



A community-based newspaper serving the Puget Sound area since 1981



The Voice

November
2014
Articles translated
into six languages

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

Indigenous people formally honored, recognized with passage of new resolution

BY NANCY GARDNER
The Voice editor

The second Monday in October, formally recognized as Columbus Day, has been declared Indigenous Peoples' Day by the Seattle City Council. The resolution was unanimously approved by the council, and area tribal leaders and members joined city councilmembers at a signing ceremony Oct. 13 before an audience of several hundred at City Hall.

Said Mayor Ed Murray, "We're here to honor this region's original inhabitants. Today is about inclusion. It's about respect for all, and an opportunity to educate our youth and broader community about ongoing challenges faced by indigenous people.

While neither Seattle nor the state of Washington recognizes the day as a legal holiday, named for explorer Christopher Columbus, will be an opportunity to honor indigenous people.

"Seattle sits on the homelands of many tribal nations," Murray said at the ceremony. "We have many ongoing works with our neighbor tribes, and we welcome the tens of thousands of American Indians and Alaska Natives who have come to call this city home. Today's commemoration is intended to spark a productive conversation about the contributions of indigenous peoples, and, most importantly, their con-

Reminder: Turn your clocks back before going to bed Nov. 1



Daylight saving time ends this Saturday, so be sure to set your clocks back an hour before going to sleep.



PHOTO BY NANCY GARDNER

Area tribal leaders and members joined Seattle Mayor Ed Murray in a signing ceremony at City Hall Oct. 13. Seattle City councilmembers unanimously passed a resolution declaring the second Monday in October as Indigenous Peoples' Day.

tinued involvement in the cultural fabric of our community and the entire country."

"I believe that what makes Seattle so special, so unique, is that we are bold enough to admit the shortcomings of our history in order to achieve the realization of our dreams," said Councilmember Bruce Harrell. "This has been an educational opportunity for our city and across the country. I believe that in honoring Indigenous Peoples' Day, we are honoring the best in ourselves. We are being open-minded, we are listening to each other and we are celebrating the triumphs and values of every oppressed group. We are celebrating that human spirit that says, 'We matter and we shall be treated fairly.'"

"By passing this resolution, the City has demonstrated to the original inhabitants of this territory that the City values their history, culture, and welfare, as well as their contributions to the local economy as attorneys, fishermen, doctors, construction workers, and entrepreneurs," said David Bean, a Puyallup Tribal councilmember.

Additionally, Murray announced the appointment of Claudia Kauffman, former state senator and current intergovernmental liaison for the Muckleshoot Tribe, to serve as board chair of the Seattle Indian Services Commission.

Pending Metro cuts slated for February now on hold



If approved by voters in November, Proposition 1 will preserve Seattle bus routes that are in danger of being cut beginning in 2015. Photo courtesy of King County Department of Transportation

BY NANCY GARDNER
The Voice editor

The Metropolitan King County Council has delayed making a decision on February service cuts until the County's 2015-2016 budget is solidified. Financial policy issues, as well as the need for any additional bus service cuts, will be determined as part of the Council budget deliberations taking place over the next several weeks.

In a recent guest editorial in The Seattle Times, King County Executive Dow Constantine explained the need to create 'rainy-day reserves' so that should local sales tax

revenues drop unexpectedly, Metro will be better prepared in the future to face an income shortfall.

That means County Council members will be taking a closer look at solutions for ensuring the long-term sustainability of Metro, so that riders won't suffer as a result of additional routes being eliminated.

Things may improve for riders if voters pass Proposition 1 in November. If approved, the Seattle Department of Transportation plans to enhance bus service by adding routes and improve the on-time performance and reliability of overall service.

Seattle's first public charter high school to open in the International District in 2015

BY THE VOICE

Next August, Seattle's first public charter high school, Summit Sierra Public School, will open its doors to 100 ninth-grade students. The school will be located in Seattle's International District and will grow to serve grades 9 through 12 by 2018. Summit Sierra's mission is to prepare a diverse student population for success in college, career and life.

"Students need to have a vision for their future," said Malia Burns, Summit Sierra executive director. "It is not enough for us to believe that all students are capable of being successful in college, we need to help students create their own goals and help them build a path to get there. This is my promise to Summit Sierra students."

"Our commitment to our mission begins with an unrelenting belief in each and every

student, and continues with a promise to support them to achieve their goals, aspirations and dreams."

A goal of Summit Sierra will be to create a diverse school community that includes a rigorous, college preparatory curriculum. Students also will be assigned mentors who will meet with them weekly to help support them and encourage students to achieve their goals.

Summit Public Schools was authorized by the Washington State Charter Commission to open two high schools: one in Seattle and the other in Tacoma, which will also open in 2015.

Those interested in learning more or who want to attend an informational session should visit www.summitps.org/apply.

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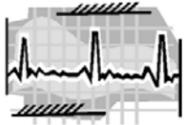
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Health Notes



A column devoted to your well-being

Diabetes prevention is proven, possible and powerful

By JULIE MYERS, RN, MN
DEEP Manager at Neighborcare Health

November is American Diabetes Month and a good time to check in about whether you might be at risk. According to the National Institutes of Health, an estimated 86 million Americans are well on their way to developing diabetes, and most don't even know it. They have a condition called pre-diabetes, which means their blood glucose levels are higher than normal, but not yet diabetic. The good news is there is scientific proof that they can delay or prevent the disease and its complications.

If you've been told that you're at risk for developing diabetes or you have pre-diabetes, prevention is absolutely possible. Small steps can lead to big rewards.

1. Lose weight. Studies show that people at high risk for Type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. That's 10 to 14 pounds for a 200-pound person.
2. Increase your physical activity. Try to get at least 30 minutes of moderate-intensity physical activity five days a week.
3. Make better food choices. Try to eat more fruits and vegetables (five

to nine servings a day), beans, and whole grains. Choose grilled or baked foods instead of fried.

4. Find out if you are at risk. If you are over age 45 and overweight, you are at increased risk for diabetes.

You are also at increased risk if you have a parent, brother or sister with diabetes or your family background is African-American, Hispanic, Latino, Native American, Asian-American or Pacific Islander. Talk to your health care provider about your risk at your next visit.

If you're already living with Type 2 diabetes, there are several support programs in the community to help. At Neighborcare Health, our Diabetes Education and Empowerment Program (DEEP) is a free program for patients who want extra support with their diabetes. Patients work one-on-one with a trained coach who helps them set health goals, learn more about exercise and nutrition, diabetes monitoring and medications.

The program is currently available for patients at our Rainier Beach Medical & Dental Clinic (206-548-3508) or our Rainier Park Medical Clinic (206-548-7366).

Where 'Stepping Forward' currently stands

By SEATTLE HOUSING AUTHORITY

Over the past several months, Seattle Housing Authority has actively sought public input and feedback on a possible change to SHA's rent policy. Called Stepping Forward, the proposal aims to increase self sufficiency for SHA residents, and make it possible to serve more of the families who currently wait for years for housing assistance.

Stepping Forward would apply to households whose members are between the ages of 24-61 and who do not have a disability for which they are receiving income. Participating households would receive increased educational and employment services, with the goal of increasing the income of those households. Rent for those households would increase over time.

"We want to provide more assistance to people already in our housing so they can find higher-paying jobs and eventually achieve their employment goals," said Andrew J. Lofton, executive director of SHA. "At the same time, we want to assist

more of the families who are now waiting so long for a chance to have a safe, stable roof over their heads."

Seattle Housing has gathered feedback on the proposal from many interested parties, including current participants in SHA programs, the City of Seattle, service providers who work together with SHA to provide services to residents, and families currently on SHA waiting lists.

Seattle Housing Authority has worked directly with residents to listen to concerns, answer questions, and collect general reactions. Five public hearings were held in various neighborhoods throughout Seattle in September to make participation for residents and the general public as convenient as possible.

SHA will now turn its attention to considering all the feedback gathered through this open public process, and recommend any potential action or changes. The Seattle Housing Board of Commissioners will consider all the input and feedback received before taking any further action.

The Voice

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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.seattlehousing.org.

Be Safe Free crime prevention presentations

By KYLIE HELMUTH
Seattle Neighborhood Group

Seattle Neighborhood Group is offering free crime prevention presentations to the Seattle Community.

Our presentations, which can be given at community meetings, events, and neighborhood centers are informative and hands-on. They vary in length, from thirty minutes to two hours, depending on the need.

Brochures are available in many different languages and staff can assist with interpretation if requested. We can also provide a brief crime prevention site assessment, and after the presentation, a follow-up crime prevention report will be distributed.

The following presentations are available to Seattleites:

1. "Personal Safety, How to Protect Yourself from Crime," which includes tips on theft prevention, knowing what thieves look for, transportation and street safety.
2. "Calling 9-1-1:" when you should call, tips when calling, interpreter services, and methods of reporting.
3. "Vehicle Security, How to Protect Your Car from Crime." You'll learn what to do if your car is vandalized, stolen and/or recovered, and what attracts a car thief.
4. "Suspicious Activities: How to Recognize and Report Suspicious Ac-



tivities." This presentation includes recognizing behaviors common to criminal activity; how to know what to report to the police, and when to call the police non-emergency number.

5. In "Identity Theft & Fraud," we'll discuss how to prevent it, what to do if you are a victim, and common ways that identity theft happens.

Allan Davis, project coordinator at Seattle Neighborhood Group, is one of the three crime prevention presenters. He has extensive experience presenting and working with diverse Seattle communities.

"It is very fulfilling when we are able to provide the crime prevention education and recommendations that meet community needs," Davis said. "We are looking at ways to encourage people to be actively involved in solving their community's crime issues. Our mission is focused on crime prevention and community-building."

Please contact Seattle Neighborhood Group to schedule a presentation.

Kylie Helmuth (kylie@sngi.org, 206-323-9584) is a project coordinator at Seattle Neighborhood Group. Please feel free to contact her for crime prevention information or help with your safety and security concerns.

What really is Daylight Saving Time and why do we still 'fall back' and 'spring forward'?

By NANCY GARDNER
The Voice editor

This weekend, before turning in Saturday night, Nov. 1, most of the country will turn our clocks back an hour. Consequently, getting an extra hour of sleep is a welcome bonus, but thereafter, as the sun sets an hour earlier, it doesn't take long before we yearn to spring forward.

We all know the saying, spring forward and fall back, but how many of us can explain daylight saving time? Many people wonder if it's still necessary, and there have been efforts to abolish it altogether.

Most credit American inventor and essayist Benjamin Franklin with the concept of daylight savings, who believed that by getting up earlier, people would save money on candles.

But true credit goes to George Vernon Hudson, an entomologist and astronomer from New Zealand. Hudson, whose shift-work job allowed him to collect insects in his spare time, appreciated the value of after-hours daylight, and he made a convincing argument that longer summer days would allow for more daylight leisure activities, like playing cricket, gardening, cycling and enjoying the great outdoors.

Daylight saving time began in the U.S. during World War I, with the aim of saving fuel by reducing the need to use artificial lighting. As countries at war started setting their clocks back, they discovered they saved on coal.

The Uniform Time Act of 1966 established the framework for alternating between daylight saving time and standard time, which most of the U.S. and Canada observes. Today, more than 70 countries practice daylight saving time.

During 1973, year-round daylight saving time was tested, but an increased number

of school bus accidents in the morning abruptly re-instated the observance of standard time.

But proponents argue that daylight savings provide benefits including decreased traffic accidents in the evening, a more active population and a boost to the economy.

By 1986, Congress determined that daylight saving time would begin on the first Sunday in April and end on the last Sunday in October. Then, in 2007, those dates were changed to begin the second Sunday of March and end the first Sunday in November.

Standard time, the period between early November and mid-March, is viewed by many people as gloomy, dark and dreary. Daylight savings has been promoted as a way to conserve energy—an extra hour of natural light in the evening erases extra hour supplied by electricity. The U.S. Department of Energy is currently researching whether daylight savings truly helps us save on energy bills. Results are expected by next June.

Adjusting to the late-afternoon darkness can take some people by surprise. Seattle Parks and Recreation is already prepared for the change, and has plans in place to adjust the time the lights go on and off. Lights at the athletic fields will come on sooner to accommodate players, and grass fields will close for the season the week prior to Thanksgiving. Lights at the tennis courts will be turned off for the season on Nov. 3 and will be turned on again in March when we move to back to daylight saving time.

Until then, get out that reflective gear for evening outdoor excursions, and remember to replace the batteries in your smoke detectors. And, rest assured, your android and iPhones will automatically update themselves.

Vulcan purchases Yesler Terrace Property

Future buildings will include a mix of studios, 1-bedroom and 2-bedroom apartments

BY SEATTLE HOUSING AUTHORITY

Vulcan, a Seattle-based developer, just snapped up three blocks of property in the Yesler Terrace community, and paid the Seattle Housing Authority \$22 million for the space. Vulcan plans to invest \$200 million in three residential projects that will include both market rate apartments and workforce housing aimed at households earning less than 80 percent of the Area Median Income, or \$70,560 per year for a family of four.

Funds from the Vulcan sale will be re-invested in the Yesler Terrace neighborhood redevelopment, building new low-income housing units and creating new amenities and major infrastructure improvements. Seattle Housing will replace all of the existing 561 units of low-income housing within the Yesler Terrace neighborhood while adding additional affordable housing serving multiple income levels.

Yesler Neighborhood Park will be constructed in 2015, and the area will be served by the new First Hill Streetcar, bus service, bike ways, and pedestrian connectors.

“Creating housing for a wide range of incomes is a critical piece of the project,” said Andrew J. Lofton, executive director of SHA. “Vulcan’s major investment in Yesler Terrace highlights development opportunities and will serve as a catalyst for future growth.”

The transaction includes firm closing dates in 2015, 2016, and 2017 for each of the three blocks. The first building at the corner of Broadway and Yesler Way is scheduled to start construction in early 2016.



COURTESY GGLO ARCHITECTS

An aerial view of the city of Seattle and the Yesler Terrace redevelopment project in the foreground. Seattle Housing Authority has sold three blocks, represented by the lighter-shaded structures, to Vulcan Real Estate. The 3.7 acres along East Yesler Way and west of Boren Avenue will be developed to include approximately 650 units of workforce and market-rate housing. The dark-shaded structures just north of Vulcan’s purchase, are future commercial properties. Other shaded structures represent private market SHA construction projects.

How to get covered...

WA Apple Health (Medicaid) and Qualified Health Plans (QHP) available at [Washington Healthplanfinder](http://WashingtonHealthplanfinder.org) – www.wahealthplanfinder.org

Washington Healthplanfinder is a customer-friendly, online marketplace where individuals and families can find, compare and enroll in federally-mandated health plans that fit their needs and their budget.

What if I need help choosing a health plan?

Free help will be offered online, over the phone and in person for those who need assistance choosing and enrolling in a health plan. From November 15th to February 15th, Neighborhood House has partnered with Neighborcare Health to provide the following In Person Assistance:

- **Neighborhood House High Point Center**
6400 Sylvan Way SW, Seattle 98126
Alternating Tuesdays, 8 – noon
(November 18 & 25, December 9 & 23, January 13 & 27, and February 10)
- **Neighborhood House Rainier Vista**
4410 29th Ave. S., Seattle 98108
Alternating Mondays, 1 – 5 PM
(November 17, December 1 & 15, January 5, and February 2)
- **Yesler Terrace Epstein Building**
(first-floor, large conference room)
905 Spruce St., Seattle, 98104
Alternating Tuesdays, 8 – noon
(November 18, December 2 & 16, January 6 & 20, and February 3)
- **Greenbridge Wiley Center**
9800 Eighth Ave. SW, Seattle, 98106
Alternating Mondays, 1 – 5 PM
(November 24, December 8 & 22, January 12 & 26, and February 9)

In Person Assistance will be available in the following languages:

- ✓ Somali
- ✓ Cambodian
- ✓ Korean
- ✓ Simplified Chinese
- ✓ Vietnamese
- ✓ Russian
- ✓ Spanish
- ✓ Arabic
- ✓ Amharic
- ✓ Oromo
- ✓ Tigrigna
- ✓ Many more!



Resident Leadership Development Team seeks nominations for Volunteer Recognition event

BY RESIDENT ACTION COUNCIL

The Resident Leadership Development Team and the Resident Action Council (RAC) invite residents to honor Seattle Housing Authority resident volunteers in its fourth annual volunteer recognition event. Awards will be presented at a special occasion on Saturday, Dec. 13 from 1-4 p.m. at the Jefferson Terrace Building at 800 Jefferson St. Attendees will be treated to dinner and entertainment.

Nominations for this year’s event will be distributed by community builders and will be accepted until Nov. 25. Residents are encouraged to nominate individuals or a group of people they feel are worthy of receiving volunteer recognition. Nominees should live in Seattle Housing communities.

The forms can be returned to community builders or mailed to the following: Jefferson Terrace Apartments Resident Action Council, Attention: Troy Smith, 800 Jefferson St. Unit 601, Seattle, WA 98109.

The event will honor and celebrate Seattle Housing Authority residents nominated by their peers and recognized for their efforts in leadership and volunteerism — everything from hosting coffee hours,

helping out at local food banks, arranging community barbecues or holiday parties, staffing computer labs or working to improve community safety.

The RAC is a city-wide organization of public housing residents who work together to improve our communities. Friends and families of honorees may attend the event.

Content guide

Don't see your neighborhood section? Consult the guide below to find the logos that correspond to your community.

-  High Point Herald
-  NewHolly Notes
-  Rainier Vista News
-  Yesler Happenings

Public housing rules and practices the focus of RAC's November forum

BY RESIDENT ACTION COUNCIL

How does the Seattle Housing Authority decide who gets to move into its properties? Why must residents have so many inspections? Why so many rules, and why aren't the rules always followed? Why doesn't anything happen when I make a complaint?

If you have questions about the SHA, the RAC encourages you to attend the November forum. SHA's Housing Operations Director Rod Brandon and Property Management Administrator Jake LeBlanc will answer questions about public housing rules and practices.

When, where, and other questions:

Wednesday, Nov. 12 from 1:30 to 3:30 p.m. in the Jefferson Terrace Community Room, 800 Jefferson Street, north of Harborview Hospital. The nearest transit stop (buses 3, 4 and 60) is at Ninth and Jefferson. Arrive at 1 p.m. and join us for a light lunch.

RAC will reimburse transit fares and driver's carpool mileage.

Have more questions or need an interpreter? Phone 206-622-4858 or email residentactioncouncil@yahoo.com.

City to host public meetings on Minimum Wage Ordinance

CITY OF SEATTLE

Beginning April 1, 2015, Seattle's minimum wage will increase to \$15 per hour, phased in over time.

The Seattle Office for Civil Rights will host three public meetings to help inform employers and employees about how the Minimum Wage Ordinance will be implemented.

While registration is not required, it is suggested, especially if you are in need of language interpretation. Childcare will be available for the meeting on Nov. 5. Please call 206-684-4507 for more information.

Public meeting times and dates:

- Monday, Nov. 3, from 2-4 p.m. in the Bertha Landes Room at **Seattle City Hall**, 600 4th Ave.
- Wednesday, Nov. 5, from 7-9 p.m. at **New Holly Gathering Hall**, 7054 32nd Ave. S.
- Thursday, Nov. 13, from 8-10 a.m. at **Northgate Community Center**, 10510 5th Ave. NE.

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

Still Wondering About "Obamacare"? We've still got you covered.

Open Enrollment runs November 15th – February 15th

You may qualify for free health coverage!

It's easy. If you are a single individual and make less than \$16,105 a year, you may qualify for free health coverage. If you are in a family of 4 and make less than \$32,913, you may qualify for free health coverage.

If you are a single individual and make less than \$46,680 a year, you may qualify for low-cost health coverage. If you are in a family of 4 and make less than \$95,400 a year, you may qualify for low-cost health coverage.

Everyone must get covered!

Beginning January 1, 2014, if you do not already have health insurance, you must have coverage to avoid paying penalties.

Why do I need health insurance?

Having quality insurance means that you and your family can get the care necessary to stay healthy. And when an accident or illness strikes, a quality health plan can offer protection from huge medical bills — giving you and your family peace of mind.

If individuals do not have health insurance, they will have to pay the *higher* of these two amounts:

- 2% of your yearly household income (above the tax filing threshold), maxing out at the cost of the national average premium for a bronze plan.
- \$325 per adult and \$162.50 per child, maxing out at \$975 per family.

What if I already have health insurance?

Most individuals will be able to stay on their current plan, and there is no requirement to use www.wahealthplanfinder.org (the website designed to offer services in Washington State) to obtain coverage. However, Premium Tax Credits and Cost Sharing Subsidies are only accessible here.



The Facts about the Affordable Care Act:

- ✓ Free preventative services
 - Colorectal Cancer Screening
 - Breast Cancer Screening
 - Vaccines
 - Diet Counseling
 - And More!
- ✓ No lifetime or annual limits
- ✓ No denial for pre-existing conditions
- ✓ Young adults can remain on their parents' plans until they turn 26
- ✓ Medicare Donut Hole eliminated



Neighborhood House

Strong Families. Strong Communities. Since 1906.

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 Seattle Housing 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 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. 227 or by e-mail at nancyg@nhwa.org.

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



Money Matters

Protect yourself from identity theft

Editor's note:

The region's first Financial Empowerment Center, (FEC) operated by Neighborhood House at Rainier Vista, opened in April and can help with financial counseling and affordable banking. The main center is located at 4431 Martin Luther King Jr. Way S., and is open Monday through Friday. There are six other FEC satellite centers throughout the city. For locations or more information, call 206-923-6555 or email FEC@nhwa.org.

By PAULETTE PAYNE

Financial Empowerment Center

Recently, there have been multiple reports of large companies that have exposed their customers to identity theft. The only mistake customers made was shop at these stores, including Target Corp. and Home Depot Inc., or do their banking at JPMorgan Chase. This year alone, more than 100 million individuals have experienced identity theft or have had their personal information compromised.

I feel fortunate that I have not contributed to this staggering statistic.

I am a financial counselor at the Financial Empowerment Center and have been working in the field of social services for more than 15 years. Despite being financially literate, I recently realized I could always learn more about how to avoid identity theft. Experts say there are a number of steps we can take to better protect ourselves from the bad guys.

First, let's identify what constitutes personal information. It can be anything that is specifically unique to you, including:



- Credit card and bank account numbers
- Driver's license number
- Date, city and state of birth
- Social Security number
- Passwords or PIN numbers

The above identifying information needs to be protected. Identity theft can happen online, but most incidents occur offline. Additionally, more than 50 percent of the cases involve persons who know you.

Steps you can take to avoid ID theft

- Check bank statements regularly, looking for anything suspicious such as small charges, or charges made in foreign countries
- Protect your driver's license and Social Security number
- Do not give personal information over the phone or via the Internet
- Make a copy of your credit cards and the numbers to call in case your wallet is stolen or you lose your cards. This will allow you to notify banks and creditors immediately in a crisis
- Change your passwords often
- Review medical bills carefully, as billing errors aren't unusual
- Opt to pay cash at stores that you know have had security breaches

Sixteenth Annual Dr. Martin Luther King, Jr. Essay Contest

VOICE STAFF

The King County Civil Rights Commission is sponsoring its sixteenth annual Dr. Martin Luther King, Jr. Writing Contest open to all eighth-grade students attending public and private schools in King County. The purpose of the essay contest is to encourage middle and junior high school students to think critically about Dr. King's legacy of peace and justice.

Participants must submit an essay that focuses on the theme of the County's 28th Annual Dr. Martin Luther King, Jr. Celebration, set to take place on Thursday, January 15, 2015 in downtown Seattle. This year's essay theme is: "So long as I do not firmly and irrevocably possess the right to vote I do not possess myself. I cannot make up my mind — it is made up for me. I cannot live as a democratic citizen, observing the laws I have helped to enact — I can only submit to the edict of others."

Rules

The essay must be between 750 and 1,000 words and must be typed and doubled spaced on white 8.5" by 11" paper.

Contestants must submit one typed original essay and one copy of the essay, by mail.

The name, address, home phone number, e-mail address, school, grade and age of student author must be submitted on a cover page, accompanying the essay. **Do not place your name on any other page.**

All essays must be in English and include

Experts also say it's best to have your name removed from all three credit bureau's mailing lists in order to stop pre-screened credit card offers that could end up in the wrong hands. Call to opt-out, 888-567-8688 or visit

a bibliography, utilizing at the minimum one book source, but no more than one website source.

All essays will be judged on the author's: knowledge of Dr. King and his work in the Civil Rights Movement, originality of ideas, development of point of view, insight into the essay theme, and clarity of expression, organization, and grammar.

All essays submitted become the property of the Commission and will be displayed on County web pages, in County publications, in local publications, and in the King County Tunnel. Submitted essays will not be returned.

Prizes

First, second and third prize winners will win trophies and commemorative Dr. King pins. Awards will be presented to the winners at the 27th Annual King County Dr. Martin Luther King Jr. Day Celebration on Jan. 16, 2014, held in downtown Seattle.

Deadline

All essays must be postmarked by Friday, Nov. 7, and mailed to: King County Civil Rights Commission, 401 Fifth Avenue, Suite 135, Seattle, WA 98104. Essays post-marked after that date will not be considered, nor returned.

Notification of Winners

Winners will be notified by mail.

<http://www.optoutprescreen.com> and select the 'forever' removal option.

And check your credit report annually. You can get a free credit report by enrolling in our program at the Financial Empowerment Center.

Fitness for everyone

By LENA SCOTT

Special to The Voice

This year Seattle was blessed with one of the best summers I can recall, perfect for enjoying outdoor activities like working in the garden, walking, running or bike riding. With many Seattle Housing Authority communities specifically designed to encourage the safe and enjoyable use of sidewalks, streets and parks, it's easy to stay active for free. However, as the sun sets earlier and the Seattle rain begins, these activities become less enjoyable.

The American Heart Association recommends 30 minutes of moderate physical activity five days a week. This can be broken up into three, 10-minute sessions. Over time you will want to increase the intensity of your activity to keep yourself challenged.

Getting started

There are plenty of options to stay fit while remaining warm and dry. But before you start any new fitness regimen talk with your health care provider to decide what kinds of physical activities are right for you. Private health clubs are of course a popular choice for many folks. Also, the YMCA and Seattle Parks and Recreation both offer classes, exercise equipment and indoor swimming pools and sometimes offer low-income scholarships. Call your

Staying active indoors for year-round fitness



local Community Center or look online at www.seattle.gov/parks/ for schedules. Find the YMCA closest to you by calling (206) 382-5000 or visiting www.ymca.org.

Some Neighborhood House locations have fitness offerings, so pay a visit to the office in your community to find out more. And if you're a senior, don't forget to check out programs available at Senior Centers.

Gym alternatives

But what if gyms and classes aren't your thing? Can you stay fit without even leaving your home? YES! There are options for every age and fitness level. Even if you need to remain seated, you can still participate. Home fitness can address cardio, strength training and balance. You will want to find a routine that matches your fitness level, whether you are a beginner, intermediate or advanced.

Routines can be found on DVD, online-videos, television or in written format. If you have internet access check out the Center for Disease Control and Prevention's website under the "Physical Activity" section at www.cdc.gov. The Seattle Public Library has DVDs available for check-out. To order a free print resource for older adults called "Exercise & Physical Activity: Your Everyday Guide from The National Institute on Aging" call 1 (800)-222-2225. Beware of fad videos--a routine doesn't have to have gimmicks to work. You can find routines that require no extra equipment, though using even light weights will boost your muscle and bone strength.

Basic fitness equipment

You may want to invest in some basic home equipment. Some equipment you may want to purchase:

- 2 hand weights (small dumbbells)
- 2 ankle weights
- yoga mat (if necessary)

Hand weights are sold at stores you may already shop at like Target and Wal-Mart and can also be found at thrift stores. They can cost as little as \$6 each. If you haven't used hand weights before you will need to figure out what weight is best for you. Weights start as light as less than a pound. The nice thing about hand weights is you can test them in the store before making a purchase.

Select a weight with which you can do 10 bicep curls and feel resistance, but can still control your motions, while not causing

discomfort. If you have trouble doing this, the weight is too heavy; and if you feel little resistance, the weight is probably too light. Want a free alternative? Pick up some cans of food from the kitchen.

Ankle weights will strap on around your ankles. You will want to pick ones that are a comfortable weight, and stay put. Unlike hand weights and yoga mats, ankle weights tend to be better in quality the more you pay. Straps of cheaply made weights may tear after just a few uses. If you don't want to invest in both ankle and hand weights, remember you can use your ankle weights secured to your wrist in place of hand-held dumbbells.

Don't forget

Once you have found a home fitness routine and have chosen your equipment, don't forget the following:

- Stay well hydrated
- Remember to breathe
- Skip the weights the first couple of workouts, and focus instead on learning the proper form of each exercise
- Cool down during the last several minutes of a cardio workout. Slowly reduce your pace and let your heart rate slow. Stopping too abruptly can cause dizziness or fainting

Stay moving and before you know it the sunshine will be back again.

Stay moving and before you know it the sunshine will be back again.

Lena Scott is a health educator in Seattle and certified EnhanceFitness Instructor.

COMMUNITY RESOURCES

Keeping you safe from the 'silent killer'

By **Sven Koehler**
Seattle Housing Authority

It's easy to understand that a house fire is dangerous — even animals shy away from the sight of open flames. But when things burn, there are also dangers you can't see, such as carbon monoxide. Last year, Seattle Housing Authority installed detectors in all of its rental units to warn residents if this deadly gas is in the air of their homes.

You may have heard of the dangers of carbon monoxide, often written as CO and pronounced "Sea Oh." If there are high levels of CO, it can poison the air. Exposure to CO can cause people to faint, asphyxiate and die.

CO is formed during burning or other combustion, such as in a fireplace, barbecue grill, gas furnace, automobile engine or emergency generator. One of the dangerous things about CO is that it has no smell and no color, so you might never know it is present in the air unless there is a way to detect it.

A recent improvement in fire safety laws requires that all rental housing in Seattle be equipped with CO detectors. The devices look just like the smoke detectors that residents are familiar with already. The detectors make a loud, piercing alarm sound if the level of CO becomes dangerous.

Usually, CO is vented outside when it is produced in furnaces and fireplaces, so it never builds up inside where it could make the air poisonous. But if someone uses a grill indoors, leaves a car running in a closed garage or if a fire gets out of control, CO can become just as deadly as a raging fire. Since it has no color, no smell, no taste and no sound, it is sometimes called the 'silent killer.'

That is why it is important to react if you hear your CO detector go off. Leave the room immediately. Make sure everyone else in your home does the same. Go outside to fresh air and call 911.

The fire department will come and measure the levels of CO in the air to see how big the threat is, and look for a source. They will ask you to ventilate the area with fresh air, and maybe turn off the appliance that is generating the CO until maintenance can be called.

Do not ignore a CO alarm if it goes off, and make sure to notify your property manager after you have moved to safety and called 911. It could be a problem with an appliance that needs to be fixed, or it could be a false reading or a low battery on the detector. Either way, get to know your CO detector — it is your protection against this silent killer.

Tips to avoid catching the flu this season

BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION

While the flu spreads every year, the timing, severity, and length of the season usually varies from one season to another. The timing is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue through May.

Influenza spreads readily from person to person in schools, workplaces and homes. Everyone over 6 months old should get the annual flu vaccine to prevent sickness, unnecessary health care visits, hospitalizations, and deaths from influenza. Each year, between 250,000 and 500,000 people worldwide die from the flu.

Children between 6 months and 8 years of age may need two doses of flu vaccine to be fully protected from the flu. Your child's doctor or other health care professional can tell you whether your child needs two doses. Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine. Because of this, safeguarding them from the flu is especially important. If you live with or care for an infant younger than 6 months of age, you should get a flu vaccine to help protect them from the flu.

The flu vaccine provides protection against the three strains of influenza—the H1N1 strain that caused the illness in 2009 and later seasons, and two other flu viruses that caused illness last season.

People should get vaccinated now, as soon as the vaccine is available from their health care provider or pharmacy — protection lasts a year.

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

Flu vaccines are offered by many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even by some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy or urgent care clinic.



Everything you need for your emergency kit

Autumn is a great time to update your emergency kit. Harsh winter weather can knock out power for hours and even days. Are you prepared? Consult this list, then clip it out and put it on your refrigerator or another visible place as a reminder.

At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in

case you must evacuate. If possible, keep one kit in your home, a second at work, and a third in your car.

The Voice hopes you will review the checklist below and use it as a reference while building your emergency kit. As an added reminder, clip out this list and hang it on your fridge while you put your supplies together.

Your emergency kit checklist

- Water — one gallon per person, per day (three-day supply for evacuation, two-week supply for home)
- Food — nonperishable, easy-to-prepare items (three-day supply for evacuation, two-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) with extra batteries
- First aid kit
- Medications (seven-day supply) and medical items
- Multipurpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Maps of the area

What else might you need? Some additional suggestions

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Additional medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves

- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Blankets or sleeping bags
- Water purification equipment

- Additional items to keep in your car
- Emergency contact list
 - Flares
 - Warm clothing and sturdy shoes
 - Blankets
 - Rain ponchos
 - Preparedness kit with first aid equipment
 - Small shovel and sand, litter or tire chains, in case of heavy snowfall
 - Local maps with evacuation routes identified

Information in this article was obtained from the Red Cross and Take Winter by Storm.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Prevención contra incendios invernales/By Leahla Contreras

In el invierno aumenta el riesgo de incendios domésticos y otros peligros como envenenamiento de monóxido de carbono. Sin embargo el incendio y otros peligros se pueden evitar si se cumple con unas pocas reglas simples.

Prevención de incendios y consejos en caso de incendios

Haga un plan de evacuación con dos posibles rutas de salida de la casa y un punto de reunión predeterminado, y practíquelo todos juntos.

Cada mes verifique que el detector de humo esté funcionando. Esto se hace presionando el botón de comprobación.

Limpia su detector de humo al menos una vez al año. Se puede usar una aspiradora para quitarle el polvo.

Cámbiele la pila de su detector de humo cuando empieza a pitar la señal de que es tiempo de hacerlo. Es buena idea cambiar las pilas dos veces al año- en la primavera y en el otoño, el mismo día de adelantar o retrasar los relojes para el cambio de la hora.

Las velas pueden causar incendios. Si las usa, asegúrese de que estén en un candelero no combustible. Nunca deje las velas prendidas sin vigilarlas, y no ponga las velas encima o cerca de algo que se pueda prender.

Si se va la luz, una linterna de pilas es una opción mucho más segura para alumbrar que una vela.

Calefacción doméstica
Nunca use motores de gas ni estufas de gas dentro de la casa, ni para calentar ni para cocinar. Estos emiten monóxido de carbono, un gas letal.

No use su estufa para calentar su hogar. Una estufa, sobre todo si se deja prendida sin vigilarla, fácilmente puede causar un incendio.

Todo objeto, incluso los muebles, las cortinas, la ropa y cualquier otra cosa, deben mantenerse por lo menos a 36 pulgadas (3 pies o 90 centímetros) de distancia de los calentadores y radiadores.

ካብ ከረምታዊ (ዊንተር) ባርዕ ሓዊ ምጥንቃቕ /By Habte Negash

አብ እዋን ከረምታዊ (ዊንተር) ናይ ባርዕ ሓዊ ይኹን ናይ ካርቦን ሞኖክሳይድ ሓዲጋ ይውስኽ እዩ። እዚ ዚስዕብ መሰረታዊ ጥንቃቄ ብምግባር ግና እቲ ሓዲጋ ክንኪ ይኽእል።

ካብ ሓዊ ጥንቃቄ ምግባር ሓዲጋ ባርዕ ሓዊ እንተ ኣጋጠመ፡ ካብ ገዛኩም ከመይ ጌርኩም ክትወጽኡ ከም እትኽእሉ ኣቐዲምኩም መደብ ግበሩ። እቲ እትገብርዎ መደብ ከኣ ነፍሲወከፍ ኣባል ቤተሰብኩም ከምዝፈልጦ ግበሩ። ሓቢርኩም ድማ ተለማመድዎ።

እንተወሓደ ኣብ ወርሒ ሓዲ ግዜ ነቲ ኣብ ገዛኩም ዘሎ ስሞክ ዲተክተር (ናይ ትኪ መቐጻጸሪ) ብግብእ ይሰርሕ ምህላው ኣብቲ መልካም (ባተን) ብምጥቕው ኣረጋግጹ።

ነቲ ኣብ ገዛኹም ዘሎ ስሞክ ዲተክተር እንተወሓደ ኣብ ዓመት ሓዲ ግዜ ኣጽርይዎ። ኣብኡ ዘሎ ሓመድ ወይ በኸኻ ንምኣላይ ኸኣ ቫኸዩም ተጠቐሙ።

ናይቲ ኣብ ገዛኹም ዘሎ ስሞክ ዲተክተር ባተሪ ከምዝደኸመ ዝሕብር ድምጺ እንተሰጧዎም ከኣ ከይተደናጎኹም ብቕልጡፍ ቀይርዎ። ብዝኾነ ናይ ስሞክ ዲተክተር ባተሪ ኣብ ዓመት ክልተ ግዜ ምቕያሩ ጽቡቕ እዩ። ንኣብነት ኣብ ስፕሪንግን እን ፋልን ምስቲ ምቕይያር ናይ ኣቐጻጽራ ሰዓት እንተቀየርናዮ ንምዝካሩ ምቕያሎ ኪኸውን ይኽእል እዩ።

ሽምዓ ምብራህ ምኽንያት ባርዕ ሓዊ ኪኸውን ከምዝኽእል ምስትውዓል ይድሊ። ብሽምዓ ትጥቀሙ

እንተሃሊኹም ኣብ ግቡእ ናይ ሽምዓ መቀመጢ ተቐማጢ ምህላው ኣረጋግጹ። ሽምዓ ክትጥቀሙ ከለኹም ሰብ ኣብ ዘይብሉ ቦታ ኣይትግደፍዎ ከምኡውን ኣብ ጥቃ ተባራዲ ነገር ኣይትግበርዎ።

ናይ ኤለክትሪክ መብራህቲ እንትጠፊእኩም ኣብ ከንዲ ብሽምዓ ብላምጋዲና ወይ ካልእ ብባትሪ ዝግዩ መብራህቲ እንተተጠቀምኩም ሓዲጋ ባርዕ ሓዊ ኣብ ምኽልኻል ዝሓሸ ኣማራጺ እዩ።

ናይ ውጥጢ ገዝ ምቕቕት ኣብ ውሽጢ ገዛ ብኣይሊ ጋዝ ዝረስን መሳርሒታት ወይ ብኣዲን ዝረስን ወይ ዝጥበስ መግብታት ኣይትግበሩ። እዞም ከምዚ ኣተም ዝኣመሰሉ መሳርሒታት ብቀሊሉ ካርቦን ሞኖክሳይድ ፈጢርዎ ሓዲጋ ባርዕ ሓዊ ኪፈጥሩ ይኽእሉ እዮም።

ገዛኩም ንሙማቕ ኢልኩም ኣብን (ኣቶን) ኣይትተቐሙ። ኣብን ብፍላይ ብቀረባ ዝከታተሉ ሰብ እንተዘይሃልዩ ምኽንያት ባርዕ ሓዊ ኪኸውን ይኽእል እዩ።

ዝኾኑ ይኹኡ ነገራት ከም ኣቁሑ ገዛ፡ መጋረጃታት፡ ክዳውንቲ ኮን ካልኣት ኣቁሑት ካብቲ ኣብ ገዛኹም ዘሎ መሞቕ (ሂተር) ብውሑዶ 36 ኢንቺስ ከርሕቁ ይግባእ።

SUỐI ÁM MÙA ĐÔNG AN TOÀN/By Long Luu

Mùa đông gia tăng nguy cơ cháy nhà và những nguy hại khác như ngộ độc than khí. Nhưng có thể làm giảm nguy cơ cháy nhà và các nguy hại khác bằng cách tuân theo những qui luật đơn giản sau đây:

PHÒNG CHÁY
Thực hiện kế hoạch thoát thân gồm 2 lối thoát ra khỏi căn nhà hay căn chung cư của quý vị, và cho mỗi người trong nhà thực tập kế hoạch này.

Mỗi tháng, hãy thử máy báo động khói bằng cách bấm vào nút thử -TEST

Lau chùi máy báo động khói ít nhất là 1 lần trong năm. Có thể dùng máy hút bụi để hút sạch bụi đất

Thay pin cho máy báo động khói khi máy kêu lên tiếng bíp. Tốt nhất là thay pin 2 lần trong 1 năm- vào mùa xuân và mùa thu, trong thời điểm chúng ta chỉnh giờ đồng hồ.

Đèn cây có thể gây cháy nhà. Nếu phải thắp đèn cây, hãy đặt nó trên giá đèn không bắt lửa. Đùng bao giờ lơ đễnh và đùng bao giờ để gần vật dễ bén lửa.

Nếu bị cúp điện, dùng đèn pin, hay đèn lồng xài pin an toàn nhiều hơn là dùng đèn cây.

SUỐI ÁM TRONG NHÀ
Đùng bao giờ dùng dụng cụ xài xăng hay lò nung than ở trong nhà, dù chỉ dùng để nấu hay để sưởi ấm. Những thứ này thải ra than khí, loại khí độc chết người.

Đùng dùng bếp nung trong nhà để sưởi. Lò nung mà mở lên rồi không trông chừng, có nguy cơ gây cháy nhà.

Mọi vật, gồm bàn ghế, màn cửa, quần áo và các thứ khác phải được để cách máy sưởi ít nhất là 36 inches-

Как безопасно отапливать жилье зимой/ By Irina Vodonos

В зимнее время возрастает риск пожаров, отравлений углекислым газом и других подобных несчастных случаев. К счастью, обезопасить себя и своих близких совсем не сложно.

Пожарная безопасность
Составьте план эвакуации. Наметьте два маршрута, ведущих из вашего дома или квартиры на улицу, и потренируйтесь эвакуироваться по этим маршрутам со всеми членами семьи.

Проверяйте вашу пожарную сигнализацию как минимум ежемесячно. Для этого нужно нажать на кнопку с надписью «тест» (test).

Прочищайте пожарную сигнализацию как минимум ежегодно. Пыль из сигнализации можно удалить с помощью пылесоса.

Меняйте батарейку в пожарной сигнализации, когда она начинает пищать – это означает, что батарейку пора заменить. Рекомендуется менять батарейку два раза в год. Это удобно приурочить к переходу на летнее и зимнее время.

Свечи пожароопасны. Если вы

зажигаете свечи, обязательно ставьте их в огнеупорный подсвечник. Никогда не оставляйте свечи гореть, если поблизости никого нет, и никогда не ставьте свечи на легковоспламеняющуюся поверхность или возле легковоспламеняющихся предметов.

В случае отключения электричества намного безопаснее воспользоваться для освещения фонариком или светильником на батарейках, чем свечами.

Отопление
Никогда не используйте в помещении газовые приборы и грили – ни для приготовления пищи, ни для отопления. Эти приборы выделяют смертельно опасный углекислый газ.

Не используйте духовку для обогрева дома. Включенная духовка может быть чрезвычайно пожароопасной, особенно если ее оставить без присмотра.

Любые предметы, в том числе мебель, занавески и одежда, должны находиться на расстоянии как минимум 36 дюймов (90 см) от любого обогревателя.

ለክረ ምት ሙቀት ጥንቃቄ/By Assaye Abunie

የክረምቱ ወራት በቤት ውስጥ ሊነሱ የሚችሉ የእሳትንና ሌሎችንም እንደካርቦን ሞኖክሳይድ የመሳሰሉትን አደጋዎች ለማምጣት ይጨምራል። ነገር ግን እነዚህን የእሳት ቃጠሎና ሌሎችንም አደጋዎች የሚቀጥሉትን ቀላል መመሪያዎች ከተከተሉ ሊቀንሱ ይችላሉ።

የእሳት ጥንቃቄ ከቤትዎ ወይም ከአፓርትመንትዎ ሁለት እሳት ሲነሳ የመውጫ መንገዶችን ያዘጋጁ፤ ማንኛውም የቤትዎ ኗሪ በዚህ እቅድ እንዲለማመዱ ያድርጉ።

ቢያንስ በወር አንድ ጊዜ የቤትዎን የጭስ አላርም መስራት አለመስራቱን ይሞክሩ። ቢያንስ በአመት አንድ ጊዜ የጭስ አላርምዎን ይጥረጉ። ለመጥረግ ቫኪዩም መጠቀም ይችላሉ።

የጨስ አላርሙን በማንኛውም ጊዜ የቢብ ድምጽ ሲሰሙ ባትረውን ይቀይሩ። በአመት ሁለት ጊዜ መቀየር በጣም ጥሩ ነው። አንድ በበልግ ወራትና አንድ በክረምት ጊዜ የቀንን ለውጥ ለማስተካከል ሰዓትን በምንቀይርበት ወቅት።

ሻማ ቃጠሎ ሊያስነሳ ይችላል። ሻማ የሚለኩሱ ከሆነ ሊቃጠል ከማይችል

ማስቀመጫ ላይ ያድርጉት። በማንኛውም ጊዜ ሻማውን ሰው ሳይኖር ትታችሁ አትሂዱ ወይም ሊቃጠል ከሚችሉ ነገሮች ወይም አጠገብ አያስቀምጡ። ምንም ዓይነት ሃይል ከሌለ ፍላሽ ላይት ወይም በባትሪ የሚሰራ ፋናስ ከሻማ ይልቅ ይመረጣል። የቤት ውስጥ ማሞቂያ ለማብሰልም ሆነ ለማሞቅ ማንኛውም ዓይነት ቦታዎን የሚሰራ ማሞቂያ በቤት ውስጥ አይጠቀሙ። በዚህ የሚሰሩ ማናቸውም ሁሉ ካርቦን ሞኖክሳይድ የተባለውን አደገኛ መርዝ ይፈጥራሉ። የምግብ ማብሰያ አብንዎን ለማሞቂያ አይጠቀሙ። አብን በተለይ ማንም ሰው ሳይኖር መጠቀም በጣም አደገኛ ነው። ማንኛውም ነገር በተለይም ቁሳቁስ፤ መጋረጃ፤ ልብስ፤ እና ሌሎችም ነገሮች ቢያንስ 36 ኢንቺ ከማሞቂያው መራቅ አለባቸው።

Ka hortaga dabka xiliga qaboobaha/By Mahamoud Gaayte

xiliga qaboobaha waxaa kor u kaca halista dabka ka kaca guryaha iyo halisaha kale sida suntan (carbon monoxide). Hase ahaatee waxa halista dabka iyo kuwa kaleba lagu yaraynkaraa u hogaansanaanta sharciyada badbaadada.

Badbaadada Dabka
Dejiso hab aad uga baxsato dabka iyo laba iridood oo aad ka baxdo gurigaaga, dhamaan qoyskaaga iyo dadka kula noolna bar habkaas.

Tijaabi kadigaha qaaca (smoke alarm) bishiiiba hal mar adiga oo riixaya badhanka tijaabinta.

Nadiifi kadigaha qaaca sanadkiiba hal mar. Isticmaal xaaqinka korontada ah (vacuum cleaner).

Kabedel beteriga kadigaha qaaca marka uu dhawaaqo laydhna soo shido. Waxaase wanaagsan in kadigaha qaaca laga bedelo beteriga sanadkii labamar. Xiliyada guga

iyoo jilaalka marka eyno bedelo saacada. Shamacu waxa uu ka midyahay waxyaabaha dabka kiciya. Hadii aad shamac shita-tid hubi in aanu dul saarayn wax gubankara. Weligaa ha ka teging shamac shidan hana u dhoweyn wax dab abuuri kara.

Hadii uu laydhku kaa go'o in aad toosh isticmaasho ayaa ka wanaagsan in aad shamac shidato.

Kululaysada guryaha
Weligaa ha kushidan guriga gudihiisa gaas ama dhuxul, hana u adeegsan waxkaris. Labadaas walxood wexey dhaliyaan (carbon monoxide) iyo gaaska dhima-shada ee loo yaqaan(lethal gas)

Ha kadhigan shoollada waxlagu kariyo kululayso, wexey kamid tahay waxyaabaha ugu badna oo dabku ka dhasho.

Dhamaan qalabka guriga sida, daahyada, gogosha iyo dharkuba waa in ey ka fogyihiin 36inch kululaysada.

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Turning the beat around: A conversation with Seattle Police Chief Kathleen O'Toole

BY NANCY GARDNER
The Voice editor

Editor's note: Kathleen O'Toole became Seattle's Police Chief in June. In 2012, O'Toole completed a six-year term as Chief Inspector of the Garda Síochána Inspectorate, an oversight body responsible for bringing reform and accountability to the 17,000-member Irish national police service. In 2004, she served as Boston Police Commissioner and, in 1994, as Massachusetts Secretary of Public Safety.

The Voice recently caught up with O'Toole to discuss her reflections on progress made and lessons learned thus far.

The Voice: Have you been able to evaluate and prioritize our city's safety initiatives and determine how the Seattle Police Department can restore the public's trust in our city's policing practices?

Kathleen O'Toole: I want SPD to support the city to be safe, welcoming and prosperous. I want SPD to protect the most vulnerable in our community. I want SPD employees to act affirmatively, without bias or prejudice, and to treat everyone with dignity. These principles help us to prioritize our public safety initiatives and restore our role as guardians of public safety.

Voice: What experiences did you have in Boston, when you served as Police Commissioner, with that city's housing authority and its residents, and how does that shape the relationship you hope to form with Seattle Housing Authority and its residents?

O'Toole: My approach to the policing of public housing is as a partnership. I want to partner with the residents and the Housing Authority to create a safe environment. This is a joint effort that involves input and involvement from the residents to develop and reinforce community expectations of behavior in these communities.

Voice: A lot of media attention has been focused on perceived increased crime in our downtown corridor—what can you tell residents—especially those who live in public housing—about the state of our safety?

O'Toole: Seattle is very safe. In fact, it is one of the safest large cities in the United States. Nonetheless, the amount of crime we have is too much and we need to address it. Downtown, serious crime is infrequent, but there are a large number of lower level "quality of life" crimes such as shoplifting, public drinking, public urination, drug use, aggressive panhandling and graffiti. The mayor has made it a priority to join together businesses, social service agencies and the criminal justice system to address crime and disorder in the downtown area. SPD will play a part in addressing the criminal aspects of that disorder.

Voice: For six years you worked in Dublin, Ireland, as the chief inspector of the Garda Inspectorate, and helped reform Ireland's national police force following a corruption scandal there. What did you learn during that time frame that you've carried over into your role here in Seattle? What experiences in Ireland do you feel will help you in dealing with situations here?

O'Toole: I believe to move forward after a scandal you must address it head on, acknowledge problems and commit to move forward. Discuss the issues internally and externally, make corrections and implement internal controls to prevent the issue from happening again.

In Ireland I learned that there are long-standing customs and issues that need to be understood in order to change them and move on. Making changes to a department culture is not easy, and must be done with care not to disregard the hard work of the majority of people who have done very good work with honorable motivations.

Voice: With your ties to Ireland, is it safe to assume you're of Irish ancestry?

O'Toole: Yes, I am proudly Irish!

Voice: You've taught constitutional law and been in the line of duty since 1979 and now oversee the work of about 1,300 officers. Which is tougher? More rewarding?

O'Toole: Managing a policy agency is both tougher and more rewarding. I feel that by leading SPD I have the opportunity



COURTESY OF CITY OF SEATTLE

Kathleen O'Toole, Seattle's newly-appointed police chief, said recently that restoring public trust and reducing crime in neighborhoods remain a top priority. After 90 days at the helm, The Voice asked O'Toole to assess the progress of her top initiatives. Above, Deputy Mayor Hyeok Kim (L), Seattle Police Department Chief O'Toole and Former Interim Chief Harry Bailey (R) walk to O'Toole's City Council confirmation hearing.

to make a significant impact of the quality of life for the city. With that said, being a patrol officer was a lot of hard work and fun and I'm glad I had those experiences.

Voice: You've participated in several "Find-it, Fix-it" community walks in neighborhoods including Rainier Beach and Lake City. What sorts of things have you found that you want to help fix, both long and short term?

O'Toole: The "Find-it, Fix-it" community walks are valuable for several reasons. First, they reinforce the fact that public safety is a group effort between the public,

the business owners, the police department and many city departments. Some of the short term fixes involve garbage pickup, graffiti cleanup and improved lighting. In the longer term, we need to ensure that public areas are not being used for illegal or unsafe activities. This involves a coordinated and comprehensive plan to provide safe and clean shelter for those unable to provide for themselves, have adequate staffing to provide an appropriate level police presence in neighborhoods, and the support staff to adequately and promptly process cases.

Trick or treat? Attack of the killer Jack-O-Lanterns

BY NANCY GARDNER
The Voice editor

YT Halloween arrived Oct. 17 this year for youths who attended the fifth-annual pumpkin painting event at Yesler Terrace Community Center.

Seattle Police Department Officer John Skommessa has spearheaded the afternoon painting sessions, with help from a number of community organizations.

Skommessa, who is part of the Yesler Terrace Community Police Team, said he looks forward to this event probably as much as the children do.

"I love this event because the youth have so much fun, and it's especially enjoyable for those from immigrant families who don't celebrate Halloween," Skommessa said.

"It also gives the kids a chance to interact with police officers in a way they wouldn't



ordinarily be able to."

Seattle University's Men's Basketball team helped man the painting stations and helped the youths with their designs.

Assistance also came from Seattle Parks

and Recreation, Seattle Police Department officers, Yesler Community Center Advisory Council, and Seattle University Department of Public Safety, which donated the pumpkins.



PHOTOS BY NANCY GARDNER

Five-year-old Maurice paints the finishing touches on his prized pumpkin as he gets an assist from a Seattle University basketball player. The men's team helps out at the event each year.