



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



The Voice

October
2017
*Articles translated
into six languages*

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

KeyArena hosts free health clinic Oct. 26-29

Free dental, medical and eye care services are available to anyone who needs them

By SEATTLE CENTER

People who can't afford dental, medical and eye care services may receive them free of charge at the largest free health clinic ever organized in the state of Washington, Seattle/King County Clinic, Oct. 26 - 29, in KeyArena at Seattle Center.

Organizers are expecting to help 4,000 people over the four-day period this year. Now in its fourth year, Seattle/King County Clinic brings together over 100 healthcare organizations, civic agencies, nonprofit entities, private businesses and thousands of volunteers to help underserved and vulnerable populations.

Over the past three years, the Clinic has cared for 11,900 patients and provided over \$10 million in services. Statistics show pa-

tients come to the Clinic from 262 unique zip codes and speak 37 primary languages. Many who seek services (47 percent) do not have health insurance, are unemployed (49 percent) or classified as the working poor; and more than 60 percent of patients are at or below 200 percent of the Federal Poverty Level.

Here is how the Clinic works:

- Clinic patients receive treatment on a first-come, first-served basis.
- Patients may park free of charge at two Seattle Center facilities, 1st Ave North Garage and Mercer Street Parking Garage.
- Fisher Pavilion at Seattle Center, located on the grounds at the corner of 2nd Ave North and Thomas Street, serves as the ticket waiting and dis-

- tribution area. Organizers distribute free admission tickets for the day beginning at 5 a.m. Tickets are limited.
- Doors to KeyArena open at 6:30 a.m. Patients are admitted by ticket number into the Clinic.
- Patients register as they enter. They do not need to show identification or proof of immigration status.
- Patients may receive services in two areas on each day, however, they cannot receive both dental and eye care in one day. They may return to the Clinic on other days for additional services.

Learn more about Seattle/King County Clinic at: www.seattlecenter.org or by calling 206-684-7200.



PHOTO BY NANCY GARDNER

King County Metro steps up bus trips and expands weekend, Night Owl service

By KING COUNTY EXECUTIVE

King County Metro and the City of Seattle have recently added hundreds of new bus trips and increased reliability on more than 50 bus routes across the county.

In partnership with the City of Seattle, Metro also will expand Night Owl bus service on more than a dozen routes to meet growing demand from late-night and early-morning workers.

The service also continues Community Mobility Contract service for the City of Seattle, purchased with funding from Proposition 1, passed by Seattle voters in 2014.

Riders can read details about changes on Metro's website, <http://kingcounty.gov/depts/transportation>. Changes also are included in an orange Rider Alert brochure and new purple-colored timetables available on buses and at customer service locations.

Service improvements by the numbers:

- 240 more trips each weekday
- 100 more Saturday trips; 153 more Sunday trips
- **Night Owl:** From midnight to 5 a.m., riders will see additional trips on most of these night service routes in Seattle, White Center, Burien, Tukwila and direct service to SeaTac



VOICE FILE PHOTO

Airport. In partnership with the City of Seattle, the network includes 18 routes: 3, 5, 7, 11, 36, 44, 48, 49, 65, 67, 70, 120, 124, 180 and the RapidRide A, C, D and E lines

- **Crowding:** Riders will see more trips to ease crowding in Seattle on routes 28, 40, and RapidRide C, D and E lines
- **Other added trips:** Routes 3, 4, 5, 8, 11, 14, 17, 40, 41, 44, 48, 50, 60, 65, 67, 70, 120, 131, 169, 269, 301, 316

Raven Terrace named nation's best public housing redevelopment



PHOTO BY NANCY GARDNER

By SEATTLE HOUSING AUTHORITY

Raven Terrace, the Seattle Housing Authority's second new residential building at Yesler, was named the best public housing redevelopment in Affordable Housing Finance magazine's 2017 Readers' Choice Awards for the Nation's Best Affordable Housing Developments.

Raven Terrace is part of SHA's redevelopment of Yesler Terrace from 561 aging housing units into a new mixed-income community that replaces all previous low-income housing and includes more than 1,000 additional units of affordable housing.

Please see "Raven Terrace" on Page 3

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Health Notes

Rx A column devoted to your well-being

How to defend yourself against the flu this season

By NEIGHBORCARE HEALTH

Nobody wants to get sick with the flu. But for some people, the flu can be much more serious than a few days spent in bed, feeling ill.

Here is the latest on what public health officials are predicting for this year's flu season, some reasons you might want to consider getting your vaccine if you haven't already, and some tips for staying healthy at home, school or work.

A bad flu season predicted for the U.S.

Health care professionals in the U.S. and Europe are predicting a severe flu season, having watched Australia and New Zealand experience an unusually strong strain this year. A strain is a biology term that means a variation of a virus. Australia's flu season occurs during our summer, and has already seen three and a half times more flu cases this year than in 2016. This year's leading flu strain has proven to be more resistant than strains from the last few years, and remains a danger for children and the elderly. In Australia alone, this strain of flu has caused nearly 94,000 cases and resulted in 73 deaths.

So how does this affect us?

The World Health Organization, Centers for Disease Control and Prevention and other health organizations contribute to flu surveillance warning programs. These programs monitor flu outbreaks of specific strains and their severity, to try and best prepare the public and select what to include in the new vaccine.

The flu viruses are unpredictable and change each year, resulting in different strains. Scientists develop a flu vaccine by looking at which strains are currently making people sick, and how effective last year's vaccine was. They also consider which areas in the world the virus is spreading.

This year, the U.S. flu vaccine is identical to the one Australia is using. The high flu numbers in Australia don't mean the U.S. will have an identically bad flu season, but it has public health officials on their guard.

Why bother with a vaccine?

It's important to give your immune system the best defense possible before you come into contact with the flu, especially since some flu strains are stronger than others. According to the American Institute of Mathematical Sciences AIMS Public Health, vaccines have saved more than 10.3 million lives worldwide since 1960.

The CDC says everyone six months and older should get the flu vaccine this year. Flu season normally peaks between

December and March, but can start earlier and end later. It can still be beneficial to get your flu shot as late as January, but it's ideal to receive it by the end of this month. Although the shots aren't 100 percent effective in preventing you from getting sick, they are the best way to protect you and your family against the virus.

The elderly, children, and anyone with a weakened immune system (people with an ongoing health condition, like cancer, asthma or diabetes) are extremely vulnerable to viruses like the flu, since their bodies are not as well-equipped to fight off the infection. Often, during a particularly bad flu season—such as H1N1 or the swine flu a few years ago—children and the elderly are at the most risk.

By getting a vaccine this month, you not only protect yourself, your family and your friends, but you also protect your neighbors, kids' classmates, co-workers, or people you see at the library or grocery store.

Where to get your flu shot

Call your local medical clinic to ask about the flu vaccine, or call a pharmacy in your area to see if they offer flu shots. Neighborcare Health clinics are also located in several Seattle Public Schools for students enrolled in those schools.

Other ways to protect yourself

In addition to getting your flu shot, there are a few things you can do to keep your immune system strong, and help your body be on the defense:

- Wash your hands thoroughly with soap and water or alcohol-based hand sanitizer.
- Avoid touching your face, especially your eyes, nose and mouth
- Get a good night's rest
- Stay physically active and exercise
- Encourage family members to cough and sneeze into their arms or elbows—not hands

What if I get sick?

You can visit the King County Public Health website, www.kingcounty.gov/health, to learn more about warning signs to watch for in children and adults, information on how flu is treated, and what you should do to avoid spreading the virus to others.

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 almost 50 years. More information is available at www.neighborcare.org.

Be Safe

Treat your loved ones to a safe Halloween

By MINH NGO

Project Coordinator

Boo! Halloween, one of our country's most enjoyable festivities, is just around the corner. Oct. 31 marks that special day when children and adults alike can dress up and indulge in large quantities of sugar.

While the occasion is all about the enjoyment of make-believe scares and fabricated dangers, avoiding real and potentially hazardous situations should be the top priority for mindful parents when taking their children trick-or-treating.

Fear not, Seattle Neighborhood Group understands the importance of keeping safe while not diminishing the fun. Here are some treats for all you witches and monsters out there on the trick-laden ghostly night:

Pedestrians are four times more likely to get hit by a car in the evening.

Treat: Never jaywalk. Always use crosswalks and intersections. Teach the kids to look both ways and cross at their usual pace, and do not run.

Cars and motorcycles can't always see you at night, let alone the little ones.

Treat: Add colorful, reflective tape to costumes and have them wear glow sticks as bracelets to increase visibility.

There are dangerous people out there who prey on children.

Treat: Children under the age of 13 should be accompanied and supervised by an adult at all times. Better yet, attach your phone number to their costume and review with them how to call 911 if they have an emergency or become lost.

Trust your teenagers, but not too much. They may be wearing adult-sized shoes but they are still young and vulnerable.

Treat: Teenagers who venture out with-



out adult supervision should always stay in groups. Have them plan and map out a route upon which you both agree, and set a specific return time. Equip them with cellphones for quick communication.

Trust your community, but be cautious. Anyone can drive through a neighborhood.

Treat: Advise kids to stay away from unlit porches and unfamiliar neighborhoods. Never enter a home or a vehicle with the promise of getting candy, and don't accept free rides from strangers.

Fire hazards don't always occur, but they do happen nonetheless.

Treat: Remind kids not to play near or with lit candles or jack-o'-lanterns and make sure their costumes are flame-resistant.

Masks interfere with your child's vision and mobility while walking.

Treat: Instead of masks, utilize non-toxic face paint and makeup labeled free of parabens, formaldehyde, synthetic dyes and other harmful chemicals. Opt for certified organic products that are colored with natural pigments from fruits, vegetables and other botanicals.

Happy Halloween from Seattle Neighborhood Group!

The mission of Seattle Neighborhood Group is to prevent crime and build community through partnerships with residents, businesses, law enforcement and other organizations. Contact Minh at 206-323-9666 or minh@sngi.org.

Important things to know about DACA

1. Your DACA is valid until its expiration date.

If you have DACA, it will remain valid until its expiration date. It does not automatically end on September 5, 2017.

3. You can renew only if your DACA work permit expires before March 5, 2018.

After renewals, DACA lasts for two years. Please submit your renewal as soon as possible. It needs to be received by DHS by **October 5, 2017**. We recommend you get legal assistance. (See below.)

2. No new DACA applications will be accepted.

If you do not already have DACA, **do not file a new application!**

4. Advance parole to travel abroad is no longer available.

If you are planning to travel outside the U.S. under advance parole, we recommend you get legal assistance. Any pending applications for advance parole will not be processed and the Department of Homeland Security (DHS) will refund any associated fees.

5. You can get FREE help with your DACA renewal at a Seattle event:

seattle.gov/DACA for a full list of events.



Seattle
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and Refugee
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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.voicenewspaper.org

UW and SHA team up to build affordable housing in the University District

BY SEATTLE HOUSING AUTHORITY

The University of Washington and the Seattle Housing Authority have signed a memorandum of understanding for the two organizations to develop affordable housing in the University District.

The goal is to create a minimum of 150 affordable units that will be income restricted to those making 60 percent or less of area median income. Units will be offered first to University faculty and staff who meet income requirements before being made available to the general public under the same income requirements.

The project will also include housing and services for homeless young adults, and possibly other services such as childcare.

"At the UW, we're part of this community, and we see what Seattle's growth has done to rents and mortgages. This partnership creates the opportunity to provide a new, affordable option to UW employees who could otherwise be priced out of living near where they work. It's an expansion of our commitment to our employees, but it's also the right thing to do for them and for the city we all call home," said UW President Ana Mari Cauce.

"This project represents a significant

contribution to two of our community's most urgent needs: affordable housing and housing for homeless youth," said SHA Executive Director Andrew Lofton. "We are pleased to partner with the University to help make this important project a reality."

The two organizations will launch an RFP/RFQ process later this year to identify a development partner to construct and potentially manage the building. Contingent on financing, the goal is to have the facility open by 2021.

The University already owns the property at 42nd and Roosevelt on which the building would be located.

This project represents the University's ongoing commitment to support an inclusive and thriving University District and responds to the growing housing affordability crisis in the Seattle region.

Raven Terrace

Continued from Page 1

ing along with market-rate housing. It is a 30-acre site near downtown Seattle that was developed by SHA in the early 1940s as the first publicly subsidized housing in the state of Washington and the first racially integrated public housing in the country.

Raven Terrace, which was designed by Weber Thompson, includes 83 affordable apartments for people of all ages, space for resident-run childcare, a central courtyard, community room and office space for social services. Weber Thompson employees donated books for a reading center in the lobby.

Raven Terrace is adjacent to a fully accessible pedestrian pathway that connects the Yesler community to surrounding

neighborhoods. It is situated near a community center, new streetcar line, 1.8-acre park currently under construction, and an education and learning center created out of a historic steam plant. The building, which opened in January of 2016, was designed to meet both Evergreen Sustainable Development Standards and Evergreen Green Communities criteria.

"Raven Terrace is a beautiful building that provides a long-term affordable housing option in the heart of Seattle for residents and families earning the lowest income levels," said SHA Executive Director Andrew Lofton, who will receive the award in Chicago in November. "We're proud of this national recognition and very grateful to the many partners who made Raven Terrace possible."

King County Check Out

SEEKING PARTICIPANTS FOR A 2-YEAR RESEARCH STUDY. EARN UP TO \$265!

Researchers at the Universities of Washington, Pennsylvania, and Harvard are interested in learning how people's food and beverage purchases change over time.

You may be eligible to participate if you are:

- ✓ 18 years or older
- ✓ Speak English
- ✓ Permanent resident of South Seattle, Auburn, Federal Way, or Kent (and intend to live there for the next 2 years)
- ✓ Own a smartphone that can send pictures

Compensation is dependent on completion of study activities: \$20-30 per receipt collection period, \$20 per blood draw, \$15 per weight measurement, and \$5 per survey. If given the opportunity to complete all study activities, you can earn up to \$60 at the start of the study, \$60 at 3-months, \$35 at 6-months, \$70 at 12-months, and \$40 at 24-months (up to \$265 for full participation).

If you are interested in participating or would like more information, CALL (253) 234-7358 or EMAIL kingcountycheckout@gmail.com (ask about the "King County Check Out" study)

Go See Seattle with the Go SEA! Mobility Fair!

Join the Seattle Department of Transportation and the Seattle Housing Authority for an event that's equal parts fun and informative. At the Go SEA! Mobility Fair we'll show you how to get around the city easily and affordably.

Saturday, October 21
10 AM – 2 PM

Yesler Terrace Community Center
917 E Yesler Way

- Sign up for ORCA LIFT
- Learn about the Regional Reduced Fare Program for seniors of people with a disabilities
- Check out new ways mobility options
- Get free gifts (while supplies last)

Food and drinks provided.

Everyone is welcome!

NEW HOLLY Voting Party 2017

Friday, Nov. 3
5:00 – 9:00 PM

New Holly Gathering Hall
7054 32nd Ave South
Seattle, WA

DON'T FORGET:
Bring your ballot with you

Interpretation available in many languages

**VOTE!
VOTE!
VOTE!**

Music + dance!

Fun for all ages

Free and delicious food

Sunrise Manor residents find the upside of recycling

Used clothing, household items, furniture, books, electronics can find new homes with minimal effort

By ANNA DYER
Seattle Housing Authority

Residents of Seattle Housing Authority's senior housing community Sunrise Manor recently held a green decluttering event. Instead of sending unwanted items like small appliances, electronics, furniture and clothing to the landfill, the Ballard residents teamed up with SHA staff and Goodwill to host a reuse collection event at their building.

When the Goodwill truck arrived at the building, residents enthusiastically added a wide variety of items to the donation pile—everything from games and children's toys to printers and TVs.

Goodwill staff filled their truck with donated items, which will now have further useful life with new owners who purchase them through Goodwill's network of reuse stores. Residents felt great about saving items from the landfill and supporting a good cause, making it a successful day for everyone involved.

Many residents were surprised to learn that Goodwill accepts damaged clothing and broken electronics. As a participant in

King County's ThreadCycle and E-Cycle Washington programs, Goodwill serves as a recycling drop off location for clothing and electronics in almost any condition, except wet or mildewed.

There are a number of reuse and recycling options available, including the following:

Goodwill: <http://seattlegoodwill.org/donate/donate-items>

ThreadCycle: Worn out clothing and linens aren't garbage anymore! Visit your local Goodwill or find another participating location near you to recycle these items <http://your.kingcounty.gov/solidwaste/ecoconsumer/threadcycle.asp>

E-Cycle Washington: Responsibly recycle computers, TVs, DVD players, e-readers and tablets for free. Visit your local Goodwill to recycle these items or find another drop off location near you <http://www.ecyclewashington.org/> or call 1-800-RECYCLE (1-800-732-9253)

Find a charity that will pick up your donations for free: <http://donationtown.org/washington-donation-pickup/seattle-wa.html>



PHOTO BY ANNA DYER

Getting items in the truck was a team effort, and the space freed up by donating unnecessary or unwanted items can be a welcome relief.

Work parties abound at Neighborhood House sites during annual United Way Day of Caring

The annual United Way Day of Caring is Washington state's largest volunteer event, and thanks to area companies, Neighborhood House was one of many local nonprofits to benefit from some hard-working men and women on Sept. 15. In a full day of service, volunteers from Aerospace Machinist Union District 750, Amazon.com Inc., Fred Hutchinson Cancer Research Center, Microsoft Corporation, Mutual of Enumclaw Insurance Company, Sprague Israel Giles, Inc. and Zillow Inc. engaged some of the communities served by Neighborhood House in a host of projects. From site cleanups to computer skills tutoring to creating art projects, those who volunteered exemplified the true meaning of caring through community building.

PHOTOS BY KAE SAETEURN



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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 SHA 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

How to get involved in the democratic process

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 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

I have been teaching computer classes in several SHA buildings this summer and one of the things people often mention is how frustrated they are with current politics.

Some feel upset and powerless, but others have been using their computers to make a real difference in our democracy. You can too, and here are some simple ideas.

Contact elected officials

It is still effective to write letters, attend town halls and make phone calls, but there are some new ways which are faster, easier and sometimes better.

For example, I phoned my local congressional member's office and asked about the different ways people can participate in democracy. I was told that the most powerful action you can take is to share your personal story explaining how an issue affects you directly.

What if your congress member already agrees with you? It strengthens their hand; your letter could even be used on the floor of Congress to show that this is an issue their constituents care about and are personally impacted by.

Social media

Twitter and Facebook are the two biggest social media platforms for contacting politicians. When you create a free account, you can send messages. Messages are of-



ten open for anyone to read, so don't write anything you wouldn't post on a public bulletin board.

Email

If you want to write something lengthier or more private, you can use email. Just as with a letter, you should still assume anything you send to a member of congress might be shared with the general public.

Petitions

Many organizations will ask you to sign a petition online to show your support. Clicking a button sends a pre-written message emailed on your behalf to your representative. Do they work? Sort of, but be cautious about who you give your information to.

Get informed

Subscribe to information directly from your elected official via email or social media. This will let you know when town halls are coming up and what laws are being worked on and even mention actions you can take to help.

Put your Democracy Vouchers to use

In 2015, voters in Seattle adopted a publicly financed election system that allows residents to contribute up to \$100 to eligible candidate(s) in city elections by using vouchers. The vouchers are funded through a property tax.

In 2017, vouchers can be donated to candidates for at-large council districts and city attorney. The mayor's race will be added in 2021.

The intent of the program is to provide greater diversity of participation both in candidates running for office and the people getting involved in campaigns.

Connect and join a group

Social media is a great way to coordinate with other people and take immediate action. Working with others amplifies your voice. For example, you might join a virtual march by making a phone call to your congressional member at the same time as hundreds of other people.

But be careful of becoming overwhelmed: I recently helped a resident of SHA's Ravenna School Apartments who had signed up for many good causes, but was getting tired of receiving constant bad news and urgent requests. So unsubscribe, and when you can handle receiving more cause notices, rejoin.

Vote!

Gerry, another resident of Ravenna School Apartments, asked me to remind everyone that the most important way to make a difference in democracy is to *vote*. Why vote? Because it's good for our nation and it matters.

The following sites are non-partisan election resources to help you understand the voting process better.

www.seattlelwv.org

League of Women Voters of Washington

www.lwv.org

League of Women Voters of the United States

www.vote411.org

Election information and state voting guides

www.votingforjudges.org

Judicial election information for Washington state

www.votesmart.org

Factual and unbiased information about candidates

www.washingtonvotes.org

How all state legislation affects Washington voters

www.kingcounty.gov/elections

State election results, public records, register to vote

www.vote.wa.gov

Voter's pamphlet, election results, MyVote tracker

Remembering West Town View resident and Korean War veteran James McAdams

BY BEN BEEHNER
Special to The Voice

This summer, West Town View lost a longtime member of our community. James McAdams had been a resident at West Town View for more than 20 years. He was a combat veteran who had served his country in the Korean War.

His former neighbors chuckle when they recall his gruff and cantankerous outward persona which hid a very sweet and endearing personality. He had made good friends in the building including fellow veteran and confidante, John Briggs.

For the last years of his life, James saw his health continue to decline. He began to lose his hearing and vision, which closed off the rest of the world from him.

This summer, as his health worsened, James made the decision to end the final chapter of his life on his own terms. In a community gathering shortly after his passing, friends recounted stories of James in his final few weeks that reveal the clear decision he made and the peace that he believed it would bring him.

Neighbors remember him recently being more social and upbeat when they saw him around the building. He would grab a drink



PHOTO BY BEN BEEHNER

A white dogwood tree was recently planted in honor of James McAdams, a longtime West Town View resident who took his own life in the courtyard this summer.

with friends or offer a pleasant greeting in the halls.

On his last afternoon, James had a special request of his friend, John. In the beautiful, quiet courtyard at West Town View stands a flag pole. James asked his fellow veteran to join him as he raised his own American flag in the courtyard.

As the sun set on that warm summer day, these two old friends struggled to get out of their scooters, attach the flag and raise it to full staff. As they had done as young men serving their nation in war, that evening they honored America once more. When the task had been finished, the two friends saluted the flag together.

That evening, neighbors recall seeing James enjoying a steak dinner with a glass of cognac. For those who knew him, this was a very rare sight to see. That night in his apartment, he laid out old pictures of friends and family on his desk. Then, in the waning hours of darkness just before dawn, James went out to the south lawn. Next to the courtyard, just below the waving flag he had raised, James took his own life.

In the hours and days that followed James's death, those at West Town View experienced so many powerful moments.

The shock and grief was overwhelming that morning, but others showed resilience and courage in the wake of his final mission.

John was there, composed and dressed sharply in his flight cap, providing hugs and support to others. Some watched over James until his body was taken. They cleaned his scooter and held a kind of vigil over his possessions. As they had done countless times this year, they supported each other and remembered James.

To honor James's memory as our neighbor and a veteran, we planted a tree in the south lawn of West Town View. Instead of having another reminder of what we lost, we made a tribute to what James was. He was a fixture of this community for so long, and this tree will continue that.

The white dogwood we planted will bloom every spring. It will stand outside the courtyard, near the flag that James loved so dearly. Residents have agreed to help water it and soon a plaque honoring all veterans that have served in the armed forces will be laid there.

Editor's note: Beehner is LIPH Property Manager for SHA, including West Town View.

COMMUNITY RESOURCES

Fall is the perfect time for planting garlic

Easy to grow, garlic is a member of the lily family, which also includes leeks, onions and shallots

BY ANZA MUENCHOW
Special to The Voice

As we edge into fall, I feel the urge to plant the garlic for harvest next summer. Garlic is such a stalwart crop and so simple to grow in our wonderful maritime climate.

Plant your garlic at the end of October or early November. If you are late and the weather is mild this year, you could plant as late as Thanksgiving.

This deep-rooted crop likes well-drained soil, preferring raised beds. Check the pH of your soil to keep it above 6.8. You can add lime as you prepare the planting area. Add compost and/or a balanced fertilizer, but don't add fertilizer with high nitrogen. The nitrogen will wash out of the soil with winter rains and be unavailable when the garlic needs it to grow in the spring.

Now select your favorite varieties: hardneck or purple garlic, or softneck or white garlic. Hardneck garlic (*Ophioscorodon*) is generally grown in cooler climates and produces relatively large cloves, whereas softneck garlic (*Sativum*) is generally grown closer to the equator and produces small, tightly-packed cloves. White garlic is generally easier to grow and has more cloves than purple garlic.

Elephant garlic is actually a wild leek (*Allium ampeloprasum*), and not a true garlic.

There are so many cultivars and to tell you the truth, I like them all about the same. I guess I generally like a diverse mix. Just make sure you have clean, disease-free



Anza Muenchow

bulbs. Buy from a reliable source, either online or from a good nursery.

If the garlic cloves look patchy grey or black or are soft and wrinkled, do not plant them. There are some nasty soil-borne diseases that attack garlic and can live in soil for years.

Separate the cloves from the bulb, eat the small cloves and only plant the large ones. These will give you the best chance for getting large bulbs next year. Plant these cloves at least 2-3 inches deep allowing 8-10 inches between plants. I always plant in a diagonal or 'cookie sheet' pattern. In a typical 3-foot wide bed I plant four across, then three across, then four across proceeding down the whole bed while spacing rows 10 inches apart.

My friend, an expert at growing garlic, recommends covering the beds with light straw "blanket" for the winter or until you see plants peeking through. I often just leave the beds uncovered. You will see the green sprouts of garlic leaves in 8-10 weeks, depending on the weather.

In spring, you will need to fertilize the garlic with high nitrogen like liquid fish fertilizer or blood meal. Keep your garlic beds weeded as this crop does not compete well against weeds. Optimally we weed only once, but maybe twice in an area with heavy weed pressure.

In June, watch for the garlic scapes (the slim, serpentine flower stems that grow from the tops of hardneck garlic). Cut off these scapes above the leaves just when they begin to curl. The hardneck garlic scapes can be chopped and used in salads and stir-fries. Once I pickled the scapes in jars with vinegar and dill and they were a delicious treat. Scapes also make a fabulous addition to flower bouquets.

In June, about the time our rainy season typically ends, there's no need to continue watering garlic. This is one of the reasons I

love the garlic crop. The roots are so deep, they get enough water such that we don't need to add more. I am not going to predict the rainfall totals for next spring or summer, but just keep an eye on your crop and remember that garlic can often be hurt by too much summer water rather than too little.

One of the most important steps is to know when to harvest your garlic in July or August. Watch for the older leaves to turn yellow. When three or four leaves are dying off, wiggle the garlic stalk and feel the resistance. If it feels limp or weak, dig up the bulb and check that it is fully mature but not yet splitting. If you miss the timing of your harvest and the bulbs are splitting, they will not store well.

Carefully dig out the garlic plants and hang them in a warm, dark, well-ventilated area. Don't clean off the dirt until the plants are dry, maybe four weeks after hanging. The bulbs continue to swell as they hang.

When the plants seem dry, clean well and inspect for damaged bulbs. Eat those first. The softneck varieties can last for six months though the hardnecks should be eaten in three-to-four months. Storing them in a cool, dark and dry place will preserve their longevity.

Muenchow lives on Whidbey Island where she has a small farm and is an active Master Gardener. A frequent guest writer for The Voice, she also helps build food gardens in schools and at Whidbey Island Air Naval Station.



Did you know...

- There are over 300 varieties of garlic grown throughout the world.
- The majority of garlic (90 percent) grown in the United States comes from California. China, however, produces 66 percent of the world's garlic.
- The psychological term for fear of garlic is *Alliumphobia*.
- Garlic is believed to ward off heart disease, cancer, colds and flu. The consumption of garlic lowers blood cholesterol levels and reduces the buildup of plaque in the arteries.
- The smell of garlic can be removed from the fingers by running your hands under cold water while rubbing a stainless steel object.
- Drinking lemon juice or eating a few slices of lemon will stop bad garlic breath.
- The city of Chicago is named after garlic. 'Chicagaoua' was the Indian word for wild garlic.

Meet Beacon Tower's newly elected officers



PHOTO BY ANDY CHAN

On Sept. 19, Beacon Tower Resident Council elected the following officers, pictured from left to right: Deng Wei, secretary, Wai Lam Lai, sergeant-at-arms, Chung Ping Lam, president, Ming Ren Che, vice president and Yu Ying Huang, treasurer.

Community Notes

Free, reduced price meals for Seattle Public Schools students

All students who qualify for free or reduced price meals receive meals free of charge. The application is found at www.paypams.com/onlineapp and is translated into multiple languages. Copies of applications will also be available at every school office and lunchroom. Completed applications should be mailed to:

Nutrition Services - MS: 32-372
P.O. Box 34165
Seattle, WA 98124

Applications can also be emailed to nutritionservices@seattleschools.org, or faxed to 206-252-0664. Questions? Additional information about completing and submitting the application can be found at www.seattleschool.org or by contacting the Nutrition Services Office at 206-252-0675.

New art club opens at Yesler

Professional artists George Lee and Sumayya Diop will teach drumming, dance, sculpture, painting and other activities to youth and young adults at a new drop-in arts club. Located in the Yesler Community Center at 917 E. Yesler Way, the club is open Tuesdays and Thursdays from 3 to 5 p.m. and will run from Oct. 3 through Dec. 14.

This free program is sponsored by Seattle Housing Authority, Seattle Parks and Recreation and the Seattle Sounders' RAVE Foundation. No registration necessary. For more information, email georgerlee@gmail.com.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Atención dental, de la vista y cuidado medico GRATIS, del 26-29 de Octubre en Seattle Center/By Jonny Fernandez

La clinica del condado de Seattle / King County, es una clínica de salud gratuita gigante en KeyArena en Seattle Center. Los boletos de admisión serán distribuidos a las 5 am en el Pabellón Fisher en Seattle Center. No hay registro por adelantado, la gente será servida en el orden que llegue.

Este será un día largo. Venga preparado para cuidarse, traiga comida, bebidas y ropa cómoda. Usted no puede recibir atención odontológica y de visión el mismo día. Los pacientes pueden esperar en línea para un boleto de admisión en otro día para servicios adicionales.

Los servicios que se ofrecen incluyen rellenos dentales, radiografías y extracciones. También se proporcio-

narán exámenes de la vista, exámenes oculares completos, exámenes físicos, mamografías, ultrasonidos, cuidado de los pies, cuidado de heridas, inmunizaciones, salud del comportamiento, acupuntura, nutrición y consejería de farmacia. La interpretación estará disponible en toda la Clínica.

¡Todos son bienvenidos! Los pacientes NO necesitan identificación o prueba de estatus migratorio. La Clínica no comparte información privada sin el consentimiento del paciente. Todos los servicios son gratuitos.

Para mas informacion, visitanos en www.seattlecenter.org/patients o llama al 206-684-7200

ካብ 26-29 ጥቅምቲ ናይ ስንገን ዓይንን ካልእ ኣካላትን ዝምልከት ክንክን ጥዕና ኣብ ስያትል ሰንተር ብናጻ ክውሃብ እዩ።/By Habte Negash

ስያትል /ኪንግ ካውንቲ ክልኒክ - ኣብ ስያትል ሰንተር ኪ ኣሪና ዓቢ ናይ ክንክን ጥዕና ኣገልግሎት ኪውሃብ እዩ። ናይ መለተዊ ወረቀት ኣብ ስያትል ሰንተር ኣብ ዝርከብ ፍሽር ፓቪልዮን ዝበሃል ቦታ (Fisher Pavillion at Seattle Center) ሰዓት 5 ናይ ንጉሆ ኪዕደል እዩ። ኣቐዲምካ ዝግበር ምዝገባ የለን። ሰባት ከከም ኣመጽጸእኦም እዮም ብቅደም ተኸትል ኣገልግሎት ዝረኽቡ። ስለዚ እቶም ኣቀዲሞም ዝመጽኡ ብቀዳምነት ኣገልግሎት ክረኽቡ እዮም ማለት እዩ።

ነዊሕ መዓልቲ ኪኸውን ስለዝከእል ተዳሊኩም ምጽኡ። የድሊ እትብልዎ መግቢ ኮነ መስተ ከምኡውን ክዳውንት ሓዘኩም ምጽኡ። ናይ ስንገን ናይ ዓይንን ሕክምና ኣብ ሓዲ መዓልቲ ክግበረልኩም ኣይከእልን እዩ። እንታይ ደኣ ንተወሳኺ ሕክምና ፡ ደለይቲ ኣገልግሎት ኣብ ካል ኣይ መዓልቲ እንደገና ኣንጊሆም ብምምጻእ መለተዊ ወረቀት ኪቐበሉ ኣለዎም።

እቲ ዝውሃብ ኣገልግሎት ናይ ስኒ ምምላእ፡

ኤክስሪይ፡ ምንቃል ስኒ፡ ናይ ዓይን መርመራ፡ ከም ኡውን ናይ ሓፊሻእኢ ኣካላት መርመራ፡ ናይ ጡብ መርመራ (mammograms) ኣልታሳውንድ (ultrasounds) ፡ ናይ እግሪ ሕክምና፡ ምሕካም ቁስለ፡ ክታቦት፡ ናይ ባህርያት ሕክምና፡ እኩፓንቸር (acupuncture) ፡ ንኣመጋግባ ከም ኡውን ንኣወሳሰዳ መድሃኒት ዝምልከት ምኽርታት ክውሃብ እዩ። ተጀማሩ ክሳብ ዝውዳእ ናይ ቋንቋ ተርጓሚቲ ክህልው እዮም።

ዝኾነ ይኹን ሰብ ከመጽእ ይኸእል እዩ፡ ተሓክምቲ እንታይነቶም ዝሕበር መረጋገጽ ወይ ናይ ዜግነት መረጋገጽ ኪቐርቡ ኣይከተቱን እዮም። ብዛዕባ እንታይነቶም ዝምልከት ሓበሬታ ድማ ብዘይ ናታቶም ፍቃድ ከወጽእ ኣይከእልን እዩ። ዝግበር ኩሉ ሕክምና ብናጻ እዩ።

ንተወሳኺ ሓበሬታ ኣብ www.seattlecenter.org/patients, ተመልከቱ ወይ ድማ ኣብ 206-684-7200 ።

MIỄN PHÍ KHÁM RĂNG, KHÁM MẮT VÀ KHÁM SỨC KHỎE VÀO NGÀY 26-29 THÁNG MƯỜI TẠI SEATTLE CENTER

/By Long Luu

Trạm Xá Seattle/King County là trạm xá miễn phí to lớn ở hi trường Key Arena trong khu Seattle Center. Vé vào cửa sẽ được phân phát ra lúc 5 giờ sáng trong sảnh đương Fisher Pavillion trong Seattle Center. Không cần ghi tên trước, và ai đến trước sẽ được tiếp đón trước.

Đó là ngày rất dài. Hãy đến trong tư thế chuẩn bị để chăm sóc cho bản thân, và đem theo đồ ăn, nước uống, mặc quần áo thoải mái. Quý vị không thể được khám răng và khám mắt trong cùng một ngày. Các bệnh nhân có thể xếp hàng để nhận vé vô cửa cho ngày kế tiếp để được giúp cho các dịch vụ khác.

Những dịch vụ chăm sóc bao gồm

tram răng , chụp quang tuyến x, và nhỏ răng. Khám kiểm tra thị lực, khám mắt, khám ngực, siêu âm, khám chân, khám vết thương, chích ngừa, khám tâm thần, châm cứu, dinh dưỡng, tư vấn xử dụng thuốc. Có giúp thông dịch cho cả trạm xá.

Mọi người đều được đón tiếp. Bệnh nhân không cần chứng từ nhận dạng hay chứng từ di trú. Trạm Xá không chia sẻ thông tin riêng nếu không có sự đồng ý của bệnh nhân. Mọi dịch vụ đều miễn phí.

Để biết thêm chi tiết, xin vào trang mạng www.seattlecenter.org/patients, hoặc gọi cho số điện thoại 206-684-7200.

Бесплатные услуги стоматологов, офтальмологов и медиков 26-29 октября в Сиэтл-центре/ By Irina Vodonos

Клиника Сиэтла/округа Кинг—это огромная бесплатная медицинская клиника, которая открывается на несколько дней в году в помещении стадиона Ки-Арена в Сиэтл-центре. Талоны на посещение клиники будут выдаваться начиная с 5 утра в Фишер-павильоне в Сиэтл-центре. Предварительная запись проводиться не будет, пациенты будут обслуживаться в порядке живой очереди.

Приготовьтесь провести в клинике много часов. Имейте при себе все необходимое – еду и напитки, и наденьте удобную одежду. Нельзя будет получить и стоматологическую, и офтальмологическую помощь в один и то же день. Если вам необходимы оба вида услуг, вам придется стоять в очереди за талоном два раза, в разные дни.

Стоматологическая помощь включают в себя пломбы,

рентгеновские снимки и удаление зубов. Также будут предоставляться: проверка зрения, осмотр глаза, общеврачебный осмотр, маммография, УЗИ, уход за ногами, обработка ран, прививки, психологическая/психиатрическая помощь, иглоукалывание и консультации с диетологами и фармацевтами. Будут предоставлены услуги переводчиков.

Вход свободный для всех! Пациенты НЕ ОБЯЗАНЫ предоставлять удостоверение личности или документы, подтверждающие иммиграционный статус. Клиника не будет разглашать личную информацию без согласия на то пациента. Все услуги предоставляются бесплатно.

За дополнительной информацией заходите на сайт www.seattlecenter.org/patients или обращайтесь по телефону 206-684-7200.

ነጻ የህክምና ኣገልግሎት የጥርስና የኣይን ህክምናን ጨምሮ ከጥቅምት 26-29 በስያትል ማዕከል ይሰጣል።/By Abdu Gobeni

የስያትል/ኪንግ ካውንቲ ክልኒክ በስያትል ማዕከል ኪኣሪና ትልቁ ክልኒክ ነው። የመግቢያ ትኬት በስያትል ማዕከል ፍሽር ፓቪልዮን በ 5 a.m. ይከፋፈላል። ቀድሞ የመግ ሰዓት በቅድሚያ ይሰተናገዳል።

ይህ ሙሉ ቀን የሚወስድ ነገር ነው። ስለዚህ ራስዎን ለመንከባከብ ተዘጋጅተው ይምጡ፤ምግብና መጠጥ ይዘው ይምጡ፤ ምችት ያለው ልብስ ለብሰው ይምጡ። ሁለቱንም የኣይንና የጥርስ ህክምና በኣንድ ቀን ማግኘት ኣይችሉም። ለተጨማሪ ኣገልግሎት ታካሚዎች በሚቀጥለው ቀን ተሰልፈው የመግቢያ ትኬት ማግኘት ይችላሉ።

የሚሰጠው ኣገልግሎት የተባረባረ ጥርስ መሙላት፣ ራዲዮ እና ጥርስ መንቀል ሲሆኑ የኣይን መለስተኛ ምርመራ፣ ሙሉ የኣይን ምርመራ፣ የኣካል ምርመራ፣ የእናቶች የጡት ካንሰር ምርመራ፣ ኣልትራሳውንድ፣ የእግር

ኣገልግሎት፣ የቁስል ኣገልግሎት፣ ከትባት፣ የኣዕምሮ ጤና፣ የደረቅ መርፌ ህክምና፣ ስነ ምግብ፣ የፋርማሲ ማማከር ኣገልግሎት ይሰጣል። ዝግጅቱ ተጀምሮ እስከምጠናቀቅ ድረስ ኣስተርጓሚዎች ይኖራሉ።

ሁሉም ሰዓት ተጋብዘዋል! ታካምዎች ማታወቂያና የእሚግራሽን ወረቀት ኣያስፈልጋችዎም። ክልኒኩ የግል መረጃዎን ከእርሶ ፈቃድ ወጭ ለሌላ ኣካል ኣሳልፎ ኣይሰጥም። ሁሉም ኣገልግሎቶች በነጻ ይሰጣሉ።

ለተጨማሪ መረጃ ይህንን ድህረገጽ ይጎብኙ www.seattlecenter.org/patients, ወይንም በዚህ ስልክ ቁጥር ይደውሉ 206-684-7200.

Daryeel bilaash ah, ilkaha, aragtida & daryeel caafimaad October 26-29 at Seattle Center/By Saido Alinur

Seattle/King County waa xarun caafimaadka bilaashka ah laguna qabanayo Key Arena oo ku taal Seattle Center. Tigidhka lagu galayo waxaa la qaybinayaa marka saacadu tahay 5 a.m. meesha Pavillion oo ah Seattle Center. Ma jiro wax hore is qoritaan ah, dadkana waxaa loo qaabilayaa sida ay u soo kala horeeyaan kuna dheehan ruuxii soo hor mara ayaa la hor qaabilyaa.

Waxay noqonaysaa maalin dheer. Imoow adoo diyaar ah, soo qaado cunto, cabitaan, soona xiro dhar nafis ah. Maalin qura ma heli kartid

adeega ilkaha iyo indhaha. Maalin kale ayay bukaanada safka u gali karaan tigidh kale hadii ay rabaan adeegyo kale.

Adeegyadu waxa ay ka kooban yihiin, ilko buuxin, raajo, ilko saarid, indho eegis, imtixaanka indhaha oo dhamaystiran, jirka, raajada naasaha, ultrasounds, daryeelka cagaha, daryeelka boogta, tallaalada, caafimaadka dabeecadda, acupuncture, nafaqada iyo la talinta farmashiyada ayaa sidoo kale la bixin doonaa.

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Nominate an SHA volunteer

Know someone who should be recognized?

By RESIDENT ACTION COUNCIL

It's time again to honor your community's best volunteers! On Saturday, Nov. 11, from noon until 3 p.m., two individuals or one group from each Seattle Housing Authority community will be honored as 2017 Superstar Volunteers at the Sixth Annual Volunteer Recognition Celebration.

Nomination forms are available from SHA Community Builders.

The following rules apply:

- Nominations from duly elected resident councils have priority over nominations from individuals.
- People who received awards in 2015 or 2016 aren't eligible this year.
- If there are multiple nominations from a community, an individual or group with more nominations will receive an award.
- In a tie, the award goes to the earliest nomination received.
- Self nominations are considered for awards.

Nominations are due by Oct. 31 at 5 p.m. The annual event is co-sponsored by RAC and the Resident Leadership Development Team. To volunteer to be part of making this year's Celebration the best ever or for more information about the celebration and nomination process, contact Kristin O'Donnell, 206-930-6228.

Citizenship Class



Bring your:
 Green card
 Washington state ID
 Social Security Card
 Proof of income: pay stubs, food stamps letter, or Section 8

BIRCH CREEK
 13111 SE 274th St
 Kent, WA 98030
 Mondays & Wednesdays
 Beginner: 12p-230pm
 Intermediate:
 4:30-6:30pm
Starting October 9th

Greenbridge
 9800 8th Ave SW
 Seattle WA 98106
 Tuesdays & Thursdays
 Intermediate: 12-2pm
Starting October 10th

High Point
 6400 SW Sylvan Way
 Seattle, WA 98126
 Tuesdays & Thursdays
 Class-500-6:30pm
Starting October 5th



Questions? Call Marissa Graff: (206) 734-0366

FREE Dental, Vision & Medical Care



SEATTLE/KING COUNTY CLINIC
 October 26 - 29, 2017
 at Seattle Center



About the Clinic

- All are welcome! Patients DO NOT need ID or proof of citizenship.
- The Clinic serves people in need who struggle to access and/or afford healthcare.
- Admission tickets distributed at 5:00 AM in Fisher Pavilion at Seattle Center (Corner of 2nd Ave N & Thomas St). Fisher Pavilion opens at 12:30 AM.
- No advance registration: FIRST-COME, FIRST-SERVED
- FREE parking in two locations:
 - Mercer St. Garage, 650 3rd Ave N
 - 1st Ave Garage, 220 1st Ave N
- **This will be a long day. Come prepared to take care of yourself.** Bring food, beverages and any medications you may need throughout the day. Wear comfortable clothing.
- There will be a large number of patients. **You cannot get both dental and vision care on the same day.** Patients can wait in line for an admission ticket on another day for additional services.
- Interpretation will be available throughout the Clinic.



All Services are FREE

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

VISION: Vision screening, complete eye exams, 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

RESOURCES: Social work, help with health insurance, and more

More Info: seattlecenter.org/patients

Email: SKCClinic@seattlecenter.org

Phone: 206.684.7200