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The Voice

March
2018
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voicenewspaper.org

Community gathers for children's Somali alphabet board book launch

NewHolly mothers and their kids create "Baro Af-Soomaali," to teach their culture

BY THE SEATTLE PUBLIC LIBRARY

What do you do when the demand for books in your language outstrips the supply? Write and publish your own! Several hundred people attended a free public event on Feb. 9 at the NewHolly Gathering Hall to celebrate the launch of the community-created Somali alphabet book, "Baro Af-Soomaali."

The innovative collaboration involved five families who live in the NewHolly neighborhood, The Seattle Public Library, Seattle Public Schools, Seattle Housing Authority, the Somali Family Safety Task Force and local poet Mohamed Shidane. The book was published by Applewood Books and distributed by Ingram Content Group.

Seattle Mayor Jenny Durkan, Library Programs and Services Director Tom Fay, Schools Superintendent Larry Nyland and Seattle Housing Authority Executive Direc-



PHOTOS BY MELISSA PONDER

Women attending the book signing party of "Baro Af-Soomaali" enjoy reading the newly-published work, which will soon be distributed across the country.

tor Andrew Lofton joined the festivities and honored the book's diverse project team.

The children's board book centers on Somali language, community and culture. "Baro Af-Soomaali," which means "learn

Somali" in English, gives Somali parents the opportunity to share their culture as they teach their young children.

Please see "Somali" on Page 3

Reminder: Move your clocks forward before going to bed March 10



Daylight saving time begins Sunday, March 11, so be sure to turn your clocks ahead one hour before going to sleep.

SHA responds to president's 2019 federal budget proposal

BY SHA STAFF

Below are the introductory paragraphs from a message by Andrew Lofton, SHA's Executive Director, responding to the president's 2019 proposed budget. To read the full text of the message, learn more about the potential impact of the budget proposal on SHA and find out how you can respond go to <https://www.seattlehousing.org/news>.

The president has just released a proposed 2019 federal budget that would reduce funding to the U.S. Department of Housing and Urban Development by 18.3 percent, which is \$8.8 billion. The cuts would have devastating impacts to housing and services for people with low incomes in Seattle and across the country.

Please see "Budget" on Page 5

End of an era: Taylor retires, but now, there's Hope



PHOTOS BY KAREN PETERSON

Taylor, at left, and Hope have become best buddies. Both were trained at the Florida Canine Academy to sniff out bedbugs. When temperatures reach about 50 degrees, bedbugs become more active, as do their human hosts.

BY SEATTLE HOUSING AUTHORITY

Taylor, 11, is retiring after nine years of service as a Housing Operations bedbug inspector. The black lab began her career at Seattle Housing Authority as a 1-year-old after coming to Seattle from Florida Canine Academy, where she received training after being rescued.

A healthy senior, Taylor remains active and "is still obsessed with fetch," according to her handler, SHA Pest Control and Hazmat Supervisor Karen Peterson. "She is going to miss the daily routine of riding to and from work with me, and seeing all the employees," Karen said.

Please see "Taylor" on Page 2

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Health Notes

R A column devoted to your well-being

Flu season—don't let your guard down just yet

BY NEIGHBORCARE HEALTH

We are beginning to get glimpses of warmer weather ahead as daffodils and tulips show their heads, and the days grow longer. But don't let the signs of spring fool you. Flu season is not over yet. While the peak of the season is normally January and February, the spread of flu can continue into May. Here are some important reminders and updates about the flu.

How bad is it this year?

Across the United States, cases of the flu have been widespread. This flu season is on track to be one of the worst in the last 10 years. In Washington state and King County, flu activity also continues to be widespread, but hasn't been quite as severe as the rest of the country. There are signs that cases of the flu are leveling off, which is good. However, we are not out of the woods yet. People can still get sick with the flu!

Who is at the most risk?

Anyone can get the flu and being sick with the flu is miserable. Anyone can also suffer more serious issues because of the flu, such as difficulty breathing or severe vomiting. But some people have a higher risk of catching the flu and having it turn more serious, even deadly. These groups of people include the following:

- Young children under the age of five, especially babies under six months old, since they cannot get the flu vaccine (shot)
- Pregnant women
- Adults over age 65
- Any age person with certain medical conditions, such as cancer, diabetes, heart disease or asthma

Protect yourself, your family and your community

The flu is very easily passed from person to person. There are steps you can take to keep from getting it and spreading it.

Get your flu shot (vaccine). It is not too late! According to the Centers for Disease Control and Prevention, this year's vaccine is a little less effective against the type of flu virus that has been reported so far this year. However, the CDC also says that if you get a flu shot and still get the flu, your illness may be milder. It may also help keep you out of the hospital. This is really important for the groups at most risk for experiencing severe effects. Even if you are not in one of the high-risk groups mentioned above, getting the flu vaccine helps keep the ones around you healthy, too.

Wash your hands often. You can pick up flu and cold viruses (and bacteria) from everyday objects, such as door handles, keyboards, phones and light switches. You can transfer germs from those surfaces to

your body when you touch your eyes, nose and mouth. Using warm water and soap will wash those germs away.

Get plenty of sleep. Adults need about seven to eight hours per night and children need eight to 10 or more hours of sleep, depending on their age. Sleep helps your body defend and repair itself.

Cover your mouth and nose when you cough and sneeze with a tissue and throw it away.

Is it the flu or a cold?

Sometimes it's hard to tell at first if you have a cold or the flu. They are different illnesses caused by different viruses. You can feel pretty horrible with either one. Here are some general differences from Public Health—Seattle & King County.

Common cold

- Usually milder illness
- Often develops over a few days
- These symptoms are less common and more mild: fever, body aches, extreme tiredness, dry cough
- More likely to have runny or stuffy nose
- Generally does not result in serious health problems

Flu

- Usually illness is worse than common cold
- Often develops suddenly and quickly grows worse
- These symptoms are more common and intense: fever, body aches, extreme tiredness, dry cough
- Less likely to have runny or stuffy nose
- Can result in serious health problems, such as pneumonia, bacterial infections, or hospitalization

Remember, not every case of the common cold or the flu will fit these descriptions exactly. You can get pretty sick with a cold, or have a milder flu. If you are at all concerned with either, contact your doctor's office or clinic.

If you get sick

- Stay home from work, school or other activities. Rest is the best way to get better. Staying away from others helps keep the flu from spreading. If possible, wear a mask if you have to go out.
- Contact your doctor or clinic if you need advice on what to do, if you are worried, if your symptoms last a long time or are severe, or you are in one of the high-risk groups.

Neighborcare Health is the largest provider of primary medical and dental care in Seattle for low-income and uninsured families and individuals, serving our community for 50 years. More information is available at www.neighborcare.org.

Be Safe

Report your safety concerns of South Myrtle Street

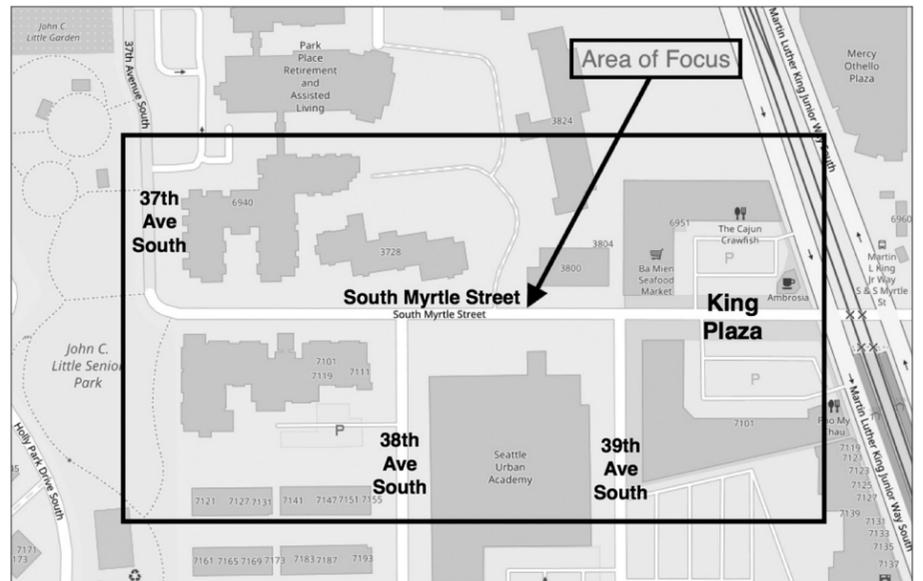
BY MINH NGO

Project Coordinator

We don't usually notice when the places we go in our daily lives make us feel safe, but we certainly do notice when a place makes us feel unsafe. Environmental features such as lack of lighting or hard-to-read street signs can contribute to our feelings of safety or danger.

Every year, Seattle Neighborhood Group staff work in areas where crime is most concentrated and collaborate with residents, businesses, property owners, place managers, city departments and various organizations to improve public safety.

Currently, we are working with communities in South Seattle specifically on South Myrtle Street, from 37th Avenue South to Martin Luther King Jr Way South.



Prior to choosing this site, we obtained area crime data from 911 calls in order to review the community's perception of the site. When reviewing this data, we specifically looked for underserved neighborhoods where the populations have the least resources; the areas include a mixture of land-use, occupied by both businesses and residents who can potentially form a community to problem-solve and respond to public safety issues; and diversity of crime is usually a combination of car prowling, harassment, drug use/sale, loitering, illegal dumping, robbery, vandalism, theft, etc.

After thorough research to ensure that we have the right resources and expertise for the site we've chosen, our crime prevention project coordinators stay connected and work with the community every step of the way. This is followed by surveying residents and performing additional environmental assessments.

As 911 data often only reflects a small degree of what is really going on at the site, the surveying process helps give our staff a clearer idea of the community members perception of crime and public safety issues in the area. This information-gathering phase allows us to learn about the community's most pressing safety concerns and to address these problems effectively.

We are actively encouraging feedback through the end of April from anyone who lives or works at the site or is familiar with this area of South Myrtle Street.

Take the survey online at https://www.surveymonkey.com/r/Myrtle_Eng or call SNG at 206-322-9666. We will meet with community members later this spring to discuss how to best tackle the top safety concerns.

Seattle Neighborhood Group educates, organizes and collaborates with residents, businesses, government entities and other organizations to create safe communities through equitable engagement, with a focus on underserved populations. Contact Minh at 206-323-9666 or minh@sngi.org.

Taylor

Continued from Page 1

Hope, a 1-year-old lab mix, is also a rescue dog, and trained with Karen at Florida Canine Academy. Hope has some big paw prints to fill, replacing veteran bedbug hunter Taylor.

Since she has been in Seattle, "Hope and Taylor have made finding bedbugs a competition and a game," said Karen. "The two of them are now best friends."

Hope's sweet demeanor and personality make her a good fit for SHA. Like Taylor, the new recruit will reside with Karen and her family, which includes several four-legged members.



Hope, SHA's new bedbug sniffer extraordinaire.

The Voice

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Kristin O'Donnell

The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority. Neighborhood House helps diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence and community building. The Voice contributes to that mission by providing low-income people, immigrants, refugees and other concerned parties with timely, relevant news. Opinions expressed do not necessarily reflect those of the staff, Neighborhood House or Seattle Housing Authority. We welcome articles and tips from the community and reserve the right to edit all submissions. The Voice is published online at www.nhwa.org and at www.voicenewspaper.org

Somali

Continued from Page 1

The book, which was written last summer, grew out of the realization that Somali language board books simply weren't available. The Somali publishing industry is comparatively small, few distributors handle Somali books and the stock of books readily available for purchase is very limited. The Library has approximately 200 books in Somali. Less than half are children's books, and there are very few board books.

"We have a deep commitment to community engagement and this project was the result of listening to the Somali community," said Marcellus Turner, the Library's executive director and chief librarian. "The community wanted family engagement opportunities and more books in their language. Collaborating on a Somali book responds to those needs in a fun way, builds a sense of community and expands our vision of how to serve the public. As far as we know, this is the first and only project of its kind."

Four book creation workshops, which were attended by five Somali mothers and their 13 children, were held in a meeting room on the NewHolly campus.

First, the families visited and shared a delicious Somali meal and tea. Then the



Young children in Somali communities get to learn more about their language and culture from the new children's board book. Above, center, Seattle Mayor Jenny Durkan holds a copy at the book's launch party with SHA Community Builder Phillippia Goldsmith at NewHolly Gathering Hall.

group discussed the layout, assigned a series of letters to each family and began creating artwork. The families brought in their own valued items rooted in Somali culture to be photographed for the book.

After several rounds of edits, the final draft was submitted to the publisher in November. The first print run of 1,000 books will be distributed to the community



partners and each participating family will get five books apiece.

The book will be available in print and as a free PDF download from the Library's website this spring. It will also be marketed and distributed to libraries, schools and retailers nationally and internationally by Ingram.

The book was funded in part by The

Seattle Public Library Foundation, the Bill and Melinda Gates Foundation, and Race to the Top Deep Dive 3 with Puget Sound Educational Service District and Community Center for Education Results.

For more information, call the Library at 206-386-4636 or go to www.spl.org/baroafsoomaali.

SHA's new JobLink connects residents to employment, career coaches and education resources

By ROSANNA STEPHENS
SHA staff

Are you ready to take the next step to finding a job or getting more training? Do you want to learn more about who's hiring and where the jobs are in Seattle/King County? JobLink can help.

In January, the Seattle Housing Authority launched a newly redesigned employment and education program, JobLink, which

was formerly known as the Economic Opportunities and Family Self-Sufficiency programs.

Now, in one program, tenants are paired with career coaches to find a job right away, enroll in training and education and then find a job; get a better job; or start a small business. Tenants, 18 years or older, who are living in SHA housing or Housing Choice Voucher participants are eligible to participate.

JobLink services help tenants:

- Learn about the jobs that are in demand in Seattle/King County
- Build job preparation skills, including resume writing and interviewing
- Develop an individual plan to reach job and education goals
- Learn about education and training opportunities, including funding for school
- Get help managing personal finances
- Learn about the potential for home ownership

"One of things I appreciate most about the JobLink model is that it is set up to focus on individual needs," explained Hindia Hussein, a JobLink Career Coach. Hindia has helped five people get jobs, including Anthony, who attended the first JobLink orientation on Jan.16.

According to Hindia, Anthony was very disappointed that he had been looking for work for two years.

Please see "JobLink" on Page 6

New University West Resident Council Board



PHOTO BY ANDY CHAN

Elections for University West Resident Council were held Jan. 22. Back row, left to right: Allen Mott, Michelle Grimes, Roland Taylor. Front: Dave Merrow, Elizabeth Kennedy.

Reminder: Conference to end homelessness needs your participation

Are you a Seattle Housing Authority resident who's actively involved in your resident council, local social justice organization or trying to better your community through service?

If so, the Resident Leadership Development Team would like to send you to the 2018 Conference on Ending Homelessness May 22-23 in Yakima.

The conference is an annual event presented by the Washington Low Income Housing Alliance that brings together hundreds of people from across our state and region who are working to end homelessness.

Conference attendees meet for two days to learn from each other, exchange ideas and share advice, get inspired and re-energized, and organize to grow the movement to end homelessness in Washington and beyond. You'll also learn how to be an effective advocate for the needs of your community.

In order to be eligible to attend the conference, you must either live in a community with a duly elected resident council or be a voting member of the city-wide Resident Action Council. Voting members of RAC are SHA public housing or Housing Choice Voucher holders who have attended at least one RAC meeting in the previous 12 months. RAC's next meeting is Feb. 14 at 1 p.m. at Jefferson Terrace.

Applications are due by March 16 and are available from SHA Community Builders Ellen Ziontz, 206-239-1625, ellen.ziontz@seattlehousing.org or Andy Chan, andy.chan@seattlehousing.org, 206-239-1530. Applications will be reviewed, finalists interviewed and conference attendees chosen and notified by the first week in April.



Author readings throughout March

The Seattle Public Library will feature writers and their work at several Library locations in March. Event details with times and locations are outlined below.

Rita Sturam Wirkala— 2 p.m. to 4 p.m. **Saturday, March 10** at the Central Library, 1000 Fourth Ave., Level 4, Room 2, 206-386-4636. Local author Rita Sturam Wirkala will discuss her new book "Los huesitos de mamá, y otros relatos," a collection of short stories inspired by her hometown, María Susana. This program will be presented in Spanish.

Sarah McBride— 7 p.m. to 8:15 p.m. **Tuesday, March 13** at the Central Library, 1000 Fourth Ave., Level 1, Microsoft Auditorium, 206-386-4636. Sarah McBride, the National Press Secretary for the Human Rights Campaign, will discuss her book "Tomorrow Will Be Different" and share her story of coming out as transgender, finding love, and working for LGBTQ+ equal rights.

Yascha Mounk— 7 p.m. to 8:15 p.m. **Thursday, March 15** at the Central Library, 1000 Fourth Ave., Level 4, Room 1, 206-386-4636. Hear Harvard lecturer Yascha Mounk discuss his book "The People Vs. Democracy," the rise of populist nationalism across the world, and how it may endanger the precepts of democracy itself.

Aminatta Forna— 7 p.m. to 8:15 p.m. **Wednesday, March 21** at the Central Library, 1000 Fourth Ave., Level 1, Microsoft Auditorium, 206-386-4636. Aminatta Forna will discuss her latest novel "Happiness," a delicate tale of love and loss that considers the interconnectedness of lives and the true nature of happiness.

Luis Alberto Urrea— 7 p.m. to 8:30 p.m. **Wednesday, March 28** at the Central Library, 1000 Fourth Ave., Level 1, Microsoft Auditorium, 206-386-4636. Hailed by NPR as a "master storyteller with a rock and roll heart," Mexican-American author Luis Alberto Urrea will read from and discuss his latest novel, "The House of Broken Angels."



Letters to the editor

Readers of *The Voice* speak out

SHA should consider allowing residents to donate property

Dear Editor,

I'm writing to inquire about what residents of the Seattle Housing Authority can do with their property after they pass away.

I suggest that SHA should have a printed form so that those of us who want to can will our personal property upon either death or abandonment to the Housing Authority should their immediate relatives not claim or want the items.

The property managers could distribute the property left among those who are most in need, and the entire SHA community would be richer for it.

Space shouldn't be a problem as any leftover items could then be donated to charities such as Goodwill. The form should be simple and made legal.

Sincerely,
Jerry Thorson,
Ballard House

Ready to Work ESL program begins April 2 at Neighborhood House High Point

BY VOICE STAFF

The Family Resource Center at Neighborhood House High Point will begin offering a Ready to Work ESL program to help people improve their English skills, find a job, attend college or a training program.

The program is free and participants will have access to a case manager who will be available to help connect them with support services to help overcome barriers to employment they might be facing.

Ready to Work begins April 2, and classes will be taught by an instructor from Literacy Source. The hours are from 10 a.m. until 1 p.m. Monday-Thursday at Neighborhood House High Point, 6400 Sylvan Way SW, in West Seattle.

A maximum of 20 students will be enrolled. To enroll, please contact Abdi Ismail, 206-588-4900 ext. 3010 at the Family Resource Center, or stop by to see him.

The Family Resource Center is also seeking volunteers to help support the program as classroom assistants. Volunteers help support students one-on-one or in small groups and can sign up to come in as often or as little as they'd like.

Volunteers will be required to go through a brief volunteer orientation for Neighborhood House as well as a more in-depth training through Literacy Source. For more information, please contact Megan Demeroutis, megand@nhwa.org.

Oh, my aching joints

Water exercises might just be the ticket to feeling better and losing weight

BY KRISTIN O'DONNELL
SHA resident

This was the year that my left knee decided to go on strike.

I can't do the city hiking I love, including walking through different parks and neighborhoods, or taking the bus or a ferry to towns as far away as the Olympic Peninsula to walk and explore.

It's painful walking through the grocery store, it's painful walking around in my apartment, and it doesn't feel great sitting still, either. I'm using a cane or walking poles to get around.

That's because I have full-blown osteoarthritis of the knee. And because I'm getting so little physical activity, I've gained weight. Physical therapy, aspirin, ibuprofen and ice packs help the pain a little – but it pretty much always hurts—and the physical therapist cautioned me not to walk any more than I have to.

But I've been told to do plenty of stretching, and to hit the pool for water exercises.

So, a few months ago I headed off to the local community pool in Rainier Beach. Between water exercises I asked some of the other people in the class what brought them there.

"I meet nice people here."

"I can dance in the water – and it doesn't hurt my hip!"

"My doctor says I have to do this for my osteoarthritis."

"The spa is a great reward after the workout!"

"I ate way too many cookies over the holidays – gotta get back in shape!"

And so on.

After the first class I asked Rainier Beach Pool Manager Ann Busch about the popularity of the water exercise program.

She said, "Water exercise offers much

more than better balance or strength. It's a kinder method to stay fit and is much easier on the joints because there's less impact in the water. It offers a sense of community. And the rhythmic breathing? That's prayer."

It's often hard for me, especially on days when it's cold and rainy, to leave the warmth of my apartment and take two buses and the light rail to the Rainier Beach Pool. Yet I'm glad when I get there stretching and splashing and chatting with friends I've made at the pool, wading in the extra-warm, fast-running 'lazy river' pool, and soaking in the soothing spa.

This May, I'll be having my knee replaced. It will, I hope, put me back in good walking order again—I'll need a whole lot of water exercise to get there! But even after I'm walking easily again, I'll still come to the pool, especially on cold, rainy days.

Seattle Parks and Recreation's pools offer water exercise classes every day of the week at many times of day and night. They also offer many other options for water exercise and play, including lap, senior, family or public swimming, and water play with young children.

Women-only swims and swim lessons are available on Saturdays at Rainier Beach Pool and Sundays at Southwest Pool, and are a great option for women who, because of cultural, personal or religious reasons, cannot swim in a co-ed environment. "I was afraid of water," Yesler Terrace resident Rahima said. "Now I'm learning to swim!"

More details on pool and Community Center locations and schedules for water exercise, swimming and swimming lessons are available online at <http://www.seattle.gov/parks/find/swimming-lessons-and-classes>.

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in Seattle Housing Authority communities.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Nancy Gardner at 206-461-8430, ext. 2051 or by email at nancyg@nhwa.org.

All submissions are subject to editing for accuracy, style and length.

NextGen Views & Voices



Jonathan Luong

Editor's note: The Voice periodically features guest columns by local residents who are just beginning their college careers. They'll be sharing what their paths in higher education look and feel like, and what they're learning, planning for and dreaming about during this very important time. If you're an SHA resident and want to contribute to The Voice, contact Editor Nancy Gardner.

One year removed from my last column talking about my transition into college, I like to think that I now have bit more experience under my belt. With this in mind, I would like to offer some advice and suggestions to any students currently enrolled or preparing to start their undergraduate journey in the near future.

College is a major transition from high school in many ways. Many students will begin living on their own for the first time and may have to take on new responsibilities.

Academically, courses are much more rigorous while moving away from guided learning and emphasizing independent study. It would be unusual to not struggle at some point, so be patient in this adjustment period.

“Understand that not everything will come immediately, and that it will be a gradual process. It is important to focus on the gradual process and acclimating to a new lifestyle.”

Understand that not everything will come immediately, and that it will be a gradual process. It is important to focus on the gradual process and acclimating to a new lifestyle. Something that I found helpful was to organize my tasks and assignments into a calendar to help me budget my time.

Another transition that a student may find themselves in is adjusting to a different community where they will not have access to the familiar support systems that they had back home. Academically, professors will appear more distant than high school teachers. Though it may be daunting, approaching the professor after class and during office hours shows a sense of initiative and willingness to learn, which they will appreciate. In addition, many colleges provide some sort of academic resources to help students. For me, this was the Instructional Center operated by the UW Office of Minority Affairs and Diversity. The workshops, review sessions and practice exams that I was able to access were extremely valuable, and I met fellow students, which helped me form study groups.

Socially, college can also be a difficult transition, especially for students attending a school outside of where they grew up.



Jonathan Luong, a former intern for The Voice, is a sophomore, working toward a bachelor's degree in public health at the University of Washington. He recently spent a week traveling and camping in Southern California.

However, at the same time, it can be a great opportunity to meet new friends by way of exploring hobbies and interests. Whether that be through joining a student organization or playing a club sport, there are many ways to become active in the campus community while meeting other students. One realization that I had in college is that in high school it is so much easier for peers to influence your actions and ideas because of their constant presence. In college, these influences are gone, and it can become a chance for reinvention and discovering a new passion.

Because the balance of schoolwork, social life, work, and career development can become exhausting, it is important to find personal time to unwind and relax. This may be watching television for some; for others it may be making crafts or cooking. For me, I feel most at peace and free of stress when I am able to escape for one or two hours a day to workout. Whether it be a run through the UW Arboretum or lifting weights at the IMA, it is very relaxing to wipe my mind of any responsibilities momentarily to focus on the task at hand. Finding this personal time will prevent feeling overwhelmed and relieve stress.

One important thing to remember is that ultimately you are earning a degree for your own benefit. In conversations I have had with friends and classmates, I have heard many stories of late nights staying up editing a research paper, perfecting an art portfolio or debugging a programming code. All these sleepless nights and relentless studying are driven by an intense passion, an innate fascination with whatever it may be. Some students go into college not knowing what this is for them, and that is OK.

Take advantage of the opportunity to enroll in interesting classes or to explore potential interests and it will be found. This passion will be what drives you to work your hardest, and it will pay off when you find success in something that is important to you.

Last summer, I was very lucky to have the chance to travel to California with my Vietnamese Boy Scout troop to have one last camp with them. It was extremely bittersweet, as all the fun activities were met with a reminder in my mind that this would be my last experience.

So for my last piece of advice, I leave this: college is in many ways a transition to adulthood. You will most likely not get many opportunities to 'be a kid' after graduation. So if the opportunity is available, seize it—go travel, spend time with your friends and do what you love. College may be about earning a degree, but it can also be one last chance to enjoy one's youthful freedom before time is consumed by business meetings, research symposiums and the like.

Apply for the Youth Preparedness Council

Applications due March 18

BY VOICE STAFF

The Federal Emergency Management Agency created the Youth Preparedness Council in 2012 to bring together young leaders who are interested in supporting disaster preparedness and making a difference in their communities, by completing disaster preparedness projects nationally and locally.

The YPC supports FEMA's commitment to involve America's youth in preparedness-related activities. It also provides an avenue to engage young people by taking into account their perspectives, feedback and opinions.

Students in 8th, 9th, 10th or 11th grade, who have engaged in community service or are interested in emergency preparedness, are encouraged to apply to serve on the U.S. Department of Homeland Security's FEMA Youth Preparedness Council.

YPC members meet with FEMA staff throughout their term to provide input on strategies, initiatives and projects. YPC members also attend the annual YPC Summit in Washington, D.C., meet periodically with FEMA representatives, and work to complete a number of emergency preparedness projects.

The YPC members are selected based on



their dedication to public service, their efforts in making a difference in their communities, and their potential to expand their impact as national supporters of youth preparedness.

Council members are also required to attend two Youth Preparedness Council Summits, which are

held in July in Washington, D.C.

FEMA will reimburse travel, lodging and meals and incidental expenses for each council member and his or her parent/guardian/chaperone to attend the Summit.

Applicants must complete the application form and submit two letters of recommendation and academic records. Applications are due March 18, 2018. To start your online application, go to <https://community.fema.gov/applytoYPC/>.

Questions? Email FEMA-Prepare@fema.dhs.gov.

March 14 RAC meeting

A representative from King County Metro Transit will be guest speaker at the March 14 Resident Action Council meeting.

Topics include buses affected by changes in construction in the downtown tunnel, the viaduct and waterfront areas.

In March, RAC will also host an FYI table, which allows residents to bring informational brochures about their groups and share them with attendees.

RAC has a new email address: SeaRac2018@gmail.com, which will be checked daily.

All Seattle Housing Authority residents are welcome to attend and join in on the discussion which begins at 1:30 p.m. A potluck lunch will begin at 1 p.m.

RAC meets the second Wednesday of each month in the Jefferson Terrace Community Room, 800 Jefferson St.

Attendees receive free bus tickets and RAC will reimburse carpool driver's mileage.

Budget

Continued from Page 1

Cuts of this nature would be cruel to children, seniors, veterans, struggling families and others who do not make enough to meet basic needs without some form of assistance. For many of these vulnerable people, public housing and housing vouchers are the most important safety net they have—their only option for a safe, stable place to live that keeps them from being homeless. When we undermine these members of our communities, we not only hurt them, we put the health and vitality of entire communities at risk.

This 2019 budget proposal goes even further than a 13 percent, \$6 billion cut the president put forward last year for the 2018

budget. Fortunately, last year Congress maintained funding for HUD at close to previous levels.

The Seattle Housing Authority thanks U.S. Senators Patty Murray and Maria Cantwell, U.S. Representatives Adam Smith and Pramila Jayapal, and others in Congress who understand the real and tragic impacts that severe cuts to federal funding for housing and services would have. We again look to their wisdom and leadership to help avert significant cuts and enact a responsible 2019 federal budget.

COMMUNITY RESOURCES



MARCH 2018 SCHEDULE
All programming is open
to all, no cost to
participate!



Open Sewing Workshops:
 March 2, 9, 16, 23, 30
 Every Friday from 5-8 PM,
 Projects at 6:30pm.
Kebero Court: 1105 E Fir St, Seattle, WA 98122

Pop Up Sewing: March 17th from 4-7pm
 Bring in clothing or textile projects to get them fixed, or get assistance from experts in fixing them!
Rainier Vista: 4410 29th Ave S, Seattle, WA 98108

Would you like us to come set up a sewing project with your group or organization in the Yesler area? Contact Jenn:
artisanscollectivecoordinator@gmail.com, 2064996053

Joblink

Continued from Page 3

Given his experience in construction, Hindia was able to connect Anthony with an SHA staff member who works with the construction industry. Anthony was hired in a full-time job making \$43 per hour a few weeks later. "He was so happy and I was so happy," Hindia said.

In addition to helping residents find jobs that match their skills, JobLink can also help you form new skills. By 2020, 70 percent of all jobs in Washington will require some education or training beyond high school. The major industries that are hiring include Health Care and Social Assistance, Retail, Professional/Scientific/Technical Services, Accommodation and Food Services, and Manufacturing.

It's easy to get started. Meet the JobLink team at a weekly orientation which takes place at the following:

- Tuesdays, 10:30 a.m. – 11:30 a.m. at the **SHA Central Office**, 190 Queen Anne Ave North, and **NewHolly**, 7054 32nd Avenue S
- Thursdays, 1 p.m. – 2 p.m. at **High Point**, 6400 Sylvan Way SW, and **Yesler Terrace**, 120 8th Ave

To learn more about JobLink, register for an orientation session, or make an appointment with a career coach, go to www.seattlehousing.org/joblink, email joblink@seattlehousing.org or call 206-615-3366.

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Inactivated or Recombinant): What you need to know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. They cannot cause the flu.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.** If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.
- **If you ever had Guillain-Barré Syndrome (also called GBS).** Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
- **If you are not feeling well.** It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.

Community Notes

Free ORCA cards to every public high school student

BY OFFICE OF THE MAYOR

At her first State of the City address at Rainier Beach High School, Seattle Mayor Jenny A. Durkan announced ORCA Opportunity, her plan to provide free ORCA passes beginning this year to all Seattle Public School high school students as well as Seattle Promise scholars by partnering with Seattle Public Schools, King County Metro, Seattle Colleges and the Seattle Department of Transportation.

"At a time that our City is becoming increasingly unaffordable for families, we need to make transit more safe, accessible and affordable, especially for our young people," said Mayor Durkan.

The pass would give students access to unlimited public transportation throughout the year.

For the first time, approximately 15,000 Seattle Public School high school students and Seattle Promise scholars would have access to free year-round ORCA passes.

The ORCA passes will be valid on King County Metro, King County Water Taxi, Seattle Streetcar, Sound Transit, Community Transit, Pierce Transit, Kitsap Transit and Everett Transit. Currently, regular youth transit fares are \$1.50 per trip, which means families with at least one student would save up to \$540 for trips to school and more during the summer.



U.S. Department of
 Health and Human Services
 Centers for Disease
 Control and Prevention

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Seattle Housing Authority conecta a los inquilinos con el empleo, la educación y los recursos/By Jonny Fernandez

¿Estás listo para dar el siguiente paso para encontrar un trabajo o recibir más capacitación? Los inquilinos de SHA/Seattle Housing Authority con el programa JobLink trabajan con entrenadores profesionales para trazar sus planes individuales para un mejor empleo.

El programa puede ayudar a los inquilinos a encontrar un trabajo de inmediato, inscribirse en capacitación y educación y luego encontrar un trabajo; consigue un mejor trabajo; o comienza una pequeña empresa.

Los servicios de JobLink ayudan a los inquilinos:

- Aprender acerca de los trabajos en demanda
- Desarrollar habilidades para prepararse para un trabajo, incluida la redacción de currículums y entrevistas
- Desarrollar un mapa de ruta indi-

vidual para alcanzar las metas laborales y educativas

- Recibir asistencia para ayudar a abordar las necesidades individuales y dar el siguiente paso
- Aprender sobre las opciones de educación y capacitación, incluida la financiación para la escuela
- Obtén ayuda para aprender más sobre finanzas
- Aprender sobre la propiedad de vivienda

Los inquilinos de 18 años o más son elegibles para participar, independientemente de su nivel de educación. Es fácil comenzar. Regístrese para una sesión de orientación de JobLink en www.seattlehousing.org/joblink/joblink-orientation o haga una cita con un entrenador de carrera por correo electrónico joblink@seattlehousing.org o llame al 206-615-3366.

በዓል ስልጣን አባይቲ ስያትል (SHA) ናይ ስራሕ ኣራኻቢ ክፍሊ (JobLink) ንተኻረይቲ ምስ ዝተፈላለዩ ወሃብቲ ስራሕን ናይ ትምህርቲ ትካላትን ዘርኽብ ከምኡውን ዝተፈላለዩ ካልእ ሓበሬታ ንኸረኽቡ ዝሕግዝ ኸፍሊ እዩ። /By Habte Negash

ኣብዚ ፕሮግራም እዚ ከትሳተፉ ተዳሊኹምዶ ኣለኹም? ኣብዚ ፕሮግራም እዚ ዝሳተፉ ዘልው ተካሪይቲ በዓል ሙዚ ኣባይቲ ስያትል ምስ ኣባላት ጃብሊንክ (JobLink) በምትሕብባር ከሰርሕዎ ዝደልዩ ናይ ስራሕ ዓይነት ኣንታይ ምጃኑ ፈሊጦም ዝግባእ ስልጠና ረኺቦም ስራሕ ንኸረኽቡ ሓገዝ ይግበረሎም ኣሎ።

እዚ ፕሮግራም እዚ ተኻሪይቲ ኣብ ውሽጢ ሓጺር ግዜ ስራሕ ከምዝረኽብ ንምግባር ወይ ድማ ባዕላትም ዝውንንዎ ናእሽቱ ናይ ስራሕ ትካላት ከፊቶም ከምዝሰርሑ ንምግባር ዝወለዎ እዩ። ከምኡውን ትምህርትን ስልጠናን ከዝረኽቡ ሓገዝ ይግበረሎም ኣሎ።

ብሓፈሽኡ እዚ ኸፍሊ እዚ (JobLink) ንተኻሪይቲ እዚ ዚስዕብ ሓገዝ ይገብር:

- ተደልይቲ ብዛዕባ ዝኾኑ ስራሕታት ከምሃሩ ሓገዝ ይግበረሎም:
- ንስራሕ ብቐዓት ምእንቲ ኪኾኑ ዘድልዩም ክእለት ክረኽቡ ይሕግዎም: ናይ ስራሕ ምልክታ ከመይ ጌሮም ከምዝጸሕፉን ቃለመጥይቅ ከመይ ጌሮም ከምዝምልሱን ሓገዝ ይገብር:
- ዝደልይዎ ዓይነት ስራሕ ምእንቲ ክረከቡ ኣንታይ ዓይነት ትምህርቲ ከመህሩ ከምዝግብኡም

ናይ ስራሕ ኮን ናይ ትምህርቲ መደብ ኪገብሩ ሓገዝ ይግበረሎም:

- ተኻርይቲ ኣብቲ ዝደልይዎ ናይ ናብራ ደረጃ ንኸብጽሑ ዘክእሎም ተዋህላሊ ናይ ገንዘብ ዝምልከት ሓገዝ ይግበረሎም:
- ንትምህርቲ ይኹን ንስልጠና ዝምልከት ኣማራጺታት ከምኡውን ንትምህርቲ ዝኾኑን ናይ ገንዘብ ሓገዝ ይግበረሎም:
- ንኣተሓሕዛ ገንዘብ ዝምልከት እኩል ኣፍልጦ ከምዝሕልዎም ሓገዝ ይግበረሎም:
- ናይ ባዕላቶም ዝህምዑን ዝኸእሎም ትምህርትን ስልጠናን ይወሃሉም:

ዕድሜኡም 18 ዓመትን ካብኡ ንላዕልን ዝኾኑ ኩላቶም ተኻሪይቲ ናይ ትምህርቲ ደረጃኦም ብዘየገድስ ኣብዚ ፕሮግራም እዚ ኪሳተፉ ይኸእሉ እዮም።

ኣብዚ ፕሮግራም እዚ ንምጅማር ከበድ ኣይኮነን: ንምጅማር ኣብዚ ዚስዕብ ተመዝገቡ: www.seattlehousing.org/joblink/joblink-orientation ወይ ድማ በዚ ዚስዕብ ኣድራሻ ብኢመይል ቆጶራ ሓዘ: joblink@seattlehousing.org ከምኡውን ብተለፎን ቁጽሪ 206-615-3366 ምድዋል ይከኣል።

Chương trình JobLink của Nha Cấp Phát Gia Cư- Seattle Housing Authority nói kết cư dân với công việc làm, giáo dục và nguồn trợ giúp/By Long Luu

Quý vị có sẵn sàng làm bước kế tiếp trong việc tìm công việc làm hoặc học thêm nghề? Cư dân của SHA tham gia chương trình Joblink được cố vấn cho việc học nghề, chỉ dẫn dự tính cá nhân để có tương lai về công việc làm khá hơn. Chương trình có thể giúp cư dân tìm được việc làm ngay, hay ghi tên vô chương trình huấn nghệ, hay học vấn và sau đó tìm việc làm, để có công việc làm khá hơn, hoặc bắt đầu mở cơ sở kinh doanh nhỏ.

Những phục vụ của chương trình JobLink để giúp cho cư dân gồm:

- Học hỏi để biết về những công việc nào đang cần
- Trau dồi năng khiếu để chuẩn bị cho việc làm, gồm giúp soạn ra sơ yếu việc làm, kỹ năng phỏng vấn tìm việc.
- Giúp triển khai kế hoạch cá nhân để đạt việc làm và mục tiêu học

vấn.

- Được nhận trợ giúp để giúp giải quyết nhu cầu cá nhân, để đi đến bước kế tiếp
- Được học hỏi về giáo dục và những cơ hội huấn luyện, kể cả trợ cấp tiền học
- Được giúp đỡ để hiểu biết thêm về tài chánh
- Học hỏi về việc làm chủ căn nhà

Cư dân 18 tuổi trở lên đều hợp lệ để tham gia chương trình này, không kể trình độ học vấn.

Rất là dễ dàng để bắt đầu. Hãy ghi tên cho buổi hướng dẫn về chương trình JobLink, bằng cách vào trang mạng www.seattlehousing.org/joblink/joblink-orientation hoặc gọi làm cuộc hẹn với nhân viên cố vấn, bằng cách điện thư tới joblink@seattlehousing.org hoặc gọi cho số 206-615-3366.

Программа Жилищного управления Сиэтла Джоб-Линк поможет вам найти работу, а также получить образование и доступ к полезным ресурсам By Irina Vodonos

Готовы сделать следующий шаг в поиске работы или получении профессионального образования? Если вы живете в доме, принадлежащем Жилищному управлению г. Сиэтла (SHA), специалисты по трудоустройству программы Джоб-Линк помогут вам создать индивидуальный карьерный план.

Программа Джоб-Линк может помочь тем, кто хочет как можно скорее устроиться на работу, тем, кто хочет получить профессию, а потом найти работу по специальности, и тем, кто хочет открыть свой бизнес.

Обратившись в программу Джоб-Линк, вы сможете:

- Узнать о том, какие профессии наиболее востребованы на рынке труда
- Подготовиться к поиску работы, например, научиться составлять резюме и проходить собеседование
- Создать план достижения

индивидуальных целей в области образования и карьеры

- Получить индивидуальную помощь, отвечающую вашим нуждам, чтобы вы могли двигаться дальше
- Узнать о различных вариантах получения образования и профессии, в том числе узнать, как оплатить учебу
- Повысить свою финансовую грамотность
- Получить информацию о покупке жилья

В программу Джоб-Линк может обратиться любой жилец SHA в возрасте от 18 лет и старше, вне зависимости от уровня образования.

Получить помощь легко! Зарегистрируйтесь на ориентацию Джоб-Линк на сайте www.seattlehousing.org/joblink/joblink-orientation или запишитесь на прием к специалисту по трудоустройству по электронной почте joblink@seattlehousing.org или по телефону 206-615-3366.

የሲያትል ቤቶች ባለስልጣን ጆብሊንክ ወይም የስራ አገናኝ ተከራዮችን ከስራ-ፈልጎች ለማግኘትና ከተለያዩ መረጃዎች ጋር ያገናኛል። By Abdu Gobeni

እርሶ ተጨማሪ ስልጠናዎችን እና ስራ ለማግኘት ቀጣይ እርምጃዎች ለመውሰድ ተዘጋጅተዋል?

የሲያትል ቤቶች ባለስልጣን ጆብሊንክ ተከራዮች ፕሮግራም ለተሻለ የስራ ዕድል የግለሰብ ዕቅድ ለማወጣት ከድጋፍ ሰጭ አካላት ጋር ይሰራል።

ይህ ፕሮግራም ተከራዮች ወደ ያወኑ ስራ እንዲያገኙ ድጋፍ ይሰጣል፤ ለትምህርትና ስልጠና ይመዘግብና የተሻለ ስራ ፈልጎ ያስገኛል ወይም ጥቃቅን ንግድ ያስጀምራል።

ጆብሊንክ ወይም የስራ አገናኝ አገልግሎት ተከራዮችን ከዝህ በታች ባሉት ነገሮች ይረዳል:

- የሚያስፈልጉ ስራዎች ላይ ድጋፍ ይሰጣል
- ክህሎትን በማዳበር ለስራ ያዘጋጃል፤ ይህም የስራ ልምድ ዝግጅትና ቃለመጠይቅን ያካትታል።
- ለስራና የትምህርት ግቦች የግለሰብ

የወደፍት ዕቅድ ማዘጋጀት።

- የግለሰብ ፍላጎትን ለማሟላትና የሚቀጥለውን እርምጃ ለመውሰድ የሚረዳ ድጋፍ ማግኘትን
- የትምህርትና ስልጠና አማራጮችን ማወቅ፤ የትምህርት ቤት የገንዘብ ድጋፍን ጨምሮ
- ስለ ፋይናንስ በቂ ዕውቀት የማግኘት ድጋፍ

ስለ የመኖሪያ ቤት ባለቤትነት ማወቅ ከ 18 አመት በላይ የሆኑ ሰዎች በሙሉ የትምህርት ደረጃ ሳይገደባቸው መሳተፍ ይችላሉ።

ለመጀመር ቀላል ነው። ለጆብሊንክ ወይም የስራ አገናኝ ስልጠና ይህንን ድህረ ገጽ በመጫን ይመዝገቡ www.seattlehousing.org/joblink/joblink-orientation ወይም በዝህ ኢሜይል ከስራ አስፈጻሚ ጋር ቀጠሮ ይያዙ joblink@seattlehousing.org ወይም በዚህ ስልክ ይደውሉ 206-615-3366.

Xafiiska xiriirinta shaqada Seattle Housing Authority ee ku xira deganayaasha shaqooyinka, waxbarashada, iyo khayraadka/By Saido Alinur

Diyaar ma u tahay in qaado talaabo shaqo ku helis ah ama aad hesho tababaro badan? Deganayaasha SHA oo ku jira barnaamijka shaqo raadinta ee leh tababarayaasha xirfadaha oo la habeeya qof waliba qorsho u khaas ah oo uu ku helo shaqo wanaagsan.

Barnaamijka wuxuu ka caawinayaa deganayaasha in ay durbadiiba shaqo helaan, isku qoraan tababaro, iyo waxbarasho dabadeedna helaan shaqo wanaagsan ama ay bilaabaan ganacsi yar.

Waxyaabaha uu xafiiska shaqo xiriirinta ka caawinaayo deganayaasha:

- Barashada shaqooyinka aad loo dal bado.
- Dhisida xirfada shaqo u diyaar ga rawga, taasoo ku jirta qoraalka ra sumayga, iyo waraysiga shaqada.
- Dhisida khariirad shaqsiyadeed, si aad gaadho hamigaaga shaqo iyo wax ba

rasho.

- Hel gargaar kaa caawiya rabitaan adiga kuu khaas ah si aad u qaato talaabada xigta.
- Baro waxbarashada iyo tababaraada aad dooran karto, kuwaasoo ku jiraan daqliga iskuulka.
- Hel caawinaad aad ku noqoto ruux yaqaan isticmaalka dhaqaalaha.
- Baro sida guri loo yeesho.

Deganayaasha jira 18 iyo wixii ka wayn baa xaq u leh in ay ka qayb galaan, iyadoon loo eegin heer kooda waxbarasho.

Way fudud tahay in aad biloowdo, iska qor fadhiga xafiiska shaqo xiriirinta: www.seattlehousing.org/joblink-orientation Ama balan la samayso tababarayaasha xirfadaha.

Email ahaan: joblink@seattlehousing.org ama 206-615-3366

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Carrots, anyone?

“Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie”—Jim Davis, Garfield creator

BY ANZA
MUENCHOW
Special to The
Voice



Now that March has arrived, consider planting carrots, one of the sweetest veggies found in a home garden.

Carrots are one of those vegetables that taste completely different, depending on whether they are store-bought or home-grown. Here are some tips on how to have a successful carrot crop this year.

Because carrots prefer a sandy, well-drained soil, they do best in a raised bed. Dig deeply to loosen soil and remove any rocks that may cause the growing carrot to be misshapen. Split-rooted and stunted carrots are fun for art projects but are of course more difficult to peel and prepare in the kitchen.

This root crop does not need a nitrogen fertilizer. Extra nitrogen can cause plants to form extra leafy green tops and hairy roots. Avoid using manure, but do incorporate some composted mulch to add organic matter into your planting beds.



PHOTOS BY WIKIMEDIA COMMONS

Floating row covers protect crops from cold, wind and insects. Fabric or plastic can be used to construct the covers, which are easy to make and maintain.

Carrot seed is small and takes a long time to germinate. Some people use seed tape or the pelleted seeds to make the sowing process easier. I use the regular seeds and just sow thickly.

To begin, make a shallow furrow and just lightly tap the seed envelope to plant a long row of seed. Then smooth over the furrow and cover with a floating row cover. Placing the fabric row cover on the soil immediately after sowing will improve germination and keep the seeds from washing out of the furrow as you water. Secure the edges of the row cover with rocks, soil or a piece of scrap lumber. This fabric will also prevent an infestation of the carrot root maggot. Row covers prevent this fly from laying its eggs on the baby carrot plants where they can tunnel into the developing roots. Yuck!

Leave that row cover on the carrots, giving them space to grow up until mid-summer when the root maggot is no longer a problem.

I enjoy including a light sowing of radish seed in the furrow with the carrots—maybe a radish seed every two or three inches. Radishes come up quickly and are easy to see, while carrots take a long time and are so tiny when they come up.

When the radishes are getting large enough to harvest, in about 30 days, I enjoy them, right out of the garden. This harvest also reminds me to weed and thin the carrots.

Perfect timing for this stage of carrot cultivation. Hopefully I will only need to weed the carrots one more time in another month when I can thin them and begin eating the delicious, sweet baby carrots.

The other root pest you may find in carrots is the wire worm. This pest is obvious. It is a segmented larva and is yellow and



Above, root maggot as larvae, and in its mature form, as a fly. Adults emerge in the spring and summer and wreak havoc on newly planted seeds, including carrots.

orange colored and a half inch long, that is tough enough that you have to cut or tear it apart to kill it. The damage is a small black hole or tunnel in the carrot root. The adult stage is the click beetle, which you may see in June and July. This pest prefers to live in tall grass, so it isn't usually an urban carrot pest unless you are next to a grassy field.

Carrots are in the Umbelliferae family, which means the flowers are shaped like umbrellas. Celery and parsley are included in this family of aromatic, flowering plants.

This flower shape is especially attractive to some common beneficial insects—especially bees and hover flies. Carrots are a biennial (meaning they bloom in their second year) but there are wonderful Umbelliferae flowers that are typical annuals in a north-west garden, such as these delicious herbs: parsley, coriander, chervil, fennel and dill. As for perennial Umbelliferae, yarrow is my favorite which is available in so many lovely colors. It is a great cut flower for arranging. Choose some fun colors for your gardens like red, orange and maroon and you can also attract some helpful beneficial insects to fight pests in your garden.



FREE PRE-SCHOOL
ENRICHMENT PROGRAMS

EVERY TUESDAY 10:30 AM—11:30AM

MARCH:

- 6: Seattle Children's Theatre: Story Drama Workshop — engaging and interactive storytelling
- 13: Seattle Aquarium: Choose one: "Ocean Animals" workshop OR "Fun with Fishes" workshop
- 20: Seattle Parks and Recreation, Naturalist from Camp Long
- 27: Seattle Art Museum: learn art concepts by exploring an artist and participating in a hands-on art activity

APRIL:

- 3: Woodland Park Zoo: Body Coverings! Learn about body coverings + meet and touch a snake.
- 10: TBD—SPRING BREAK FOR SEATTLE PUBLIC SCHOOLS
- 17: Seattle Children's Theatre: Story Drama Workshop — engaging and interactive storytelling
- 24: Seattle Art Museum: learn art concepts and participate in a hands-on art activity

MAY:

- 1: Woodland Park Zoo: Legend of Dragons! Learn about reptiles and meet an ambassador animal
- 8: Seattle Aquarium: Choose one: "Seals, Whales, and Otters" or "Fun with Fishes"
- 15: Seattle Parks and Recreation, Naturalist from Camp Long
- 22: Seattle Art Museum: learn art concepts and participate in a hands-on art activity
- 29: Seattle Children's Theatre: Story Drama Workshop — engaging and interactive storytelling

PROGRAMS WILL BE HELD AT
NEIGHBORHOOD HOUSE HIGH POINT
6400 SYLVAN WAY SW, SEATTLE WA 98126
CONTACT MEGAND@NHWA.ORG OR CALL 206-588-4900

Happy Lunar New Year

Hundreds celebrate Vietnamese New Year at NewHolly



About 400 people celebrated New Year, or Tết, at NewHolly on Feb. 18. Tết marks the first day of spring based on the Vietnamese calendar



PHOTOS BY CAM VONG