



# TALXAN

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## The Somali News Link

### Fadhiga Night at the World Beat Center

By Ali Artan, Editor-in-Chief

**Fadhiga Night** at the World Beat Center was a unique one. The World Beat Center is situated in Balboa Park, the iconic landmark of San Diego. Architecturally, the building has a cylindrical shape as the base. Its interior design is a circle, the walls decorated with pictures of prominent figures including civil rights activists and pop stars, the likes of MLK, Gandhi, Malcolm X, and Bob Marley. There is also other graffiti on its walls -- my brain has failed miserably deciphering their subtle connotations. However, a 10-minute visit to the center would not be a bad investment.

Over 100 people, mainly



People Enjoying Fadhiga Night

youth, gathered on the night of Sept 25 for the Eid celebrations. Some of the altruistic event organizers stated that the purpose of the event was two-fold: to honor and celebrate the

Eid Al-fitr, and secondly to raise money for needy people in East Africa via the nonprofit organization HARO. During Fadhiga Night, the talented young performers touched on

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many aspects of immigrants' lives, including piracy and social issues ranging from dysfunctional families, youth identity crises, and cultural shock. The Somali playwright Dr. Afrax stated in his research paper "Abwaan" that performers are guidance providers. These youth penetrated the hidden feelings of the audience and delivered their message through spoken words, playing wittingly with generally held mythical beliefs in the community.

At 8:30 p.m. two brilliant presenters came forward to the stage -- Nima Hadji, a teacher, and Hodan Ugas, an SDSU student. Nima and Hodan acted alternatively as the emcee and also played other

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### Health and Educational Forum for Somali Families a Success

By Paige Newman, Communications Director/ Youth Services



Bounhong Khommarath of SDUSD Shares Prizes

**Many East African** parents and community leaders attended the Health and Educational Forum for Somali families planned by Somali Family Service (SFS) and the San Diego Unified School District Parent Outreach and Engagement Department. The space was provided at no cost by the San Diego Police Department Multicultural Community Relations Office. The crowd was eager to listen to the knowledgeable speakers, receive prizes, and enjoy authentic East African food and other refreshments.

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## Fadhiga Night continued from p1

critical roles over the course of the night. Soon after the opening remarks, they talked about HARO's mission. Then, with the technical assistance of Asma Abdi, they gave a presentation with statistical figures showing how desperate some people in East Africa are, and what we could do to help them out. People were moved by what they saw, and it was impossible to be indifferent to the plight of those living such a destitute life and trapped in the conflict zone.

Nima took the other females by surprise when she recited her provocative yet constructive poem "Diana's Child." Nima described why she penned the poem and stated "I wrote this as I saw the infatuation with skin bleaching grow and grow, I just had to do something on it. This is not a diss, but a way to open up some minds." Some of the poem's verses read:

*"It's not helping, baby girl now you look booty.  
Dark circles looking like you got punched in both eyes,  
When people notice and ask, you throw out your lies.  
Your face comparable to erupted volcano sites,  
Bumps and light spots, unidentifiable mutated mosquito bites.  
Girls I grew up with, yesterday brown, tomorrow white,  
Light face, with darker body, I'm sorry not naturally right."*

The message resonated well with the audience, since a larger percentile seemed to be female, and the many "woowos" coming from the background reinforced my assumption.

Hafsah Mohamed, a Psychology major, addressed piracy with her poem "Pirates You Call Us." She critiqued the unfair, one-sided coverage of world media and questioned "why toxic waste being

dumped off the coast of Somalia is being ignored by the international community?" A few lines of "Pirates, You Call Us :"

*Is it for dreaming of feeding our children's dying futures?  
Or is it for hoping to ease some of The weight carried in chests across our land,  
pounds of too many scars stitched over and over again  
By soft, sacred prayers?*



Hodan and Nima

In one of the many skits, the characters of Amal and Dhuhun acted as the parents of a traditional Somali family. Unlike them, their daughter Ijaabo and son Liban, very dynamic individuals, were already acting like their American peers. In one scene, Ijaabo came home late at night and told her mother that she was in love with a guy and wanted to marry him; this was unheard of for the mother. The mother, without not even thinking for one second about Ijaabo's concerns, said "Naa ceeb, bal waxa afkaaga ka soo baxay maqal, hooyo ha odhan nin baan jeclahay waxaase waa sharaf dhac e" which loosely translates to "Oh, that is a shame, hearing what you've just uttered, daughter don't say that thing again, that is a disgrace!"

SDSU student Ilyas and Hodan Ugas collaborated on a poem while Asiya Jama, Muna Mohamoud and others performed and contributed extraordinarily with organizing the event.

Arguably, everyone there was pleased with what they saw and heard.

At the end I intermingled with the crowd and posed a few questions to them. When I asked Abdinasir, an audience member, what he thought about the event, he responded without hesitation, "It was a night well spent," while another, Malinomar, said "More people in the community should have known about this and come out to see it, what a talent! Hmmm, this is once a year, right?" he asked. There were some techniques shared with the organizing committee for improving subsequent Fadhiga events. Too bad some of us missed Fadhiga this year, but the good news is that the next Fadhiga is ONLY 11 months down the road.



Audience at Fadhiga Night



## Pandemic H1N1 Influenza

### Vaccines: Fact vs. Fiction

These days, it's easy to get information about your health. But, it's also easy to get misinformation. Stories you hear in the media or online about vaccines could leave you scratching your head - and wondering if they're necessary, safe and effective.

**Myths debunked claim:** Vaccines aren't needed. Diseases they protect against are no longer a threat.

**Facts:** Many illnesses are less of a threat than they used to be. But, in many cases, vaccines deserve the credit. If people stop getting these vaccines, the diseases could resurface, according to the Centers for Disease Control and Prevention (CDC).

For example, before the measles vaccine was offered in the United States, several hundred thousand Americans got the disease each year. After the vaccine was licensed in 1963, there was a huge drop in measles cases. Rates of the illness have stayed low since. Between 2000 and 2005, there were only 405 U.S. measles cases.

Now consider what happens when people stop taking vaccines. In the early 1970s, about 70 percent of people in Japan got the vaccine for whooping cough. The country had 393 cases of the disease in 1974 and no deaths. When vaccination rates dropped to 40 percent or less because of fear about the vaccine, cases of whooping cough rose dramatically. Roughly 13,000 cases were diagnosed in Japan in 1979. Forty-one people died from the disease that year.

**Claim:** Vaccines cause many harmful side effects, illnesses and deaths.

**Facts:** Vaccines may cause pain or tenderness at the injection site. You also might have a mild fever afterward. These problems are minor, however, and won't last long. Serious problems are rare.

Paul A. Offit, M.D., and Louis M. Bell, M.D., authors of the book Vaccines: What You Should Know, remind us that few things in life are totally harmless. They point out that more than 300 Americans die each year in bath- or shower-related accidents. Yet, few of us think bathing is unsafe.

**Claim:** Vaccines for diseases that no longer exist in the United States are a waste of time and money.

**Facts:** Travelers could be exposed to a disease outside of the United States and bring it home. Visitors from other countries or people who move here also could carry it. If you're not protected, you could get sick. Immigrants constituted the largest population growth in Franklin County over the last decade.

## Hargabka H1N1 ee Faafa

### Tallaallada: Run iyo Khiyaali

Maalmahan way sahlan tahay inaad wax badan ka ogaatid caafimaadkaaga. Laakiin inaad marin habawdana aad bay u sahlan tahay. Haddabaha xogaha aad ka heshid saxaafadda iyo internetka oo ku saabsan tallaallada way kaa ashqaraari-nayaan – waxaadna is weydiinaysaa in ay tallaalladi yihiin kuwo loo baahan yahay, nabdoon, oo waxgal ah.

**Khuraafaadyada kashifan**

**Khiyaaliga:** Looma baahna tallaallada. Cudurrada ay difaacan maba jiraan hadda oo khtarba inaguma aha.

**Runta:** Qaar ka mid ah xanuunnada ayaa haatan ka sakhiran sidii hore. Laakiin, inta badan, tallaalladaaba taa ku ammaan. Haddii ay dadku joojiyaa qaadashada tallaallada, cudurradaasi mar kale ayay soo noqon karayaan, sida ay sheegayso XarumahaXakamaynta iyo ka Hortegidda Cudurrada(CDC).

Tusaale, intii aan tallaalka jadeecada laga bixinin Maraykanka, dhawr boqol oo kun oo dadka Maraykanka ah ayuu cudurku ku dhici jirey sanad waliba. Markiise tallaalka la shatiyeyey sanadkii 1963, hoos ayay aad ugu dhaceen dadkii uu cudurku soo ridanayey. Soo ridashada cudurka ilaa berigii sidii buu u hooseeyey. Intii u dhexaysay 2000 iyo 2005, waxaa jirey 405 qof oo Maraykan ah oo ay jadeeci ku dhacday.

Haatan bal u firso wixii dhici laa haddii ay dadku joojaan qaadashada tallaallada. Horraantii 1970aadkii ku dhawaad boqolkiiba 70 dadka Jabbaan ah ayaa jixda iska tallaalay. Dalka waxaa uu cudurku ku soo ritay 393 qof 1974tii ciduna uma dhiman. Markii shaki laga keenay tallaalka laftiisa awgiis hoos loo dhigay qaadashadii tallaalka 40 boqolkiiba, soo ridashadii cudurku kor ayuu u kacay. Adigu 13,000 qof ayuu cudurku ku dhacay dalka Jabbaan sanadkii 1979. Afartan iyo kow qof ayaana sanadkaa cudurka u iilatay.

**Khiyaali:** Tallaalladu waxay keenaan saamayn doceedyo dhib leh, xanuunno, iyo dhimasho.

**Runta:** Tallaalladu waxay ku keenaan xanuun iyo barar dabacsan meesha lagu muday. Waxaa kaloo suurogal ah qandho nacas ah tallaalka ka dib. Dhibaatooyinkaasi waa kuwo aan wayneyn, waanaba waqti gaaban. Dhibaato weyni waa dhif. Paul A. Offit, M.D., iyo Louis M. Bell, M.D., soo saarayaasha buugga Vaccines: What You Should Know, waxay tilmaamayaan in in ka badan 300 oo Maraykan uhu ay u dhintaan shilal qubaysiga iyo musqusha la xiriira. Sidaas oo ay tahay ma jiraan dad badan oo ay la tahay in uusan qubaysigu nabdoonayn.



## Pandemic H1N1 Influenza *continued from p3*

**Claim:** Giving a child multiple vaccines at once increases the risk of side effects.

**Facts:** Experts have carefully studied whether giving more than one vaccine at a time is safe and effective. They've concluded that it is.

There are good reasons for giving vaccines together. Early in life, children are very vulnerable to illness. The sooner they're protected, the better. Getting several vaccines in one shot cuts down on the number of needle sticks a child must face. It saves time and money, too.

**Claim:** The flu shot can give you the flu.

**Facts:** The flu vaccine contains inactivated, or killed, viruses, which means they cannot cause infection. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. This year, there is an additional H1N1 vaccine that will be made available-free- to protect us from this serious pandemic influenza.

Still unsure?

You're bound to hear other claims about vaccines, too. But, remember, vaccines have a long track record of protecting public health. If you have concerns or questions, talk with your doctor. Your family's health and well-being are too important not to. You also can visit the Centers for Disease Control and Prevention at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

Protect yourself and your loved ones from the Seasonal Flu and the H1N1 influenza by taking the seasonal flu shot now and getting the H1N1 vaccine when it becomes available.

*This message is part of the SomaliCAN Health Literacy program, a partnership between the CareSource Foundation and SomaliCAN.  
1-800-488-0134*



**A Young Boy Looks on as a Nurse Prepares His dose of Swine Flu Vaccine at a Vancouver Clinic Monday. (CBC)**

Source: SomaliCAN

**Khiyaali: Tallaallada cudurrada aan ka jiri Maraykanka waa uun lacag iyo waqti lumin.**

**Runta:** Kuwa safra ayaa cudurradaa ka soo qaadi kara meelo bannaanka ka ah Maraykanka keenina kara halkaan. Boo-qdayaasha ka yimid dalalka kale ama dadyowga halkan u soo guura ayaaba qabi kara. Haddaadan ilaalsanayn, waad xanuunsani karaysaa. Muhaajiriinta ayaa u dhigmayey kororka dadeed ee ugu badan Degmada Franklin ilaa to-bankii sano ee tagtay.

**Khiyaali: Tallaal siinta dhawka ah ee hal mar ah ee la siiyo cunugga wuxuu kordhinayaa saamayn doceedka.**

**Runta:** Khubarada ayaa aad ugu dhabbogashay nabdoonaanta in cunugga hal mar la siiyo dhawr tallaal. Waxay ku gabog-gabeeyeen in ay taasi nabdoon tahay.

Waxaa jira sababo ay ku wanaagsan tahay in cunugga tallaallada wadajir loo siiyo. Inta ugu horraysa noloshooda, caruurta aad bay halis ugu jiraan cudurrada. In degdeg loo ilaaliyo ayaaba aad u fiican. Hal cirbad ah oo ay ku kulman yihiin dhawr tallaal waxay yaraynaysaa inta goor oo cunugga la mudayo jirkiisa. Waqti iyo lacagna waabay bedbaadinaysaa.

**Khiyaali: Tallaalka hergabka (flu) ayaaba kugu ridi kara hargab.**

**Runta:** Tallaalka hargabka waxaa ku jira fayruusyo la hawl-gabiyey ama la diley oo aan sababi karayn in ay cudur keenaan.

CDC-du waxay talo ku bixinaysaa in si looga hortago cudurkan halista ah, in ay aad muhiim u tahay in si sanadle ah loo qaato tallaalka hargabka.

**Haddaadan weli hubin?**

Wax badan ayaad maqli doontaa dhalanteed badan oo ku saabsan tallaallada. Laakiin, xusuusnow, in tallaalladu leeyihiin soo-yaal dheer oo ku caanbixinaya ilaalinta fayaqabka bulshada. Haddii aad qabtid walaacyo iyo su'aalo la hadal dhakhtarkaaga. La hadliddu waw muhiim caafimaadkaaga iyo ka qoyskaaga. Waxaa kalood booqan kartaa Xarumaha Xakamaynta iyo ka Hortegidda Cudurrada [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

*Farriintani waxay qayb ka tahay Barnaamijka SomaliCAN ee Looxjiidashada Caafimaadka, waana wadaqabasho u dhexaysa CareSource Foundation iyo SomaliCAN.  
1-800-488-0134*

Source: SomaliCAN





## Health and Educational Forum continued from p1

Beatrice Fernandez of SDUSD welcomed the attendees and encouraged parents to help teenagers navigate their way toward college and begin thinking about college possibilities when their children are as young as age 5. SDUSD's Bounhong Khommarath, who handled many details in organizing the event, handed out educational prizes and games.

Lori LaPointe, also of SDUSD, spoke about requirements for youth graduating from high school. She discussed the SAT and other college entrance tests, and credits needed to graduate. Lori emphasized that parents are one of the most important parts of their children's education and the need for parental involvement is great. Education will provide the youth with an easier career path, financial stability and a happier life in the U.S.

Sean Riordan, Staff Attorney for American Civil Liberties Union, gave a presentation as part of the San Diego Refugee

Forum's Language Access to Health Care Project. Whether people are going to community clinics, hospitals, or interacting with insurance providers, they have rights to obtain health services in their native language. These rights apply if the person does not speak English as their primary language and has a limited ability to read, write, speak, or understand English. People who feel their rights have been violated or who have questions can contact Sean at (619) 398-4485.

Dr. Steven Mills, D.C., presented fun health education slides with choices such as water or soda, and a bicycle or a couch. The audience voted for which they thought was the healthiest choice. He also shared scary statistics: 3.8 million people are over 300 pounds, and childhood obesity has more than tripled in the last 20 years.

Inactive older adults suffer serious consequences including hypertension, reduced heart



From the left: Sean Riordan and Ahmed Malinomar

function, muscle atrophy, overweight and obesity, fatigue/ lower energy levels, and many others. If people do not exercise a minimum of 3 times per week for at least 30 minutes each time, it is the equivalent of smoking one pack of cigarettes each day.

Dr. Mills emphasized the need for a balance between exercise, 7-9 hours sleep per night, and nutritionally-balanced, smaller meals 5 to 6 times per day.

He said everything you do impacts everyone in your life, so parents need to be healthy!

**Taxan Newsletter will soon launch a new section for youth activities. Stay tuned.**

**Contributors Needed!!**



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# San Diego Eid Celebrations Kicked off in Full Swing

By Ali Artan

The blessed month of Ramadan ended on September 19 of this year. This Ramadan was exceptional with most Muslims around the world celebrating in harmony, without the usual-day difference that has become the norm lately. Eid Al-Fitr is an annual festivity observed by Muslims soon after Ramadan ends. Muslims in the San Diego region performed Eid prayers in various locations, including mosques and other sites such as Balboa Park, Town and Country Convention Center and Colina Park.



Eid Prayers at Colina Park

I live not far from Colina Park so I went to the Colina praying ground on foot. On the way, the old good days as a child growing up in Somalia hit me, with my brain invoking Eid memories and comparing and contrasting then and now. There I was among my peers in Somalia, celebrating Eid with excitement in a bustling city. To me the best part of Eid was, "Xaquul Ciid," bits of money

collected from parents and elderly people. I remembered things in Somalia during Eid, the scent of food everywhere, smiling faces, the kids enjoying to their fullest, women in clusters with pretty clothes, men gathering at coffee shops, relatives and friends visiting one another, and youths ringing each other asking about what

events are happening for the night.

As I was approaching the praying ground, I became aware of the scale of prayer-goers coming from all directions- families, people on their own or with friends. There were fewer excuses for anyone missing Eid prayers since it fell on Sunday. No wonder I observed

more people this year compared to last year.

After the first wave said their prayers, the Imam preached before the second wave. This is the tradition (Sunnah) that preaching (Khudba'h) comes after salat al eid unlike Salat al Juma'ah where preaching is performed first. The Imam talked about multitude, relative societal issues, he called for forgiveness among the ummah, prayed for Allah to accept our deeds in Ramadan and reminded all that whoever worshipped Ramadan, Ramadan is indeed over, but whoever worshipped Allah Almighty, Allah is still the sustainer and the only one who deserves to be worshipped.

Finally, the happy faces and good wishes were visible everywhere. There was no shortage of hugs and handshaking either. I distributed my portion of Xaquul Eid to some children as an honor, continuing one of my favorite parts of childhood!



Local Muslims Honoring Eid



# Events Calendar

The East African Youth Organization normally meets the last Thursday of each month, but due to the Thanksgiving holiday, the November meeting, which includes the youth Board elections, will be held Nov. 19. Because of the Christmas and New Year's holidays, the December meeting will be Dec. 17.

The San Diego Refugee Forum meets the third Tuesday of each month from 10:30 am—noon at 5348 University Ave. For more information, the website is [www.sdrefugeeforum.org](http://www.sdrefugeeforum.org).

Iftin Charter School Board Meeting is at 5:30 p.m. the last Friday of every month at 5465 El Cajon Blvd. It is open to the public unless otherwise indicated.



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