

North News Briefs



MARCH 2025

Welcome to this month's North News Briefs. If you have news to share with the North Seattle College community, please send it to northcommunications@seattlecolleges.edu. The content submission deadline is the last day of the month. Please try to keep your submission to 150 words or less.

PONDER THIS

* **March is National Nutrition Month** – National Nutrition Month is a nutrition and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The [campaign](#) is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. This month, the Roy Flores Wellness Center is promoting Nutrition Month by holding a cooking class (see related item in this newsletter) and continuing its [NSC Wellness Challenge](#) through March 23.

TREE FROG TIDBITS

* **Welcome to North!** Joining North in February were **Grace Afiari**, Business Operations; **Bralyn Beathea**, Student Leadership; **Reyauna Benton**, Student Learning Center; **Mackenzie Fall**, Arts, Humanities and Social Sciences; **John Farnandez**, Business Operations; **Erica Hickerson**, Arts, Humanities and Social Sciences; **Kelly Martin**, Student Learning Center; **Isabella Sebastiani**, Workforce Instruction; and **Adriana Taylor**, Workforce Instruction.

* **New Director of Student Leadership and Engagement** – **Bralyn Beathea** has joined North as its new director of Student Leadership and Engagement. In this role, he will advocate for students, oversee student leadership programs, including student government, support student organizations and develop initiatives that enhance campus life. Bralyn comes to North after serving the past year as director of Middle School Success at Onward We Learn.

* **North Represented at State Advocacy Day** – On Jan. 30, Seattle Colleges Chancellor **Dr. Rosie Rimando-Chareunsap**, South Seattle College President **Dr. Monica Brown**, and Seattle Central College Interim President **Dr. Chantae Recasner** visited Olympia for state advocacy day. **Jill Lane**, acting director, Access, Community, and Opportunity, and tenured Political Science faculty, substituted for North Seattle College President **Dr. Rachel Solemsaas**, and joined them at the state legislature. The leaders met with a half dozen state legislators, advocating for the needs of Seattle Colleges. Students were also in Olympia that day, as were



delegations from other State Board of Community and Technical Colleges (SBCTC) around Washington. Special kudos to **Samantha Baneth** from North's student leadership who helped organize the Seattle delegation at North and testified Feb. 3 at the request of Rep. Gerry Pollet (D-46th District) about legislation that would allow for a student representative on SBCTC's Boards of Trustees. Other students attending included **Sumnima Rai**, **Quince Bisard** and **Roger Tang**. Seattle Colleges remains committed to serving as open-access learning institutions that prepare each student for success in life and work, fostering a diverse, engaged, and dynamic community.

* **North Staff Meet with State Legislators on Postsecondary Basic Needs – Jeanette Miller**, dean, Student Leadership; **Shannon Thomas**, specialist, Workforce Education; and **Laura Lubash**, advisor, Workforce Education, visited Olympia Feb. 5, to speak with legislators about the great need for postsecondary basic needs. They met with State Sen. Hansen's staff and State Rep. Macri from Seattle. The North team emphasized the importance of housing, food and mental health assistance, and that while the state has made great progress in supporting college students in these areas, there is still much work to do. The Postsecondary Basic Needs Coalition sponsored the lobby day.

* **Art Faculty Member Featured in Magazine – Paul Komada**, part-time faculty member in North's Art Department, is featured in the current issue of Public Display Art magazine. In the piece, which can be found on page 34, Paul shares how his work "emerges from a meditative and deliberate process, centered on the slow and meticulous craft of hand-knitting.

RIBBETING NEWS

* **North Hosts Students, Professors from Japan –** Last week, North's Emergency Medical Technician (EMT) program hosted 11 paramedic students and four professors from Nippon Sports Science University in Japan. The visitors observed and participated in skill drills and toured the campus as part of their weeklong stay in Seattle to learn about North's EMT program.



* **Winning Ways Continue for North Students Tackling Business Challenges –** Seven students earning a range of degrees proudly represented North at the Women Entrepreneur Business Solutions Competition last month in the University of Washington's Foster School of Business, and their ideas won! Students from North were in three of the teams that tied for first place: **Mariyam Abdulkarim**, **Maila Jenner**, **Jane Madiz**, **Anna Kharzhevskaja**, **Khat Khongor**, **Michelle Sentevski**, and **Roger Tang**. Thanks to the enthusiastic marketing of **Rayne Renney** from the Impactful Investing Club, this year North had three times as many students participating. The teams had fun tackling current business problems and developing innovative solutions in real time. [Learn more.](#)

* **Tree Frogs are Calling** – It's that time of year when the Pacific Tree Frog population on North's campus becomes very active and the chorus of calls can be heard in the evenings. North holds a very large breeding population of the amphibians, which of course also serve as our college mascot. On evenings when the temperatures are right, male tree frogs move to the water and call out to the females to signal the start of breeding season. The females head to the chorus and attach their eggs in masses to blades of grass and sticks under the water. Typically, the tadpoles hatch in March and develop through the spring. Last year, the tree frogs became famous as they were featured on [KING-TV's Evening Magazine](#). Thanks to **Pete Lortz**, vice president of Instruction, for updating the campus on this annual occurrence!

* **Soup and Story with the Presidents March 6** – Please join President **Dr. Rachel Solemsaas** and Associated Student Body President **Mohamed "Nagi" Bin Nagi** for Soup and Story with the Presidents this Thursday, March 6, from 11:30 a.m. to 1 p.m. in College Center Room 1161. Please see the Feb. 27 email and calendar invitation from Myele Johnson for more information and how to sign up.

* **Wellness Center Cooking Class March 6** – The Roy Flores Wellness Center is holding a cooking class to celebrate Nutrition Awareness Month. If you have any cooking supplies to share, please let the Wellness Center know. They will grant one free drop-in class for the exchange. Blenders and sturdy serving spoons for stirring are needed. Please contact [Marle Ethelbah](#) for details.

* **Library Crafting Hangout March 18** – Looking for a place to take a break and relax? Join us in the Library Seminar Room (LB2208) Tuesday, March 18, from 4 to 6 p.m., to create and decorate paper crafts like bookmarks, origami, and coloring sheets. For more information please contact [Willa Sweeney](#).

* **Spring Quarter Parking Permits Available March 24** – Parking permits for Spring quarter will be available for purchase starting Monday, March 24. Parking permit rates for employees are based on percentage of FTE, and not how many in-person hours worked on campus. If you are less than full-time, please contact nsctransit@seattlecolleges.edu to have your permit rate set. [Learn more](#).

* **Fundraiser Concert to Support Mary's Place Set for April 4** – An Evening of Music with Edie Carey is set for Friday, April 4, from 7 to 9 p.m., in North's Library Auditorium. The concert is a fundraising event for the Cesily Crowser Fund, which supports families at Mary's Place shelters. The suggested donation is \$30 for one ticket, \$50 for two. For information, please contact [Sally Blodgett Olson, MSW](#), Parent Education faculty.

* **Where to Find Student Services Hours on Website** – During the pandemic, North had been using a light green banner on our website's homepage to provide updated hours of operation for student services. This banner was recently removed since the hours of operation have now stabilized, and the banner can be used for its intended purpose of sharing more urgent updates and information. Student services hours can

still easily be found by clicking on the home page header labeled “Student Services,” then “More Student Services/Hours” in the dropdown menu.

* **Employee Discount for Wellness Center Membership** – Did you know that North employees are eligible for a \$50 quarterly membership to the Roy Flores Wellness Center? Day passes are also available. [Learn more.](#)

* **Videos of Multigenerational Mural Unveiling** – On June 12, 2024, a new multigenerational mural celebrating the diverse generations of students who have attended North’s cooperative preschools and parent education program was unveiled. The mural, located on the north end of campus, was pioneered by the [Visibility Community Council](#) at North. It showcases the collaborative efforts of current children from various co-ops, alums and artist Rene Julio, an alum parent of the Polititos Cooperative Preescolar en Espanol. Videos of the unveiling ceremony are now available: [video 1](#) and [video 2](#).



* **Continuing Education Discount for Employees** – Current and former staff qualify for a discount on all Continuing Education classes at North. To enroll in [spring classes](#), use promo code NSC202510%.

* **Countenance: Contemporary Portraiture at Art Gallery** – Celebrating the diverse and evolving tradition of portraiture and exploring the many ways we capture and represent identity, presence and connection, *Countenance: Contemporary Portraiture* is showing in the NSC Art Gallery through this Friday, March 7. The exhibition features the work of 10 practicing artists from around the country. Gallery hours are Monday through Thursday from 11 a.m. to 5 p.m., and Friday from 11 a.m. to 2 p.m. [Learn more.](#)

* **Two Continuing Education Student Concerts Coming** – Mark your calendar for two winter quarter Continuing Education student concerts coming later this month: Wednesday, March 19, at 8 p.m., the jazz ensemble plays in the library auditorium (directed by **Fred Radke**); and Sunday, March 23, at 2 p.m., there will be a vocal performance accompanied by the jazz ensemble in the library auditorium (directed by **Gina Funes** and **Fred Radke**). Admission is free to both concerts.

* **Emergency Preparedness Training March 20** – **Michelle Valint**, manager, Occupational Safety and Health for Seattle Colleges, will be hosting an emergency preparedness training session in the Opportunity Center conference room on Thursday, March 20, from 9 a.m. to noon. The training will cover different emergency situations and how to respond both on and off campus. To sign up, please register on the [Health and Safety webpage](#).

* **On-Campus Child Care at North** – Did you know that North offers on-campus childcare for children between the ages of 18 months and 5-plus years? The NSC Child Care Center is a service provided for our community, with enrollment priority given first

to North students, then employees and, finally, community members. The center offers a safe and nurturing environment where children have a positive social experience and participate in age-appropriate learning experiences. [Learn more.](#)

LILY PAD HAPPENINGS

* **Conversations on Social Issues Continue through March 13** – Two more sessions of Conversations on Social Issues will take place Thursday, March 6, and Thursday, March 13. These [Zoom sessions](#) run from noon to 1 p.m. The March 6 session is titled, Generative Workshop on Imagining Futures and Next Steps with **Mei Eyre**, South Seattle College librarian, and **Kano Cheng**, South Seattle College ACO navigator. (There will also be a mutual aid fair on the South campus.) The March 13 session is titled, Activism in the Global South with Walden Bello. Questions? Please contact [Katy Dichter](#).

* **Discover Seattle Colleges Events Underway** – One of the biggest recruiting events of the year is happening over the next two weeks as the 2025 Discover Seattle Colleges series is underway. [Online events](#) began March 3, and run through Thursday, March 6. North's [open house](#) is set for Thursday, March 13, from 3:30 to 6:30 p.m. in the Grove, and the final event of the series is [a field trip](#) Thursday, March 20. Much more information is available on the [Discover Seattle Colleges website](#). Flyers and posters are also available for anyone who would like to help promote and spread the word around campus – or share North's open house event through [Facebook](#). Hope to see you at Discover Seattle Colleges!



* **Participate in 'DISCOVERED in the Wild' Social Media Challenge** – A new social media challenge has been launched for the [Discover Seattle Colleges](#) events now underway, and all are invited to participate. Here's how it works:

- Take a selfie in front of any Discover Seattle Colleges posted advertisement (flyers, posters, light rail signs, billboards).
- Post the selfie on your story or main feed on social media using the hashtag #discover2025 and tag North Seattle College or any of the Seattle Colleges/other college accounts @north_seattle_college, @seattlecolleges, @seattlecentral or @southseattlecollege in the post.
- You will be entered to win a prize for 2025's DISCOVERED in the Wild challenge! Challenge ends Thursday, March 13, at 6:30 p.m.

* **Registration Open for Spring Quarter Classes** – New and returning students are now able to register for spring quarter classes. Fall and winter enrollment this academic year were both up more than 11% over a year ago, so please help spread the word and keep the momentum going. [Learn more.](#)

* **Seattle Colleges Scholarship Application Reviewers Needed** – The Seattle Colleges Foundation is accepting applications for 2025-26 scholarships through

Tuesday, March 18. Those interested in volunteering to help review scholarship applications can [sign up](#) to do so. That deadline is also March 18.

* **Mindful Meditation Mondays** – All employees and students are invited to join the Mindful Meditation Zoom sessions each Monday from 12:10 to 12:30 p.m. The sessions are free and led by mindfulness team members from all three Seattle Colleges campuses. The sessions continue through March 17. The meeting room URL is <https://tinyurl.com/yyx4eh9n>, password is Bliss! and the meeting ID: 994 361 6626.

* **Commencement at UW June 20** – Graduates from all three Seattle Colleges – North, South and Central – will be honored at [commencement](#) Friday, June 20, at Alaska Airlines Arena on the University of Washington campus. More information will be shared soon, so for now, please save the date and plan to attend.



Office of Communications

North Seattle College | northseattle.edu

College Center Building | 9600 College Way North | Seattle, WA 98103

Mike Sprouse, Communications Director, 206.934.7791

Rakhee Phelps, Marketing Manager, 206.934.5681

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