



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



The Voice

September
2016
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voice.seattlehousing.net

Housing help on its way for homeless elementary students and their families

By KRISTIN O'DONNELL
SHA resident

Seattle Housing Authority (SHA) Board of Commissioners voted on Aug. 15 to move forward with the new Home from School (HFS) pilot project designed to help shelter some of Bailey Gatzert Elementary School's homeless students.

The HFS project involves SHA, Seattle Public Schools, City of Seattle, and a local service provider to offer public housing or vouchers to homeless families who are enrolled at the School.

HFS will help families find permanent accommodations in the School's attendance area, which extends from roughly I-5 to 20th Avenue, between Cherry and Dearborn Streets.

An Aug. 10 presentation to the Yesler Terrace Community Council by SHA Ex-

ecutive Director Andrew Lofton generated strong approval. Through an interpreter, council members said they felt fortunate to have homes and believe it necessary for these children to have a roof over their heads, too.

At Bailey Gatzert more than 40 percent of students are English Language Learners, and more than 90 percent qualify for Free and Reduced Priced Lunches. Around one in five students are homeless or unstably housed.

In 2015, 31 percent of the students who began the school year at Bailey Gatzert were no longer enrolled there at the end of the year.

The School's student achievement ratings have improved significantly in recent years, but are still considerably below district

Please see "Bailey Gatzert" on Page 4



PHOTO BY NANCY GARDNER

About one in five students who attends Bailey Gatzert Elementary School is homeless or without stable housing. The Seattle Housing Authority will help launch a new program this fall aimed at providing shelter for these students and their families.

SHA's Hoa Mai Gardens begins to blossom

Newest Yesler replacement housing will feature 111 units with views of Beacon Hill and Sodo



PHOTO BY LORI STEHLIK, SHA



COURTESY OF SMR ARCHITECTS

At left, workers are nearly finished constructing the wood framing portion of Hoa Mai Gardens, the next new Seattle Housing Authority building in Yesler; to be completed in Summer 2017. The six-story building will provide 111 one-to-four bedroom affordable housing units built around a courtyard, and will contain a play area, townhouses, social services offices and a parking garage. The name Hoa Mai refers to a beautiful yellow flower that is part of Vietnamese Lunar New Year celebrations and is believed to bring luck. The site overlooks Little Saigon and the International District, and is well-connected to the 10th Ave. S Hillclimb and the future Yesler Park.

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Health Notes

R A column devoted to your well-being

Get a healthy start to the new school year with vaccinations

By SUSAN JOHNSON
US Dept. of Health and Human Services

You've undoubtedly seen back-to-school ads from virtually every store. These ads will try to convince you that you need to buy clothes, shoes, computers, school supplies, sporting equipment, lunch supplies and cleaning wipes, for example.

Children legitimately need some of these items. Other items are in the optional category. The average family will spend in excess of \$600 per child for back-to-school items—and significantly more for college-bound students. Back-to-school has become the second largest shopping season of the year.

There is one item that may not be on your back-to-school list: immunizations! Immunizations are something every child and young adult should have before heading back to school. Did you know that August was National Immunization Awareness Month? Did you miss the reminder?

Some of the greatest medical breakthroughs have been the development of effective vaccines for illnesses that have killed or injured hundreds of thousands of people. According to the Centers for Disease Control, among children born between 1994–2013, vaccination will prevent an estimated 322 million illnesses, 21 million hospitalizations, and 732,000 deaths over the course of their lifetimes, at a net savings of \$295 billion in direct costs and \$1.38 trillion in total societal costs.

In recent years, we've looked eagerly for vaccines for HIV, Hepatitis C, Ebola, the Zika virus, and other emerging diseases, just as in the past people looked for vaccines for polio, measles, mumps, rubella,

and smallpox.

Many of the vaccinations we receive in this country are for childhood illnesses. Despite the inoffensive title, these illnesses can be quite serious or even deadly, especially for the very young, the elderly, or those with immune systems compromised by diabetes, cancer, lung disease or other illness. Many people currently live with long term effects of diseases acquired in childhood—some of which, like polio—have been largely eradicated thanks to immunizations.

Vaccinations are also important to protect those who for medical reasons can't be immunized. Community immunity or 'herd immunity' helps protect these individuals by containing the spread of diseases.

Add this one extra item to that back-to-school list: Make sure your child is fully immunized. While you're at it, check to see if their immunizations are all up to date—immunity to many diseases, such as whooping cough and tetanus—can weaken over time, and the flu vaccine is different each year.

There is good news with this back-to-school item though—recommended vaccinations are available as a preventive health service through Marketplace plans, so this won't add to your back-to-school expenses. Just be sure to follow your plan's guidance on where you should get your vaccinations to be sure the cost is covered.

Every child (and parent) should have a safe and healthy school year. Immunizations are an easy way to start out at the head of the class!

Review the chart below to see what vaccinations your child needs.

Parents - Are Your Kids Ready for School?
Required Immunizations for School Year 2016-2017
Parent/Guardian Resource

Instructions: To see which vaccines are required for school, find your child's grade and look only at that row going across to find the vaccines and number of doses required.

	Hepatitis B	DTaP/Td/Tdap* (Diphtheria, Tetanus, Pertussis)	Polio*	MMR (Measles, Mumps, Rubella)	Varicella (Chickenpox)
Kindergarten – 5th Grade	3 doses	5 doses	4 doses	2 doses	2 doses OR Healthcare provider verified child had disease
6th – 12th Grade	3 doses	5 doses DTaP AND 1 dose Tdap	4 doses	2 doses	2 doses OR Healthcare provider verified child had disease

*Vaccine doses required may be fewer than listed.
 > Students must meet minimum intervals and ages to be in compliance with the requirements. Talk to your healthcare provider or school staff if you have questions about school immunization requirements.
 > Find information on other recommended vaccines not required for school: www.immunize.org/ask/faq/child.html

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

Back to school safety tips for parents and kids

By JAKE HELLENKAMP
Project Coordinator

Another summer has come to an end and with a new school year comes new routines and sharing the roads once again with school buses, pedestrians and bicyclists.

Whether you or your children walk, bike or take the bus, a healthy dose of common sense and preventative steps can keep us all safe this fall.

Emergency contacts

Talk to your child and make sure they know their home phone number and address, and how to contact parents or trusted adults at work.

Check with your school to make sure it has the most updated emergency contact information for you.

Pedestrian safety

If your child walks to school, practice the route with them before the first day of classes. Find the safest route possible by using sidewalks and crosswalks. Watch out for potential hazards, like dangerous intersections, and change the route if a better option is available.

If the route is along busy streets, try to organize a walking group with other children from the neighborhood. Respect crossing guards and obey all traffic signals.

Teach kids to put their phones away while they are walking to school. Phones are a dangerous distraction for pedestrians that cause more than 16,000 injuries to walkers each year. Besides, phones are less likely to be stolen if kept hidden.

Driver safety

The same rules apply for drivers—put that phone away! It is illegal and dangerous to be on your phone while driving.

There are more drivers in school zones during drop off and pick up hours. Be extra cautious and obey reduced speed traffic laws.



Children may be moving between cars quickly and will be hard to see. Move slowly and carefully through the area.

Backpack safety

Does your child's backpack weigh more than he or she does? Back and shoulder pain and poor posture can all be attributed to hauling too much gear. The American Chiropractic Association recommends a backpack weigh no more than 10 percent of a child's weight. For a 100-pound child that means carrying no more than 10 pounds.

Bike safety

Always make children wear a bicycle helmet—even on short rides.

Stay on the right side of the road, in the same direction as traffic. Use bike lanes if they exist.

Have kids wear bright or reflective clothing to make them more visible.

School bus safety

While waiting for the bus, stand at least 10 feet back from the curb.

Board the bus only after it has come to a complete stop and the driver has instructed you to get on.

Children should sit down quickly on the bus, keep aisles clear, and stay seated until they arrive at their final destination.

Parents should walk young children to school, along with children taking new routes or attending new schools, at least for the first week to ensure they know how to get there safely.

The mission of Seattle Neighborhood Group is to prevent crime and build community through partnerships with residents, businesses, law enforcement and other organizations. Contact Jake at 206-323-7094 or jhellenkamp@gmail.com.

FREE ENROLLING NOW!
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HOME VISITING (PRENATAL-AGE 3)

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- Supporting parents with children of all abilities, including those with special needs
- Serving low income families in: Tukwila // SeaTac // Skyway // Burien // West Seattle // Central Seattle // South Seattle

TODDLER PRESCHOOL (AGES 2-3)

- Serving children of all abilities, including those with special needs & disabilities
- Preschool two days a week & weekly home visits
- Serving low income families in South Seattle

HALF DAY PRESCHOOL (AGES 3-5)

- Serving children of all abilities, including those with special needs & disabilities
- Morning and afternoon sessions
- Meals and snacks provided
- Serving low income families in: West Seattle // Central Seattle // South Seattle

FULL DAY PRESCHOOL (AGES 3-5)

- Serving children of all abilities, including those with special needs & disabilities
- Meals and snacks provided
- Serving low income families in: West Seattle // Central Seattle // South Seattle

CALL 206-461-8430, EXT. 2041 OR 2042

Four well-known artists will bring art to life at Yesler

BY SEATTLE HOUSING AUTHORITY

For the first time in its history, Seattle Housing Authority (SHA) will incorporate a comprehensive arts program into a major housing redevelopment. Funded by a grant from The Kresge Foundation, four artists will create permanent artwork at Yesler. Artwork will enhance the many planned parks and open spaces, providing beautiful places for all to enjoy, and new avenues will be created for community members to engage in their creations.

"We are very excited by the caliber of artists who will be working at Yesler," said Andrew Lofton, executive director of SHA. "Their commitment to engage with residents at all levels, including youth, will create a more vibrant and connected environment."

Unique programming includes artists working with P-Patch gardeners and the Black Farmers Collective, which will manage a 1.5 acre urban farm located along the western border of Yesler.

Under the current Kresge grant, the selected artists will work in the Yesler community over the next two years, establishing a foundation for ongoing artistic endeavors in the new community. The grant also funds a summer youth media program managed by Seattle University and provides assistance to artisans living in Yesler to build their commercial endeavors.

Meet the artists:

Pat Graney Company

The Pat Graney Company creates, performs and tours new dance/installation works and conducts arts-based educational programming. Their Keeping the Faith Artist Team residency program features dance, expository writing, American Sign Language and visual arts.

George Lee

George Lee is a sculptor and installation artist specializing in site-specific art, community engagement, and investigating unseen elements and interconnections in everyday lives. Lee's work engages multicultural and underserved communities.

"I am excited to practice art as a catalytic process at Yesler, engaging community members as I work on site-specific sculpture that integrates concepts of memory, place, time and home."—George Lee

D.K. Pan

D.K. Pan investigates the intersection of place and memory through video, performance, installation and interventions. Pan is interested in art as a catalyst for social change, in service of love and freedom.



PHOTO COURTESY OF CHARLES PARRISH

Charles Parrish

Charles Parrish is a sculptor who has lived at Yesler for 30 years. Specializing in stone carving, Parrish creates portraits in low relief and three dimensional forms. He considers his work to be about the politics of black people and often chooses black historical figures as his subjects.

"Yesler residents want to live side by side in peace with equal respect for all. I want to instill that in my work," says Parrish.

Above, Charles Parrish is one of four artists who will revitalize the community through his creations. Adjacent to the main Yesler Community Center is the new Yesler Arts Mobile Studio (YAMS), a large recreational vehicle that provides a working space for these artists to interact with residents and community members.

SHA receives kudos for keeping residents safe

BY SEATTLE HOUSING AUTHORITY

The national Housing Authority Insurance (HAI) Group has named Seattle Housing Authority (SHA) as the winner of its 2016 Risk Management Award in the Resident Safety category.

As part of its ongoing commitment to providing a safe living environment for residents and a safe work environment for staff members, SHA implemented a new scored Facility Safety Audit (FSA) in January 2015. The FSA enhances the agency's safety measures and regulatory compliance for its buildings.

In the 2015 revision of the previous FSA, which had been in place for several years, new sections were added to improve overall safety at each site location, including General Safety, General Housekeeping, Hazard Communication, Egress, Fire and Electrical Hazards Prevention and Safety, Building Exterior and Grounds, Workplace Violence Prevention and Safe Work Behaviors.

"On behalf of our residents, we are honored to receive the HAI Group's Risk Management Award for Resident Safety," said Andrew Lofton, executive director of SHA.

"We are continuously finding ways to improve the safety of our buildings and

appreciate this recognition of our efforts."

The new FSA has further strengthened the partnership between the Safety, Health and Emergency Manager and Property Management. Once an audit is completed, results are shared with the building's property management staff and work orders are issued to fix any problems.

SHA also implemented a recognition program for buildings that score 90 percent or higher to boost morale and drive heightened attention to safety throughout the organization.

SHA seeks input on 2017 Budget and Annual MTW Plan

BY SEATTLE HOUSING AUTHORITY

Residents and community members are invited to comment on Seattle Housing Authority's (SHA) 2017 Budget and Moving to Work (MTW) Annual Plan. The budget and plan outline the agency's priorities and resources for the coming year.

Activities under consideration in the 2017 MTW Plan include a new initiative that would allow SHA to participate in a research partnership intended to help the agency learn which strategies most effectively support households with Housing Choice Vouchers which choose to lease units in high opportunity areas.

Comments will be submitted until Sept. 30 via www.seattlehousing.org or by calling 206-615-3576. SHA will also present the plan and budget at a public hearing at **10 a.m. on Friday, Sept. 16** at the Central Office at 190 Queen Anne Ave N.

The public hearing is one of several opportunities to provide comments about the plan and budget. Comments will also be accepted by phone, email or U.S. mail. In addition, SHA staff will meet with public housing representatives at the Joint Policy Advisory Committee and with the Seattle Senior Housing Program Advisory Committee in September.

Comments will be shared with the Board of Commissioners who will take them into consideration. This may result in modifications to the plan or budget. At the Board of Commissioners meeting in mid-October, staff will ask the Board to adopt the budget and plan for 2017. Following Board adoption, the plan will be submitted to the Department of Housing and Urban Development for approval.

New RAC president wants all residents' voices to be heard

Council leaders will discuss future planning and goals at Sept. 14 meeting

BY LEE SUITOR

President, Resident Action Council (RAC)

There has never been a way for me to run from organizing communities and building bridges. It has always been a surprise and an honor to be asked to lead, and for me it is fun.

In my professional career I performed classical music, and was a conductor, composer, organist, director of adult and children's choirs and a private instructor. I served large congregations and held university positions.

The skill set that I hope to lead RAC with as its new president grows directly out of these past experiences.

A musician learns to be comfortable in front of large groups of people, to think quickly on one's feet, and to have an instinct about when to lead and when to listen, to say 'yes' as often as possible, and have the wisdom to say 'no' when necessary.



Lee Sutor

It takes simple, incremental planning and patience to win the trust of others. It's always risky to implement change, especially since it takes time to reach new goals. But time, confidence, listening and risk are asked for in a leader. People who stick with the journey often enjoy the outcome.

It is my hope to bring RAC to the table at 800 Jefferson Street, where we meet at 1 p.m. the second Wednesday of every month, so the 16,000 SHA households become a strong voice in the City of Seattle.

Becoming one voice requires strength in numbers, and goals chosen democratically.

The outreach to Seattle I have just described began with ideas expressed last January at a RAC Leadership Team meeting. Every time it has been given a fair hearing it has gained strength.

We are strongest when we hear your voice at our monthly meeting at Jefferson Terrace. Please join us.

Community Notes

'Small and Simple Projects Fund' application deadline: Sept. 12

Are you part of a neighborhood group and want to improve an aspect of your community? The City of Seattle's Neighborhood Matching Fund program matches dollars for neighborhood improvement, organizing, or projects that are developed and implemented by community members. For more information and application materials, visit www.seattle.gov/neighborhoods or call 206-684-0464.

The Small and Simple Projects Fund provides awards up to \$25,000 to support community members in building community relationships around a project. Small and Simple Projects Fund activities may be physical projects as well as less tangible but equally significant educational, cultural, and relationship-strengthening activities.

Applications are due **Sept. 12 at 5 p.m.** and the 'Small and Simple Projects' need to demonstrate a capacity to build a stronger and healthier community, be free and open to the public, and occur within Seattle city limits.

The Small Sparks Fund awards up to \$1,000 and **applications are accepted year-round.** Examples of recent projects awarded include Night Out parties, a Leschi Art Walk and various P-Patch improvements.

Seattle Housing Authority resident gardener Troy Smith applied for and received a Small Sparks Fund award that he used to add soil and mulch to the raised gardening beds for residents at Olive Ridge.

He has also used funds from the Neighborhood Matching Fund program to buy supplies to reinforce the raised beds (at right), where he grows tomato and zucchini plants.

Smith has just applied for a new award so that he and his neighbors will have the supplies they need to continue gardening throughout the winter.



PHOTO BY TROY SMITH

Giving peace a chance while learning to dance

BY BRENDA KAY NETH
SHA resident

On Wednesday, Sept. 21, the United Nations will observe the International Day of Peace. In 1981, the UN General Assembly declared the day be devoted to commemorating and strengthening the ideals of peace. Since then, millions of people worldwide recognize those 24 hours as a time without war or violence.

All participating nations, including ours, will honor a kind of 'cease-fire' and promote world peace through activities and actions large and small. Corporations, nonprofits, schools and colleges will celebrate with moments of silence, the releasing of live doves, and engaging in dance and theatre.

For Seattle Dances of Universal Peace, Sept. 21 will not be any different than any other Wednesday evening. That's because Dances of Universal Peace (DUP), a nonprofit founded in 1982, meets every Wednesday from 7:30-9:30 p.m. at the Keystone Congregational Church in Wallingford to celebrate the world's major and minor religions. This celebration includes singing sacred phrases and songs.

Zarifah Spain, a certified DUP dance leader, says anyone of any faith can participate.

The goal for Spain and the other dance

instructors and musicians is to create harmony within the dance circle each week, encouraging newcomers and those returning to gain a sense of inner peace.

No previous dancing or singing experience is necessary to join in, just a willingness to learn. The instructors are volunteers, and a recommended donation of \$5 is appreciated, but no one is turned away if they can't afford it.

"We've gotten so far into division and hatred that we need to bring whatever peace into the world we can," says Elizabeth



PHOTO COURTESY OF BRIAN DINA

Dequine, also a certified dance leader and musician. "The dances are a medium for this. I bring this wherever I go."

On Sept 21, UN Secretary-General Ban Ki-moon will ring the Peace Bell at the annual ceremony in New York in observance of the International Day of Peace.

And the world will come together to recognize that a sustainable future cannot exist without sustainable peace.

Bailey Gatzert

Continued from Page 1

averages. The School does provide extra support to students and families through an on-site health clinic, a full-time family support worker and a partnership with Seattle University's Center for Community Engagement, which offers tutoring and after-school and extended school year opportunities.

These support services help students overcome the barriers to learning that are related to poverty. Through this pilot program that provides stable housing, organizers say the ability to stay in one school should help stabilize the school and lift test scores even more.

Initially, support in locating affordable housing in the School's attendance area will be offered to homeless families whose children enroll in Bailey Gatzert at the beginning of the 2016-17 school year. SHA estimates that 35 to 40 families will be eligible.

A case manager will work with the families and housing providers in the area to locate permanent housing, and

case management will continue for three to six months after families are housed. Getting placed in a home will not happen immediately—although these families will have priority for housing vouchers, some homeless families have issues in addition to affordability that may complicate finding a place to rent. Additionally, vacancies are rare in the near-downtown neighborhood. Yesler waiting lists are closed and relocated Yesler residents still have first priority to return to the redeveloped community.

If public housing units aren't available, families will be given vouchers that can be used with private and nonprofit housing.

If the first phase of the project is successful, more families will be considered. Tacoma's Housing Authority and School District are operating a similar program in collaboration with the Bill and Melinda Gates Foundation. That program, now in its fifth year, requires substantial parent involvement, provides intensive social services to support that involvement and has shown positive results.

For families with children enrolled at Bailey Gatzert Elementary, please contact Keith Ervin who is the Family Support Worker at the school, 206-252-2836.



Help Your Child Succeed in School:
Build the Habit of Good Attendance Early
School success goes hand in hand with good attendance!

DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and the ourselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org

Visit our website:
voice.seattlehousing.net

- Exclusive content
- Share articles over email or on Facebook



PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

About The Voice

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

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

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



Explore genealogy and take a tour of SPL's Special Collections

Discover your ancestry

Have you ever wondered what your family tree looks like, or if you resemble your relatives dating back multiple generations?

On **Monday, Sept. 12**, genealogy librarian John LaMont will demonstrate how to use the electronic databases and internet resources found on the Seattle Public Library's website to search for ancestors.

This free workshop will focus on how to use the database, "Ancestry Library Edition."

Registration for the 2:30 - 4:30 p.m. workshop is required. To register, call 206-386-4636 and ask for the genealogy desk. The workshop will be held at the Central Library, 1000 Fourth Ave., Level 4, Boeing Technology Training Center Room 4.

Special Collections tours Sept. 22 and Oct. 15

The Seattle Public Library invites everyone to take a peek into the Seattle Room and the Library's Special Collections during two upcoming monthly tours. "Taste the Town," from 10:30 - 11:30 a.m. **Thursday, Sept. 22** will explore the history of food and drink in Seattle through menus, cookbooks, restaurants and more.

For the eccentric-seekers among us, on **Saturday, Oct. 15**, librarians will select the weirdest and wackiest items. "Odds, Ends and Curiosities" will reveal some of the oldest, smallest, biggest and most bizarre items in its Special Collections. The tours are free but registration is required. For more information, call the library, 206-386-4636.

Making the grade: RV teens get A's for effort and achievement

BY YUSUF AHMED AND MARTIN VAN
SHA teen interns

Members of the Teen Internship Program in Rainier Vista completed a lot of community building projects this summer. We have helped plan big events like August's Night Out party with help from residents and Jen Calleja, the Seattle Housing Authority (SHA) community builder.

The Night Out party was a success—the Seattle Police Department said they saw more people at our Night Out event than any other place in the city. Our goal was to bring residents together and we succeeded!

During our time in the program, we have partnered with other organizations to do our community building work. For example, we partnered up with Horn of Africa and Seattle Department of Transportation to create a mural as part of the Rainier Vista Pavement to Parks project. We made designs that support the community after soliciting ideas from children and teens.

Just as our internship taught us how to work well in a group setting, our team also took the High Ropes course at Camp Long in West Seattle, where we learned how to be more communicative, how to work beyond our comfort zone, and how stress can sometimes be a positive thing.

We learned how to write a grant and how to best get our community involved and engaged in our events. We also learned how to request in-kind donations, how to work in a group and conquer our fears, and when to reach out to others for help.

While our internship ends Sept. 2, we'll still be a part of the community and plan to apply what we've learned to the challenges that lie ahead of us.



Rainier Vista's Teen Internship Program members learn team building skills at High Ropes course (above). The group (below) took on a number of volunteer projects this summer, including the Night Out party and cleaning up area parks.



NextGen Views & Voices



Abdul Malik Ford

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

Former SHA resident

If you were to ask me several years ago what I was going to do with my life I probably would have given you a blank look. I was an active socializer who hung around the party scene often, but was still able to pull decent grades, at least good enough not to ruin my chances of ever attending a university.

My dreams at that time revolved much more around being cool than having ambition to pursue a career. I just didn't think about the future. Even though I had one brother in college, it just wasn't on my mind because of the many distractions in my life at that time.

During my sophomore year my family moved and I was devastated to be taken away from the school in Seattle that had become special to me. I transferred to Todd Beamer High School in Federal Way, which was foreign to me and I was not ready to say goodbye to all my friends in Seattle just yet.

It felt like I had been tossed into the frigid waters in the middle of the Atlantic Ocean. I was afraid and alone in a sea full of strange creatures. It was a monumental moment in my life and I had to learn how to adjust to the situation and focus on moving forward.

And then came my junior year, which didn't get any easier. I was exhausted from taking challenging courses, being involved in sports and bouncing between Seattle and Federal Way to see my friends. I was very discouraged. My life had hit a low and I was on the verge of giving up.

But I owe my life's turnaround to the luck of being chosen to travel to Ecuador for a school trip. It was very unexpected and at the time I was oblivious to the lasting effects that this opportunity would produce.

Its impact on me was colossal. It revived



my drive and my aspiration to achieve big things in life. In Ecuador, I experienced living conditions of the third world, and in comparison to my community, I was shocked.

Living like that awoke a passion in me. In this tiny South American country I discovered how blessed I was to be living in a nation in which clean running water is readily accessible to everyone. It was after being exposed to Ecuador, where poverty was an epidemic taking over, that I decided I was going to make a difference, and that college was going to help me to do this. I was not going to fritter away my life doing nothing. I would graduate and I would get a degree.

I had previously flunked a class as a junior, but by the end of the first semester my efforts had started to pay off. In fact, during the first semester of my senior year, I was awarded Student of the Semester.

I distinguished myself as an outstanding student in a short time period. I was determined not to be held back by my academic history or prior mistakes in my personal life. I became very active in various clubs, volunteered to be a student representative for the school district, and established a few of my own projects that will carry a legacy at Todd Beamer High School. I had taken ownership of my future.

It has not been an easy journey. There were many late nights, early mornings, and sleep deprived days in just the last school year. It has taken discipline and perseverance to get me to the shiny, brilliant destination: college.

After everything that I have gone through, I must say, I am ecstatic to be following in my brother's footsteps and attending Western Washington University in Bellingham later this month.

However, my story would not be complete without recognizing the many cheerleaders who I have in my life who never stopped giving me unconditional love and support. That would primarily be my family, and in particular my wonderful parents. I would not be the man I am today without their love and wisdom that they have passed down to me. I know that they are so proud to call me their son and excited for me to continue to chase the stars.



Please recycle me



Content guide

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

CommUNITY r ESOUr CES

A NIGHT OUT of summer block parties, music and fun



SHA residents celebrated national Night Out Aug. 2 while others enjoyed community get-togethers



PHOTO BY ANDY CHAN



RAINIER VISTA PHOTOS BY JESSE YOUNG



PHOTO BY ANDY CHAN

(Clockwise from top right) Vietnamese dancers entertain Rainier Vista Night Out attendees while a group of women chose to play tetherball. A trio of friends pause while Rainier Vista resident photographer Jesse Young takes their picture.



(Bottom right) Former Yesler resident and current property manager Fitsum Abraha enjoys the Yesler South Area Block Party with two longtime tenants.



(Bottom left) No tickets were given out to partygoers at Hamilton Viewpoint Park in West Seattle. (At left) Youths at High Point's Mulberry Park Block Party pause for a selfie, and (above, left) 100 residents of Jefferson Terrace savor the summer barbeque. (Top left) Lake City House resident Lynda Musselman cruises to the party in style.



PHOTO BY ASMERET HABTE



PHOTO BY ASMERET HABTE



PHOTO BY JOY BRYNGELSON

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Hay que mantener vigentes las vacunas infantiles para el año escolar de 2016-17/By Leahla Contreras

El departamento de Salud Pública de Seattle y el condado de King les ha pedido a las familias en el condado de King que se preparen para el nuevo año escolar asegurándose de que las vacunas de sus niños estén al día.

Hasta ahora, el estado de Washington ha requerido que solamente los niños que están en kindergarten hasta el ocho grado tengan dos dosis de varicela. Pero este otoño, todos los alumnos de kindergarten hasta el grado doce necesitarán dos dosis de esa vacuna o tendrán que mostrar comprobante del doctor o de inmunidad, o de que ya han padecido de la mera enfermedad, o tienen que tener una exención aprobada. Todos los alumnos de kindergarten hasta el ocho grado siempre han tenido que cumplir con este requisito.

Además de las dos dosis de la vacuna de varicela, a todos los estudiantes entrando al kindergarten hasta los del grado doce se le requerirá que tengan prueba de que hayan recibido tres dosis

de la vacuna de hepatitis B, cinco dosis de difteria, tétanos y tos ferina, (diphtheria, tetanus, y pertussis) y también una dosis de Tdap (cuando se cumpla los 11 años o después, durante los grados 6-12), cuatro dosis de la vacuna de polio, y dos dosis de MMR (paperas, sarampión y rubéola).

Los padres o tutores legales tienen el derecho de rechazar las vacunas para sus hijos por razones médicas, religiosas o filosóficas. Sin embargo, hay riesgos cuando uno decide por no vacunar. Los individuos parcialmente o no inmunizados corren un riesgo aumentado de infectarse con una enfermedad prevenible por las vacunas si llegan a exponerse a la enfermedad, y pueden contagiar a los demás. Las personas con el sistema inmune débil o con problemas crónicas de salud tienen el mayor riesgo de desarrollar complicaciones serias como consecuencia de las enfermedades.

ለ2016-17 የትምህርት ጊዜ የልጆችዎን ክትባት ወቅታዊ ያድርጉ!/By Assaye Abunie

የሲያትልና ኪንግ ካውንቲ ፓፕሊክ ሄልዝ በኪንግ ካውንቲ ውስጥ ለሚገኙ ወላጆች ለሚቀጥለው አዲስ የትምህርት ዓመት የልጆቻቸውን ክትባት ወቅታዊ መሆኑን እንዲያረጋግጡ ጠየቀ።

ዋሽንግተን እስቴት እስካሁን ድረስ ከኪንግጋትን እስከ 8ኛ ክፍል የሚገኙትን ተማሪዎች ብቻ ሁለት የቫርሲላ ዶስ (ቺክንፖክስ ክትባት) እንዲወሰድ ያደርግ ነበር። በዚህ የፎል ወራት ከ9ኛ እስከ 12ኛ ክፍል የሚገኙ ተማሪዎች ሁሉ ሁለት ዶስ ክትባት እንዲወስዱ ወይም ከጤና ሙያተኞች ከበሽታው በፊት ያለውን የሚያረጋግጥ መረጃ፣ ነፃ መሆኑን የሚያሳይ ወይም ከዚህ ነፃ የሚያደርግ መረጃ ያስፈልጋል። ማንኛውም ከኪንግጋትን እስከ 8ኛ ክፍል የሚገኙ ተማሪዎች በሙሉ እነዚህን አስፈላጊ ነገሮች ማሟላት ይኖርባቸዋል።

ከዚህ ከቫርሲላ ሁለት ዶስ ክትባት በተጨማሪ ማንኛውም ወደ ኪንግጋትን የሚገባና እስከ 12ተኛ ክፍል የሚገኙ የሄፒታይትስ ቢ ሶስት ዶስ ክትባት፤

አምስት ዶስ ዲያፍተሪያ፣ ቴታኑስ እና ፕረትሩሲስ ያለው ፕላስ ዋን ቲዳፕ (Tdap) (እድሜያቸው 11 ዓመት ወይም ከዛ በላይ የሆነ፣ ከ6 — 12 ክፍል የሆኑ) የፖሊዮ አራት ዶስ ክትባትና የኤም ኤም አር ሁለት ዶስ (ሚሰልስ፣ መምፕስና ፍቤላ) ክትባት መውሰድ አልባቸው።

ወላጅ የሆኑ ወይም ልጆች የሚያሳድጉ በጤና፣ በሃይማኖት ወይም በተለየ አመለካከት ልጆቻቸውን ክትባት አለማስደረግ ይችላሉ። ክትባት አለማድረግ ግን ትልቅ ጠንቅ እንደሚያመጣ ማወቅ ያስፈልጋል። ክትባት ያልወሰዱ ወይም በከፊል ክትባት የወሰዱ ግለሰቦች ክትባት ወስደው በሽታውን መከላከል ሲችሉ ለበሽታ የመጋለጥና ለሌላም ሰው በሽታው እንዲስፋፋ ያደርጋሉ። ሰውነታቸው በሽታን የመከላከል ሃይል የሌላቸው ሰዎች ወይም ለረጅም ጊዜ የጤና ችግር ያላቸው ግለሰቦች ደግሞ ለበሽታ የመጋለጥ እድላቸው በጣም ከፍተኛ ነው።

ናይ 2016-17 ዓመተ ትምህርቲ ናይ ቆልዑ ክታቦት ከምዝማላኣ ምግባር/By Habte Negash

ስድራቤታት ኣብዚ ሓዲሽ ናይ ትምህርቲ ዓመት ናይ ደቆም ክታቦት ከምዝማላኣ ንምግባር ዘድሊ ምቕርራብ ምእንቲ ክገብሩ ናይ ስያትል ሓለው ጥዕና ከምኡውን ናይ ኪንግ ካውንቲ ሓለዋ ጥዕና ሓደራ ይብሉ።

ቅድሚ ሕጂ ኣብ ዋሽንግተን ስተይት ክሳብ ሻሙናይ ክፍሊ ዝመሃሩ ተመሃሮ ጥራይ እዮም ናይ ቫሪሲላ (chickenpox vaccine) ክልተ ግዜ ክክትቡ ዝድለ ዝነበረ። ኣብዚ ሓዲሽ ናይ ትምህርቲ ዓመት እዚ ግና ካብ ታሽዓይ ክሳብ 12 ዝመሃሩ ኩላትም ተመሃሮ እንተኾነ እውን ክሳብ ሕጂ ከክልተ ናይ pertus-

sis ቫሪሲላ (chickenpox vaccine) ከምዝወሰዱ መረጋገጺ ኬቅርቡ ወይ ድማ እዚ እተጠቐሰ ክታቦት ክወስዱ ከምዘየድልዮም ዝሕብር መግለጻ ካብ ወሃብቲ ክንክን ጥዕና ኬቅርቡ የድሊ ማለት እዩ። ቅድሚ ሕጂ እንተኾነውን ኩላትም ካብ ኪንደር ካርተን ክሳብ ሻሙናይ ክፍሊ ዝመሃሩ ተመሃሮ ከምኡ እዮም ይገብሩ ነይሮም።

ብተወሳኺ ድማ ኩላትም ካብ ኪንደር ካርተን ክሳብ 12 ክፍሊ ዝመሃሩ ተመሃሮ ኣብልዕሊ እቲ ክልተ ናይ ቫሪሲላ (chickenpox vaccine) ክታቦት ብተወሳኺ ስለሰተ ናይ ሃብታይትስ ቢ ክታቦት፣ ሓሙሽተ

ናይ ዲፍተሪያ፣ ተትነስ፣ ከምኡውን ሓደ ክታቦት ናይ ቲ.ድ.ፒ ዘጠቓልል ናይ ፐርተሲስ ክታቦት ከምዝወሰዱ ምርግጽ የድሊ። (ተመሃሮ ዕድሜኦም 11 ዓመት ምስ ኮነ ወይ ድማ ካብኡ ንላዕሊ ዝዕድሜኦም ካብ 6-12 ክፍሊ ዝመሃሩ ተመሃሮ ድማ) ኣርባዕተ ክታቦት ናይ ፖሊዮ ከምኡውን ክልተ ክታቦት ናይ ኤም ኤም አር (MMR) ማለት ክታቦት ናይ (ሚዝልስ፣ ማምፕስ፣ ከምኡውን ፍቤላ) ክወስዱ የድሊ።

ወለዲ ኮነ ሕጋዊ ወኪላት ኣብ ኩነታት ጥዕና ደቆም፣ ኣብ እምነቶም ኮነ ኣብ ናይ ፍልስፍና ምክንያቶም ብምምርኻስ

ንክታቦት ደቆም ዝምክሉት ምርጫ ክገብሩ መሰሎም እዩ። ሓደጋ ግን ኣለዎ። ደቆም ክታቦት ከይወስዱ እንተተረፉ ወይ ድማ ከፊላዊ ክታቦት ጥራይ ከምዝወሰዱ እንተተረፉ፣ ተጠቃሚ ናይ ዝተፈላለዩ ብክታቦት ክንከላኸሎም እንክእል ሕማማት ክኹኑ ከንክክእሉ ከምኡውን ገለ ገለ ሕማም ናብ ካልኣት ኬመሓላልፉ ከምዝክእሉ ምፍላጥ የድሊ።

ምክንያቱ ድማ ድኹም ናይ ምክልካል ዓቕሚ ዘለዎም ከምኡውን ንውሕ ዝበለ ናይ ጥዕና ጸገማት ዘለዎም ሰባት ብቐሊሉ ብሕማማት ኪጥቑቡ ይክእሉ እዮም።

HÃY GIỮ CHO VIỆC CHỨNG NGỪA CỦA CON EM LUÔN CẬP NHẬT CHO MÙA HỌC 2016-2017 /By Long Luu

Sở Y Tế Công Cộng Seattle và quận King đang kêu gọi các gia đình trong quận hạt King hãy chuẩn bị cho mùa học mới bằng cách làm chắc rằng con em được chủng ngừa đúng thời hạn.

Tiểu bang Washington buộc trẻ em từ lớp mẫu giáo đến lớp 8 phải nhận được 2 liều thuốc ngừa bệnh thủy đậu. Vào mùa thu này, tất cả các em từ lớp 9 đến lớp 12 cũng buộc phải có hai liều, hoặc phải có giấy xác nhận là đã trải qua chứng bệnh này, hoặc chứng minh miễn nhiễm, hoặc được giấy miễn chích ngừa. Tất cả các em từ mẫu giáo – đến lớp 8 đều đã đáp ứng việc đòi buộc này.

Ngoài hai liều chủng ngừa bệnh thủy đậu này, tất cả các em từ mẫu giáo đến lớp 12 sẽ bị buộc chứng minh rằng các em đã nhận 3 liều thuốc chủng ngừa bệnh Viêm Gan B, 5 liều thuốc chủng ngừa bệnh bạch hầu, bệnh uốn ván, và

bệnh ho gà cùng với 1 liều chủng ngừa bệnh các loại trên cho tuổi lớn (11 tuổi – hoặc từ lớp 6-12, bốn liều chủng ngừa bệnh bại liệt, và 2 liều chủng ngừa bệnh sởi, quai bị, rubella).

Phụ Huynh và người giám hộ có quyền chọn lựa là không chích ngừa cho con em vì lý do y tế, hoặc tôn giáo, hoặc vì lý do am hiểu. Cho dù như thế, có những nguy cơ khi cho việc chọn không chích ngừa.

Không chích ngừa hoặc chỉ chích ngừa một phần thôi làm gia tăng nguy cơ bị lây nhiễm khi tiếp xúc với các chứng bệnh có thể ngăn ngừa được, và từ đó gây lây lan ra cho người khác. Những người có hệ thống miễn nhiễm yếu hoặc có các bệnh dài hạn là người có nhiều nguy cơ bị biến chứng phức tạp khi bị lây từ các căn bệnh.

Cusboonaysiinta joogtada ah ee talaalka caruurta sanad dugsiyeedka 2016- 2017/By Mahamoud Gaayte

Waaxda caafimaadka guud ee Seattle iyo King county ayaa ka codsanaya qoysaska ku nool king County iney isu diyaariyaan sanaddugsiyeedka cusub iyaga oo hubinaya in talaalada caruurtoodu dhamaystiranyihiin.

Gobolka Washinton waxaa horaya sharci u ahaa in caruurta dhigata xadaanada ilaa fasalka 8daad ay qaataan 2 cirbadood oo ah talaalka Varivella (Busbus ama Hahabla baas). Laga bilaabo sanad-dugsiyeedkan cusub, dhamaan ardayda fasalka 9aad ilaa fasalaka 12aad waxa laga doonayaa in ey qaataan 2ba cirbadood oo talaalkaas ah ama iney Kenaan cadayn xarun caafimaad iney horay uga qaateen talaalka. Ardayda xadaanada iaafalka 8aad waa In ey qaataan talaalkaas.

Labaaads cirbaadood waxaa dheer dhamaan ardayda xadaanada ila fsalka 12 waxaa lagarabaa cdayn iney qaaten3

cirbadood oo ah hepatitis B (Cudurka hurgumada beeka), 5 cibadood oo ah diphtheria, etanus, talalka qixdheerta iyo hal cirbad o ah talaalka lo yaqaan Tdap(kadib da'ada 11 sano ama fsalka 6aad-12aad) 4 cibadood oo ah Polio(curyanka ma jiisk caruurta) iyo labacirbadood oo ah tlaalka loo yaqaan MMR.

Waalidiinta iyo cidkasta oo masul ka ah ardayda waxaey xaq u leeyihiin in aaney tallalin caruurtooda, sabab caafimaad, diineed ama falsafadeed awgeed. Hase ahaatee waxaa imaan kara haliso hadii aan la'is talaalin. Daka aan tallalay ama eeyaan tallaladoodu dhaaystirayn waxa ey halis u yihiin cudurada la'iska talaalo iyga oo islmarkaasna halis gelinkara caafimaadka dadka kale. Dadka aan jidhkoodu iska xejinkarin cudurada amaba bukaanjiifka ah waxa ey halis u yihiin cuduro khatarah.

No Russian translation this month. Our translator is on vacation.

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

FREE Dental, Vision & Medical Care



SEATTLE/KING COUNTY CLINIC October 27 - 30, 2016 at Seattle Center

About the Clinic

- All welcome! Patients DO NOT need ID or proof of citizenship
- Admission tickets distributed at **5:00 AM** in Fisher Pavilion at Seattle Center (Corner of 2nd Ave N & Thomas St)
- No advance registration: **FIRST-COME, FIRST-SERVED**
- Highest demand for tickets on Saturday & Sunday
- Interpreters available
- **FREE** parking in two locations:
 - Mercer St. Garage, 650 3rd Ave N
 - 1st Ave Garage, 220 1st Ave N
- **Come prepared for a long day with food, comfortable clothing and any daily medications**

All Services are FREE

DENTAL: Fillings, extractions, x-rays, deep cleanings

VISION: Vision screening, complete dilated eye exams, glaucoma screening, diabetic retinopathy, reading glasses and prescription eyeglasses. **Bring a current eyeglass prescription (no older than one year) to skip the exam and just get eyeglasses.**

MEDICAL: Physical exams, PAP smears, x-rays, EKGs, mammograms, ultrasounds, foot care, wound care, select lab tests, behavioral health, immunizations, acupuncture, naturopathic and chiropractic care, physical therapy consultation, nutrition and pharmacy counseling

RESOURCE: Social work, health insurance navigators, and more

More Info: seattlecenter.org/patients

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