness Week

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

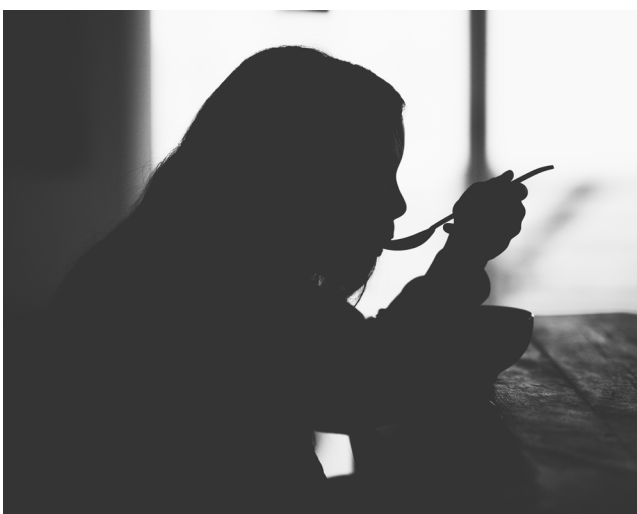


Image Credit: Unsplash

Did you know that National Eating Disorders Awareness Week (NEDAW) is observed from February 26 to March 4 in 2024? According to the President's Proclamation on NEDAW from 2023, nearly one in 10 Americans develop an eating disorder in their lifetime. That's 10% of our nation's population. National Eating Disorders Awareness Week is all about raising public awareness about the significance of eating disorders in individuals' lives and to support those affected make a full recovery in their journey.

Eating disorders are generally characterized through unusual or excessive eating

habits, which then further raise concern for physical health. According to the National Institute of Mental Health, the most common eating disorders include anorexia, bulimia, and binge-eating (nimh.nih.gov).

Eating disorders can severely impact individuals' lives. For example, anorexia is an eating disorder where people avoid food and set a limit on the amount of food or calories they're consuming. Most commonly, health issues and symptoms associated with anorexia can include food restriction, thinness or pursuit of thin body shape, fear of gaining weight, and denial of being underweight.

Bulimia is another eating disorder and affected individuals usually have frequent episodes of excessive eating. Individuals who are affected by bulimia often find a lack of control over their excessive eating and try to compensate with excessive fasting or exercise, which ultimately creates the health issues seen.

Health issues and symptoms arising from bulimia can include acid reflex or gastrointestinal issues, intestinal distress and irritation, acute dehydration, and electrolyte imbalance which increases the probability of stroke or heart attack.

Binge-eating is another eating disorder where individuals succumb to excessive eating, however, it is much more complex; individuals affected by binge-eating lose con-

trol over their excessive eating and generally do not compensate with exercise or fasting. In turn, affected individuals are often obese from binge-eating.

Health issues and symptoms arising from binge-eating disorder can include excessive eating, eating even when full or not hungry, eating at a fast pace, eating alone, and frequently dieting. Binge-eating is the most common type of eating disorder in the U.S.

Eating disorders can affect a wide range of individuals, but teenagers and college students are at the highest risk of developing them. The stress of college life adds pressure to underlying mental health issues which in turn opens doors for these eating disorders to affect students (childmind.org).

College is a whole new world and when individuals are given responsibilities they have never had in high school, they tend to fall. College students are facing an increased workload, a new environment, finding new social groups, and balancing jobs/extracurriculars, which all only add stress.

The added stress of college puts this demographic at risk for developing eating disorders. The National Eating Disorders Association (NEDA) reports that eating disorders generally begin between 18 and 21 years of age. Furthermore, NEDA estimates that between 10 to 20% of women and 4 to

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10% of men in college are impacted by an eating disorder with numbers still rising (child-mind.org). In an environment where incoming adults are given responsibility for the first time, varying lunch and dinner times, class schedules overlapping with regular eating times, and extensive dining halls are not the best for susceptible college students.

Fortunately, there are multiple resources to help those struggling with an eating disorder both on campus and locally. UW Bothell's Health and Wellness Resource Center (HaWRC) located in the ARC (ARC-120) provides resources to students struggling

with their academic, social, and professional life. The HaWRC is open Mondays through Thursdays 10 a.m. to 4 p.m. Fridays are also open through appointment! You can check their website at www.uwb.edu/arc/hawrc for more information. The Counseling Center at UW Bothell also offers various forms of support for mental wellbeing. To learn more about what they do, visit their official webpage at www.uwb.edu/student-affairs/counseling.

All students, staff, faculty, and community members are encouraged to submit a CARE report for concerns regarding the well-being of any student. CARE team re-

sources can be found here: <https://www.uwb.edu/student-affairs/care-team>. The Alliance for Eating Disorders Awareness (AEDA) offers resources and support for anyone dealing with eating disorders and can be reached at 1-866-662-1235, as well as other nationally recognized organizations such as The National Association for Anorexia Nervosa & Associated Disorder (ANAD), which can be reached at 1-888-375-7767.

National Eating Disorders Awareness Week aims to extend support to those who are dealing with eating disorders, this month and beyond.

Candid Captures: Love Is in the Air

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

“Love has never been a popular movement. And no one’s ever wanted, really, to be free.

The world is held together, really it is held together, by the love and the passion of a very few people.”

- James Baldwin, *Meeting the Man: James Baldwin in Paris*



Upcoming Campus Events



Image Credit: Indian Student Association via Instagram



Image Credit: Club Council via Instagram

Random Acts of Kindness Week- Bingo Edition!

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

Random Acts of Kindness Week is February 11-17, 2024, and serves as a reminder to be kind whenever we get a chance to- at any time. In light of celebrating kindness in our community, here is a fun bingo to inspire small acts of kindness that can have a big impact on making someone's day.

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” - Lao Tzu

Hold the door open for someone	Compliment a classmate	Write a thank you note to a professor or staff member	Leave a positive message on a sticky note	Smiled at someone on your way to class
Listen attentively to someone who needs to talk	Send a handwritten card to show appreciation to a friend	Ask someone about their day	Offer to help a roommate with a chore	Invite a new friend or classmate for lunch
Help someone carry their items	Leave a positive review for a local business	Fill in your own kind act!	Help provide feedback for a peer's project	Donate unused supplies or textbooks
Take at least 30-minutes for selfcare	Make someone laugh	Bring snacks at a group meeting	Make a list of what you're thankful for	Call or visit a loved one you haven't seen in a while
Write a positive note for yourself	Text a positive message to a friend	Give a family member or friend a hug	Help make a space cleaner than you found it	Create a care package for someone in need

Created by: Aditi Nambiar

Inspired by the Random Acts of Kindness Foundation

Do you want to contribute to The Husky Herald?

We are always looking for student photographers, writers, and more! If you have a talent that you would like to share with the Herald and gain experience to add to your resume or portfolio, email the Editor-in-Chief: uwbeic@uw.edu or the Assistant Editor: uwbae@uw.edu.

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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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