Trash the Trash | A United Way King County MLK Day of Service Event

We had a successful morning picking up garbage in the N45 neighborhood on Monday, January 18th, 2016. 23 volunteers from the Greek community, the CEP (Community, Environment and Planning) community and the greater UW community helped make our day-off from school a day-on through service work in remembrance of Dr. Martin Luther King Jr.

We collected 27 bags of garbage across over sixteen streets in the neighborhood and had a fun time finding the most interesting pieces of trash on the street. Among the top winners were an Oscar Meyer Wiener whistle, a lovely bouquet of flowers, and quite a few glow sticks. Many thanks to Karen Ko and Seattle Public Utilities for providing the teams with tools, bags, and gloves. Thanks also to all the volunteers who showed up and volunteered their time to help improve the community.

To view more pictures from the event, visit our fb page: facebook.com/N45Community
Get involved by liking our page, and we’ll post about upcoming events and service projects!

Winter Health and Wellness & Seasonal Affective Disorder

Finding it difficult to stay active and healthy during the darker days? There are steps you can take to overcome the Winter Blues! Here are some tips on how to keep your spirits up during the winter season.

- Keep exercising! Make sure that the shorter days and colder weather don’t cause you to be less active. Exercising is even more important in the winter to boost your health. Check out the exercise classes offered through the IMA or create your own exercise plan and try to stick with it. Be sure to get outside and soak up as some sunshine!

- Embrace the season! Enjoy the unique pleasures of winter whether that be by getting involved in winter sports or simply enjoying seasonal foods.

- Eat healthy and dress warm to help build energy and boost immunity. Eating complex carbohydrates, vegetables and other foods high in vitamins, as well as avoiding refined sugars, will help you stay healthy and feel better!

Do you have serious mood changes that occur year after year in the winter season as the days grow shorter? If so, you may be experiencing a type of seasonal depression called Seasonal Affective Disorder (SAD). This is a well-defined clinical diagnosis that can make it difficult to be active throughout the winter. SAD is most common in the northern part of the United States and is related to the shortening of exposure to natural light. It can cause people to become withdrawn, have low energy, oversleep and even crave carbohydrates. If you think you may be affected by SAD and the shortening winter days, see your doctor about taking steps, such as light therapy, to counteract the effect, which is shown to improve the symptoms of SAD for up to 70% of its sufferers.

As always, LIVE WELL.
Got Bulky Items?

If you are replacing a large item such as a couch, bed or dishwasher and it’s in no condition for selling or donating to charity, you can give Seattle Public Utilities a call and request a bulky-item collection! For more information on restrictions, please visit:

**Bulky item charges:**
- $30 per item.
- $38 per item for items containing CFCs (such as refrigerators). Note: You may be eligible for Seattle City Light's $30 rebate and free pickup of your older, secondary, working refrigerator.

Items must be placed outside on the property, on a flat, level surface, easily accessible from the street. Items must be out at the collection point by 7AM the day following the call to schedule the pick-up, and will be collected within 5 business days (Monday through Friday only).

**Bulky items include:**
- Refrigerators, freezers, stoves, dishwashers, dryers, air conditioners and washing machines
- Beds: box springs, mattresses
- Furniture, dressers, cabinets, tables, chairs, and sofas

Schedule a bulky item collection: Call SPU Customer Service at (206) 684-3000 to request a bulky item collection. seattle.gov/util/MyServices/Garbage/HouseResidentsGarbage/ExtraorBulkyGarbage

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Upcoming Community Events

Even though the holidays are over- the weather outside is still a little frightful, so the Husky Neighborhood Interns wanted to give you a few ideas of things to do around Seattle and UW! Provided are a couple websites you may use to see more of what events are happening around the UW campus and the greater Seattle Area!

**Around Seattle:**
- Creative Percussion Show
- The Rain Run (5k)
- Marymoor Park
- No Sun Fun Run (5k and 1 mile)
- Nathan Chapman Memorial Trail
  
  seattle.gov/visiting-seattle/weekend-events-calendar
  
  Creative Percussion Show: January 26th- 31st (Discount tickets available)
  The Rain Run (5k): January 23rd 2016
  Marymoor Park: January 30th 2016
  No Sun Fun Run (5k and 1 mile): January 30th 2016
  Nathan Chapman Memorial Trail: January 30th 2016

**In the University of Washington:**
- ESS Sponsored Movie Night
- Dance Faculty Concert
- UW Music: Modern Music Ensemble
  
  uw.edu/calendar
  
  ESS Sponsored Movie Night: Wednesday, January 20th 6-8 pm, Kane 120
  Dance Faculty Concert: Thursday, January 21st, 7:30pm Meany Hall ($10 for Students)
  UW Music: Modern Music Ensemble: Friday, January 29th 7:30pm, Meany Hall

Got questions or ideas? Please contact us!

huskyn45@uw.edu
uw.edu/cssc/husky-neighborhood-project
facebook.com/N45Community

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It only rains twice a year in Seattle:

August through April and May through July.

An umbrella!