



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



The Voice

October
2016
*Articles translated
into six languages*

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

Free health clinic returns to Key Arena Oct. 27-30

Volunteers and professionals are still needed to help with medical, dental and vision procedures

BY SEATTLE CENTER

Seattle/King County Clinic returns to KeyArena at Seattle Center, Oct. 27 – 30, with an ambitious goal of providing over \$3.5 million in free dental, vision and medical services to people in need. The Clinic is still in need of healthcare professionals and general support volunteers to fill a broad range of functions and shifts.

Now in its third year, Seattle/King County Clinic is the largest event of its kind ever undertaken in the State of Washington.

Produced in partnership with Group Health, City of Seattle and Seattle Center and more than 100 healthcare organizations, civic agencies, nonprofits and private businesses, it brings thousands of volunteers and the organizing and event expertise of Seattle Center to address acute health



PHOTO BY NANCY GARDNER

issues among vulnerable and underserved populations and introduce patients to local resources that can help provide care.

The Clinic needs 1,000 volunteers on

each day, and it also seeks volunteers in the days and weeks before and after the four-day event to help in preparation and wrap-up. The number of patients served each Clinic day depends on the number of registered volunteers. Volunteers must be at least 18 years of age. Individuals may register at www.seattlecenter.org/volunteers.

Since the Clinic's inception in 2014, more than 5,300 volunteers have participated, donating collectively 71,000 hours of time. Clinic outcomes speak to the accomplishments of this immense effort in responding to a profound need in the area for accessible and affordable healthcare.

Seattle/King County Clinic includes over 100 dental stations, 58 medical treatment rooms and 10 vision hubs. Patients can receive a variety of services ranging from dental fillings and extractions, eye exams, physicals, behavioral healthcare and social

work to prescription eyeglasses, immunizations, laboratory tests, mammograms, ultrasounds and x-rays.

In its first two years, the Clinic provided \$6.1 million in direct services to 7,400 patients who came from 247 unique zip codes and spoke 37 primary languages.

By meeting immediate healthcare needs, providing referrals for ongoing care and raising the visibility of this issue within the broader community, it is hoped that this event will positively impact the health of the region and raise awareness of the scale of those left out of the current healthcare system.

More information on Seattle/King County Clinic is available at www.seattlecenter.org or by calling 206-684-7200.

“Out of clutter, find simplicity.”

—ALBERT EINSTEIN



A paired-down assortment of arts and crafts materials blanket Boe Oddisey's living room table. The Capitol Park resident was recently told during a routine inspection that his apartment was too messy and posed a safety hazard. He has since joined CLA, Clutterers Anonymous, and firmly believes the 12-step program helps people who hoard things.

Help is here for hoarders

One in 20 have the disorder but shame keeps them quiet

BY NANCY GARDNER
The Voice editor

You've probably heard about them. Maybe you've known one or two who have it, or perhaps you're suffering from the disorder and don't know where to turn. It's called hoarding, and since 2013 it has been recognized as a mental illness, reminiscent of obsessive compulsive disorder.

What many people don't realize about hoarding disorder is that it's fairly common — an estimated 1 in 20 people show signs of it. That's about 345,000 people in Washington state alone. And quite often the accumulation of so much clutter can lead to health or safety issues like falls and fires.

But it's rare that a person admits to having hoarding tendencies, out of shame and

Please see "Hoarding" on Page 6

NewHolly resident joins SHA Board of Commissioners

BY SEATTLE HOUSING AUTHORITY

In September, the Seattle City Council confirmed Seattle Mayor Ed Murray's appointment of Ahmed Abdi to the Seattle Housing Authority (SHA) Board of Commissioners.

The seven-member Board of Commissioners includes five at-large positions and two SHA resident positions. Abdi will serve in one of the resident positions. Commissioners are appointed to four-year terms.

The Board has oversight on SHA policies and approves the agency's annual budget. Commissioners are also responsible for hiring the executive director, a position held by Andrew J. Lofton since Sept. 1, 2012.

"Mr. Abdi brings substantial community engagement experience and has done significant work related to economic progress for low-income people," Lofton said. "He is a resident of NewHolly, and I am excited that he is joining the Board."

Abdi is an Outreach Manager at Fair Work Center where he is responsible for organizing and conducting workshops for community partner organizations around King County. He also helps coordinate the Fair Work Collaborative, a coalition of 10



COURTESY OF AHMED ABDI

organizations committed to collaboratively educating workers on labor standards. He volunteers at East African Community Services and serves on the board of African Diaspora of Washington.

Abdi is replacing former resident commissioner Aser Ashkir. He will join current board members Deborah Canavan Thiele (chair), Emily Abbey (vice-chair), Dr. Paula Houston, David Moseley, Zachary Pullin and Jermaine Smiley.

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Health Notes

R A column devoted to your well-being

How to talk to your kids about bullying

By NEIGHBORCARE HEALTH

With a new school year in full swing, it is important to be able to recognize the signs of bullying. Anyone can be a target. Bullying is defined as the repeated use of force, threat, or coercion to abuse, intimidate, or aggressively dominate others.

Some examples of bullying are spreading rumors, physical or verbal attacks or threats. In 2013, the U.S. Department of Education reported that 1 in 4 children between the ages of 12-18 said they were bullied. Even though this is a fairly alarming figure, it's an improvement over previous years.

Try watching out for the following signs of bullying, ask your children if they've been victimized and know that help is available.

Warning Signs

It can be hard to tell if your child is being bullied. Children are often ashamed that they are being teased and targeted. Here are some clues that may indicate your child is being bullied:

Changes in school attendance

Did your child used to love school, but is now afraid to go, makes up excuses to stay home, skips class, is no longer interested in school, intentionally misses the bus or is upset about going to school? Your child may be experiencing bullying at school.

Physical signs

Is your child returning from school with ripped clothes, bruises, cuts or scratches that can't be explained? Do they often complain about having stomach aches, headaches or other illnesses? It can sometimes be challenging to tell the difference between signs of bullying and accidents that happen when kids are playing but it is important to ask.

Anxiety and anti-social behavior

Does your child lack close friends? Does your child seem nervous, anxious, sad or depressed? Is your child struggling with self-esteem or feeling as though they don't fit in? Your child may benefit from talking to a mental health professional. Many Seattle public schools have a mental health care provider onsite who can work with your child. Your primary care provider may be able to recommend someone.

What to do if your child is bullied

Talk to your children about bullying, especially if you are concerned.

Assure your child that it isn't their fault, you love them, and encourage them to keep talking to you.

Set up a time to talk to your child's teacher or other school staff. Ask if they suspect or know your child is being bullied. Ask how they can help support you and your child and prevent ongoing bullying. Having a trusted adult they can work with at the school and a place to talk about their experiences is important.

Neighborcare Health has 12 school-based health centers that provide medical care and mental health services to students, and two other schools in which mental health professionals are present.

There are a number of other schools that have school-based health centers. You can find all of them at www.seattle.gov/education/health/school-based-health-centers.

Neighborcare Health is the largest provider of primary medical and dental care in Seattle for low-income and uninsured families and individuals, serving our community for more than 40 years. More information is available at www.neighborcare.org.

Be Safe

Fire safety tips for the whole family

By JAKE HELLENKAMP
Project Coordinator

October is Fire Safety Month and now is a great time to check your home for fire hazards and talk to your family about what to do in case of a fire emergency.

Here are some actions to take BEFORE a disaster strikes:

Make sure everyone knows how to call 911!

A smoke detector can be the difference between life and death in a fire emergency. Install them on each level of your home. Test the batteries every month and change them at least once a year. If you have problems remembering when to put in new batteries, get in the habit of switching them out every spring and fall when we 'spring forward' and 'fall back.'

Practice your fire escape plan at least twice each year. Have your family practice escaping from your home at different times of the day. Knowing your way to safety in broad daylight is just as important as being able to do it in darkness. Choose a meeting spot outside that is at a safe distance from your home.

Teach your family the "stop, drop, and roll" method. There are three stages to this technique:

Stop – The fire victim must stop, ceasing any movement which may fan the flames or hamper those attempting to put the fire out.

Drop – The fire victim must drop to the ground, lying down if possible, covering their face with their hands to avoid facial injury.

Roll – The fire victim must roll on the ground in an effort to extinguish the fire by depriving it of oxygen. If the victim is on a rug or one is nearby, they can roll the rug around themselves to further extinguish the flame.



If there's a fire in your home

If you are in a room with a closed door, check to see if there's smoke or heat coming from the cracks around and beneath the door. Always test the temperature of a door with the back of your hand. Never open doors that are warm.

If smoke, heat or flames block your exit routes, stay in the room with the door closed. If possible, place a towel under the door and call the fire department to alert them to your location in the home.

If you are able to make your way through your burning apartment or house, stay clear of all smoke. Smoke inhalation is very dangerous. Crawl below the smoke and make your way to the nearest exit.

Fires can spread very quickly. Don't waste time getting dressed or searching for pets or valuables. Check to make sure your family members are safe and get out!

If someone gets burned, immediately place the wound under cool water for 5 to 10 minutes. The cool water helps reduce swelling by pulling heat away from the burned skin. Treat the burn with a skin care product that protects and heals skin, such as an antibiotic ointment. You can wrap a dry gauze bandage loosely around the burn and if it blisters or chars, see a doctor immediately.

Remember: The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. Sixty percent of house fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

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.

City needs part-time outreach workers for Seattle's under-represented communities



By CITY OF SEATTLE

Seattle Department of Neighborhoods is seeking individuals to do part-time outreach work to under-represented communities in Seattle's neighborhoods.

Known as Public Outreach and Engagement Liaisons (POELs), these contractors must be connected to their respective cultures, fluent in the languages, and bicultural and bilingual. Those fluent in Cantonese, Mandarin, Vietnamese, Korean and Khmer are especially needed.

The main tasks of a POEL are to provide the following: quality translations, fair and

equitable facilitation (in native language) to culturally specific community groups, simultaneous interpretations, and feedback and expertise on cultural concerns and barriers.

POELs are compensated independent contractors. The applicants must have extensive experience organizing and facilitating community meetings and must be fluent and able to interpret and translate in at least one other language.

If interested, please send a resume or a short biography by **October 14**, plus two references to DON_Liaison@seattle.gov

<p>Editor Nancy Gardner 206-461-8430, ext. 2051 nancyg@nhwa.org</p>	<p>The Voice</p>	<p>Contributing Writers Brenda Kay Neth</p>
<p>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.</p>		

ENROLLING NOW!

PRESCHOOL & HOME VISITING FOR LOW INCOME FAMILIES

HOME VISITING (PRENATAL-AGE 3)

- Weekly home visits focused on learning through play
- 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

Gideon-Mathews Gardens resident Ronald Rolax, center, is flanked by SSHP staffers William Polk and Jacqueline Martin, who were honored by residents for their hard work.



PHOTO BY COURTNEY HILLMAN

Gideon-Mathews Gardens residents hold staff appreciation luncheon

BY COURTNEY HILLMAN
Seattle Housing Authority

Residents of Gideon-Mathews Gardens held the first resident-led staff appreciation luncheon on Sept. 14. At the luncheon residents honored long-time Seattle Senior Housing Program employees William Polk and Jacqueline Martin, with kind words and a plaque stating appreciation for their commitment to the safety and welfare of the residents.

Resident Ronald Rolax organized the event, and expressed his gratitude for all the work Jacqueline and William do to sup-

port the residents and make their apartment complex feel like home. In his acceptance speech, William said that he felt so appreciated and it meant so much coming from those they serve.

After the ceremony, neighbors were invited to share the feast of homemade goods and slow cooked meats. Pastor Kenneth J. Ransfer, Sr. from the neighboring Greater Mt. Baker Baptist Church blessed the meal. The community celebrated with music, food and laughter. Mr. Rolax plans to make staff appreciation day an annual celebration and hopes it will spread to other Seattle Housing Authority properties.

Beacon Tower Resident Council election results



PHOTO BY ANDY CHAN

The 2016-17 Beacon Tower Resident Council members are left to right: Secretary Deng Wei, Sergeant-at-Arms Wai Lam Lai, President Chung Ping Lam, Vice President Ming Ren Chen, and Treasurer Yu Ying Huang.

City grants \$320,000 in technology matching funds

BY SEATTLE HOUSING AUTHORITY

In September, the City of Seattle awarded \$320,000 in Technology Matching Funds grants to ten organizations; two of the grants will directly benefit Seattle Housing Authority (SHA) properties. The projects help meet the City's Digital Equity Initiative goals of increasing connectivity, digital skills training, and providing devices and technical support, through partnerships and community-driven solutions.

"Technology impacts nearly every facet of our lives, from finding jobs to thriving in school," said Mayor Ed Murray. "Our investment in these community driven projects will open the door to greater success for Seattleites who lack sufficient technology access and essential digital skills."

"One of the most effective and meaningful community investments we make in this City are these technology grants," said

Council President Bruce Harrell. "These grants help people succeed by learning skills critically necessary in the 21st century. They provide critical support where the digital divide is the greatest, to our low-income, homeless, immigrant refugee, senior and disabled residents."

In collaboration with Children's Home Society of Washington, YMCA, Literacy Source, and Full Life Care, a \$48,580 grant was awarded to increase computer lab access, resident volunteer involvement and technology programming for youth and adults at Lake City Court and Lake City House.

A \$44,640 grant was awarded to Full Life Care to provide a mobile computer lab to nine SHA communities. A range of classes will be offered to residents, from introductory computer and internet classes to more advanced classes.

SSHP resident honored at Pacific Northwest Conference

BY COURTNEY HILLMAN
Seattle Housing Authority

Phyllis Reynolds, 74, recently received the Ruth Award at the 2016 Pacific Northwest United Methodist Conference.

She has lived in the Central District since 1971. Since 2011, she has been a resident of Gideon-Mathews Gardens apartments, a Seattle Senior Housing Program property.

The Ruth Award honors the work of women who have worked to make the future a better place for all. She belongs to the Grace United Methodist Church and is the president of the United Methodist Women's chapter.

Their contributions include feeding the homeless, empowering women and sending relief supply packages to those affected by natural disasters. Reynolds is also a long-time volunteer at the Central Area Senior Center where she has advocated tirelessly for seniors.



Gideon-Mathews Gardens resident Phyllis Reynolds received the Ruth Award.

PHOTO BY COURTNEY HILLMAN

SEATTLE HOUSING AUTHORITY-RESIDENT LEADERSHIP DEVELOPMENT TEAM (RLDT) SECOND ANNUAL SEATTLE CONFERENCE



IMPROVE YOUR COMMUNITY, MEET OTHER RESIDENT LEADERS, AND HAVE SOME FUN!

WHEN: OCT 14-15 2016
9:30am to 4:30pm

WHERE: CAMP LONG
5200 35TH AVE SW, SEATTLE, WA 98126 (EASY ACCESS FROM METRO 21 BUS ROUTE)

MEALS PROVIDED
TRAININGS ARE FREE FOR SHA RESIDENTS!

To register please contact your SHA Community Builder or

Ellen Ziontz SHA Community Builder
Email: Ellen.Ziontz@seattlehousing.org phone: 206-239-1625

Matthew Anderson -RLDT- Leadership Development and Training Coordinator, 2016 Conference Coordinator
email: mattuhouse@yahoo.com phone: 206-370-2391

The RLDT consists of a number of dedicated SHA community leaders that work diligently throughout the year, to schedule and develop trainings for current and future resident leaders.



REGISTER IN ADVANCE
Space is limited
Priority Registration for Workshops

WORKSHOPS INCLUDE

Neighborhood Outreach

Democracy Now: Accessing Government

Recruiting and Retaining Volunteers

Leaks, Cigarette Smoke, and Noisy Neighbors

Building Power through Resident Organizing

Accessing Technology in Low-Income Communities

Act It Out, Exploring the use of Theater for Community Change

Art for Advocacy and Community Building

RAC Notes

RAC's 'go-to' person, an ombudsman, is available

Do you have a housing-related complaint or concern that you've tried to resolve but still can't find a solution for? If so, Resident Action Council (RAC) wants you to know there's help available.

Individuals or resident councils can contact RAC's ombudsman at 206-322-1297 or residentcouncilseattle@gmail.com.

An ombudsman is an impartial person who investigates and attempts to resolve complaints and problems brought about by tenants. These include problems that have not been resolved previously by the tenant and property manager or community builder. If necessary, the ombudsman can track problem areas and make recommendations for changes to Seattle Housing Authority (SHA) policies or procedures and direct residents to the appropriate SHA employee.

For example, if you need help with a broken refrigerator, getting maintenance to fix a potentially dangerous area around your building, or having something in your lease you do not understand explained to you, you can contact the ombudsman.

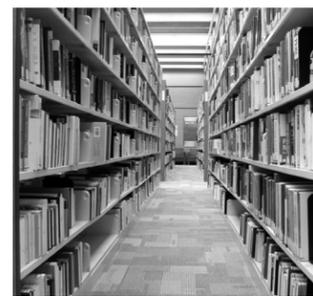
Personal information will be kept confidential. Messages are checked every Monday and RAC will respond to all complaints.

Councilmember Sawant's aide to attend October RAC meeting

Resident Action Council (RAC) welcomes guest speaker Adam Ziemkowski to its next meeting **Wednesday, Oct. 12**. Ziemkowski has worked as a legislative assistant with Seattle City Councilmember Kshama Sawant, a Socialist, since August 2014.

Ziemkowski, a Seattle native, spent seven years in South America after graduating from Seattle University. In Bolivia he worked with indigenous communities and factory workers during turbulent times, organizing and becoming a leader among teachers.

RAC meets at the Jefferson Terrace Community Room, 800 Jefferson St. on the second Wednesday of each month. A light lunch is served at 1 p.m. followed by the monthly meeting at 1:30.



Free films in October at area libraries

The Seattle Public Library will host free movies for all ages throughout the month of October at five locations. Locations, times, dates and film titles are outlined below. Visit www.spl.org/movies for full event descriptions.

Central Library, 1000 Fourth Ave., Level 1, Microsoft Auditorium, 206-386-4636

- 1 p.m. to 5 p.m. Saturday, Oct. 1 – Stranger Things 80s Film Fest: "Stand By Me" (R) and "The Goonies" (PG)
- 7 p.m. to 9 p.m. Friday, Oct. 14 – Streetwise Revisited: "Tiny: The Life of Erin Blackwell" (unrated)
- 1 p.m. to 5:30 p.m. Saturday, Oct. 15 – Stranger Things 80s Film Fest: "Fire Starter" (R) and "Poltergeist" (PG)
- 1 p.m. to 5:30 p.m. Sunday, Oct. 30 – Stranger Things 80s Film Fest: "The Dead Zone" (R) and "They Live" (R), hosted by local horror filmmaker Ramon Isao.

Delridge Branch, 5423 Delridge Way S.W., 206-733-9125

- 6 p.m. to 7:45 p.m. Monday, Oct. 3 – Real Food: Pop-up Film Festival

High Point, 3411 S.W. Raymond St., 206-684-7454

- 6 p.m. to 8 p.m. Tuesday, Oct. 11 – "Meet the Robinsons" (G)

Northgate Branch, 10548 Fifth Ave. N.E., 206-386-1980

- 3:30 p.m. to 5:30 p.m. Saturday, Oct. 29 – "Ghostbusters" (PG-13)

University Branch, 5009 Roosevelt Way N.E., 206-684-4063

- 6 p.m. to 7:25 p.m. Monday, Oct. 3 – Oh, The Horror: "Dracula" (unrated)
- 6 p.m. to 7:15 p.m. Monday, Oct. 10 – Oh, The Horror: "The Invisible Man" (unrated)
- 6 p.m. to 7:10 p.m. Monday, Oct. 24 – Oh, The Horror: "The Black Cat" (unrated)
- 6 p.m. to 7:20 p.m. Monday, Oct. 31 – Oh, The Horror: "The Bride of Frankenstein" (unrated)

CITIZENSHIP WORKSHOP

What to Expect at the Workshop

- Registration begins at 10 AM, and the process will take between 4-6 hours.
- We will have a waiting room. Please bring snacks, and be prepared for long wait times.
- Bring all your documents (see inside). If you don't, you may not be able to complete your application.
- Interpreters are available, but the wait time will be shorter if you bring your own interpreter. **You need to be able to speak at ESL Level 2 to apply.**
- Volunteer attorneys and paralegals will answer your questions and help you complete your application.

ABOUT

Office of Immigrant and Refugee Affairs

The Office of Immigrant and Refugee Affairs (OIRA) works to improve the lives of Seattle's immigrant and refugee residents. Through its New Citizen Campaign, OIRA seeks to increase the numbers of immigrants and refugees who become citizens and engage in civic processes.

This New Citizen Campaign workshop is brought to you by the City of Seattle, generous partners, and community-based organizations.

Support Team

Al-Kariim Islamic Center

Asian Counseling and Referral Service

Catholic Immigration Legal Services

Chinese Information and Service Center

Colectiva Legal del Pueblo

Horn of Africa Services

Korean Community Service Center

Northwest Immigrant Rights Project

OneAmerica

Rajana Society

Refugee Women's Alliance

South Park Information and Resource Center

Ukrainian Community Center of Washington

Workshop Sponsors

Seattle Metropolitan Credit Union

Seattle Office of Immigrant and Refugee Affairs

American Immigration Lawyers Association, Washington Chapter

South Seattle College

Community Partners

Express Credit Union

New Americans Campaign

Seattle University School of Law

University of Washington School of Law



Do you need help applying for U.S. citizenship?

Come to our citizenship workshop, where our team of volunteer attorneys, paralegals, and interpreters will help you with your citizenship application. **It's FREE for all eligible legal permanent residents (green card holders).**

Saturday, October 15, 2016

10 AM-1 PM FREE

South Seattle College - Georgetown Campus

6737 CORSON AVE S

SEATTLE, WA 98108

For more information or to sign up go to:
seattle.gov/iandaffairs/NCC or call: (206) 386-9090.



NewHolly resident awarded 2016 Affordable Housing Resident Scholarship

BY SEATTLE HOUSING AUTHORITY

Each year, Housing Authority Insurance Group (HAI Group) offers 50 Member Resident Scholarships and five Affordable Housing Resident Scholarships in the amount of \$2,500 to eligible housing authority residents nationwide.

NewHolly resident Maslah Mohamad was one of the 2016 Affordable Housing Resident Scholarship recipients. He was also the recipient of the Seattle Housing Authority's (SHA) 2016 matching scholarship fund which matched Maslah's HAI Group scholarship, bringing his total scholarship to \$5,000.

He is currently enrolled at Evergreen College.

For information on how to apply for one of HAI Group's scholarship programs, visit <https://www.housing-center.com/awards-and-contests>

For information about SHA's scholarship matching program, contact Barbara Berg at 206-615-3372.

Visit our website:
voice.seattlehousing.net

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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. 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 Authority 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.

Bits & bytes

Help! I think my OS might need an overhaul

Editor's note: Computing and its caveats is a popular topic, and to help address some of your concerns we'll be featuring this column periodically. Seattle Housing Authority (SHA) resident and computer lab instructor Ben Wong wants to hear from you. If you have a topic you'd like him to tackle, contact him care of The Voice.

By BEN WONG
SHA resident

You shouldn't have to work to keep your computer working. Hi there, it's Ben, your neighbor and friendly techie.

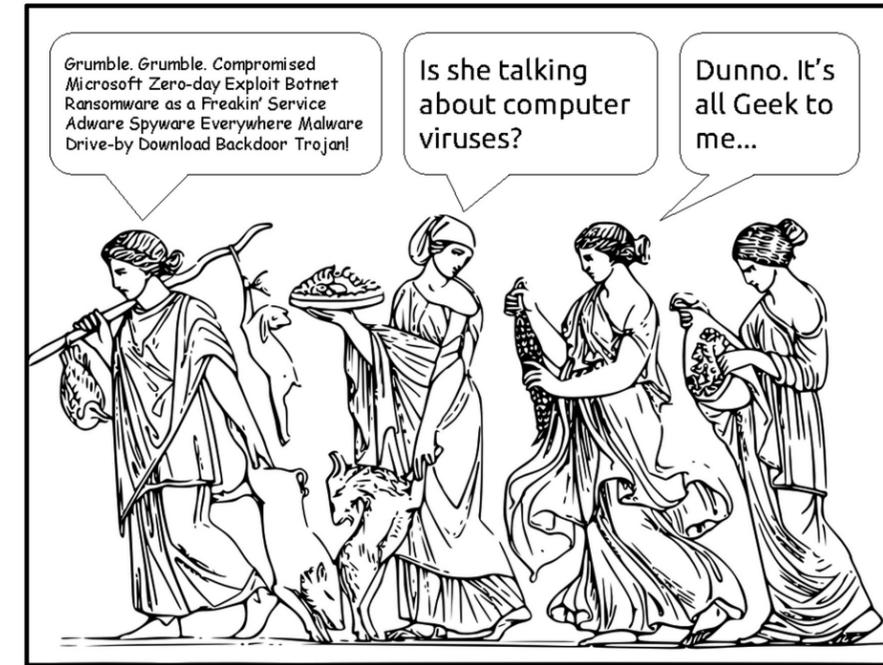
Got an old laptop in the closet that's too messed up to use? Or have a PC that works, but is still running an insecure system like Microsoft Windows XP? Well, this month's article may help you get that computer running better than ever.

I mentioned a SHA resident in my August column who had been so frustrated with her virus-infected laptop that she was about to throw it away. How could she ever maintain a working computer?

Antivirus software failed to protect or clean her system. And, when she fell for a scam pretending to be her antivirus software, she lost a lot of money.

What she needed was a computer system that didn't require antivirus software to keep it working. Something reliable, like a toaster. Ideally, it would run on her existing laptop. And cost nothing.

Does such a thing exist? Surprisingly, yes! And although it is a little tricky to install, once it is installed, it is easy to use and



CARTOON BY BEN WONG

gives excellent security without requiring regular payments or fussing over.

Back to the resident. I helped her do an extreme makeover on her laptop by changing its operating system. She was delighted with her new computer, so I've since used the same solution for other SHA residents with great success.

This may not be the best solution for everyone nor can I guarantee it will keep your computer safe from all future viruses. But the solution is extremely robust (over 20 years without any known viruses affecting it) and requires little effort to keep it running smoothly.

So what exactly is an OS? The OS, or Operating System, is the fundamental personality of your computer that lets you run

programs. Switching operating systems is a big change, but it can be worth it, especially for low-income or elderly folks.

Some alternative operating systems allow you to use a computer for years longer, saving money, and are more reliable, saving you grief and maybe some gray hairs, too (and we could all do without both!).

The alternative OS I suggest readers consider is called GNU/Linux. The easiest version to start with is called Ubuntu, which you can download at no cost from www.ubuntu.com/download/desktop.

Installation takes about an hour, but most of your time will be spent waiting, and takes just four steps:

1. Download the Ubuntu OS software onto a USB stick or DVD

2. Boot the computer using the USB or DVD
3. Click "Live" to try before you install
4. Then when you're ready, click "Install Ubuntu" and follow the prompts that come up. The download page has guides for each of these steps.

Some likely questions you might have include the following:

Will learning a new OS be confusing and time-consuming? Nope. Installation can be tricky, but, once setup, Ubuntu is easy to use. You click an icon to launch a web browser, and continue on to Google, Facebook, YouTube, etc. Most everything works as usual.

If I have trouble using Ubuntu, where can I get help? First, try the people you already turn to for help. There are also amazingly helpful volunteers in online forums where new users can ask questions at <http://ubuntuforums.org>.

How will I know Ubuntu works on my computer? Ubuntu lets you run a "live" system directly from the DVD or USB stick before the installation. It won't make any permanent changes to your computer while you try it out.

Could installing Ubuntu erase all of my files (documents, music, etc.)? Yes, this could happen, but only if you select "Erase entire disk" when installing Ubuntu. If you want to keep your old files, choose "Install Alongside." (I recommend making backups, either way.)

Are there any drawbacks to changing my OS to Ubuntu? Yes, more than I can list here. The main one is that Ubuntu cannot (easily) run Windows software. However, it's not a problem if you choose the "Install Alongside" option, which lets you switch back and forth easily if ever you need your old OS.

Task force recommends opening safe sites for heroin addicts

By KING COUNTY EXECUTIVE

A task force of more than 40 experts from a wide range of disciplines delivered a comprehensive list of recommendations last month to confront a heroin and opioid epidemic that has caused a spike in addiction and fatal overdoses across the region.

"The task force has provided us with a clear direction for confronting an epidemic that has spared no race, age, gender, neighborhood or income level in our region," said King County Executive Dow Constantine. "With a shared sense of purpose and urgency, we will reduce the number of people who suffer from heroin and opioid addiction to begin with, and increase access for those who need help."

The number of deaths from heroin overdose in King County has tripled in recent years, from 49 fatalities in 2009 to 156 in 2014. More people in King County now enter detox for heroin than they do for alcohol, and starting at younger ages. The task force's recommendations fall into the three categories:

Primary Prevention

- Increase public awareness of effects of opioid use, including overdose and opioid-use disorder.
- Promote safe storage and disposal of medications.
- Work with schools and health-care providers to improve screening practices and better identify opioid use.

Treatment Expansion and Enhancement

- Make buprenorphine more accessible for people who have opiate-use disorders.

- Develop treatment on demand for all types of substance-use disorders.
- Increase treatment capacity so that it's accessible when and where someone is ready to receive help.

Health and Harm Reduction

- Continue to distribute more naloxone kits and make training available to homeless service providers, emergency responders and law enforcement officers.
- Create a three-year pilot project that will include at least two locations where adults with substance-use disorders will have access to on-site services while safely consuming opioids under the supervision of trained healthcare providers.

HEROIN AND OPIOID TRENDS

In King County

HEROIN AND OPIOID USE ARE AT CRISIS LEVELS

DEATHS FROM HEROIN OVERDOSE HAVE TRIPLED...

2009	49
2014	156

Source: C. Banta-Green, ADA1, drug trends data

WHILE DEATHS FROM PRESCRIPTION OPIOID OVERDOSE HAVE DECREASED

2009	167
2014	97

Source: CDC

THE PERCENT OF KING COUNTY DRUG SEIZURES TESTING POSITIVE FOR HEROIN HAS INCREASED NEARLY SIX-FOLD

2008	7%
2015	40%

Source: WA State Patrol Crime Lab

THE NUMBER OF NEEDLES EXCHANGED HAS MORE THAN TRIPLED

2000	2,029,243
2015	6,998,794

Source: Public Health Seattle-King County Needle Exchange Program/People's Harm Reduction Alliance

PEOPLE SEEKING TREATMENT FOR HEROIN HAVE INCREASED AS A PERCENT OF ALL DRUG TREATMENT ADMISSIONS

2000	35%
2015	34% (Heroin)
2015	7% (Prescription Opioid)

Source: CEWJ drug trends data

YOUNG ADULTS ARE LARGEST GROWING GROUP SEEKING OPIATE DETOX

People Under 30 Seeking Detox for All Drugs

2006	553
2014	1,053

38% Non-Opiates, 86% Opiates

Source: BHRD 2014 Substance Abuse Prevention and Treatment Report

PEOPLE WHO ARE HOMELESS HAVE LESS SUCCESS ACCESSING METHADONE TREATMENT THAN THOSE WHO ARE STABLY HOUSED

HOMELESS	48%
HOUSED	75%

Source: Needle Exchange Program

Current Methadone Treatment Slots: 3,025

Source: bhrd

MEDICATION-ASSISTED TREATMENT SAVES LIVES

Medication-Assisted Treatment cuts risk of death from overdose in half compared to people in counseling alone or not in treatment

Source: Pierce, M., Bird, S. M., Hickman, M., Marsden, J., Dunn, G., Jones, A., and Miotto, T. (2016). Impact of treatment for opioid dependence on fatal drug-related poisoning: a national cohort study in England. *Addiction*, 111, 299-308. doi: 10.1111/add.13193

WHAT KING COUNTY IS DOING

King County has convened the Heroin and Prescription Opiate Addiction Task Force that includes individuals from across many disciplines who will come together over a period of six months to develop both short and long-term strategies to prevent abuse and addiction, prevent overdose, and improve access to different types of treatment for opioid addiction. For more information, visit: kingcounty.gov/heroin-opioids-task-force

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

THE VOICE

COMMUNITY RESOURCES

Hoarding

Continued from Page 1

the stigma associated with it.

But Boe Oddisey thinks people shouldn't be ashamed, and he wants other Seattle Housing Authority (SHA) residents to know that help is just a phone call away.

"I don't know if I'm a hoarder or not, but I've been diagnosed with OCD [obsessive compulsive disorder]," he says. "I'll shower, mop my floor, and take the trash out maybe three times or more every day."

It's a myth that people who keep clutter or hoard things aren't smart, says Leslie Shapiro, a mental health therapist with The Hoarding Project, which offers help to hoarders and their families.

"People who hoard tend to be highly intelligent, but have problems with organizing, making decisions and impulse control," she says.

Oddisey, who is 69-years-old, says after his annual SHA apartment inspection, he was asked to remove mainly books, clothing and art supplies, or could face eviction. He says he reduced his clutter by about 75 percent with help from Clutterers Anonymous (CLA), which holds weekly support groups by phone and in-person.

"I knew if I didn't fix it, something was going to happen and I could get kicked out," he says. "The 12-step CLA program gives us the support we need to get rid of a great portion of our stuff, and I'm glad I did it."



SHA resident Boe Oddisey points out recently-purged shelves in his apartment. He risked facing eviction unless he removed clutter. He says he just donated and threw away 13 boxes of books and even more clothing.

PHOTOS BY NANCY GARDNER

Where to get help

The Hoarding Project offers support groups in North Seattle and Tacoma, reduced-fee therapy services, consultation, support groups, and Safety Days (coordinated clean-outs with a focus on harm and stress reduction); www.thehoardingproject.org/home/ and email: info@thehoardingproject.org

Swedish Medical Center holds meetings on the third Saturday of each month; www.ocdseattle.org/support-seattle.aspx

Clutterers Anonymous (CLA) offers in-person and telephone support around the world. Telephone "meetings" are held every weeknight: 1-866-402-6685.

Shapiro says that for those with family members or friends who hoard, the best approach is to focus on safety and avoid discussing the fate of their possessions.

Says Shapiro, "Consider the hoarding behavior to be the person's best attempt to protect him or herself against uncomfortable or painful feelings. And remember, this is a mental health concern."

"CLA meetings helped me realize I'm not alone and I'm definitely feeling better," says Oddisey.

Dody W., a public information officer with CLA, says the emphasis on group therapy that uses the buddy system helps decrease the shame often associated with hoarding.



General election Tuesday, Nov. 8 – register to vote now

The 2016 general election is Tuesday, Nov. 8, but time is running out to register and be eligible to vote.

For most voters, the registration deadline in King County is Monday, **Oct. 10**. Registration for new voters only can be done in-person through **Oct. 31**.

There are three ways to register:

Online – you can register online, 24 hours a day at the Washington Secretary of State's website: www.sos.wa.gov/elections/voters/

By mail – Download and print a voter registration form using the above website and mail it to King County Elections. Forms are available in many languages.

In-person – You can register to vote in-person at King County Elections Office in Renton, or in the Voter Registration Annex in Seattle.

Rosh Hashanah and Yom Kippur: Celebration of the High Holy Days

BY BRENDA K. NETH
SHA resident

At sundown Oct. 2, the sound of the shofar, a ram's horn, will call forth the prayers and celebration of the Jewish New Year, Rosh Hashanah. Challah (braided bread) and apples will be dipped in honey, perhaps placed on tables with other sweets heralding a new beginning. Lekach, a Jewish honey cake, dates, and pomegranates will symbolize the hopes of a sweet and blessed year to come.

The following 10 days after Rosh Hashanah, or the Days of Awe, will carry the potent message to Jews worldwide that the Book of Life is open, and all errors of the past year must be corrected. During this time, all participants will work toward having their fate sealed for a prosperous and healthy New Year in the Book of Life.

Yom Kippur means 'Day of Atonement,' and refers to the annual Jewish observance of fasting, prayer and repentance. It is the holiest day of the Jewish year. On Yom Kippur the Book of Life closes and each person's atonements will determine their fate. A period of fasting begins at sundown on Oct. 11 (Yom Kippur) and continues until sundown the following evening.

Isaac, a Seattle Housing Authority (SHA) resident, believes Judaism is a "do it yourself religion." He said that Jews are taught to directly contact those who they have slighted and ask them for forgiveness, rather than asking God for forgiveness. It is through this human connection that repair can be made and favor gained in the higher realm. Isaac said during Rosh Hashanah, and 29 days prior to it, tseuveh (repentance), is paramount. He also said Jews must focus on tseuveh as the main reason for the High Holy Days.



At left, Jewish honey cake is eaten on Rosh Hashanah in hopes of ensuring a sweet New Year. The ram's horn, or shofar, is blown in synagogue services on Rosh Hashanah and at the very end of Yom Kippur.

Honey Cake recipe for Rosh Hashanah

Preparation time: 15 minutes
Baking time: 60-70 minutes

Ingredients:

1 cup of very strong coffee
1-3/4 cups honey
4 extra large eggs
4 tbsp. canola oil
1-1/4 cups packed dark brown sugar
3-1/2 cups unbleached flour
1 tbsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves
1/4 tsp. nutmeg
1 cup whole plain almonds
1 cup raisins

Preheat oven to 300 degrees

Grease and flour two 9×5 inch loaf pans or one 9×13 pan. Set aside.

In a saucepan, combine the honey and coffee and bring to a boil. Cool and set aside.

In a large mixing bowl, blend the eggs, brown sugar and oil. Do not over-beat.

Sift the flour, baking powder, baking soda and spices together. Stir the flour and honey into the eggs alternating and ending with the liquid. Stir in the raisins. Blend well. Pour into the prepared pans and place the almonds over the cake. Bake for 60-70 minutes, or until the cake springs back. Let sit overnight before serving.

Shirah Bell, a Hebrew teacher and member of Congregation Beth Shalom, shared another custom of Rosh Hashanah – tzedakah. Bell explained tzedakah is a monetary gift presented to someone in need. Unlike charity, however, the tzedakah is performed as a moral obligation.

"It doesn't matter how you feel about it. It must be done. If we give generously, we will be in God's good graces." Bell said.

Beth Huppin, director of Project Kavod, Outreach and Education for Jewish Family Services said that no one is too poor to omit a monetary gift of tzedakah on Rosh Hashanah.

"Those who have very little often give more, and one should not be condescending to those with little material means," she added.

Rabbi Jason Levine, of Congregation Beth Am, said that after the Days of Awe have ended, Yom Kippur begins with a day of fasting and restriction from such activities as bathing, drinking, having sexual relations, and the wearing of leather shoes which represent daily comfort. These restrictions can bring greater awareness of the spiritual realm.

"Yom Kippur is to be experienced without fear or shame of one's past mistakes."

Levine added that repentance is done as a way of "lifting a person up so that he or she may grow."

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

¿Por qué votar? Por La Liga de Mujeres Votantes/By Leahla Contreras

EL 8 de noviembre son las elecciones generales. La fecha límite para registrarse para votar, cambiar su dirección, y otras revisiones es el 10 de octubre. Las boletas se mandarán el 21 de octubre y usted tendrá 3 semanas para votar y mandar la suya para atrás. Para conseguir ayuda con el proceso de votar, visite la siguiente página en internet: www.sos.wa.gov/elections/voters/.

¿Y por qué votar? Pues porque usted no recibirá lo que no escoge. Cuando usted no vota, la demás gente toma sus decisiones y decide cómo gastar el dinero que usted paga en impuestos. La elección presidencial recibe toda la atención, sin embargo los funcionarios electos al nivel local y del estado toman la mayoría de las decisiones políticas que le afectan a usted. ¡Cada elección cuenta! Cuando usted vota, estará tomando decisiones acerca de:

La política de la escuela pública, el entrenamiento para el empleo, la igualdad en el sueldo y la contratación, la seguridad en el trabajo, el salario mínimo, la asistencia médica, los presupuestos, los impuestos— las ventas, el mercado de bienes raíces, la propiedad privada, cuestiones del medio ambiente, la calidad del aire y el agua, la energía, el cambio climático, la prevención del crimen, la reforma penitenciaria- la libertad condicional, la pena de muerte, la vivienda económica, la transportación, los parques públicos, las bibliotecas, la reparación de baches, la recogida de basura, la seguridad social, medicare, el costo de la educación superior, y los préstamos para estudiantes.

Su voto manda un mensaje. Los funcionarios electos saben quién vota y les ponen atención a esos ciudadanos. Deje que se escuche su voz en cada elección.

ስለምንታይ ምርጫ? ብናይ ደቂ አንስትዮ መረጽቲ ሕብረት/By Habte Negash

8 ሐዳር ሓፈሻዊ ምርጫ ዝግበረሉ ዕለት እዩ። መረጽቲ ዝምዝገብሉ ከምኡውን ናይ ኣድራሻ ኮነ ካልእ ናይ ሓበሬታ ለውጥ ዝገብሩሉ ናይ መወዳእታ መዓልቲ ድማ 10 ጥቅምቲ እዩ። ናይ መድመጺ ወረቓቕቲ 21 ጥቅምቲ ከልኻኽ እዩ። ብድሕሪኡ ድማ ኣብ ውሽጢ ሰለስተ ሰሙን ድምጺ ዚውሃበሉ ዕለት እዩ። ንምርጫ ዝምልከት ተወሳኺ ሓበሬታ እንተደሊኹም ኣብ www.sos.wa.gov/elections/voters/ ተመልከቱ።

ስለምንታይ ኢናኽ እንመርጽ? እንተዘይመሪጽና ዘይመረጽናዮ ስለዘጋጥመና ኢና እንመርጽ። እንተዘይመሪጽና ካልኣት ሰባት እዮም ንእና ኮነ ነቲ እንከፍሎ ናይ ግብሪ ገንዘብ ዝምልከት ውሳኔ ዝገብሩልና ማለት እዩ። ፕረዚደንታዊ ምርጫታት ኣገደስቲ እዮም። እንተኾነ እቶም ብደረጃ ዞባ ኮነ ብደረጃ ስተይት ዝምረጹ ሰበ ስልጣን እዮም መብዛሕትኦም እቶም ንእና ዝምልከቱ መምርሒታት ዝውሱኑ። እምብኣር ዝውሃብ ንፍሲ ውክፍ ምርጫ ከሳብ ከንደይ ኣገዳሲ ምዃኑ ንገንዘብ። ከንመርጽ ከሎና ብዛዕባ እዞም ዝስዕቡ ጉዳያት ንውስን ከምዘሎና ንገንዘብ። ንመንግስታዊ ኣብያተ ትምህርታት ዝምልከት መምርሒታት፣ ንስራሕ ዝምልከት ስልጠናታት፣ ስራሕተኛታት ኣብ ምቁጻር ኾነ ዝኸፈሎም

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ድምጽኹም መልእኽቲ የተሓላልፍ እዩ። ዝምረጹ ሰበስልጣን መን ከምዝመርጹም ይፈልጡ እዮም፣ ብመንጽሩ ድማ ናብቶም ዝመረጹምዎ ዜጋታት ፍሉይ ኣቓልቦ ይገብሩ እዮም። ስለዚ ኣብ ነፍሲወከፍ ምርጫ ድምጽኹም ከዝስማዕ ግብሩ።

почему голосование? лигой женщи избрателей./ By Asnake Kintamo

8-НОВАБРЯ ЭТО ВСЕОБЩЕ ВЫБОРЫ. КРАЙНИЙ СРОК ДЛЯ РЕГСТРАЦИИ ИЗБИРАТЕЛЕЙ, ИЗМЕНЕНИЯ АДРЕСА И ДРУГИХ ОБНОВЛЕНИЙ 10-ОКТАБРЯ. ИЗБИРАТЕЛЬНЫЕ БЮЛЛЕТЕНИ БУДУТ ОТПРАВЛЕННЫЕ ПО ПОЧТЕ 21-ОКТАБРЯ И У ВАС БУДЕТ ОКОЛО ТРЕХ НЕДЕЛЬ ЧТОБЫ ОТДАТЬ СВОЙ ГОЛОС. ЧТОБЫ ПОЛЧИТ ПОМОЩЬ В ГОЛОСОВАНИИ [WWW.SOS.WA.GOV/ELECTIONS/VOTERS/](http://www.sos.wa.gov/elections/voters/).

ТАК ПОЧЕМУ ГОЛОСОВАНИЕ? ПОТОМУ ЧТО ВЫ ПОЛУЧИТЕ ТО, ЧТО ВЫ НЕ ГОЛОСОВАТЬ ЗА, КОГДА ВЫ НЕ ГОЛОСУЮТ ДРУГИЕ ЛЮДИ ПРИНМАЮТ РЕШЕНИЯ ДЛЯ ВАС И ВАШИХ НАЛОГОВЫХ ДОЛЛАРОВ. ПРЕЗИДЕНТСКИЕ ВЫБОРЫ ПОЛУЧИТ ВСЕ ВНИМАНИЕ, НО ВЫБОРНЫЕ ДОЛЖНОСТИ ЛИЦА НА МЕСТНОМ УРОВНЕ УРОВНИ ШТАТОВ ДЕЛАЮТ БОЛЬШИНСТВО ПОЛИТИЧЕСКИХ РЕШЕНИЙ, КОТОРЫЕ ВЛИУЮТ НА ВАС. КАЖДЫЕ ВЫБОРЫ НА СЧЕТУ. КОГДА ВЫ ГОЛОСУЕТЕ В ДЕЛАЕТЕ РЕШЕНИЯ О ТОМ. ПОЛИТИКА БЕСПЛАТНАЯ СРЕДНЯЯ ШКОЛА, ОБУЧЕНИЕ НА РАБОТЕ, СПРАВЕДЛИВОСТИ

ПЛАТИТЬ И СПРАВЕДЛИВОСТИ ПРИ ПРИЕМЕ НА РАБОТУ, БЕЗОПАСНОСТЬ НА РАБОЧЕМ МЕСТЕ, МИНУМАЛЬ ЗАРАБОТНАЯ ПЛАТА, ЗДРАВООХРАНЕНИЕ, БЮДЖЕТЫ, НАЛОГ-ПРОДАЖИ, НЕДВИЖИМОСТЬ, ЛИЧНАЯ СОБСТВЕННОСТЬ, ЭКОЛОГИЧЕСКИЕ ПРОБЛЕМЫ-КАЧЕСТВО ВОДЫ И ВОЗДУХА, ЭНЕРГЕТИКА, ИЗМЕНЕНИИ КЛУМАТА, ПРЕДОТВРАЩЕНИИ ПРЕСТУПЛЕНИЯ И ТЮРЕМНАЯ РЕФОРМА - ПРОБАЦИИ И СМЕРТНАЯ КАЗНЬ, ДОСТУПНОЕ ЖИЛЬЕ, ТРАНСПОРТ, ПАРКИ, ОТДЫХ И БУБЛИОТЕКИ, ВЫБОНЫ И СБОР МУСОРА, СОЦИАЛЬНОЕ ОБЕСПЕЧЕНИЕ И МЕДИЦИНСКУЮ ПОМОЩЬ, БОЛЕЕ ВЫСОКИЕ ЗАТРАТЫ НА ОБРАЗОВАНИЕ И ПОЛИТИКА В ОБЛАСТИ КРЕДИТОВАНИЯ СТУДЕНТОВ.

ВАШ ГОЛОС ПОСЫЛАЕТ СООБЩЕНИЕ. ВЫБОРНЫЕ ДОЛЖНОСТЧЫЕ ЛИЦА ЗНАЮТ, КТО ГОЛОСУЕТ И ОНИ ОБРАЩАЮТ ВНИМАНИЕ НА ТЕХ ГРАЖДАН. ПУСТЬ ВАШ ГОЛОС БУДЕТ УСЛЫШАН ВО ВСЕХ ВЫБОРАХ.

ለምን ይመርጣሉ? በሴት መራጮች ማህበር/By Assaye Abunie

የአጠቃላይ ምርጫ የሚደረገው ኖቬምበር 8 ነው። ለመምረጥ፤ አድራሻ ለውጥ እና ሌሎችን ነገሮች ለማስተካከል እንዲችሉ የመጨረሻው የምዝገባ ቀን አክቶበር 10 ነው። ለምርጫ ድምፅ የሚሰጠው ወረቀት የሚላከው አክቶበር 21 ሲሆን ድምፅን ለመስጠት ሶስት ሳምንት ይኖረዎታል። ለመምረጥ እንዲረዳዎ የሚከተለውን ድህረ ገጽ ይመልከቱ። www.sos.wa.gov/elections/voters/ <<http://www.sos.wa.gov/elections/voters/>>. ለምን ምርጫ ያደርጋሉ? ምክንያቱም ካልመረጡ የሚፈልጉትን ስለማያገኙ ነው። ምርጫ ካላደረጉ ሌሎች ሰዎች ስለራስዎና የታክስ ገንዘብዎን ይወስናሉ። የፕሬዚዳንት ምርጫ ትልቅ ትኩረት ይሰጠዎል ነገር ግን በአካባቢዎ የሚገኙትና የእስቴት ተመራጮች አብዛኛውን የፖሊሲ ውሳኔ ያደርጋሉ። ስለሆነም ማንኛውም ምርጫ አስፈላጊ ነው። የምርጫ ሲያደርጉ እርስዎ የሚያደርጓቸው ውሳኔዎች።

የመንግስት ትምህርት ቤቶችን ፖሊሲ፤ እኩል ክፍያንና የስራ አቀጣጠርን፤ የስራ ቦታ ደህንነትን፤ የዝቅተኛ የስራ አስፋፊልን፤ የጤና ጥበቃን፤ በጀትን፤ ታክስ፡- የሽያጭን፤ የማይንቀሳቀስ ንብረትን፤ የግል ንብረት፤ የአካባቢያዊ ጉዳዮችን፡- የውሃና የአየርን ጥራት፤ የሃይል ምንጭ፤ የአየር ጠባይ፤ ወንጀልን ማስወገድና የእርስ ቤትን ሀግ ማሻሻል፤ ጊዜን ማራዘምና የሞትን ቅጣት፤ ተመጣጣኝ የቤት ክራይ፤ መንግሥት መናፈሻ ቦታ፤ የመዝናኛ ቦታዎች፤ ላይብራሪ፤ ማሰርና የቆሻሻ ማጠራቀሚያዎችን፤ ሶሻል ሴኩራቲና ሚዲኬር፤ የከፍተኛ የትምህርት ተቋሞች ክፍያና የተማሪዎችን ብድር ፖሊሲ ይመለከታል። ድምፅ መልእክት ይልካል። ተመራጭ ተወካዮች ማን እንደመረጠ ስለሚያውቁ ለመረጣቸው ዜጋ ትኩረት ይሰጣሉ። ድምፅዎ በማንኛውም ምርጫ እንዲሰማ ያድርጉ።

Maxaa loo coday' yaa? Ka: Kooxda Haweenka Codeyayaa-sha ah./By Mahamoud Gaayte

8da bisha November waa maalinta codaynta guud. 10ka bisha October, waa Kamadambaaysta is diiwaangelinta, bedilida cinwaanka iyo wxiikale oo soo kordhay. Xaashiyaha codaynta waxaa boosta la soo dhigayaa 21ka October, waxaad haysataa 3 wiig sidii aad u dhiiban lahayd codkaaga. Hadii aad ubaahantahay caawimad la xiriirta codaynta, fadlan booqo, www.sos.wa.gov/election/voters/. Mexey codayntu muhiim utahay? Hadii aadan codayn dadka kale ayaa yeelanaya awooda go'aan qaadashada iyaga oo maamulidoona taladaada iyo lacagta aad cashuurta ubixisid. Doorashada madaxweynaha ayaa qaadata badida codaynta, hase ahaatee waxa badanaaba go'aamadu ka soo go'aan xubnaha laga doorto gobolkaaga iyo degmadaada. Ku xisaabtan doorasha karta! Marka aad codayneysid, waxa aad go'aan ka gaareysaa: siyaasdda lagu maamulo dugsiyada

dadweynaha, tababarka shaqada, sinaanta mushaharada iyo cadaaladda shaqaalaysiinta, amaanka goobaha shaqada, qiimaha uyar ee lagushaqaynkaro, caymiska caafimaadka, miisaaniyadda, cashuuraha-iibka, ganacsiga dhulka iyo guryaha, mulkitada khaaska ah, hawlaha cimilada laxiriira-biyaha aiyo hawada, tamarta, isbedelka cimilada, hoos udhigga dhibka iyo dib u eegidda qaabka jeelashu u shaqyaan, xukunnada adag, degaan ama guryo karaan ah, isgaadhsiinta, beeraha lagunasto, maktabadaha, qashingurka, caymiska caafimaadka iyo Social security, takaaliifta tacliinta sare iyo daynta ardayda. Codkaagu waxa uu dirayaa fariin. Madaxda la doortaa wey ogyihiin dadka coday'ya weyna ka warqabaan muwaadiniintaas. Halamaqlo codkaa xili kasta oo doorasho.

Tại Sao Phải Tham Gia Bầu Cử? (bài viết bởi Hiệp Hội Cử Tri Phụ Nữ)/By Long Luu

Ngày 8 tháng 11 là ngày phổ thông bầu phiếu. Hạn chót để ghi danh đi bầu, báo cáo đối địa chỉ và các cập nhật khác là ngày 10 Tháng 10. Các lá phiếu sẽ được gửi ra bằng đường bưu điện vào ngày 21 tháng 10, và quý vị có độ 3 tuần lễ để bầu phiếu. Để được giúp đỡ cho việc bầu phiếu, hãy vào trang mạng www.sos.wa.gov/elections/voters/.

Vậy tại sao phải đi bầu? Bởi vì quý vị sẽ nhận lại những thứ mà quý vị đã không bầu cho. Khi quý vị không đi bầu, thì những người khác đã làm những quyết định cho quý vị và đồng tiền đóng thuế của quý vị. Tất cả mọi chú ý dồn vào việc bầu cử Tổng Thống, nhưng mà những vị dân cử cấp địa phương và cấp tiểu bang là những người đưa ra các chính sách quyết định có ảnh hưởng đến quý vị. Mỗi lá phiếu đều được kê vào!

Khi quý vị bầu phiếu, chính là lúc quý vị làm các quyết định về:

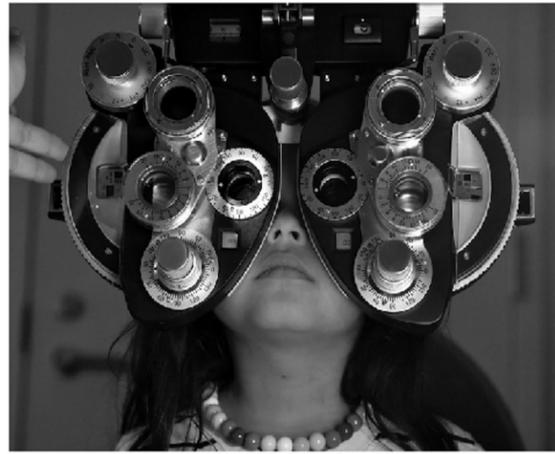
Chính sách về trường học công cộng, việc học nghề, sự công bằng cho việc trả lương hay thuê mướn, việc an toàn nơi chỗ làm, mức lương tối thiểu, chăm sóc sức khỏe, ngân quỹ, thuế mua bán, bất động sản, tài sản cá nhân, năng lượng, việc ngăn ngừa tội phạm, tái cấu trúc nhà tù, việc quản chế, việc xử phạt tội hình, nhà ở giá rẻ, việc di chuyển, công viên, giải trí, thư viện, đường ô gà, thu rác, an sinh xã hội, chăm sóc sức khỏe medicare, chi phí cao học, tiền vay cho sinh viên.

Việc bầu phiếu của quý vị gửi lên một thông tin. Các vị dân cử biết ai có đi bầu, và họ lưu tâm đến các công dân này. Hãy làm cho tiếng nói của quý vị được nghe thấy ở các cuộc bầu phiếu.

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