



Montlake Monthly

March and April edition 2020

"Be a Hero, Stay Home!"

An interview with Karin Huster by Laila Bolstad and Claire Scott

In a recent interview, I got a chance to talk with Karin Huster, a long time Montlake resident on the topic of Covid-19. Karin is an Emergency Field Coordinator for Doctors Without Borders and a University of Washington faculty member in the Department of Global Health and the School of Nursing.

Question: Is it easier to risk your life when helping other people and when you help, do you feel better as a person?

Risking your life means different things for different people. If I go to the mountains and stand on scary terrain you may not be comfortable in that environment. I don't feel that I risk my life when I do this type of work as I believe that I have the right preparation. I have prepared and trained on using the right tools and protective equipment for Covid-19. So I don't feel I'm in danger.

As a Doctor, Nurse or Clinician, we chose this profession as we want to help people who are in need of help. It's a profession that makes you feel good very often as it is altruistic; meaning it's not about you but about doing good for someone else.

Question: How can kids help right now?

This virus could affect many people in the neighborhood and our elderly neighbors can get the most sick. To help them stay safe, we can have our families help run errands like going shopping for our elderly neighbors or others more at risk.

To help prevent people from being lonely, you could also stop by and say hi when outside staying at a safe distance. Maybe even play an instrument for someone or start a virtual book club with a

group of people. Kids are great at being creative and reaching out will really make a difference.

Question: What was your favorite subject in school?

Languages because it allowed me to communicate and connect with people. I could go to South Africa or Spain and speak the language.

Question: What is important for people in our community to know?

Each and every one of us will make a difference. If we all listen to our Governor and Public Help Specialists, we can help reduce the number of people who can get sick. Right now, they are telling us to stay inside with minimal outings to grocery stores and other places. This is the important job right now.

Be a hero, Stay Home! If we all do this, it will make the jobs of our medical professionals much easier to bring down areas of infection.

If you do get sick, isolate and inform! If you do get sick, immediately isolate yourself, and inform the people you have seen in the past 2 weeks. If we stay home, there should be very few people.

Be kind to people and be socially engaged! Find new ways to be socially engaged. Call people, not just text.

Need help or someone to talk to? Montlake families are here to help! Email or call: Secretary@Montlakepta.org or 206.235.6903

Things to Do at Home

By: Claire Scott

During this time there is going to be lots of free time, but for some people that might be different. With the free time that we have we could do lots of stuff. Draw, read, go outside, but that might be too boring for you. If it is, here are some other things you could do with the time you have.

There will always be the option to read and draw if you want to. If you don't, you could do some crafts or maybe even call your friend(s) to check in with them. I think it is always good to check in with friends to see how they are doing and to help secure a healthy friendship with your friend(s).

The next option, you could do is play with your siblings or your house pet. If you don't have either, maybe you could make some sculptures and send a photo to Ms. Lundgren. (I think she would love to see them.)

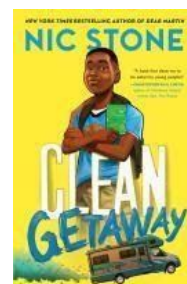
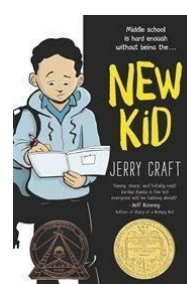
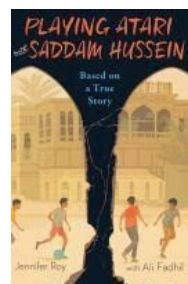
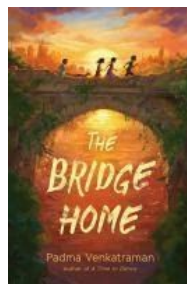
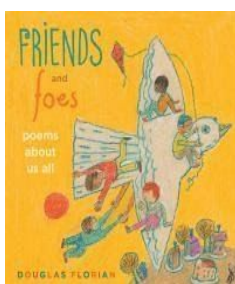
The last option is to exercise! This doesn't mean going just on a run, you could find a nice exercise routine to keep you and your muscles healthy and ready to go back to school next year.

I hope you found something you can do in the meantime. If you didn't maybe keep looking around your home for things to do, or you could always ask your parent(s) or guardian(s) for some ideas.

News from the Montlake school Library



Reading suggestions: Here are some of my recent reads. You can download all these titles as an ebook, or an audio book, using the Libby app from Seattle Public Library.



Author review

Written by Zia

Jeanne Birdsall is a national book award-winning author who has written numerous books, her most notable being the Penderwicks series. The 5 books in the series are; The Penderwicks, The Penderwicks on Gardam Street, The Penderwicks at Point Mouette, The Penderwicks in Spring, and, The Penderwicks at Last. The series follows the Penderwick family, comprised of the father, Martin Penderwick, the oldest sister, Rosalind, the 2nd oldest, Skye, the 2nd youngest, Jane, the youngest, Batty, and their lovable dog, Hound. The books are a wonderful family series that make you feel like you are there with the Penderwick family, watching them grow. Jeanne Birdsall has also written 2 picture books, Flora's Very Windy Day, and Lucky and Squash. Mrs. Birdsall lives in Northampton, Massachusetts, "in a rambling house surrounded by gardens and full of unruly animals."

Short Story or Poetry Writing Competition

Do you want your Short Story or Poetry published in the next edition of the Montlake Monthly? Well here is your chance! This edition writing prompt: None/free write and free poem.

All you need to do is:

- 1) Write your story on a piece of paper or type it up in an E-mail.
- 2) Send your entry via E-mail to our Montlake Librarian, Donna Rueth. If you wrote your entry on paper, feel free to take a photo before emailing.
- 3) Winner(s) will be published and notified in the next paper.

Advice column

Dear Abby,

Sometimes at recess my friend says he will play with me. But when we are playing, he runs off to play with his other friends. What should I do? Do you have any advice?

Sincerely,

Left standing alone

Dear Left Standing Alone,

I'm so sorry to hear that. Here's a little advice: try telling them how you feel because nothing is going to happen if you do nothing. So be brave!

You could say "Hey, (name of friend) I feel like when we are playing sometimes you abandon me and it hurts my feelings. Maybe one recess could you play with me for the whole time, or at least don't just run off leaving me alone. Check in with me to make sure I'm ok with it."

If your friend doesn't agree, maybe find someone new to play with you.

Finally, I think the absolute best thing you can do in this situation is both try to agree on a game or maybe try playing your friends game. I wish you the best of luck.

Sincerely,

Dear Abby

Fun and Games

1) Why did the teddy bear say no to dessert?

Because they were stuffed.

2) What did the left eye say to the right eye?

Between us, something smells!

3) What is a witch's favorite subject in school?

Spelling!

4) How does the moon cut his hair?

Eclipse it.

5) How do you get a squirrel to like you?

Act like a nut!

